Beaumaris Rotary

Serving the Community since 1985

IN GEAR

ROTARY CLUB OF BEAUMARIS Bi-WEEKLY BULLETIN

Edition 8 13 October 2025

Presidents Message

I'm on holidays up north enjoying the warmth & sunshine of Port Douglas so an apologies for the next two weeks.

As you know from previous advise from Club Secretary Chris D'Arcy, the AGM is number one item on the agenda for this weeks meeting.

Requires at least 12 members to be in attendance for a quorum. Chris tells me it should take no time at all, so enjoy it and listening to our Treasurer, James Glenwright, give his *Man Behind the Badge* story.

Anyway another formal AGM reminder, as required:

Yours in Rotary
Peter Murie

Email dated 17 September 2025
Dear RCOB Members,
Please find attached the notice of our 2025 Annual General Meeting and Agenda. Attached are the minutes of last year's AGM for confirmation and acceptance at the meeting.
Also attached is a proxy form if you are unable to attend and wish to appoint a proxy, the Club's Profit & Loss and Balance Sheet as at 30th June 2025, a Review Report of those accounts, a Fair View Certificate signed by two directors and a copy of the club's 2024 /2025 Annual Report (already circulated to all club members).

Regards,
Chris M D'Arcy
Hon Secretary
Rotary Club of Beaumaris

UNITE FOR GOOD

Rotary

This Certifies that the Rotary Club of
Beaumaris, Victoria, Australia
having been duly organized and having agreed, through its officers and members, to be bound by the Constitution and By-Laws of Rotary International, which agreement is evidenced by the acceptance of this certificate, is now a duly admitted member of
Rotary International
and is entitled to all the rights and privileges of such membership.
In witness whereof the seal of Rotary International is hereto affixed and the signatures of its officers, being duly authorized, are subscribed hereto this eighth day of November, 1985

Future Events

Thursday 16th October
AGM plus James Glenwright Member behind the Badge

Thursday 23rd October
Gavin Norman, Jim O'Brien's son in law talks about Logistics in Australia

Thursday 30th October
Bryan Martin OAM well known racing identity

Upcoming Club Fundraisers
High Tea at Beaumaris Bowls Club—see Marilyn
23rd November

Wine raffle: See Glenda
December 13th at Seaview Shops and the Concourse on

Ctrl + Click on this
LINK TO CLUB CALENDAR

Club meets Thursday at Victoria Golf Club, 6:30 for 7:00 unless otherwise advised.

RCOB HAPPY HOUR occurs every Friday between 4-6 at ONYX on Reserve Road Cheltenham —Members and Friends welcome

Beaumaris Rotary

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IN GEAR

Meeting on 2nd October:

As Roy mentioned in his weekly meeting confirmation, PP **Denise** Chaired our meeting on 2nd October with a wonderful quiz following a late cancellation of our Guest RYLA Speaker (and 8 guests!). Denise handled the late call with aplomb and extended info sharing with members,& Directors and updates and on the successful delivery of the **Highlands Foundation** *'Container'* packed by Rotary and other volunteers for expectant and new born children in PNG. Well done to all involved.

Despite no speaker we had a good meeting with almost thirty of us present, including several partners and Jess, a guest of Glenda, who wants to participate in next years RYLA. Jess Peachy, pictured below, drew the raffle and showed us a good example of the calibre RYLA look for and of young people we have in the community. Thanks to **Glenda** for organising her attendance.

President Peter and RYLA hopeful Jess drawing the raffle and picture of PNG Highlands Foundation coordinator receiving the container load of LOVE in PNG Highlands, packed by Rotarians.

Meeting 9th October: Speaker Dr Lukas Suhhar—Understanding Cataracts

Megan Chaired our meeting and introduced a very interesting presentation by **Dr Lukas Suhhar**, a specialist eye surgeon with rooms in Cheltenham. His subject was cataracts and the high incidence of this in people as they age, of real interest to his audience at VGC! Fascinating surgical procedure (day surgery) with life changing results with very high success rates. **David Lea's** detailed notes of Dr Suhhar's presentation are included below.

Dr Lukas Suhhar with Chair Megan

Seeing Clearly: Understanding Cataracts

What is cataract?

