



## **Serving Through Rotary for 85 Years District 9815 Victoria**

The Club meets on the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Tuesday each month, Traralgon Golf Club. 6.00pm  
Attendance and apologies to Secretary Glenn Setches by 7.00 pm on Sundays please. Ph 0409 568 386

**6 October 2026**

Dear Members

What a fruitful time we have been having over the last couple of weeks! Our recent headlines include the very effective footy grand final car parking; the wonderful Tee Up for Mental Health Golf Day where we could not have asked for better weather; and the team visiting the Solomon Islands to see how we can help make a lasting impact with the people of Taba'a with whom we have had a long running relationship. It is not just the great team work on the day that brings success, and I acknowledge all the preparation and planning and numerous meetings in the lead up to these events. Thank you to all those members and friends who help make these events a success.



And in the background, we quietly continue with the gardening at Gippsland Rotary Centenary House, helping out at the Plaza as required, making sandwiches for schools, and preparing for the hugely popular Christmas Parade, to name a few of the things that we do. Thank you to all who quietly go about helping and supporting our community through these activities.

We look forward to hearing the more detailed reports of these activities.

Thank you.

President Simon

**Wear Red on Tuesday for End Polio Now**



Traralgon Rotary Club meets on the traditional lands of the Brayakaulung people of the Gunaikurnai nation. We pay our respects to their elders, past present and emerging and thank them for their long history of care for this land and its waterways.

## Rotary and ACSO Tee Up for Mental Health Golf Day (with photos taken on 25 September)

It has been another good year of supporting mental health via the Annual Golf Day for Mental Health.

I noticed that in the “Show Bags” this year the number of support services related to mental health in Gippsland is astounding. We are fortunate to be in a country where such mental health supports are available.

Amongst the golfing group, this annual golf day has its regular teams that enter every year. There were 50 teams that entered this year.

Financially the golf day generated significant funds, but it was a difficult year for sponsors. Some regular sponsors felt they couldn't support this year.

Given the difficult business environment, we did well to achieve a good result but it was down on last year.

|                                  |                    |
|----------------------------------|--------------------|
| Income from Sponsors             | \$15,919.78        |
| Income from Team Entries         | \$ 6,505.00        |
| Income for Activities on the Day | \$ 7,044.30        |
| Total Income Generated           | <b>\$29,469.08</b> |

|                                      |                    |
|--------------------------------------|--------------------|
| Expenses Totalled<br>(as at 1.10.26) | <b>\$ 6,068.23</b> |
|--------------------------------------|--------------------|

|                   |                    |
|-------------------|--------------------|
| <b>Net Result</b> | <b>\$23,400.85</b> |
|-------------------|--------------------|

The distribution to Lifeline Gippsland is normally half of the proceeds, I propose we round up the figure to \$12,000 for Lifeline, the balance for Rotary Projects related to youth and mental health.

Again, the **Ball in the Boat** was a fun activity, the BBQ went over very well with hungry golfers, the raffle was well supported also, and the prizes at the end of the day seemed endless.

The day could not be held without the support of four main organisations, the Traralgon Golf Club – they deserve great acknowledgement for their support of the course and club rooms.

ACSO, what can I say? Without their admin support and sourcing of donations for prizes it would not be as successful. Their staff and volunteers are greatly appreciated for all they do.

Lifeline Gippsland their staff and supporters volunteer on the day and helped in finding some of our sponsors. Lifeline is very much appreciated for all they do in the Gippsland Community.

And finally, Rotary Members, as always, volunteer for duty both on the committee organising, and many helpers on the day.

Our partnership with ACSO, Lifeline and Rotary shows what can happen when we team up for a great cause – Mental Health.



## Meeting Notes 15 September 2026



**Kirsty Quail** owner of The Source, Traralgon and her assistant **Michele Tierney** welcomed us and spoke with passion about the store and what it offers to people in the local community.



The Source is a company first started in Byron Bay and sponsoring stores in other areas. The aim is global sustainability by helping people purchase quality foods in a way that is better for health and for the environment. The bulk food bins enable people to bring their own container and to purchase food in just the quantity they need. They also have a supply of paper bags for people who come without containers and recyclable bottles for those buying liquids. This reduces plastic wrapping and waste going into landfill. They have a huge supply of nuts, cereals, dry food, laundry and washing up liquid and other cleaning products. All their products need to be approved through the franchise which checks source and sustainability of production. Kirsty also endeavours to include as many local products as possible, such as local honey and olive oil.

