



PRESIDENT ROGER'S WEEKLY BLOG

Coronavirus

Thank you Elena for your update on Monday night, your 'reports' are always of interest.. We are all pleased to see the 14 day rolling average coming down and regional restrictions lifted. I'm mindful that some members will be reluctant to meet face to face until a vaccine is available and to those members please rest assured we will find a way to include you via zoom in some sort of hybrid meeting when we are allowed to meet face to face again.

Mount Martha Community Garden

Great news that the Community Garden Project has been approved by MPS Council and that they are calling for volunteers. Robyn Ruhl (Boomerang Bags) is leading the project and I ask that you refer to the flyer in this bulletin. This is a great community project that will enable us to connect with a wider cross section of the Mount Martha community. If you can help in any way and would like your Rotary to be a bit more hands on then let me know. They also need 'things' and so please get into your shed and if you find any gardening related 'things' that you no longer use/need the Community Garden will put them to good use. Let me know what you have and I'll collect them when we are able. (see page 4 of this Bulletin).

Committee Meetings (the engine rooms of the club)

Whilst we are restricted at present there are still things happening in our Committees in particular RORP ,The Bay Trail, Briars Master Plan, Thank you all for your contributions.

Melbourne Cup – Fashions on the Lawn

With no punters at Flemington this year the VRC are doing 'Fashions on the Front Lawn' We thought we might do something similar but extend to cover both men ,women, pets and any location...in the veggies patch, in the shed, wherever you happen to be on Cup Day. We may get let out by then!!! Carol has offered to get the 'Women in Rotary' group involved. It will be a bit of fun zooming in at a designated time on your computer, iPad or phone.. More details later.

This week : Monday 21 September

Zoom in to a presentation from Indigenous Literacy Foundation.

Stay safe everyone

President Roger

21st September 2020

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My Life in Coronavirus World - Phyl Scales

For the first time in many years John and I had no overseas travel booked this year as we had planned to have a multi-generational holiday in Queensland. Well, that didn't happen. From reading about travellers who had plans cancelled I guess we were very lucky. The virus hasn't stopped us planning our next overseas trip though.

We have been Melbourne Symphony Orchestra subscribers for many years and usually attend about 8 concerts each year. This year we have missed attending the concerts but the MSO has been livestreaming so that has been something. I am also an avid St Kilda fan & an AFL member & it will be the first year in a long time that I won't be attending the Grand Final. Thank goodness we have a Foxtel subscription so I can watch AFL as much as I like. John being a Melbourne supporter finds his blood pressure goes up every time he watches the Dees so he has stopped watching.

I have spent a lot of time reading fiction but also Julia Gillard & Ngozi Okonjo-Iweala's book "Women and Leadership" as well as getting back into wine magazines. Netflix and SBS on Demand have been revelations with some excellent dramas rather than the reality show crap on free to air TV!

Being at home so much has made me realise how much I miss interacting with friends & family over a coffee or a meal. It has been a while since we've seen our daughters & grandchildren who we normally see once a fortnight at least. Reading bedtime stories to grandchildren via Zoom just isn't the same.

During the lockdown I have been heartened by the kindness of people trying to bring some joy into our world. The Spoonvilles, rainbows, teddy bears etc I have seen when walking have been amazing. The free vegies, fruit and plants that people have put out on their nature strips also show that most people are basically kind.

My frozen shoulder has been "thawing" as I have really been able to put time into the exercises that the physio has prescribed - there's not much else to do so 3 x 30 minutes of exercises daily has done wonders for the shoulder.

Some important things I have learned during lockdown:

- I don't need more than half the clothes that I have in my wardrobe.
- I don't fit into half the clothes in my wardrobe
- We don't need half the things in our house
- Wine can be ordered online from many retailers & if you buy enough they throw in free delivery
- The world needs vaccines against stupidity & selfishness
- I am sick of the phrase "unprecedented times"
- The simple things in life are undoubtedly the important things
- 5km in the car is definitely not the same distance as 5km on foot
- I still avoid ironing & housework
- The population of Mount Martha & Mornington still increases at weekends despite the 5km travel restrictions.

