



## PRESIDENT ROGER'S WEEKLY BLOG

Greetings Rotarians and Friends

### Resignation – Ken Wall

I am sad to advise Ken Wall has decided to resign from Rotary and pursue others interests, particularly travel ...when he and Angela are able. Ken has been involved in Rotary for over 30 years at both RC Templestowe and RC Mount Martha and feels that now is the time. He has a passion for International projects and has made an enormous difference to the lives of many children particularly through ABCD, the charity he founded in Australia. Ken inspired the club (and certainly me personally) through his enthusiasm for International projects. He encouraged us to think bigger about what could be done and how projects could be funded through collaboration with other clubs and the 'multiplier effect'. Ken, on behalf of the club we wish you well for the future.

### RORP

Another playground at Balnarring was harvested this week. Thanks Rob Davies for your assistance. We'll shortly be invoicing MPSC for their contribution to shipping costs.

### Bunnings BBQ

We'll be back at Bunnings in December .....but not as we know it. We'll need 6 people manning 3 , not 1 marquee. 2 people of them 'covid marshals'. Customers will not be able to squeeze their own sauce under the new covid rules. Bunnings are running training sessions for a number of members on Wednesday 2 December. The good news is we'll be back raising money at Bunnings.

### Christmas Party – Monday 21 December . Royal Hotel

At last we can all meet together!! It's an outside sit down meal for \$55/head. Thanks to Carol for securing the booking and Pat for organising a \$200 hamper. See the flyer elsewhere in this bulletin. Gordon will need your payment by 14 December please.

### Australia Day Event

MPSC are yet to advise what we can/can't do in Mornington Park. We should have something sorted by next week.

### Mount Martha Community Garden

Some levelling of the site is required. I met with Heaslip Excavations and Robyn Ruhl on Saturday to scope out the work and get a quote. MPSC are providing a \$5000 grant to this project.

### Trivia Night – Monday 30 November

Zoom in for a bit of fun

After 29 days of 'double doughnuts' we've technically eliminated coronavirus and we are on the way to 'covid normal' . It's been tough but I'm pleased to say we can start to do what Rotary does for our community

Cheers - President Roger

30th November 2020

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### Our Life in Coronavirus World - Tom & Gayle Goulding

This has not been a very enjoyable time. Not being able to get together with family and friends and not play golf and also not being able to fulfil some Rotary obligations. My part time work, which I enjoy, also had to cease.

One of the benefits has been spending a lot of time with Gayle walking all over different places in Mornington. Living close to Main Street has allowed us to walk on days when it rained or threatened rain as we could take shelter under the shop verandas. To Gayle's amazement I also agreed to have a coffee down Main Street, not something I normally enjoy. I am not sure I have done enough exercise as I think I have put on a bit of "Covid" weight.

At home I undertook some renovation work, painting doors, replacing window winders and renovating garden bench seats. The Covid advantage was that I could take my time, I had nowhere else to go. During lockdown Gayle and I were fortunate to legally visit Paynesville to give caregiving to our 2 young granddaughters. Our youngest daughter, Ashleigh and her husband, Campbell, sold their home in Croydon and moved to Paynesville and they both had employment and not knowing anybody in Paynesville we were required to look after the children. It was a great time for us as during lockdown as we have missed the kids.

When lockdown eased it took me about 2 weeks to get back to feeling I could do things. It was a strange feeling. However now back playing golf poorly twice per week, doing Friday lunch and back at work. Gayle and I also took the opportunity to visit our sister-in-law in Cohuna (Northern Victoria) for a couple of days. It was great to be free again.



### RCMM T Shirts

**Great news!** As we head into summer, our new **RCMM T shirts** have arrived and ready for collection. Your t-shirt can be picked up from the offices of Rawlings Featherstone, 2/2 Blamey Place Mornington during business hours.

