

The COG

Weekly Event Notice for 14th September 2026

Rotary Club of Heidelberg

A Banyule community group of volunteers

Our focus is those less fortunate in our community as well as aid relief for devastations such as bushfires and floods. We are a part of a worldwide network of more than 1.2 million people who tackle persistent problems in communities, while building friendships and meaningful connections.

We get together a couple of times each month to develop projects over a coffee or light lunch.



PEACEBUILDING AND
CONFLICT PREVENTION



DISEASE PREVENTION
AND TREATMENT



WATER, SANITATION,
AND HYGIENE



MATERNAL AND
CHILD HEALTH



BASIC EDUCATION
AND LITERACY



COMMUNITY ECONOMIC
DEVELOPMENT



ENVIRONMENT

Rotary Club of Heidelberg, Australia www.rotaryheidelberg.org
P.O. Box 129 Rosanna VIC 3084 – Club No. 18278 ABN 91 870 845 490

THIS WEEK: Coffee Catchup - Sycamore Tree

LAST WEEK: Luncheon at RSL with Josh Nester – Seek Investments

ZOOM-ZOOM – Rotary Heidelberg Invites Members and Friends to join our luncheon meetings via Zoom. Luncheon meetings are held twice a month commencing at 1.00PM. Zoom connection details are listed below the Program Box towards the end of this publication.

**NEPAL
DISASTER
Donation
See Contact Below**

KIESER
this Saturday
12th September
Understand your body!

Rotary
District 9790



CREATE LASTING IMPACT

RIMERN
Monday 28th
September

**Registration Form
Below**

Rotary Heidelberg 2025 – 2026 Executive
Club President Allison: Roberson 0402 154 531
Hon. Secretary: Nancy Situ 0478 580 761
Hon. Treasurer: Geoff Cook 0407 308 171

District 9790 Governor: Paul Miegel (Corowa)
Area Governor: Pat Solibakke (Pascoe Vale)
District Secretary: Kellee Middleton (Benalla)
District Treasurer: Rodney Bramich (Albury Hume)
President Rotary International: Olayinka Hakeem
Babalola, Rotary Club of Trans Amadi, Nigeria.



UPDATE From PRESIDENT ALLISON

We would like to thank Nancy for inviting **Josh Nester** from SEEK Investments. He presented on the concerns about AI moving forward. There are some concerns about potential job loss for people in the tech field as AI advances. Despite the possible downfalls, there are some helpful attributes of AI. The best way to get a good answer is to keep asking it questions and make sure your questions are very detailed. He thinks that ChatGPT is helpful and he also recommends an AI note taking application called Granola (<https://www.granola.ai/>). Most of these applications are free but may require a sign in.

Saturday 12th of September National Open Day at Kieser 8am-3pm

Up to \$1,500 will be donated by Kieser to the Rotary Club of Heidelberg if 20 people sign up for a training session with Keiser on Saturday. Brad will be giving a talk at **10am** about **Back Pain**: regaining strength, confidence and movement. Please join **Kieser Heidelberg** for clinic tours, trials, free coffee and presentations. Evaluations will be half off the normal cost. Register using the QR Code below



Emergency in Nepal

Please feel free to make private donations to RAWCS. The Rotary Club of Heidelberg is making a donation to help with disaster relief.

Urgent Appeal -Nepal Disaster

Rotary Australia World Community Service (RAWCS) have established an appeal fund for the Nepal disaster.

Please find below the link and the QR code to the appeal. Tax deductible donations can be made immediately.

Rotary - Nepal Flooding Disaster Relief (RAWCS)



RIMERN UPDATE

Nancy has provided an Online Sign up for RIMERN this week. Please sign up to let us know if you will attend.

<https://docs.google.com/spreadsheets/d/1vrHMzjEsvjIoZbkyIvRH9rJG-5kjlzLu/edit?usp=sharing&ouid=108509313219522686917&rtpof=true&sd=true>

Our First day will be the fourth Monday of September.

Date: 28/9/2026

Location: RIMERN 32 Lincoln Street East Brunswick (corner of Moreland Road)

Hours: 10am – 1pm

Please dress warmly and wear closed toe shoes (they will provide close toe shoes)

Coffee, water and tea will be provided
Plan to clean, organize and put together flat pack furniture!

