



Rotary International
President: Shekhar Mehta

District Governor: 9780
John Clue Rotary Club
Port Fairy

Bayside Postal Address
PO Box 809
Geelong 3220

Club Executive
& Directors

President: Jo White

Secretary: Daryl Webb

Treasurer: David Fisher

Community Service:
Telsa Stubna

Vocational Service:
Telsa Stubna

International &
Foundation Service:
Judy Beasley

Youth Service:
Shirley Marendaz

Membership:
Ian Aranyosi

Supporting the
Environment:
Aileen Brown



**SERVE TO
CHANGE LIVES**



A Message from the Pres

Hello Everyone,

Here we go again, but only for 7 days, so not too bad. Unfortunately, because of this lock down, the Bannockburn Donate Life stand will not be going ahead. So, we must look forward to holding the planned one on Oct 3rd at the waterfront market. Fingers crossed it will proceed and many people will be introduced to organ donation.



A Social Tuesday with a difference this week, a little quiz, and a guest speaker. We were thrilled to have Geelong Footballer Shaun Higgins joined us, to share information about his journey with football. Thirty four year old Shaun said his interest in Football started as a child, when his father was a coach for Barwon Heads. He spoke about how he felt being an 18 year old, drafted to the Melbourne Football club in 2005 and of how Mum was the one that drove him to Whitten oval to start his playing career. There was quite a conversation about the different ways "Mum's" handle the stress of seeing football injuries on their daughters and sons that play this sport. In Shaun words **Mum's Ride Every Bump**.

Shaun and wife Heidi have 3 children (I think PK would have like them all to be present) two girls and a boy. He said he was happy to be able to be back in Geelong with family and friends close and had always been a Cats fan growing up. They live a very busy life, being a professional football player is a full-time business and with a young family, they must balance the time carefully. Shaun was asked the question, what is it like to play without a crowd to cheer you on. He said, crowds are an important part of the game, but it's just how it is now, he said it was disappointing that the Grand Final will not be played at the G but, it will be an exciting game with all the footy fans being able to attend at Optus Stadium on Sat. Thank you to Ian Aranyosi for inviting Shaun to be part of our Social Tuesday evening, Shaun is a delightful young man, and it was so interesting hearing his story.

With lockdown continuing hope everyone is happy at home, filling your time with some positive and fun things to keep you busy.

Stay safe and keep smiling

Cheers Jo

Meeting Dates for your Diary **unless we must change**

Sept 28th Guest Speaker
Dr Emma Hobbs 7.15 for
7.30 start. On Zoom
Why not Each on Bring one
to hear Emma
**Chairperson Telsa S
Desk & welcome N/A**

**October is
Community Month**

October 3rd
Donate Life Stand at Steam
Packet Market please drop
in for a visit

October 5th Board Meeting
with DG John, at 6.15 All
members 7.30 dinner
meeting Any apologies
please to Jo

October 12th
Project & Planning night
Possibly on Zoom
7.15 for 7.30 start

October 19th
It's social Tuesday
All information to be sent
asap

October 26th
Guest Speaker Night
We will welcome Narelle
Goodland From
The Orange Door
This will be a perfect
evening for
Each One to Bring One

**Chairperson Daryl Webb
Desk & welcome N/A**

Always feel free to invite friends
or family members to hear any
of our speakers, and to see what
Rotary is all about

What a great gift idea from the Rotary Club of Kardinia

And a good idea for Christmas giving

Geelong themed Ceramic Coaster 10 x10 cm, a set of 4 for just \$20 a set.

All profit going to the Kardinia Rotary Club

Made from ceramic with a cork backing they are UV printed with extreme durability
Please place your order by email to henrybrockman@bigpond.com.

He will send you payment details



Volunteering seems to be a large part of Rotarians lives. It's good to see the people behind the badge and discover what other interest we have.



This week it's Jo's turn to talk about what organisation she

volunteers with. And that would be **Look Good Feel**

Better. Jo has been volunteering with LGFB for 20 years. Facilitating at workshops at Epworth Hospital, SJOH Hospital and the Geelong Hospital. Meeting woman that are undergoing treatment for cancer.