Please make sure you collect your pre-ordered size and tick and date the box on the order sheet. Where possible, please try and pick-up in the next week. For those who have not yet placed an order, we have some reserve stock at \$30 each.

**Any questions call Peter Rawlings on 0418 360 250.**

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

NOVEMBER IS ROTARY FOUNDATION MONTH

Mon 30 Nov RCMM Trivia Night (see page 5 of this Bulletin for details)

DECEMBER IS DISEASE PREVENTION & TREATMENT MONTH

Mon 7 Dec RCMM Club Meeting via Zoom with Bio's from Bruce Ranken and PDG Ray Martin

Mon 14 Dec RCMM Committee meetings via Zoom

Mon 21 Dec RCMM Christmas Party (see page 6 of this Bulletin for details)

JANUARY IS VOCATIONAL SERVICE MONTH

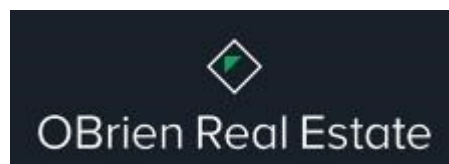
Mon 4 Jan Wine Tasting/Winery - either Zoom or in person

Mon 11 Jan RCMM Committee meetings either Zoom or in person

Mon 18 Jan RCMM Club Meeting - RC of Newlands (Sth Africa) Mumbai Connection via Zoom

Mon 25 Jan TBA

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



## A message from Stephen Pugh about Movember

I am participating in Movember. The link is to my donation page. <https://movember.com/m/stephenpugh114?mc=40>

### **MEN ARE DYING BEFORE THEIR TIME. BUT YOU CAN HELP US CHANGE AND SAVE LIVES.**

With the money raised, we fund ground breaking health projects across mental health and suicide prevention, prostate cancer and testicular cancer. Our mental health programmes are changing and saving lives, but we need to reach more men – that's where you come in.

### **HOW? HERE ARE OUR TOP FIVE THINGS TO KNOW, AND DO.**

#### **1. Spend time with people who make you feel good.**

Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.



#### **2. Talk, more.**

You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

*70% of men say their friends can rely on them for support, but only 48% say that they rely on their friends. In other words: we're here for our mates, but worried about asking for help for ourselves. Reaching out is crucial.*

**We need to talk - We need to listen**

#### **3. Know the numbers.**

At **50**, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are of African or Caribbean descent or have a father or brother with prostate cancer, you should be having this conversation at **45**. Know your numbers, know your risk, talk to your doctor.



**Learn more about prostate cancer**

#### **4. Know thy nuts. Simple.**

Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.

**Learn more about testicular cancer**

#### **5. Move, more.**

Add more activity to your day. Do more of what makes you feel good.

- Take a walking meeting
- Park further away from the station
- Get off the bus a stop or two earlier
- Instead of the lift, take the stairs
- Cycle to work instead of driving





**Rotary Club Virtual Trivia Night  
(Zoom)**

**Monday, 30th November  
7.00pm**

**FREE to all who attend**

**Invite your friends & family**

**Inquiries Merv Williams**

Rotary



Mount Martha

**ROTARY CLUB OF MOUNT MARTHA**

*Cordially invites you and your partner to our*

**CHRISTMAS DINNER**

**MONDAY 21<sup>ST</sup> DECEMBER**

**6.00PM start**

**AT THE ROYAL HOTEL, ESPLANADE, MORNINGTON**

**2 COURSE DINNER \$55 PER HEAD**

**CHRISTMAS HAMPER DRAWN AS DOOR PRIZE**

**PAYMENT TO BE MADE TO THE CLUB ACCOUNT**

**BSB : 633 000 ACCOUNT : 126 265 388**

**REF : (SURNAME) XMAS**

**BY MONDAY 14<sup>TH</sup> DECEMBER**

**RSVP TO GORDON MORRISS**

**BY SATURDAY 12<sup>TH</sup> DECEMBER**

**GMORRISS@BIGPOND.NET.AU**