Cataract is clouding of the natural lens. The natural lens (when 50+ years) accommodates focus for different distances.

Causes:

Ageing (common 60+ years), diabetes and steroid .

Symptoms of Cataract

Blurred vision and reading, glare in bright light (sunlight, head-lights), impaired contrast in lowlighting, frequent changes in glasses script.

Who gets cataract?

Eventually everyone! Almost as common as wrinkles, 50% of people by age 75.

When do cataracts need treatment?

Whenever they are causing symptoms. Noticing poor vision with: Night driving, Reading, Hobbies.

No need to wait until the cataract is "ripe" or "mature"

What Happens in Cataract Surgery?

Day surgery: 3-4 hour stay, 20 min surgery, Local anaesthetic and light sedation. Often numbing eye drop only. Typically, no need for sutures or bleeding

Recovery and Results

Day 1-4 post-op, Red, watery, scratchy eye Doing most things (no dirty work or heavy lifting)

1-week post-op: Mostly healed, Return driving

1-month post-op: Typically all healed

99.5% have improved vision post-op

80-90% don't need driving glasses post-op

Dr Lukas Suhhar presentation continued

Common questions:

Do cataracts come back?

No, the implants last a lifetime – but the capsular bag can scar over later (easily treated)

Can you do drops instead of surgery?

No. Glasses can help initially. When your vision is blurry despite glasses only surgery will

correct this

What can I do to keep my eyes healthy?

Have regular eye checks with your optometrist every year from age 65. At least every 2-3 years aged under 65
Wear sunglasses. Use lubricating dry eye drops

Be referred to your ophthalmologist if your vision is still bothersome despite glasses

Summary

Cataract surgery is one of the commonest and most successful surgeries in medicine. It improves quality of life, not just function

The implants last a lifetime. Most patients can reduce their need for distance glasses

Full presentation at this **LINK**

Guest speaker Dr Lukas Sahhar with Rotary Gift at the end of his presenation with President Peter

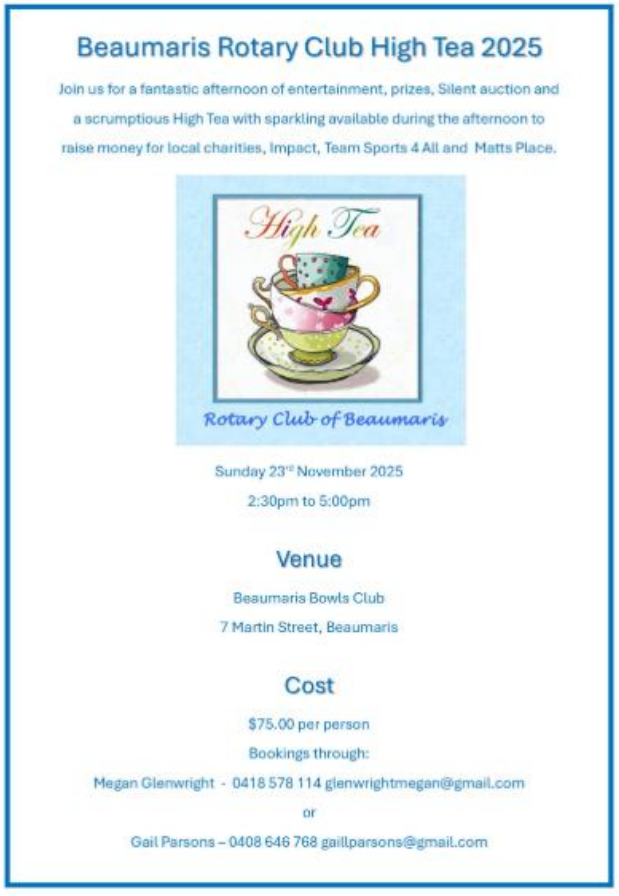
What's on in the Spring for Rotary in 3193? Wine Raffle and expressions of interest to see Black Adder II at the *Beaumaris Theatre* in Wells Road—on this November. BCC Pantry Delivery—Thankyou

...So get your bottles in and help sell tickets via Glenda or Raj

Yes, its WINE RAFFLE time with a pre Christmas draw. Raj & Glenda are coordination this years raffle, with FOUR Prizes (total of 72 bottles) which we're hoping to have collected for the first street fundraising events as outlined by Glenda last week.

