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27th April 2020

As we remain in isolation, this Monday 27th April, we will be joined by Jan Nelson from Mount Martha Personal Training.

Jan is a fully qualified Personal Trainer and Corrective Exercise Specialist who will share some tips on how to stay fit, healthy, happy and well during this time of stay at home.

For those on our WhatsApp, you would have noted Mary's response to the Knitwear appeal for East Gippsland—which is highlighted on page 4 of the Bulletin and will be mentioned at Monday evenings meeting.

Next fortnight Monday 11th May, we are looking forward to hearing from the Rotary Club of Newlands (Cape Town, SA), as to how they have had to adapt their projects during COVID-19. Our thanks to Carol for arranging this speaker.

A reminder that the Club Board meets this Tuesday evening (via ZOOM) at 7PM.

"See" you at Monday nights meeting, until then stay well and stay safe!

Many thanks to all, President, Peter Rawlings

And finally, from the desk of Secretary Wayne Norris

*Just be careful because people are going crazy from being in lockdown!
Actually I've just been talking about this with the microwave and toaster while drinking coffee and we ALL agreed that things were getting pretty bad.
I didn't mention anything to the washing machine as she puts a different spin on everything.
Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing.
The vacuum was very unsympathetic....told me to suck it up, but the fan was more optimistic and hoped it would soon blow over!
The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip.
The front door said I was unhinged and so the curtains told me to....
yes, you guessed it.....pull myself together.*

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NATIONAL YOUTH SCIENCE FORUM (NYSF) & SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS (STEM) UPDATE FOR 2021

The NYSF and Rotary thank clubs across D9820 supporting the Year 12 Program. Rotary plays a key role enabling student to pursue their passion in Science, Technology, Engineering & Mathematics (STEM) and connect with like minded students across the country.

Rotary's involvement in the selection process has ensured that over the last 5 years, 35% of all successful applicants have come from remote and regional Australia.

Despite the difficulties of the bushfires in January and now the impact of Covid19, the NYSF Year 12 program will be running in 2021 and applications are now open. There will be approximately 600 places offered and I would expect that as D9820 filled our 2020 quota of 28 students, I expect we will be able to choose a similar number of students for 2021.

The selection process will need to be different given the current circumstances. I encourage you to make direct contact by phone with school contacts. Despite the learning from home environment that will likely exist for term 2, teachers are in contact with their students and will be able to encourage them to apply. The more you can do to support schools and applicants, the more likely that students across our district will be successful.

More than ever Rotary can encourage year 11 students across our District to experience life changing STEM opportunities with some of the nations best scientists. The program is designed to encourage continued study in these fields and develop an awareness of careers that are critical for our nations future.

In 2021 the program will run at the following locations and dates:

- Session A; Mon 4th - Wed 13th Jan 2021; ANU Canberra
- Session B; Mon 11th - Wed 20th Jan 2021; University of Queensland, Brisbane
- Session C; Mon 18th - Wed 27th Jan 2021; ANU Canberra

At this stage it is most likely that selection interviews will be undertaken via zoom or similar method. As events develop I will keep you informed.

Now that school is back I encourage you to contact schools and to make yourself familiar with the program by going to <https://www.nysf.edu.au/rotary-resources/>

Students must apply through the NYSF website www.nysf.edu.au. There is a \$65 application fee, which covers the administrative cost of the NYSF selection process. **This non-refundable fee is paid *after* the student receives endorsement from a Rotary Club.**

- NYSF UPDATE CONTINUED -

Students must submit their application by 14 June, there is no limit on the number of applicants your club can endorse. Similarly, there is **no obligation** to provide funding along with endorsement to those applicants who are successful. If you select a successful student your club will be invoiced by the NYSF.

The fee to attend the NYSF 2021 Year 12 Program is \$3,250. Please advise students from the earliest time possible of the level of funding your club can provide, ensuring all parties (including parents) are aware of any financial obligations incurred by taking part in the program. Many clubs in the past have supported families with 50% of the fee. As fundraising events may be limited to clubs you will need to consider the level to which you can support students. Any financial or fundraising assistance your club can provide to successful applicants is greatly appreciated, particularly to those students whose financial means are limited.

NYSF may be offering scholarship and funding opportunities for applicants thanks to our funding partners. Applicants will be informed of available funding opportunities and will be encouraged to apply if suitable to them.

When students apply, the NYSF will encourage them to provide their endorsing Club's contact details, particularly an email address. The NYSF ask that Club's provide their correct email address to nysf@nysf.edu.au, if you have not already done so.

If you have any further questions don't hesitate to contact me by e-mail or phone. I am always looking for Rotarians and helpers to assist with the district selection process.

Stephen Daly
Rotary District 9820 NYSF Chair
Mobile 0407 397 266



This matter is circulated to all members of Rotary District 9820 on behalf of Emergency Management Chair, Janne Speirs and District Governor, Adrian Froggatt.

Hi all

As you would be aware we have been doing an enormous amount of work in the East Gippsland Fire zone through our East Gippsland Rotary Fire Aid Committee. Throughout the current lockdown some loads of hay and also vouchers are being delivered using appropriate social distancing measures. We are also working on a number of Global Grants which will be of wonderful benefit to many affected individuals and communities. Our Disaster Relief Trust has also been used to assist some families whose situation is even beyond the general losses felt by so many through this crisis and will be called on again as situations arise.

However, my call out at the moment is for knitted goods - naturally as people were re clothed after the fires there was no real need or access to winter clothes. Obviously as the weather cools, the need for warm clothes is increasing and we have had two sources suggested to us. As Clubs start to meet online, community projects may be less forthcoming so a visit to a local op shop may yield suitable children's jumpers which could be purchased as a club effort, put in a bundle and sent off.