Club & other meetings (via Zoom in this present COVID-19 climate).

SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH

- Mon 21 Sep RCMM **Club** Meeting via Zoom with Indigenous Literacy Foundation
- Mon 28 Sep RCMM **Board** Meeting via ZOOM - **NO CLUB MEETING**

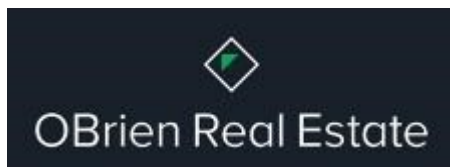
OCTOBER IS COMMUNITY ECONOMIC DEVELOPMENT MONTH

- Mon 5 Oct RCMM **Club** Meeting via Zoom with District Governor, Mark Humphries
- Mon 12 Oct RCMM **Committee** meetings via Zoom
- Mon 19 Oct RCMM **Club** Meeting via Zoom (further details to be advised)
- Mon 26 Oct RCMM **Board** Meeting via ZOOM - **NO CLUB MEETING**

NOVEMBER IS ROTARY FOUNDATION MONTH

- Mon 2 Nov RCMM **Club** Meeting via Zoom (further details to be advised)
- Mon 9 Nov RCMM **Committee** meetings via Zoom
- Mon 16 Nov RCMM **Club** Meeting via Zoom (further details to be advised)
- Mon 23 Nov RCMM **Board** Meeting via ZOOM - **NO CLUB MEETING**
- Mon 30 Nov 5th Monday - **NO CLUB MEETING**

OUR COMMUNITY & CLUB SUPPORTERS, TO WHOM WE ARE VERY GRATEFUL





Mount Martha House Community Garden is getting ready to open

Where: in the grounds of the Caretaker's Cottage at Mount Martha House Community Centre.

Who: open to everyone. All plots are communal. We have many community partners. We are open 24/7.

Why: to encourage locals to learn, showcase ideas, connect.

How: with your help. There is a role for everyone.

Now we have all approvals to go ahead we need your help to get this off the ground. You will work with a friendly team of experienced gardeners & gardening newbies. It's a great opportunity to bring your creativity to this exciting new project for Mount Martha.

Can you spare a couple of hours a week or month?

Do you have any of these skills:

- ordering & phone calls
- take meeting notes & other admin
- grant applications & fundraising
- attend site for deliveries
- social media, website & communications
- events
- handy person skills
- wheelbarrowing wizardry
- gardening know-how
- seed propagation & collection

While restrictions are in play we can meet via phone, zoom or email.

No previous gardening experience needed as you will learn all that along the way as part of a very experienced team. Please get in touch soon.

We kindly ask for donations of *THINGS*:

Raid your garages & sheds. Ask your neighbours. Please put aside your excess & old garden tools & *equipment*. We need all supplies too – blood & bone, *potting mix*, seed-raising mix, compost, manures, *mulch*...anything garden related. Do you have a spare worm farm, *garden hose*, compost bin, *bin with lid*? We need everything & will have a go at fixing most things for use in the garden.

Contact us to arrange collection or get involved.

Rotary District 9820

Diet and Mental Health

LIFT THE LID AFTERNOON TEA WITH PROF FELICE JACKA

A Zoom webinar on her research on diet and mental health.



Professor Jacka has pioneered and led a highly innovative program of international research that examines how individuals' diets interact with the risk for mental health problems. Prof will do a presentation on her research and will invite questions.

Join us as an individual, small group or a club for this wonderful opportunity to hear a world renowned speaker whose career is dedicated to mental health.

Sat October 10
3:00 PM to 4:00 PM



LIFT THE LID
on mental illness

Zoom Webinar
https://us02web.zoom.us/join/register/WN_7-YjXDvES-K6MAuERa5jVg

Donate to ARH
<https://australianrotaryhealth.org.au/support-us/quick-donation-form/>

What's coming up at the Briars, subject to COVID 19 Restrictions, of course



FAMILY FUN - SPRING 2020

The Briars are pleased to be offering modified programs this spring. To keep our community safe, please do not attend any program if you or your child are feeling unwell.