The face-to-face workshops operate in a group workshop environment, and we currently hold approximately

1,000 workshops in 180 venues across Australia each year. As everything Covid has changed the way we work, but we have still been able to go ahead online. The workshops are all run by a team of 1,000 dedicated volunteers across Australia who cover skincare techniques to address common side-effects from cancer treatment like dryness and sun sensitivity; makeup tips to help correct and conceal redness, sallowness, pigmentation, and dark circles as well as techniques for drawing on eyebrows; and advice on headwear including scarf styling and wig selection. Each participant receives a beautiful Kit – full of skincare and make-up products donated by the cosmetic industry – to use as tools for application throughout the workshop and for continued use in their own homes. It is a wonderful program, helping restore confidence when life can become a little hard to deal with. Participants also benefit from the opportunity to meet others in a similar situation. During the workshops, friendships and additional support networks are formed that can help during diagnosis and treatment. Jo said, the time and energy that I put into this program is nothing compared to what I get back. To see someone that is struggling when they arrive, begin to laugh, and enjoy their new look is very rewarding. And as we always say to our participants, if you Look Good you do Feel Better.





FIRST FRIDAY OF EVERY MONTH
IS OUR BUNNINGS BBQ DAY. ALWAYS VOLUNTEER ON CLUBRUNNER WHEN YOU CAN.

This is a fun part of membership, but an important part as well, as this gives us those all-important dollars to help where and when help is needed, thank you to all for volunteering and helping at the BBQ.

Next BUNNINGS BBQ we hope so
Friday October 1st
Maybe!



Please register on Clubrunner if you are available to help.
Thank you.

Some interesting reading about Rotary foundation and why it is our charity of choice

As thousands of refugees streamed into Berlin, they strained the health care system. Rotarian and physician Pia Skarabis-Querfeld spent the last three years building a network of volunteer doctors to help those in need. On the nightly news and around her city, Pia Skarabis-Querfeld saw the refugees arriving in Berlin after fleeing war, persecution, and poverty in their home countries.

[Read More](#)

Our Green Queen Aileen, reported that the very full first Bayside adopted Lid4Kids Bin has been collected from the Apco Service station on Portarlinton Road. If you would like to volunteer to help clean and sort the lids that would be very much appreciated.



Also, as soon as we can, we need a team of volunteers to organise the storage shed at Robin & Andrea Hunts place, and responsibly disposing of the polystyrene catering items we have there. Please check Clubrunner for the date and add your name if you can.

Did you know?

Australia enjoys one of the world's highest cardboard & paper recycling rates. But more than 100 million Trees are destroyed each year to make junk mail



HOLD THESE DATES

Tuesday 5th October.

This will be an important meeting night as DG John and Heather will be visiting us. There will be a meeting with the board at 6.15. then, everyone will come along and meet the DG at 7.30 for dinner That's the plan anyhow.



**Sunday 24th October
End Polio Walk
Have some fun and
dress for the occasion**

Saturday 6th November

Bonfire Day & Night.
Lighting of the Bon fire at sunset. Spit roast dinner served at 7pm and so much in between. More information attached

Tuesday 2nd November

The race that stops a nation
Again, not too sure where but it will be fun.

Friday 19th November
Bayside Trivia Night
Geelong West Town Hall
more info on page 7



Great News!

The Rotary Club of Bayside Geelong and Wombat Gully Plant Farm, Supporting the Environment Promotion, has been extended.

The Rotary Club of Bayside Geelong and Wombat Gully Plant Farm are partnering to **SUPPORT THE ENVIRONMENT**

WOMBAT GULLY PLANT FARM GEELONG

Rotary Club of Bayside Geelong

Present this voucher to Wombat Gully when you purchase your plants and gardening needs, and Wombat Gully will donate 10% of your purchases to the Rotary Club of Bayside Geelong's Environmental Projects.

Wombat Gully Plant Farm Townsend Road Moorabool
This voucher is valid from July 31st to September 12th

SUPPORTING THE ENVIRONMENT

BECAUSE OF THE COVID RESTRICTIONS, WOMBAT GULLY PLANT FARM HAS VERY KINDLY EXTENDED OUR VOUCHER UNTIL OCTOBER 12TH 2021.

**10% OF ALL SALES WILL GO TOWARD THE NEW PALLIATIVE GARDEN AT THE MCKELLAR CENTRE.
A BAYSIDE GEELONG PROJECT.**

THANK YOU FOR SUPPORTING THIS PROJECT

Are you ready to join the
Bayside Beauties and Blokes
End Polio Now Walk

on October 24th 10.am starting at
Limeburner's Point Carpark
Jump in and join the team to walk with
us or help raise funds to support
End Polio Now

Simply **Click on this link**

Also, depending on restrictions, possible family
BBQ at the Rippleside park at the finish of the
walk.



