

The COG

Weekly Event Notice for 24th August 2026

Rotary Club of Heidelberg

A Banyule volunteer community service group.

We get together a few times each month, for coffee or a light lunch.

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



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

LAST WEEK: RSL on Bell – Jo Graham, Wellbeing Exec. Banyule CC (+BOARD
THIS WEEK: Coffee Catch Up at The Sycamore Tree

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.

Lift the Lid
Mental Health Walk
for Wellness –
Sunday 11th October

RIMERN.

This organization provides
people in need...

RYPEN

Young people aged 14 to
17 years.....

Who called out
“shark” ?

**BEWARE
OF THE
DOG.**

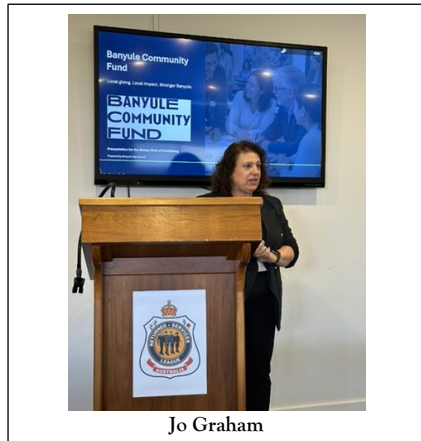
**THE CAT IS NOT
TRUSTWORTHY
EITHER.**

**Visit to The Stokes Collection – 9AM
9.00AM Monday 31st August –
Meet at the RSL on Bell**

Going to 816 Mount Macedon Rd,
Mount Macedon VIC 3441

Group tour - \$35 per person

PRESIDENTS POST



Jo Graham

We would like to thank Jo Graham, Community Wellbeing Executive Assistant from Banyule council for the presentation on the **Banyule Community Fund Grant**, which is available for donations used locally to for those in need in the Banyule area. It is overseen by the Australian Communities Foundation which helps with management of funds and charitable oversight. Started in 2023 it focuses on the environment, mental health, emergency relief, disability services, art + culture. Donations can be earmarked for areas of interest. The fund will disperse the funds to selected charities that have been approved for grants. Donations go directly to causes and is not spent on administration since the Banyule council has agreed to pay for the administration cost out of its funding.

They have donated to interesting causes such as BANSIC, Farm raiser, Diamond Valley learning, Olympic neighbourhood house and Footscape which uses information technology to assist disadvantaged persons with foot problems.

Farm Raiser is a non-profit and registered charity, sustained through the sale of our produce. As well as growing veggies, we also run education and vocational programs for students with disabilities, provide high quality food relief to locals, therapeutic horticulture for victim/survivors of sexual assault, and run volunteer sessions, community events, tours, and working bees.

BANSIC provides responsive, practical support to people facing food and financial insecurity, homelessness, social isolation, and marginalisation. A representative from BANSIC will come to speak with us soon.

Visit to Stokes Collection on the 5th Monday of the Month!

Monday the 31st of September, we will meet at the RSL at 9 am and car pool to the Stokes Collection Art Museum, 816 Mount Macedon Road, Mount Macedon, VIC 3441. This is a lovely collection of classic art works from around the world. The cost is \$35 per person and all members, friends and family are welcome.

After visiting the museum (estimated time 1-1.5 hours), we will attend lunch at a local restaurant (To be determined). Please see Laurie Rose to sign up for this trip.

Bradley from Keiser

Open day event from 8-3pm on Saturday the 12th September. Completely free and open to anyone, there will be a coffee cart and some cool activities (grip strength measurements, machine demo's etc.) as well as some presentations run by our staff on three different topics: "Strength Training for Back Pain" "Osteoporosis and the Role of Exercise Interventions" and "Strength Training for Longevity/Healthy Ageing".

Open day events usually also donate to local community/organisations. Every initial assessment that is booked in on the day is half price (\$67.50) with the other half being donated to selected organisations. Heidelberg Rotary Club could therefore qualify. Last year we had 23 bookings and raised \$1552.50.

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!

RC PRESTON

16th September with Guest Speaker Dr Peter Ewer

"Preserving Regional Parklands with Urban Expansion." We would be most grateful if you could pass this on to your members. This is such a relevant issue as we are so aware of the need for more housing to meet the growing demands of our population and the urgent need to sensitively look after our environment, and our wildlife.

RIMERN – Monday 28th September our first opportunity!

We have committed to 4th Monday of each month to work at RIMERN.

First day will be Monday September 28th 10am until 3pm.

Address: 32-34 Lincoln Street, East Brunswick, VIC 3057 (corner of Moreland Road)

I have heard parking is a little challenging so please consider carpooling or taking public transport when volunteering.

We need 4-5 people for the 4th Monday each month

Nancy will create a sign-up sheet online (Coming soon).



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

Alexandria Gardens (the Tan) 2km walk. Currently we have a few people are interested (Allison, Goeff, Richard, Lorna), please let me know if you want to join and we can enter as a team!

WHAT'S WITH ALL THIS WALKING?????.....