Whilst enjoying your visit please follow the instructions of your program leader, wear a mask, stay 1.5m apart and practise good hygiene.

If you would like further information, please call the Briars on 03 5974 3686. Thank you for your support.

Briars After-Dark Wildlife Walk *

Search for sugar gliders, kangaroos, wallabies and other native nocturnal animals as they wake up after dark.

23, 24, 28, 30 Sep & 2 Oct | 6.30 - 8.00pm
\$25 adult, \$19 concession / child
Children must be supervised by an adult

Briars Sanctuary Scavenger Hunt

Spring is a lovely time to take a closer look around the Briars Sanctuary. Take the Spring Scavenger Hunt challenge by grabbing a map and a list of clues for the 2km Wetlands Walk or the 4km Woodlands Walk from the Visitors Centre. Can you and your family find all the answers?

19 Sep to 31 Oct,

During Sanctuary Opening Hours | 9.00am - 4.30pm

Seniors Week Plant Sale

50% off Plants

Present your seniors card at the Briars Nursery and receive 50% off all available plants. The range includes ground covers, grasses, wildflowers, shrubs and trees.

3, 7, 8 & 9 October only | 9.00am - 3.30pm

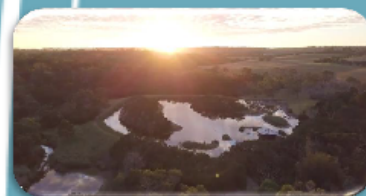
Limit 10 per person

Briars Aboriginal Cultural Walk with Yidaki *

Celebrate the start of NAIDOC by taking a beautiful walk with Gunditjmara Kirrae Wurrung-Bundjalung man Lionel Lauch (Living Culture).

Sun 8 Nov | 10.00am - 12.30pm
\$45.00 adult, \$35.00 concession

*Booking are essential for programs/walks and can be made by visiting <https://thebriars.eventbritestudio.com/>



What's coming up at the Briars, subject to COVID 19 Restrictions, of course



THE MOUNT MARTHA BRIARS MARKET

Mount Martha Briars Market

Purchase the freshest produce from across the region and engage with our talented stallholders. Soak up the fun market vibe whilst exploring the beautiful grounds of the The Briars.

September 27, Oct 25, Nov 22 | 9.00am – 2.00pm

\$4 parking



The Eco Living Display Centre

The centre will remain closed until COVID-19 restrictions are lifted.

Free Consultations

The centre may be closed but we are still available to residents looking for free advice. To learn more about improving the comfort and energy of your home. Contact the centre to book on 5974 1005 or email ecolivingdisplaycentre@mornpen.vic.gov.au



Sustainable House Day

This year SHD will run as an online event. "Open the door to sustainable living by virtually touring some of Australia's most environmentally progressive homes on show at Sustainable House Day. To find out more visit <https://sustainablehouseday.com/>

