



Face to face Club meetings are currently in recess due to the Coronavirus (COVID-19) restrictions. Our next Club Meeting will be via Zoom **this Monday 5th October at 7pm.**

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PRESIDENT ROGER'S WEEKLY BLOG

District Grant

Congratulations to Colin Stokes who has been successful in gaining a District Grant for \$1000 for garden and other works at Mornington Park Primary School. Hopefully we'll soon be able to get to the school and start. We need to spend \$2000 by end April 2021. I'm pleased to say this is the 4th year in a row we've been successful with District grants. District Grants have now increased to \$2500 maximum on a dollar for dollar basis and are available for both local and International projects.

Virtual Gala Event

Ken Wall and his Think Tank team have proposed that the 'main event' be early 2021, a fundraising event for Indigenous Literacy Foundation open to all, and that we do a 'test run' as our Christmas function with members and partners only assuming we'll be able to meet in our homes in small groups.

Centenary Bay Trail

Steve Daly met with Ross Kilborn. Next step is to meet with Council again. We propose that the Harrap Trail be designated the Mount Martha link as it already exists but this is yet to be confirmed by Council.

RORP

Wayne and I met with Peter Cripp (RORP Central and Founder) and other RORP disciples including Play Australia industry body RORP is ready to take off especially after Wayne's success in getting District support and proposing that RORP grow District by District with a designated club member act as sole liaison between councils and RORP. RORP Central are now receiving enquiries from Councils in SA, Darwin and WA.

Progress Signs have agreed to provide the RORP sign for the RORP Trailer.

District Showcase – Sunday 11 October 2 PM Flyer attached

District are showcasing 7 projects

Australian Rotary Health (ARH)

Rotary Overseas Recycled Playgrounds (RORP)ORP

Model United Nations Assembly (MUNA)

East Gippsland Fire Aid

Rotary Against Malaria (RAM)

Centenary bay Trail

RC Leongatha Global Grant

Thank you to Carol Allen, Wayne Jenkins, Chris Williams and Steve Daly who are active in 4 of these projects.

DG Mark Humphries 'visit Monday 5 Oct 7 PM

A special night, don't miss it. Mark will meet with the Board at 6pm and other members will 'zoom' in at 7pm.

Keep safe.....Roger

5th October 2020

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My Life in Coronavirus World - Gordon Morriss

This year has been an interesting one with COVID19 and being in lockdown twice. One thing Heather and I have been grateful for, is that if we had to be in lockdown anywhere, Mornington is the place to be. We are so thankful to have the coastal walking track opposite our house and we enjoy taking our Bernese Mountain Dog, Benny for his daily walk along it. Being a large (57kg) and good looking dog, Benny attracts many admirers, who we now call 'the Benny Fan Club'. This leads to the walk becoming fairly slow and long but filled with people stopping to pat him and have a conversation. The friendliness of the people we meet along the track has become even more prevalent during COVID and it makes our walks a very enjoyable part of the day.

Another thing we appreciate about living here, are our wonderful caring neighbours, who continually check on each other to ensure we are all okay. This takes many forms like text messages, phone calls, swapping jigsaw puzzles or leaving baked goods on the doorstep.

Thankfully, our family has not been affected health wise by the virus itself but we have seen how tragic its outcome can be on people. Our neighbour's family tragically lost both a Grandmother and Grandfather within 32hrs of each other due to COVID, which is a shocking experience for any family to endure. To us it was a very sombre reminder of why we have to isolate and the importance of the restrictions.

As a couple we are very fortunate during this time to be at the stage of life we are at. Being retired and not having to worry about keeping a business afloat, having grown up children, who thankfully have remained fully employed and well. We take our hats off to young families who through this time have had to not only work from home but also have had to home school their children. The stress of that must at times be immense.

For us, some of the issues we have had to deal with are, not being able to catch up with our daughters and their partners, as they live well outside the 5km zone and also, the postponement, twice, of our youngest daughter's wedding, which will now hopefully occur late next year.

But thankfully with today's technology, we've been able to maintain visual contact with them and our friends through many video calls.

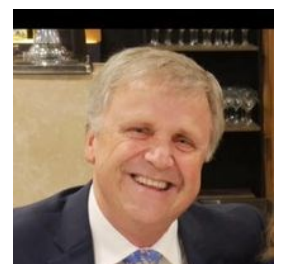
We have commented many times to each other, that we are lucky that this lockdown situation didn't happen 20 years ago when we didn't have this type of technology.

I resonate entirely with Ken Wall's comments, in regard to the 'To Do List' that wives seem to create. Heather has always had a such a list and my response to this has always been, 'I'll do that when I have time.' Unfortunately, with COVID, Heather keeps telling me that now I have Time!

Although, I wouldn't admit this to Heather, these projects have actually helped the days go by and have been great home improvements.

Speaking of Heather, I cannot think of another person I would want to spend isolation with. We have been together for 42 years and celebrated our 40th Wedding Anniversary during lockdown. This COVID experience has proven to me the strength of our relationship and how we continually support and love each other. Heather's gift to me for our Anniversary was a framed quote which is so true in today's world.

'It's not the Journey or the Destination, it's who you are Travelling with.'



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

OCTOBER IS COMMUNITY ECONOMIC DEVELOPMENT MONTH

- Mon 5 Oct RCMM **Club** Meeting via Zoom visit 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**

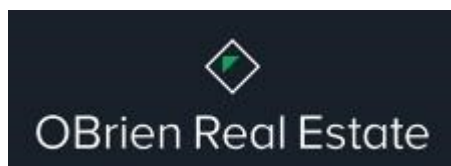
NOVEMBER IS ROTARY FOUNDATION MONTH

- 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**

DECEMBER IS DISEASE PREVENTION & TREATMENT MONTH

- Mon 7 Dec RCMM **Club** Meeting via Zoom (further details to be advised)
- Mon 14 Dec RCMM **Committee** meetings via Zoom
- Mon 21 Dec RCMM **Christmas Party** via Zoom (further details to be advised)

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



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/>



District 9820

ShowCase!