Please bring your volunteer sheet (Signed) with you if you have not given a copy to Allison.

Brother Harry has already taken 2 groups of people to the RIMERN warehouse and helped them pick out furniture.

Please let me know if you are interested in becoming a case manager. The training is every 2 weeks and by ZOOM.

PROJECTS AND EVENTS

Rotary Club of Diamond Creek - Grand Parade on Saturday, 12 September.

Featuring the Polio Baton at the front of the Grand Parade. Let the community see the number of clubs in our area while bringing awareness to the eradication of polio.

Time: 9:30 am - arrive at parade marshalling area

Assembly Location: Netball Courts, Diamond Street, Diamond Creek

Parade Begins: 10 am Sharp!

Parade Finishes: no later than 11 am

Parade Distance: 800 metres

RC PRESTON – 16th September

Guest Speaker Dr Peter Ewer

"Preserving Regional Parklands with Urban Expansion." The growing demands of our population and the urgent need to sensitively look after our environment.

AND ALSO - 20th September – Is it an illusion?

23rd of September 6:30-9pm Blue Illusion Fashion Night

Ivanhoe Rotary in support of the Cambodia school project

RSVP with Lisa by Sept 20th at 0477 990 719

Rotary
Preston

People of Action.
Making a Difference.

HEALTHY CREEKS
THRIVING COMMUNITIES

PRESERVING REGIONAL PARKLANDS WITH URBAN EXPANSION

As Melbourne's north continues to expand, how do we protect our wetlands and waterways for wildlife to flourish, and improve human wellbeing?

Our Guest Speaker
Dr Peter Ewer
PRESIDENT, MERRI CREEK MANAGEMENT COMMITTEE

Peter has served on the committee of the Friends of Merri Creek since 2003 and is currently President of the Merri Creek Management Committee - MCMC is the community-led natural partnership that advocates for the Creek and undertakes restoration works.

He has been a member of the Australian Conservation Foundation for more than 40 years and credits his mother for raising him as an environmentalist - along with watching David and Goliath nature documentaries on Sunday nights in the 1960s.

He co-founded the Merri Puddle in 2001 as a sub-group of the Friends of Merri Creek. He lives in Brunswick East about 500 metres from the Creek.

FRIENDS OF MERRI CREEK
Caring for Country

"Our creeks are the lifeblood of our region - for wildlife, for people, for the generations to come."

WEDNESDAY 16 SEPTEMBER 2026
6:00 pm
EVENING MEETING

DAREBIN RSL
BELL STREET,
PRESTON VIC 3072

ALL WELCOME
GUESTS & VISITORS MOST WELCOME!

CO \$ PER PERSON

RSVP: Ruth McCall by Sept 14th
mccall.ruth@gmail.com

LET'S WORK TOGETHER TO PROTECT OUR PARKLANDS, WETLANDS & WATERWAYS.

SHOP TO SUPPORT SIEM REAP SCHOOL CHILDREN

Please join us for light refreshments, & a styling workshop
Discover chic French inspired fashion & enjoy personal styling advice
7% of all proceeds will be donated

Door prizes and bubbles

A ROTARY DISTRICT 9790 PROJECT

WEDNESDAY SEPTEMBER 23rd
6.30 PM TO 9.00 PM

BLUE ILLUSION BOUTIQUE
142 UPPER HEIDELBERG ROAD
IVANHOE

RSVP LISA
SEPT 20
0477 990 719

AND OR Something a little bit different.....

10th-12th of September

Australia-China Economica, Trade and Investment Expo 2026

Melbourne Convention and Exhibition Centre - Our new friend June, the President of the Rotary e-club Unity Inspire VIC Australia Inc., has invited us to join her club for this event if anyone is available or interested.

Official Website: <https://www.acetie.com.au>

Promotional Video: https://www.youtube.com/watch?v=BCIs_INaXIA

OCTOBER EVENTS

Olivia Newton John Walk for Wellness - Sunday 4th of October

Alexandria Gardens (the Tan) 2km walk. Please sign up online. Some of our friends from The Rotary Club of Prestin will join us.