They cater for many dietary requirements. Kirsty shared how important this is personally within her family and how that motivates her to make everything as safe as possible for those with dietary needs.

One of the ways they promote a circular economy is to have all the cardboard boxes they use picked up by Latrobe Valley Enterprises. They are then recycled to make more boxes.

Their customers include a good cross section of the community. Families bring in young children who enjoy a mango treat and are also being taught about the importance of sustainability.



Kirsty then treated us to some delightful nibbles including Turkish delight tea, digestive tea, activated nuts, gluten free salt and vinegar crisps, nut butter filled dates, dried apples, and 'fire tonic' which is apple cider vinegar with infused chilli—excellent as a salad dressing or when mixed with water giving health benefits to upset stomachs. Lorraine Paulet thanked Kirsty and Michele for their time and the good things we heard about. She was presented with a tree adoption certificate.



The group then adjourned to the Traralgon Hotel for dinner and enjoyable conversations.

**"Create Lasting Change"**



## Rotary South Pacific Conference 2026

**Friday, 30 October 2026 - Sunday, 1 November 2026**

**Melbourne Convention and Exhibition Centre (MCEC)**

Melbourne 2026 will connect global vision with regional action. From international keynote addresses and leadership streams to fellowship, collaboration and community impact, this is more than a conference — it is a movement for regional impact.

## Statistics for 29 September 2026

**Present:** Ian Keith, Rae Mackay, Terry Carmichael, Simon Trebilcock, Ann Maloney, Jan Inglis, Tom Corrigan, Glenn Azlin, Charlie Speirs, Gradwell Fredericks, Glenn Setches, Darryl Marks, Alana Storey, Heather Den Houting, Lorraine Paulet, Peter Wallis, Janet Wallis

**Partners:** Li Azlin, Karen Mackay, Chris Marks, John Paulet, Kaye Keith, Judy Setches, Rachel

**Guests:** : Dominic Gruzaz

**Speaker:** Kirsty Quail & Michele Tierney

| Statistics       |    |
|------------------|----|
| No of members    | 34 |
| Member Apologies | 11 |
| Members Present  | 17 |
| Partners         | 7  |
| Guests           | 1  |
| Total            | 25 |

## BOARD OF DIRECTORS FOR 2026-2027

**President:** Simon Trebilcock;

**President Elect:** Vacant;

**Secretary:** Glenn Setches;

**Youth Services:** Alana Storey

**Rotary Foundation:** Glenn Azlin;

**Vocational Services:** Vacant

**Public Image:** Lorraine Paulet;

**Assistant Treasurer and Club Safety Officer:** Helen O'Brien

**Vice President:** Ron Elliott;

**Immediate Past President** Janne Speirs

**Treasurer:** Peter Wallis;

**International:** Charlie Speirs;

**Community Services:** Carol Crewe;

**Membership:** Janne Speirs;

### ROTARY INVOCATION

For good food, good fellowship  
and the opportunity to serve  
through Rotary, we give thanks.

### THE 4 WAY TEST

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all

**This is our club's 3839th dinner meeting. We have hosted 129 Business Breakfasts**

**District Website:** Information relating to Clubs within our District may be found via the following address:  
<http://www.district9820.org>

**Club website:** [www.traralgonrotary.com](http://www.traralgonrotary.com)

**Facebook :** 'Traralgon Rotary', like us and request to become a friend.

### This Meeting 6 October 2026

### Next Meeting 20 October 2026

| Programme        | End Polio Now<br>Wear red for polio month | The Ryla Experience              |
|------------------|-------------------------------------------|----------------------------------|
| Speaker          | DG Emma Clark                             | Cameron Rampton                  |
| Meeting Chair    |                                           |                                  |
| Behind the Badge |                                           |                                  |
| Sergeant         | Gavan Hodgson                             | Glenn Azlin                      |
| Greeters         | Wolf Becker & Norm Butler                 | Paul Gardiner & Carol Crewe      |
| Cashiers         | Debby Butler & Tom Corrigan               | Heather den Houting & Jan Inglis |
| Bulletin         | Ann Maloney                               | Ron Elliott                      |