



Rotary

Club of Eaglehawk



R.I. President – Jennifer Jones
District Governor – Amanda Wendt
Assistant Governor – Rob Foran

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www.facebook.com/eaglehawkrotaryclub
www.eaglehawkrotary.org.au
Club No 18317
ABN 18279406625
Chartered 8th August 1966
President – Geoff Gallagher 0428 127 766
Secretary – John Jones 0419 113 065
Bulletin – Deb Payne 0407 039 634

We meet at the Mechanics Facility, 8 School Street, California Gully for a dinner meeting. However, as this sometimes changes, please see below for details on the program for coming Club meetings and activities.

<i>Dates and duty to Remember</i>		
November 5th	Bookshop	John Pearce & Tim Watts
November 9th	Club dinner meeting Matthew Richardson	Bar- Geoff Adcock Clean-Up- Rita O'Brien & Trevor Lock
November 12th	Bookshop	Geoff Adcock & John Pearce
November 16th	Club dinner meeting	Bar- Trevor Lock Clean-Up- Lindsay Walkington & Jennifer Sanderson

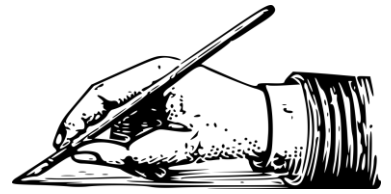


Happy Birthday to
28th Mick Costello



President Geoff's report – 02/11/22

A wet and windy past couple of weeks, the cancellation of the swap meet, due to the showgrounds being used as a relief centre, then the evacuees being moved to Elmore, a real nightmare for the organizers of the swap meet.



The Goldfields cluster in Bendigo have been meeting on a regular basis via zoom. Last Friday our BBQ trailer was taken up to Rochester to provide food for volunteers. Several Bendigo clubs were represented on Friday. The BBQ stayed up at Heather Watson's place until Monday when Mick and Mandy went up, along with members from several other Bendigo Clubs, also cooking meals. Our club provided the food on Monday. We have a fair bit left over which has been frozen. We are no longer required to cook BBQs in the near future however our services may be required soon.

We have been asked to cater for a Christmas function on 27th November 2022. Approx. 100 guests 12pm - 3pm

There was also a function for Anglicare which has been put off due to the floods until January. Put Wednesday November 23rd in your diaries for the Foundation Dinner. Alison has offered to make a group booking so please let her know by next Wednesday 9th November if you can attend.

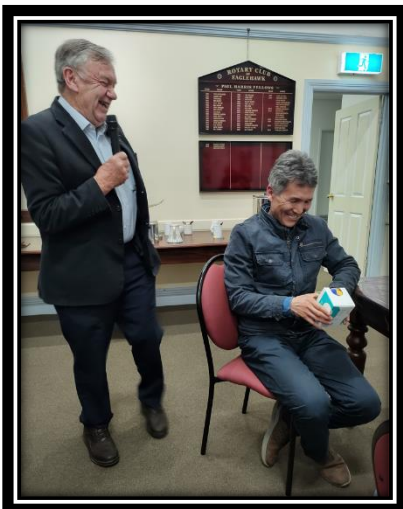
- Do not forget to promote our Grange raffle and the combined trailer raffle.
- Beware of dodgy emails,

Please see below from Amanda Wendt, District Governor D9800 2022-2023.

Members are reporting receiving dodgy emails, impersonating District office bearers, requesting funds transfers and replies.

Please scrutinise the sender address of any emails you receive, and confirm any requested actions by phone, on the number you already have in your Contacts for that person. You can also send a screenshot of a suspect email to me (rather than forward the email).

Stay diligent, as flooding relief appeals can seem compelling, and legit-looking office bearers' names and their titles are being used. If in doubt, don't.




Tonight, we welcomed guests Colleen Wilson, Mandy Costello, Marg Gallagher with apologies from Gary Frank, Mary Preston, Ron Payne, Lindsay Walkington and John Pearce. We were especially privileged to have **Dorje Tsering** as guest speaker. Dorje was born in Tibet and can remember being carried on his mother's back whilst she worked in the fields. As a child growing up, he can remember hiding from Chinese Communists who would come to his village. Dorje was lucky to be selected to train as a teacher which he did for several years, he also continued his training to become an interpreter and speaks 3 languages, Tibetan, Chinese and English. He has worked with many organisations and had to leave Tibet after the Communist Chinese regime arrested him along with many others. He fled through India and came to Australia in 2014 as a refugee. Dorje came to Bendigo believe it or not for our weather, something most of us can't

understand, especially recently. However we are all the richer for him being with us, his story was truly amazing. Dorje along with his wife Lhamo will be showing how to make genuine Tibetan dumplings (Lhamo's mothers' recipe) at Camp Getaway on Sunday 20th November, please see attached flyer. I urge you all to attend.

