

The COG

Weekly Event Notice for 31st 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

THIS WEEK: Look out Mount Macedon !!

LAST WEEK: Coffee Catch Up

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.....

WALK

WALK

**WALK
WALK**

**WALK
WALK
Walk
44
4
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**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



Visit to Stokes Collection

Monday the 31st of September, we will meet at Laurie Rose residence – 31 Pyalong Avenue Rosanna at 9.00 am and Bus/carpool 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 nearby restaurant.

If you haven't already, please contact Laurie Rose to sign up for this trip.

Dear Members, We have quite a few interesting events and projects in the next couple of months, PLEASE take time to read the dates and venues in the Programme box below.

Last Monday Bradley from Keiser visited us with the following offer.....

Open day event from 8.00am till 3.00pm on Saturday 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.

Please register using the QR Code

NEXT WEEKS LUNCHEON AT RSL on BELL



Josh Nester, Seek Investments

Non-Executive Director - Director since March 2015.

Josh is Director of Education for SEEK Investments Ltd.

Since 2004 Josh has been focused on expanding SEEK's presence in education and was one of the strategic architects behind SEEK Learning, a service connecting working adults with courses to develop their careers. Josh's experience includes his role as Strategy Director of THINK Education Group, which was part of the SEEK Group during this time.

Other current directorships include the Board of Universidad en Línea (UTEL) as part of SEEK's investment in the Mexican Online University. Prior to SEEK Josh worked as a strategy consultant with Accenture and holds a bachelor's degree from the University of

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)

Parking is a little challenging so please consider carpooling or public transport when volunteering.

Please let us know if you need the volunteer handbook; Please fill out the volunteer information sheet to return to Allison or take to RIMERN on the day you plan to volunteer. We need 4-5 people for the 4th Monday each month. **Online sign-up sheet coming soon**

AND MORE ROTARY SUPPORT OPPORTUNITIES....

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

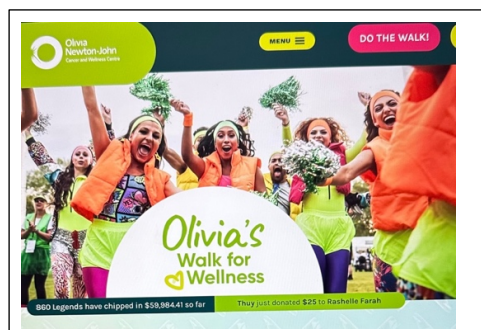
Door prizes and bubbles

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



About the Walk

Rotary Districts of Australia

The very first walk event that inspired the Lift the Lid Walks was hosted by Vicki Stewart of the Rotary Club of Moscatolob 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!

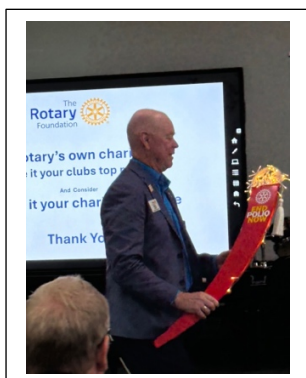
GET INVOLVED

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

Alexandria Gardens (the Tan) 2km walk, please let me know if you want to join and we can enter as a team! Some friends from RC Preston

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

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



Polio Plus 2026: It's time to Eradicate Polio

Big Plans Coming soon!!! We will receive the Polio Baton and plan have a public performance in Heidelberg on Burgandy Street on Saturday October 17th! We welcome all members to come along to show support and take photos to help eradicate Polio!

AND

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!

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

To Join Zoom Meeting:

<https://us06web.zoom.us/j/85091004607?pwd=d0BdHaRfY8hc5PF1c3ZqMQnwFHODoi.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

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– Josh Nester, Dir. Education –SEEK Investments, a Growth Equity Investment group.
- 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
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**
- 23 **Blue Illusions** Fashion Evening **RC Ivanhoe Fundraiser**
- 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





— ENVIRONMENT —

Devils, Dirt and Determination

Rotarians swapped boardrooms for bushland, rolling up their sleeves to support Aussie Ark's mission to protect the endangered Tasmanian Devil through hands-on conservation work.

[Read the full story](#)

A CLOCK FOR RETIRED PEOPLE!



A 70 year old man asked his wife, "Do you feel sad when you see me running after young girls?"

Wife replied, "No, not at all. Even dogs chase cars they can't drive!"

funny.co

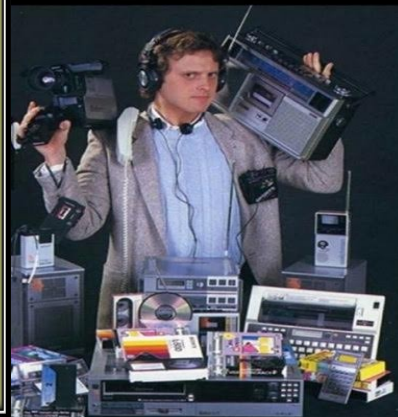
I WISH MY SIBLINGS WOULD STOP CALLING ME "SPOILED" JUST BECAUSE I'M THE YOUNGEST IN THE FAMILY. THE TRUTH IS, MY PARENTS JUST KEPT HAVING CHILDREN UNTIL THEY FOUND THE ONE THEY LIKED. IT'S REALLY NOT MY FAULT.



YOU KNOW YOU'RE GETTING OLD WHEN YOU BARELY DO ANYTHING ALL DAY, BUT STILL NEED TO HAVE A NAP TO CONTINUE TO DO BARELY ANYTHING.

An elderly man thinking his wife was losing her hearing went about 20' behind her and asked "Can you hear me sweetheart?" No reply. Moved to 10' and inquired again. No reply. 5' and not a word. A few inches behind ear, he asked "Can you hear me now honey"? His wife said "For the fourth time, yes."

20 years later and all of these things fit in your pocket.



Conceptual Thinking:

How much did the pirate pay to get his ears pierced?
A buccaneer.