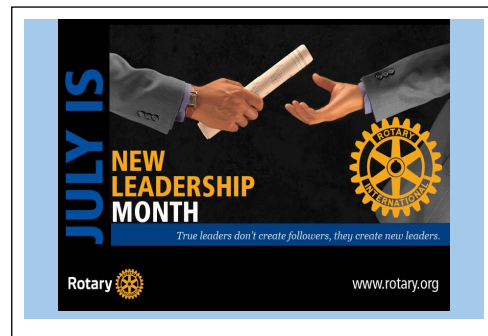
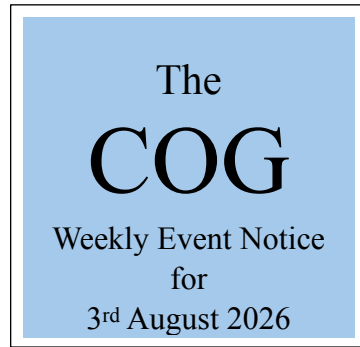
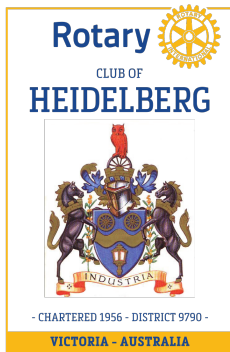




Rotary Club of Heidelberg

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.

LAST WEEK: Coffee Catch Up at The Sycamore Tree

THIS WEEK: Monday 3rd August – RSL on Bell – Susie Cole from RIMERN

PRESIDENTS POST

Dear Rotarians and Friends,

Monday 3rd August – RSL on Bell – Susie Cole from RIMERN.
I keep **Rotary Club of Heidelberg, Australia www.rotaryheidelberg.org**
P.O. Box 129 Rosanna VIC 3084 – Club No. 18278 ABN 91 870 845 490

and motivated to make RIMERN successful and to help as many people as she can, meeting with social workers and community groups to find those who are truly in need. Susie is eager to have The Rotary Club of Heidelberg join her network to help supply home goods and furniture to people in need.

Our goal would be to dedicate one Monday a month to help run RIMERN, so more people have the opportunity to make their houses homes.

RIMERN is a multi-club Rotary project operating Inner Melbourne, providing furniture, appliances & homewares to welfare agency clients who have experienced homelessness, domestic violence, incarceration, refugee displacement and other crises, it is modelled on Eastern Emergency Relief Network (operating in the Eastern suburbs) and Western Emergency Relief Network (operating in the Western suburbs). The three Rotary projects collaborate wherever possible.

LAST WEEK GUEST – Brad Murphy from Kieser Heidelberg. Last Monday's Coffee meeting welcomed Brad who is responsible for community liaison for Kieser. His clinic leader Jess DeGaetano was unable to join us, Brad was enthusiastic and happy to answer our questions about physical therapy and the importance of staying strong as we age. Keiser's

team of Physiotherapists, Exercise Physiologists and Exercise Scientists are university qualified professionals who are experienced and fully qualified to treat a wide range of injuries and conditions.

If any members are interested in physical therapy or strength training, we have a new friend in Brad. Please feel free to reach out to him at Kieser Heidelberg. Hopefully, we can look forward to spending time with Brad and Jess for coffee catch ups and work on some projects together in the future.

FRAGMENTS OF SERVICE UPDATE

Only eleven days ago Bek Herron and Vashti Morgan visited our club to present their current art project “Fragments of Service.” Noel started our donations off with a \$250 gift and our members are keen to donate up to an additional \$750 to allow Bek to purchase clay to make over 5,000 raku fired pinch pots to commemorate the sacrifice of our armed service members. Such a motion will be considered by your Board at the August meeting. We are delighted to hear that with Noel’s help Bek and Vashti have been invited to other Rotary Clubs in Victoria to present Bek’s art and find additional funds to make her goals a reality.

Vashti has sent us a few emails thanking The Rotary Club of Heidelberg;

“I just want to start with thanking you again for your warm welcome last Monday.

Your generous donation and offer of practical support in connecting us with other Rotary Club branches is greatly appreciated. We are going to be in Gippsland in May 2027, and the Mildura region in June 2027.”

“We can’t thank you enough for the warm reception we received last week, what a welcoming crew you have! We had quite a few requests after lunch to provide bank details, your members are clearly generous with their time and compassion for their community, and financially too.

Thank you again for hosting us, we’ll be sure to keep you updated on the project and local workshop dates. I’ve no doubt there are veterans among your group and we’d love to have them participate in making a pot or two.

Warm regards, Vashti Morgan”



I am so proud to be a member of The Rotary Club of Heidelberg, and it warms my heart that we can make a difference in the lives of others. If there are any former or current armed service members in our club or in our lives, I would love for them to reach out to Bek to make a pot of their own.

*Thanks,
Allison*

THINGS TO GET US INVOLVED

Olivia Newton John walk for wellness – Sunday October 4th

This is their last year and I wanted to see if anyone would be interested. The cost is \$80 per person and it is Sunday October 4th starting at 9am.