Until next week stay safe.
Geoff Gallagher.

Club Happenings



Learn to make Tibetan Dumplings!

Lhamo and Dorje will teach you how to make Tibetan Dumplings!

Where: Camp Getaway, Axedale
When: 2.15pm, Sunday 20 November
Cost: \$30 per person, all materials are supplied
Funds, after costs, will go towards international aid projects
To book, contact Lindsay Jolley on 0416 192 032 or at lj@joll.net
Sessions will run in groups of 20

To pay, please transfer \$30 to the club account:
BSB: 633-000
Acct: 1034 97236
Please list your name and "dumplings" as the reference



Thank you to [Mick and Mandy](#) for travelling to Rochester on Monday to help staff our barbecue for volunteers – gratefully received. Such hands-on contributions will be scaled back from now on as medium to long terms recovery plans are developed and enacted.

Thank you to [Lynne Cooper](#) for hosting the monthly radio broadcast on Phoenix FM with Stewart Annan from RC Sandhurst on Wednesday morning. Lots of youth issues covered. Lynne, together with [Jen Sanderson](#), will be interviewing a prospective RYLA candidate on Sunday morning. RYLA is at Camp Getaway this year and we are encouraging members to

attend the RYLA dinner on Thursday Dec 1. A great opportunity to network with colleagues from across the district and to get to meet some outstanding young leaders.

On Monday there is a meeting with the CoGB to explore opportunities for the future of the soundshell in Canterbury Park at 12:00. The soundshell was a very early project of our club but it's future is in doubt with the proposed redevelopment of the Gardens. This is an opportunity to upgrade the structure and maintain a valuable entertainment space.

Next week, adjacent to Nov 11, our guest speaker will be Matthew Richardson (no Mick, not the footballer!). Mick is Jennifer Sanderson's son who has very recently retired from active service – an appropriate program so close to Remembrance Day.

Our AGM is on Nov 16 and the following week is the cluster Foundation Dinner at the Bendigo Club with guest speaker, PDG Murray Verso. It at the Bendigo Club and cost is \$45.00 pp with an RSVP of Nov 9.

We also have a BBQ on Nov 27 for SASS – more details to follow.

Fellowship Director Brian has arranged for a guided tour of Fortuna on Nov. 30 to be followed by dinner at the Golden Square Hotel. A minimum of thirty is required so friends and family are encouraged to come along. It is proposed that this will also be our Christmas celebration

The Borough Festival is on Dec 9th, and this will be in lieu of Canterbury Carols this year. The book shop and the Nativity Scene will be featured, and we are sure there will be other opportunities for Rotary involvement.

Christmas Raffle update



We are now about halfway through the selling period for the Christmas trailer raffle and will soon be looking for volunteers to sell on Friday evenings after 5:00 and on Sundays from 2:00 – 5:00. Reminder emails will be forwarded separately

Here are a few photos from Sunday at The Marketplace. RDA volunteers were **Christine Homa and Kayla Davies**. It would be good to maybe remind Rotarians when they are on raffle duty to send you some photos as its all-extra promotion for Rotary. Thanks Lynne



The Great GRANGE Raffle is on

NOW

- ❖ Tickets available online
- ❖ Spread the word
- ❖ Join with a group of friends and share a tickets

THE GREAT GRANGE RAFFLE

A rare chance to WIN the world's most coveted wine

Only 200 tickets available @ \$200 ea

Enter the draw to win 10 consecutive vintages of Penfolds Grange, from 2009 through to 2018.

Valued at \$10,000, you'll have a real chance to win this unique collection with only 200 tickets on sale.

Get your raffle ticket at:
<https://www.raffletix.com.au/greatgrange2022>

All proceeds will benefit the Rotary Club of Eaglehawk's local and international projects. Make up a syndicate or keep this opportunity all to yourself!