About the Walk

Rotary
Districts of Australia

The very first walk event that inspired the Lift the Lid Walks was hosted by Vicki Stewart at the Rotary Club of Mooloolaba in 2017. Ever since then, Vicki's idea has expanded to more Rotary Clubs across Australia.

The walk and talk format is deliberately not a race, to give an opportunity for locals to get together and raise awareness of the serious mental health issues we all face. With 1 in 5 Australians suffering a mental health disorder, we use these walk events to break down the stigma and make it easier to seek support for mental health concerns.

As the sole beneficiary, 100% of funds raised from the Lift the Lid Walks go into supporting vital mental health research through Australian Rotary Health.

For more information on Australian Rotary Health visit their [website](#).



Together we can Lift the Lid on Mental Illness!

GET INVOLVED

Lift the Lid Mental Health Walk for Wellness – Sunday 11th October 2026

Hosted by the Rotary Clubs of Australia, funds raised from the walks go into mental health research through **Australian Rotary Health** - Sponsorship starts at \$500

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

AUGUST

- 24 **Coffee Catchup** 10.30am - Sycamore Tree
31 **Stokes Collection** - Visit to Mt Macedon + Lunch

SEPTEMBER

- 2 **RC Ivanhoe** 7.15 for 7.30am - PP Maree McCabe - former CEO of Dementia Australia - Uniting Church Hall, Ivanhoe
7 **RSL** 12.30 for 1.00pm - John Nester - SEEK Ltd. Online Employment Market with an education platform.
9 **Board** 6.30pm Bowlen Dunstan
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
16 PDG Paul Mee - Australian Rotary Health
16 **RC Preston** - Dr. Peter Ewer - Parklands/Urban Expansion
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

AUGUST DESIGNATION IS

MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH

"The things that are worthwhile take time, and it is not the I's of the world but the We's who achieve them."
Past RI President H.J. Brummier 1952-53

Rotary

TAKE ACTION: Join Rotary. Get Involved



Please confirm your
attendance or apology to
Ken before

9.30AM Monday

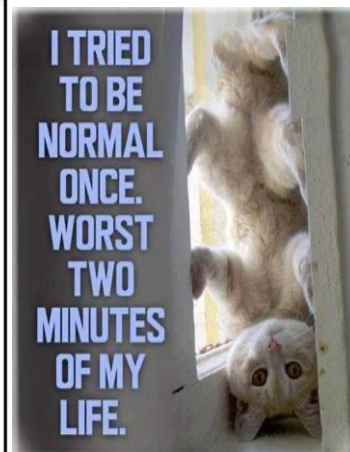
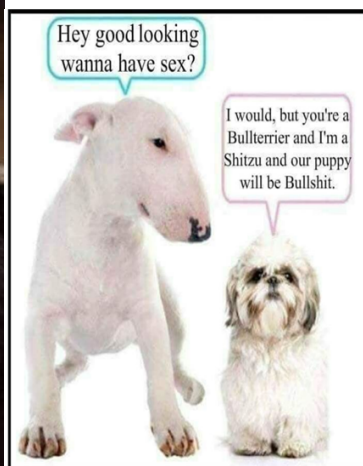
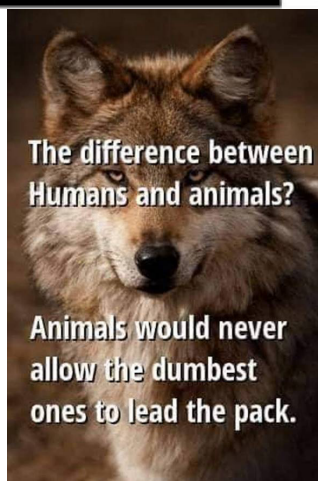
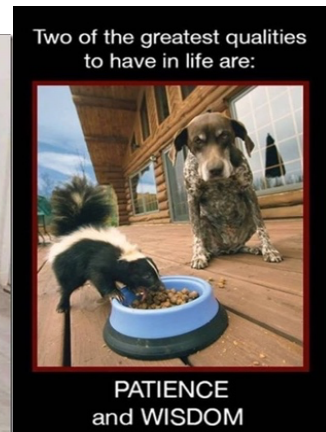
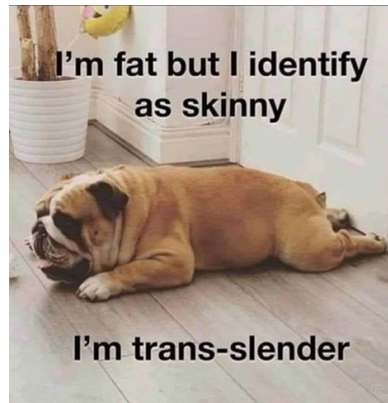
0437 770 831

ken.w.norm@gmail.com

The Fourth Object of Rotary has become the engine that drives Rotary's international service, it has become the watchword of The Rotary Foundation. All the marvellous international service programs in which we participate can be traced to the Fourth Object.



And there is more.....



Conceptual Thinking:

I lost my job as a stage designer. I left without making a scene.