1st event will be at SEAVIEW shops on 13th December followed by the CONCOURSE on 20th December with a TBC event at U3A

If you haven't already, diarise out Clubs **High Tea** fundraising event on 23rd November



Community **Chair Marilyn** with **Sandra Cavallo (BCC General Manager)** with some of the 20+ bags of groceries for Bayside Community Care's PANTRY donated by Club members.
THANKYOU TO ALL WHO DONATED

UNITE FOR GOOD

Rotary

High Tea 2025: 23 November

Beaumaris Rotary Club High Tea 2025

Join us for a fantastic afternoon of entertainment, prizes, Silent auction and a scrumptious High Tea with sparkling available during the afternoon to raise money for local charities, Impact, Team Sports 4 All and Matts Place.

Sunday 23rd November 2025

2:30pm to 5:00pm

Venue

Beaumaris Bowls Club

7 Martin Street, Beaumaris

Cost

$75.00 per person

Bookings through:

Megan Glenwright - 0418 578 114 glenwrightmegan@gmail.com

or

Gail Parsons – 0408 646 768 gaillparsons@gmail.com

Rotary Club of Beaumaris Inc.

Reg. No. A0013606F

PO BOX 7047 BEAUMARIS, VICTORIA, 3193, AUSTRALIA

Notice of Annual General Meeting

The 40th Annual General Meeting of the Rotary Club of Beaumaris Inc. will be held in person at 7pm, at the Victoria Golf Club,
on Thursday 16th of October 2025.

AGENDA

Members present confirmation of quorum. Attendance will be noted.

Apologies for absence.

Confirmation of minutes of the Annual General Meeting held on Thursday 17th of October 2024.

Matters arising.

Accounts: To receive and approve the reviewed accounts for the financial year ended 30 June 2025.
Note: Fair View certificate supplied.

Annual Report: To receive and approve the Annual Report for the financial year ended 30 June 2025.

Election of officers:

- President 2026/27 Nomination received for Glenda Stevenson.
- Treasurer 2026/27 Nomination received from Lynda Doutch.
- Secretary 2026/27 Nominations required.
- Other Directors as determined.

President Elect Nominee Process for Club President in 2027/28

- Has commenced.

Any other business.

Incorporated in Victoria
The club meets Thursdays, 6.30 for 7pm at Victoria Golf Club, Park Road, Cheltenham 3192

Wit, wisdom and beauty ….

Beautiful Beaumaris **with Watkins Bay in Spring along with local flowering bulbs and Banksia's coming out**

I took my suit to the cleaners, who wanted to charge me $15.00 So I gave my suit to the charity shop next door.
They cleaned and pressed it and put it in the window.
I bought it for $4.50!

UPCOMING EVENTS

This event is next Saturday 18th October at St Kilda Life Saving Club 6:30-11PM

See Megan for details

EXPRESSIONS OF INTEREST

Based on British TV series Black Adder this live production on our doorstep should be a real hoot.

Talk to Chris Mara re dates if you are interested in being part of a table of Rotarians and Friends on one of the dates noted below

DATE OPTIONS

7th, 8th, 9th November

14th, 15th, 16th November

20th, 21st, 22nd November

Cost is $35 pp ($32 concession)

Family & friends welcome

Club & Rotary Links

Club Program

The forward club program has been uploaded onto the Club Calendar and is available by clicking on the image below or use the QR code below #: The Calendar is best viewed in Agenda mode.

Beaumaris Rotary Calendar

Key Club Documents

Bylaws of the Rotary Club of Beaumaris Inc.

Article	Subject	Page
1	Definitions	1
2	Board	1
3	Elections and Terms of Office	1
4	Duties of the Officers	2
5	Meetings	2
6	Dues	3
7	Method of Voting	3
8	Committees	3

Rotary

Constitution of the Rotary Club of Beaumaris Inc.

ABN: 77172677132 INC: A 13606 F

Beaumaris Rotary | Service Above Self

Strategic Plan 2025-2026

Board and Committees 2025/26

President Peter

Rotary Links

Beaumaris Rotary Website

Rotary District 9815

Rotary Website Click here