Additional information or enquiries to John Jones (PP/Secretary).
Phone 0419 113 065 or email Johnpricejones47@gmail.com

Vic raffle permit no. 10405/22. Raffle to be drawn 7PM 7 Dec 2022, 9-12 School Street California Gully. Winner notified and result published on www.eaglehawkrotary.org.au and www.facebook.com/eaglehawkrotaryclub. There is an agreement with RaffleTix Holdings Pty Ltd (ABN 24 623 531 340) to promote or conduct this raffle for reward.

Rotary Club of Eaglehawk

Penfolds



Up Coming Events

Nov 9	Guest speaker – Matthew Richardson
Nov 16	Annual General Meeting
Nov 23	Foundation Dinner
Nov 27	SASS BBQ
Nov 30	Fortuna tour and Christmas celebration
Dec 1	RYLA Dinner
Dec 7	Grange Raffle draw
Dec 9	LaTrobe University, School of Rural Health BBQ
19 Nov	Christmas Trailer raffle draw.

Youth Report from Lynne Cooper



Rotary Club of Bendigo Sandhurst Inc

Inc. No. A0018398L ABN. 71508178165
Chartered 2nd June 1988 District 9800

P. O. Box 1122, Bendigo 3552, Victoria, Australia
Email: secretary@rcobs.com.au

President: **Judy Miatke** Secretary: **John Harkin**



29 October 2022

Dear Youth Service Directors,

The week long RYLA camp this year will be held at Camp Getaway, Axedale, near Bendigo, and will be hosted by my club, the Rotary Club of Bendigo Sandhurst. As President of the host club, I have the pleasure to invite you, members of your Rotary Club, and guests to attend the RYLA dinner on Thursday 1st December.

This is an opportunity to meet and chat with the RYLA participants, receive feedback on RYLA and just have a fun night with a great group of young adults. There will be Rotarians from many other clubs present, and it will be a fun and light-hearted evening. It is also a great way to show any potential members and any young people who may consider applying to participate in RYLA in coming years, a great example of Rotary at Work.

The venue is Camp Getaway, 161-163 Kimbolton-Axedale Rd, Axedale, and the evening will commence at 6:00 for 6:30 pm. Things should wrap up by about 10pm.

The cost of the evening will be \$35 each. For catering purposes, please ask club members and guests to RSVP before Wednesday 16th November by making an EFT payment to:

Account name: RCBS

BSB: 633 000

Account Number: 101 145 373

As reference, please use "RYLA Dinner + <surname>

A couple of things to note:

Firstly, the RYLA dinner will be an alcohol-free event.

Secondly, depending on where people will be coming from, Camp Getaway can be a fairly long drive, so some may wish to consider an overnight stay nearby in Axedale, Bendigo or Heathcote.

To assist any members in your club who may not be too familiar with RYLA, it is a Rotary youth program for young people aged 18 to 25, the centrepiece being a week-long residential camp which focuses on personal growth, leadership development and community. More detail can be found via the RYLA website: <http://www.ryla9800.org.au>

If you have any dietary requirements or other queries, please email or call my club's Youth Director, Stew Annan.

Email: stewart.annan@bigpond.com

or Ph: 0474 515 412

Finally, we members of the Rotary Club of Bendigo Sandhurst look forward to welcoming you, members of your club & guests at this wonderful event.

With warm regards,


Judy Miatke
President

Rotary
Bendigo SANDHURST 

Rotary
District 9800



Rotary Youth Leadership Awards

RYLA Dinner

The Rotary Club of Bendigo Sandhurst invites you and the members of your Club to join us on Thursday 1 Dec 22 - 6pm for 6:30pm
at

Camp Getaway
161-163 Kimbolton-Axedale Rd, Axedale

\$35 per head

RSVP with payment by Wed 16 Nov

Bank Details: BSB 633 000 - Account 101 145 373

Ref: "RYLA Dinner + surname"

Contact: Stew Annan – 0474515412 or stewart.annan@bigpond.com

Hosted by

Rotary
Bendigo SANDHURST





Foundation Dinner

The combined Goldfield cluster invites you and the members of your club to join us on November 23rd. 2022—6.30pm for 7.00pm

at

The Bendigo Club

22 Park Street, Strathdale.

Guest Speaker: **PDG Murray Verso, current Zone End Polio chair.**

Two course meal - **\$45 per head** plus drinks at bar prices.

Please advise any dietary requirements?