Dress in 80’s workout attire if you **“wanna get physical!”**

OLIVIA’S WALK FOR WELLNESS

Location: Alexandra Gardens, Melbourne or virtually anywhere in the world.

Date: Sunday, 4th October, 2026

Time: Village Opens – 8:00am
9:00am – 2km

If anyone is interested, please shoot me an email. I plan on going for the 9am 2km walk.
Aelena0309@gmail.com or text to 0402 154 531.

RYLA

RYLA
Rotary District 9790 RYLA (Rotary Youth Leadership Awards) Program has its annual retreat November 22-28th
This is a program that focuses on personal development and growth.

RYLA sees a world where young adults have the skills to unite and take action to create lasting change — across the globe, in their communities, and in themselves. They have group and individual sessions and workshops focusing on:

- Networking
- Planning and organizing
- Empathy and resilience
- Self-Management
- Communication
- Teamwork
- Problem Solving
- Conflict Resolution
- Global Leadership
- Initiative
- Reflective learning

Participants should be 18-30 years old. The club would pay for the students or young adults attendance (\$1,500 if they are accepted by October 31st). The participant would pay a \$100 application fee which may be reimbursed by the club. After their experience at RYLA, the young adult would give a presentation to the club members and participate in 16 hours of community service with the club. Please let me know if you have a young

AND there's more.....

END POLIO RELAY - October of this year, the Rotary Club of Heidelberg will be asked to participate in the End Polio Relay with other clubs in our cluster. Hopefully, Polio will be the second infectious disease that humans have been able to eradicate. We are so close to reaching our goal.

Currently, Polio is still active in Afghanistan and Pakistan. Rotary international has made it a goal to eradicate polio through vaccination, surveillance and community mobilization. Since 1985, Rotary International has partnered with UNICEF and the WHO to launch **PolioPlus** which have reduced global Polio infections by 99.9%.

Our club has been asked to raise funds for the PolioPlus fund and participate in social media campaign to raise awareness to help end Polio forever. Our club will be fundraising and hosting the END POLIO relay torch in October and we will keep you posted on our efforts moving forward.

AND we are all looking forward to a **fun fellowship evening** in just over a weeks' time.....

Regards,

Allison

Fellowship and the Big Screen – Sunday 9th August - 6.00pm



Palace Westgarth Cinemas - Upscale cinema featuring various films, plus a bar & courtyard for wine, beer & cheese platters.

Address: 89 High St, Northcote VIC 3070

Phone: (03) 9482 2001

We hope to get a group together for dinner and drinks before the movie.

Screen time 107 minutes

“It’ll be fun. Fresh from Sundance, where it emerged as one of the festival’s breakout hits: THE INVITE is the acclaimed new comedy from Olivia Wilde, praised for its razor-sharp humour, crackling chemistry and perceptive take on modern relationships.”

Please book your tickets for Sunday August 9th at 6pm. Please let Tony know if you are planning on attending. Maybe subject to slight change 👍

DINNER AFTERWARDS – Walking distance from cinema and BYO

The movie “The Invite” for 6pm-ish and Dinner 8pm-ish after the movie, please purchase your tickets through the box office and contact **Hanami Izakaya** separately to join the Bowlen party, booked for the back room (BYO).

These times may be subject to change, please look for more information moving forward.

Hanami Izakaya

Service options: Outdoor seating · Vegan options

Address: 113 High St, Northcote VIC 3070

Phone: (03) 9193 0858

Price per person: \$40–60 (according to Google....)



PROGRAM 2025-26

AUGUST

- 3 RSL 12.30 for 1.00pm – Susie Cole RIMERN
- 10 Coffee Catchup 10.30am - Sycamore Tree
- 17 RSL 12.30 for 1.00pm – Jo from Banyule City Council
- 24 Coffee Catchup 10.30am - Sycamore Tree
- 31 RSL 12.30 for 1.00pm

SEPTEMBER

- 7 Coffee Catchup 10.30am – Sycamore Tree
- 14 RSL 12.30 for 1.00pm - TBA
- 21 Coffee Catchup 10.30am - Sycamore Tree
- Jordy Bradley - BANSIC
- 28 RSL 12.30 for 1.00pm - TBA

OCTOBER

- 5 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

APOLOGY

Please confirm your attendance or apology to Ken before
9.30AM Monday

0437 770 831

ken.w.norm@gmail.com

The 2nd Object of Rotary

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignity of each Rotarian's occupation as an opportunity to serve.

And now for something completely different

EVER WONDER?

Why the sun lightens

Our hair, but darkens our skin ? ?



Why don't you ever see the

Headline 'Psychic Wins Lottery' ? ?



Why is 'abbreviated' such a long

word ? ?



Why is it that Doctors call what they do

'practice' ? ?



Only in This mixed-up World

.....do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

Only in This mixed-up World

.....do people order double cheeseburgers, large fries, and a diet Coke..



Conceptual Thinking:

Why do bees stay in their hives during winter? = Swarm.