WALK for WELLNESS October 11th

Please sign up online. Some of our friends from The Rotary Club of Ivanhoe will join us.

Polio Plus 2026: It's time to Eradicate Polio - Saturday October 17th

We will receive the Polio Baton and plan have a public performance in Heidelberg on Burgundy Street. We welcome all members to come along to show support and take photos to help eradicate Polio!

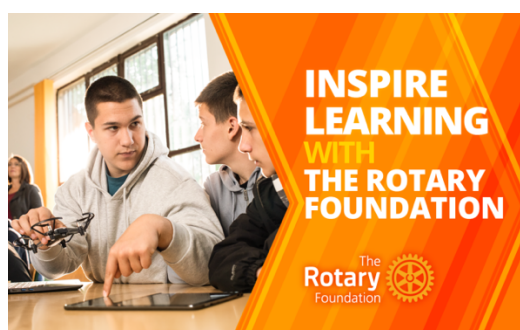
BBQ with Ivanhoe Rotary for their Cambodia Trip **Saturday 24th October**. Probably need 2-3 people please at Fairfield Bunnings, please let me know if you can attend. Thanks!

Sunday October 29th - 1956 Olympic Commemorate Project

- with John Bell - In development.

Sunday November 29th - Malahang Festival

Malahang Reserve Heidelberg West - we might consider a stall providing information & food.



International Literacy Day! We are so appreciative of Rotary members like you who make it possible for people of all ages to change their lives through education. These kinds of transformational opportunities include early childhood education, foundational literacy and numeracy classes, technology programs, and continuing education for teachers.

Whether a project is organized by the Rotary Club of Heidelberg or by a club far away, these [efforts are connected through Rotary](#) and our dedication to Doing Good in the World.

How your donations to our Foundation make an impact

Together, we are working toward a more equitable world where all children get a quality education and adults have lifelong learning opportunities that equip them with vital numeracy and literacy skills.

The Mongolian Library Project works to boost foundational learning for students in districts of Ulaanbaatar where unemployment is high and resources are limited. The libraries have textbooks, provide a warm study space, and serve as a place to host extra lessons, other learning opportunities, or social events.

A collaboration between Rotary clubs in Canada and Belize helped struggling readers in Belize build critical skills such as word recognition and decoding (understanding the sounds in words). The significant gains led to a nationwide adoption of the strategy in all primary schools.

In the U.S. state of South Dakota, the Rotary Club of Rapid City is partnering with the He Sapa chapter of the organization Friends of the Children to add an early literacy intervention to a successful initiative providing mentorship and other support to Indigenous children. The intervention provides access to culturally relevant materials, interactive learning technology, and a learning environment that honors Lakota culture.

Take action on International Literacy Day - Consider making a gift to The Rotary Foundation in honor of International Literacy Day today. Your donation will help communities address educational challenges so that students can focus on the most important thing – learning!

Thank you for your support.

THE ROTARY FOUNDATION

Rotary Club of Heidelberg is inviting you to a scheduled Zoom meeting

To Join Zoom Meeting:

<https://us06web.zoom.us/j/85091004607?pwd=d0BdHaRfv8hc5PF1c33qMQnwFHQDoi.1>

Meeting chat link:

<https://us06web.zoom.us/jc/85091004607>

Meeting ID: 850 9100 4607

Passcode: 659151

WHAT'S ON - - - Rotary Club of Heidelberg Related Projects & Events

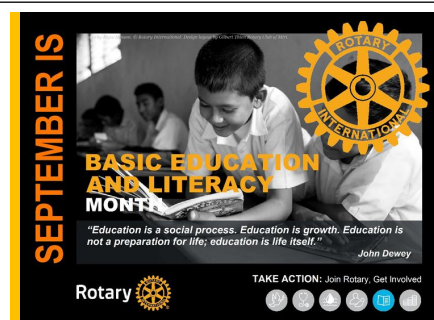
SEPTEMBER

- 12 Saturday - Keiser 8 am till 3.00pm FREE See Presidents Post
- 14 Coffee Catchup 10.30am - Sycamore Tree
- 16 RC Ivanhoe 7.15 for 7.30am Uniting Church Hall, Ivanhoe
PDG Paul Mee - Australian Rotary Health
- 16 RC Preston - Dr. Peter Ewer - see flyer earlier in this doc.
- 21 RSL 12.30 for 1.00pm - Jordy Bradley - BANSIC
- 28 RIMERN Project, 10am till 3pm - 32 Lincoln Street, East Brunswick
- 28 Also Coffee Catchup 10.30am - Sycamore Tree