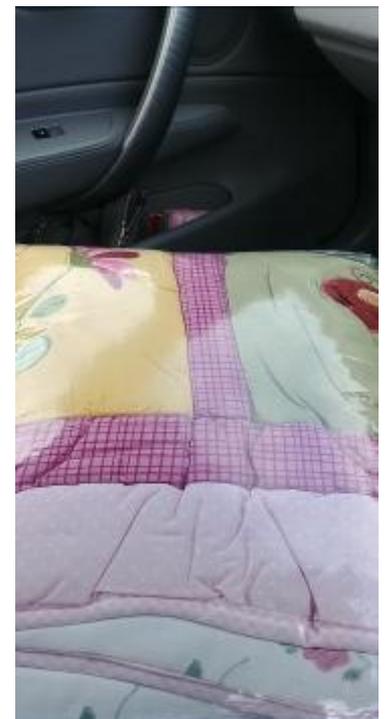
The other option is for all the knitters in the District to get those needles clacking!! Adult beanies, scarves in football team colours, children's knits (my suggestion would be 2 through to 10 year olds) or even 'fashion' scarves would be the best idea.

There doesn't seem to be a huge call for babywear and I think while teens might enjoy the scarves they would probably not go for handknitted jumpers as much.

If you, your family or your club would like to assist in this important task - not just for its practical value but also the moral support of those who've lost so much then please get knitting and send your finished products to me at the address below.

Many thanks in advance

Janne



The Rotary Foundation

Rotary's charity and Rotarians Charity of choice

COVID-19. You may be wondering how to stay focused on our work eradicating polio when we are dealing with a pandemic caused by a virus for which there is not yet a vaccine — a situation similar to what the world faced with the poliovirus not so long ago.

The COVID-19 pandemic response requires worldwide solidarity and an urgent global effort. The Global Polio Eradication Initiative (GPEI), with thousands of polio workers and an extensive laboratory and surveillance network, has a moral imperative to ensure that these resources are used to support countries in their preparedness and response.

We can be proud that the polio infrastructure that Rotarians have helped build is already being used to address — and stop the spread of — the new corona virus, in addition to serving countless other health needs. In Nigeria, Pakistan, and Afghanistan, where polio personnel and assets have a significant presence, workers from all GPEI partners are engaged in surveillance, health worker training, contact tracing, and more. In 13 countries, polio volunteers have been deployed to address COVID-19 preparations and response.

We recognize that the COVID-19 emergency means that some aspects of the polio eradication program will be affected. While addressing the new challenges of today, the most important thing that Rotary members can do to continue the fight to end polio is to sustain our commitment. We are aiming to reach our fundraising goal of \$50 million this year so we can work to safely reach all children with the polio vaccine. In the midst of a global pandemic, we understand that attention to polio eradication will be temporarily diverted, and this makes it all the more vital for Rotarians to remain strongly committed to fighting polio and not let our progress be eroded.

It is imperative that we remain committed to our work eradicating polio. [Learn more](#) about how our work fighting polio is supporting the COVID-19 response and consider [making a contribution](#) to PolioPlus.

You too can support The Rotary Foundation *"Doing Good in the World"* by:

- Renewing your Centurion Club membership. \$100 per year as you are able.
- For new members forms are available from Roger Annear

Direct bank contribution to the RC Mt Martha Club A/c BSB 633-000, Account 126265388

Please note your name and also advise Roger by email when done.

An important COVID-19 message from the World Health Organisation and the Australian Government.



Slowing the spread of coronavirus

Stay home. Protect our health system. Save lives.

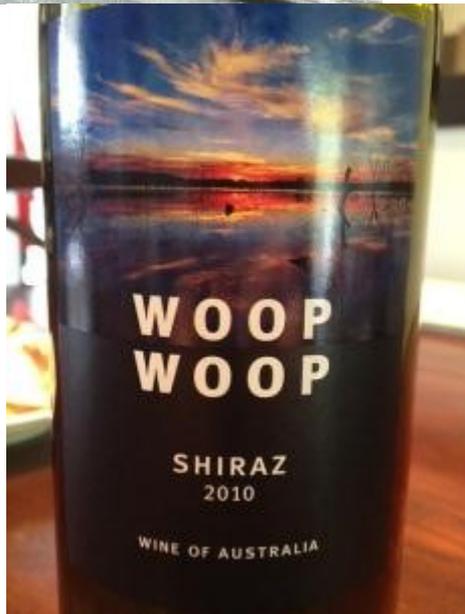
- **WASH** your hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.
- **TRY** not to touch your eyes, nose or mouth.
- **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **PHONE** your doctor or the hotline – **1800 675 398** – if you need medical attention. They will tell you what to do.
- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep.
- **BUY** an alcohol-based hand sanitiser with over 60% alcohol.



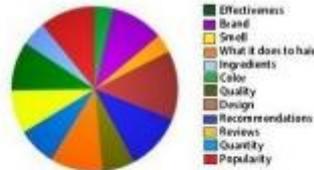
Find out more
www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the
Coronavirus hotline 1800 675 398 (24 hours)
Please keep Triple Zero (000) for emergencies only

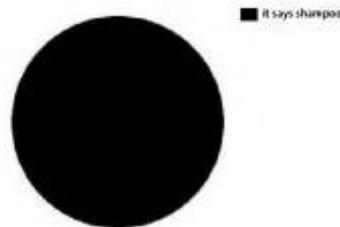
A bit of light-hearted humour and ponderings in these difficult times thanks to Wayne J.
I hope you enjoy these pieces and can see the funny side of them.



HOW WOMEN CHOOSE SHAMPOO:



HOW MEN CHOOSE SHAMPOO:



OUR COMMUNITY SUPPORTERS, TO WHOM WE ARE VERY GRATEFUL