District Governor Mark Humphries is hosting the first

Rotary District 9820 Showcase

Sunday 11th October 2020
at 2.00 pm (via zoom)

The event will highlight some of the great projects happening in our district.

Presenters will speak for about 10 minutes on each of the following topics:

- ❖ Australian Rotary Health (ARH)
- ❖ Rotary Overseas Recycled Playgrounds (RORP)
- ❖ Model United Nations Assembly (MUNA)
- ❖ East Gippsland Fire Aid
- ❖ Rotarians Against Malaria (RAM)
- ❖ Centenary Bay Trail
- ❖ Rotary Club of Leongatha Global Grant

So come along (while staying at home) and join in via zoom to hear about some great things happening in our District.

Zoom link for District 9820 Showcase:

<https://us02web.zoom.us/j/8438277725?pwd=Uk1pZG40Z00xbEZPSjArRWppUE9sQT09>

Zoom Meeting Passcode: **878201**



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.

If you're not familiar with the work of Steven Wright, he's the famous Erudite (comic) Scientist who once said, "I woke up one morning, and all of my stuff had been stolen and replaced by exact duplicates".

His mind sees things differently than most of us do. Here are some of his gems:

- 1 - I'd kill for a Nobel Peace Prize.
- 2 - Borrow money from pessimists -- they don't expect it back.
- 3 - Half the people you know are below average.
- 4 - 99% of lawyers give the rest a bad name.
- 5 - 82.7% of all statistics are made up on the spot.
- 6 - A conscience is what hurts when all your other parts feel so good.
- 7 - A clear conscience is usually the sign of a bad memory.
- 8 - If you want the rainbow, you got to put up with the rain.
- 9 - All those who believe in psycho kinesis, raise my hand.
- 10 - The early bird may get the worm, but the second mouse gets the cheese.
- 11 - I almost had a psychic girlfriend . . . but she left me before we met.
- 12 - OK, so what's the speed of dark?
- 13 - How do you tell when you're out of invisible ink?
- 14 - If everything seems to be going well, you have obviously overlooked something.
- 15 - Depression is merely anger without enthusiasm.
- 16 - When everything is coming your way, you're in the wrong lane.
- 17 - Ambition is a poor excuse for not having enough sense to be lazy.
- 18 - Hard work pays off in the future; laziness pays off now.
- 19 - I intend to live forever... So far, so good.
- 20 - If Barbie is so popular, why do you have to buy her friends?
- 21 - Eagles may soar, but weasels don't get sucked into jet engines.
- 22 - What happens if you get scared half to death twice?
- 23 - My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."
- 24 - Why do psychics have to ask you for your name.
- 25 - If at first you don't succeed, destroy all evidence that you tried.
- 26 - A conclusion is the place where you got tired of thinking.
- 27 - Experience is something you don't get until just after you need it.
- 28 - The hardness of the butter is proportional to the softness of the bread.
- 29 - To steal ideas from one person is plagiarism; to steal from many is research.
- 30 - The problem with the gene pool is that there is no lifeguard.
- 31 - The sooner you fall behind, the more time you'll have to catch up.
- 32 - The colder the x-ray table, the more of your body is required to be on it.
- 33 - Everyone has a photographic memory; some just don't have film.
- 34 - If at first you don't succeed, skydiving is not for you.
- 35 - If your car could travel at the speed of light, would your headlights work?
- 36 - I'd give my right arm to be ambidextrous!

A message from the Victorian Chief Health Officer regarding reducing your risk of Coronavirus (COVID-19) in the Community



Reduce your risk of coronavirus (COVID-19) in the community

- ▶ **Wash your hands** often with soap and running water for at least 20 seconds. Dry with a paper towel or hand dryer.
- ▶ **Use an alcohol-based hand sanitiser** with over 60 per cent alcohol.
- ▶ **Cover your cough or sneeze** with a tissue or use your upper sleeve or elbow.
- ▶ **Stay at home** when you can. Check our website for reasons to leave home.
- ▶ **Wear a face covering** if you have to leave home.
- ▶ **Don't touch** your eyes, nose or mouth – or your face covering if you're wearing one.
- ▶ **Get help** if you feel unwell, call your GP or the coronavirus hotline for advice. If you're sick, stay home.
- ▶ **Get tested** if you have symptoms and go straight home afterwards.
- ▶ **Go to your medical check-ups** and see if medicines can be delivered to your home.
- ▶ **Continue healthy habits** exercise, eat a balanced diet, get plenty of sleep and stay connected. quit smoking (Quitline 137 848).
- ▶ **Remember your mental health** and do things you enjoy. Check our website for mental health resources and support.



Find out more
www.dhhs.vic.gov.au/coronavirus

For more information, call the
Coronavirus hotline 1800 675 398 (24 hours)
Choose option 0 for translating and interpreting services
Call Triple Zero (000) for emergencies only

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email COVID-19@dhhs.vic.gov.au

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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.

My new social distancing shoes have arrived



Stepped on my scale this morning and it said: Please use social distancing, one person at a time.

An Englishman, an Irishman and a Scotsman walk into a bar.

Those were the days...

World's Longest Joke

Loading...

Mary, do you accept John as your lawfully wedded husband? If you do press [ent]. If you don't press [esc].



Double tap on your screen