RSVP with payment by 9th November 2022

Bank Details: BSB 633 000 — Account: 106 154 685

Pam Luxford - 0419 798 686 or mpluxford@bigpond.com

Please state your "name" and "Foundation" with payment



Hosted by



The Melbourne Convention – May 2023.

We have been promoting the Convention to be held in Melbourne next May. Click on the icon below to find out how to go about registering. We would love to see our members trying to be involved in this worldwide Rotary event.



REGISTER FOR THE RI
MELBOURNE CONVEI

HEART MATTERS

Thank you for being such a great group. It was a pleasure speaking to you all about heart health.

Thanks for requesting more information on the evaluation form. Below are some links to information related to what we talked about during the session. There is a lot there, so please pick what interests you and leave the rest.

If you know of any groups or businesses that may be interested in a free Heart Matters talk, please let me know.

Thanks again Georgie.

Heart attack resources and information

Order your free copy of My Heart My life book, for people that have suffered a heart event. <https://shop.heartfoundation.org.au/collections/brochures/products/my-heart-my-life-3rd-edition>

Order your free heart attack warning signs action plan magnets and/or wallet cards and fact sheets: <https://shop.heartfoundation.org.au/collections/other>

- What is a heart attack? <https://www.heartfoundation.org.au/Conditions/heart-attack>
- Difference between cardiac arrest and heart attack: <https://www.heartfoundation.org.au/Conditions/cardiac-arrest>
- Looking for information in other languages? Visit <https://www.heartfoundation.org.au/Heart-health-education/Info-lote>

Understanding your risk

- Learn more about the Heart Health Check: <https://www.heartfoundation.org.au/Heart-health-education/Heart-Health-checks>
- Try the Heart Age Calculator: <https://www.heartfoundation.org.au/heart-age-calculator>
- Are you at risk of heart disease? <https://www.heartfoundation.org.au/Heart-health-education/are-you-at-risk-of-heart-disease>

Heart healthy eating

- Healthy eating to protect your heart: <https://www.heartfoundation.org.au/Heart-health-education/healthy-eating>
- Get access to some great recipe e-books to read on your computer, tablet, or phone: <https://shop.heartfoundation.org.au/collections/ebooks>
- Check out all our recipes: <https://www.heartfoundation.org.au/search/%22recipes%22>

Physical activity and the walking program

- Get your personal walking plan: <https://walkingplans.heartfoundation.org.au/>
- Find out if there is a walking group in your area: <https://walking.heartfoundation.org.au/walking/victoria>
- Benefits of walking: <https://walking.heartfoundation.org.au/benefits-of-walking>
- Physical activity and your heart: <https://www.heartfoundation.org.au/heart-health-education/physical-activity-and-exercise>

Other information and links discussed

- Quit (smoking): <https://www.quit.org.au/>
- **Stroke** Foundation: <https://strokefoundation.org.au/>
- Ambulance Victoria's Call Push Shock education: <https://www.ambulance.vic.gov.au/call-push-shock/>

- Ambulance Victoria membership: <https://www.ambulance.vic.gov.au/membership/>
- Ambulance Victoria - Who may already be covered (does not need a membership)? <https://membership.ambulance.vic.gov.au/fagdetails?id=KA-01021>

Register your AED/defibrillator: <https://registermyaed.ambulance.vic.gov.au/>



Georgie Redmond | Heart Matters Coordinator (Bendigo)

Greater Bendigo, Regional Victoria

T: 03 8667 5102



Stronger together | Make a difference | Change the future | Build connections | Act with integrity



For heart health information visit heartfoundation.org.au

The Heart Foundation acknowledges the Traditional Owners and custodians of country throughout Australia and their continuing connection to land, waters and community. We pay our respect to them and their cultures, and Elders past, present and future.

MOVIE NIGHT FUNDRAISER - Y Services Eaglehawk

I am reaching out to you to ask if you could promote our fundraiser at the **Star Cinema on Thursday 10th November at 7 pm.**

The movie is Amsterdam-a comedy drama about 3 people who witness a crime, become suspects themselves and then uncover a most outrageous plot in American history. Starring Robert De Niro, Christian Bale, Mike Myers to name a few.

Many thanks
Therese Jones
Y Services Eaglehawk



Burra Xmas block party

9th Dec 5pm-10pm High St



Best window display comp

Roaming choirs

Food/beverage

DJs/buskers

Late night shopping

Best dress up group

And so much more