**CALL
OUT TO
ALL OUR
LADIES**

**MEMBERS
PARTNERS
PAST MEMBERS
AND
FRIENDS OF THE CLUB**

**You are invited to join us
on Oct 9th 3 pm for
BUBBLES & CUP CAKES
AFTERNOON TEA
ON ZOOM**

**We know it will happen that
way, on zoom that is.**

**Have you ever wanted to
know how to create those
wonderful roses on
beautiful cupcake?**

**Wouldn't it be good to get
all the tip & tricks from
someone that knows?**

**Baker and cake decorator
from Melbourne, Betty will
be joining to show us how.**

**Plus, there will be a little
fun thrown in**



**For your zoom invitation
please email
jowhite@exemailcom.au**

**You are invited
to join the
meeting on
Tuesday 28th
September at
7.15 for 7.30**



With

**Dr Emma
Hobbs**

Dr Emma Hobbs is a research veterinarian with a particular interest in One Health. She has many years of experience conducting veterinary public health research, community engagement, capacity building and international development in low- and middle-income countries across southeast Asia and sub-Saharan Africa. Her current research, as part of the Doherty Institute's 'Beating Buruli in Victoria' project, aims to better understand how Buruli ulcer is transmitted between people, animals, and the environment in endemic areas of Victoria

**If you would like to join the
meeting, please send your
email details to
peter.kavenagh@gmail.com
before Monday 28th Sept**

Speaking on.

**Beating
Buruli**

**WHERE DO YOU FIND
THIS FLESH-EATING
ULCER?**

**From Rye and
Sorrento to Barwon
Heads and
Queenscliff**

Membership Moments

Question: Is it a benefit to connect with others?

Evidence shows that connecting with other people and forming good relationships with family friends and the wider community are important for mental wellbeing. Building stronger, broader social connections in your life can increase your feelings of happiness and self-worth. Also, Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and improve our immune system.

Now that all sounds like a very good reason to invite everyone to join a Rotary Club, doesn't it?

I heard Shekhar Mehta say recently when asked why he joined Rotary, his reply
I WAS ASKED!

BURCH'S BONFIRE & SPIT ROAST DINNER

Games And Activities.
Walk The Bush Trail.
Trash And Treasure.
Bonfire Lite at Sunset.
Toast the Marshmallow.
And have some fun



The Rotary Club of Bayside Geelong

Invites all clubs to
Join us on Saturday 6th
November
Gates open at 3.30
1430 Anglesea Road
Bellbrae
cost \$20 per person
under 12's \$5
Including Spit Roast
Dinner
with Salads and Sweets

BYO Chairs &
Drinks of Choice.

For catering purposes
please book your
tickets with Telsa
On 0416233582
telsastubna@gmail.com

YOUTH MENTAL HEALTH HAS NEVER BEEN MORE IMPORTANT

YOU'RE INVITED TO A FREE WEBINAR
HOSTED BY MAGGIE DENT AND SOME
OF AUSTRALIA'S FINEST ROTARY
HEALTH EXPERTS TO ASK US ANYTHING
ABOUT LIFTING THE LID ON MENTAL
ILLNESS IN SCHOOLS
THURSDAY SEPTEMBER 30TH 2021

FOR MORE INFORMATION AND TO REGISTER ON THE SPOT, HEAD TO
WWW.LIFTTHELIDINSCHOOLS.COM.AU



REGISTER FOR THIS FREE SEMINAR
[click here](#)

One the biggest challenges facing schools and parents today is the mental wellbeing of our children.

In Australia, each year 1 in 5 people experience a mental illness and one-third of our young people have had an episode of mental illness by the time they are 25 years old. Because of these startling statistics Australian Rotary Health has committed to allocate its funding to mental health prevention research in young people. 100% of all donated funds from this campaign go to research.

Here more about it at
7.30pm on Thursday Sept
30th

HUMANS IN GEELONG 2021

THIS IS A FREE
EVENT



What are Humans in Geelong?
They aim to inspire, connect & strengthen community!
A small team of volunteers who share the inspiring stories of our hometown Geelong and Greater Geelong area.
The Stories are about the everyday humans who are taking action one way or another, and making a difference

This is a great day so why not call in and see what is happening in Geelong. [Click HERE](#) To see the program

Sunday 10th Oct
10am-5pm
Deakin Waterfront

Rescheduled

Rotary Club of Bayside Geelong

WOW!
Live Auction
Cinema
Tickets.
12-month
Gym
Membership.
Locally Made
Exquisite
Quilt.
Diamond
Ring.
Garnet
Necklace.



Friday 19th November 7pm start
Doors open 5.30pm
\$20 per person
Bookings for Tables of 8
www.trybooking.com/BSFGI

After work pick up
your friends,
drop into the many
takeaway food
premises in Pako
And feel free to bring
your dinner in to the
hall any time from
5.30 onwards



Early Christmas shopping opportunity
50 Fabulous items to choose from in the
Silent auction

Geelong West Town Hall
Pakington Street West Geelong



Bookings
Enquiries
Judy
0409512734
Jo
0419155183