20 September 2020

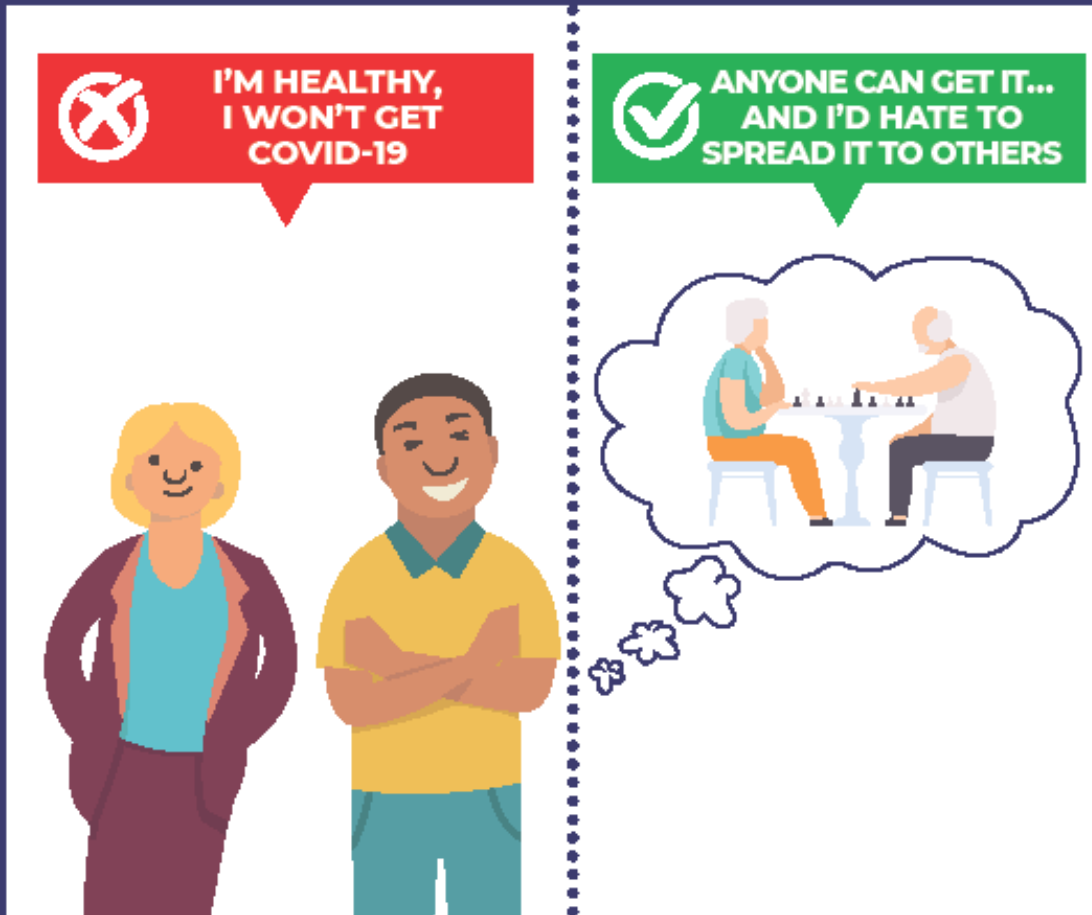
Did You Know.....?? - compliments of the Rotary Club of Hastings Westernport

1. In the 1400s a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb.....Hence we have.... **'the rule of thumb.'**
2. Many years ago in Scotland , a new game was invented. It was ruled 'Gentlemen Only... Ladies Forbidden'... and thus the word **GOLF** entered into the English language.
3. Each king in a deck of playing cards represents a great king from history: Spades - King David, Hearts - Charlemagne, Clubs -Alexander the Great, Diamonds - Julius Caesar
4. In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase..... **'Goodnight, sleep tight.'**
5. It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month,which we know today as the **honeymoon**.
6. In English pubs, ale is ordered by pints and quarts... So in old England , when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down.' Hence the saying **"Mind your P's and Q's"**
7. Many years ago in England, pub frequenters had a whistle baked into the rim or handle of their ceramic cups. When they needed a refill, they used the whistle to get some service. 'Wet your whistle' is the phrase inspired by this practice.
8. In 1696, William III of England introduced a property tax that required those living in houses with more than six windows to pay a levy. In order to avoid the tax, house owners would brick up all windows except six. (The Window Tax lasted until 1851, and older houses with bricked-up windows are still a common sight in the U.K.) As the bricked-up windows prevented some rooms from receiving any sunlight, the tax was referred to as **"daylight robbery"**!

Now, there you have the origin of these phrases. - Interesting isn't it!! Anyone like to add to this?



Don't let your complacency set us all back concerning Coronavirus (COVID-19)



**Don't let
your complacency
set us all back**




[[covid19.act.gov.au](https://www.covid19.act.gov.au)]



A bit of light-hearted Coronavirus (COVID-19) humour in these difficult times .
I hope you enjoy these pieces and can see the funny side of them.



I miss the days when you sneezed and people would say a polite "Bless you", now they say "Get the  away from me!"





2020



Very bad, would not recommend.

Don't accept any friend requests from Taco Bell. They're nacho friend!

What rhymes with orange?

No it doesn't