OCTOBER

- 4 SUNDAY - ONJ Walk for Wellness - around The Tan
- 5 RSL 12.30 for 1.00pm - TBA
- 11 SUNDAY Lift the Lid Walk - Nation-wide Rotary Health Walk
- 12 Coffee Catchup 10.30am - Sycamore Tree
- 14 Board 6.30pm Bowlen Dunstan
- 19 RSL 12.30 for 1.00pm - TBA
- 24 SATURDAY - Bunnings Fairfield BBQ with RC Ivanhoe -
Cambodia Project fundraising
- 24 PLUS End Polio Relay/World Polio Day
- 26 RIMERN Project, 10am till 3pm - 32 Lincoln Street, East Brunswick
- 26 Also Coffee Catchup 10.30am - Sycamore Tree

- * RSL = RSL on Bell - 180 Bell Street, Heidelberg Heights
- * OE = The Old England Hotel - 459 Lower Heidelberg Road, Heidelberg
- * Sycamore Tree Coffee Shop = 185 Burgundy Street, Heidelberg
- * Bowlen Dunstan and Associates - 38 Beetham Parade, Rosanna
- * Rotary Club of Ivanhoe - Uniting Church Hall, Seddon Street, Ivanhoe
- * Rotary Club of Preston - Darebin RSL - 402 Bell Street, Preston



Please confirm your attendance
or apology to Ken before

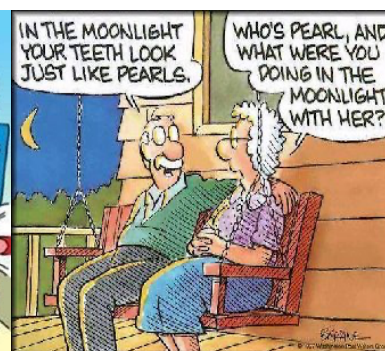
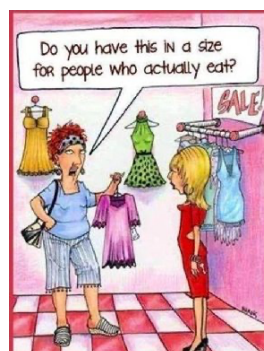
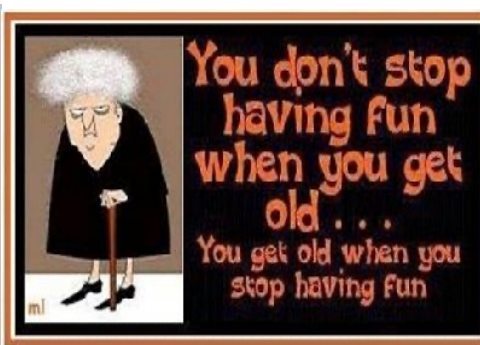
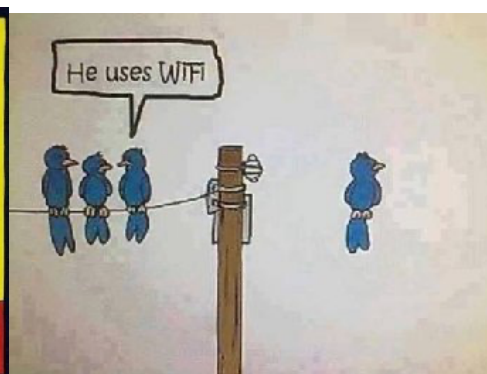
9.30AM Monday

0437 770 831

ken.w.norm@gmail.com

Conceptual Thinking:

My friends and I have named our band 'Duvet'.
It's a cover band.



Brought to you by the Rotary Club of Heidelberg, Victoria, Australia.