



## PRESIDENT ROGER'S WEEKLY BLOG

### Indigenous Literacy Foundation

September is Basic Education and Literacy Month and I'd like to thank Carol for introducing the club to the work of the Indigenous Literacy Foundation (ILF) on Monday night. The ILF translate children's books into indigenous languages.. The video certainly inspired a lot of discussion and support and for those that missed it the link is elsewhere in the bulletin. It was agreed that we would like to do something to help and Carol's now has a working group of six members. The link to the video is <https://youtu.be/YtrOi2Y-B8A> and to the website is <https://www.indigenoussliteracyfoundation.org.au/>

### Virtual Gala Event

Ken Wall and his 'Think Tank' met on Wednesday night and are proposing the big event in March 2021. It needs a 'heart string pulling' cause to make it a success and the Indigenous Literacy Foundation seems to fit the bill.

### Art Building Children's Dreams (ABCD)

We have supported ABCD for 3 years and despite the best efforts of all concerned we just haven't been able to bring any projects to a successful conclusion. We embarked on mangos in Ampara (Sri Lanka) , English for Mobility in Ampara and Early Childhood Development Centres in Langa (Cape Town). The ABCD Board have now decided to wind up the entity and remit remaining funds to ABCD Canada and the RAWCS Account funds to RC Newlands Langa Covid Pandemic Hunger Relief for children in ECD Centres. ABCD was established by Ken Wall and achieved much in Fiji and, Malawi since 2009 but sadly due to many factors its time to close in down.

Ken and Angela, you can be justly proud of the positive impact you have had on a multitude of children's lives

### Mount Martha Community Garden

Colin and I zoomed in on Thursday with Robyn Ruhl , Jenny Mihan, David Barraclough (BERG) and others regarding starting up the Community Garden. This is a great opportunity for RCMM to connect with the community, particularly, in helping getting it going. Thanks you Fergus Nutt, who after reading our bulletin and Robyn's call for donations of 'stuff' gave me a call advising that there may be some tools available from a deceased estate that Warlimont & Nutt are handling. Thanks also to Mary McIntyre for donating an old bath for a worm farm.

Looking forward to Sunday and ,hopefully, news about the lifting some corona-virus restrictions.

Cheers ....President Roger

28th September 2020

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### My Life in Coronavirus World - Ken Wall

When we entered lockdown such a long time ago now, Angela had 178 items on her to-do list - most of them for me to-do of course. Having worked diligently on the list for so many weeks, I am now happy to report that the list is now down to 756 items, thereby proving conclusively that Angela can add items to the list far more effectively than I can tick them off! But it has been a chance to do some of those little items that you keep putting off.

I've had the opportunity to mentor a couple of people who are sitting up a consulting business, one in Australia and the other in France. It's great to be able to put some of my old skills into practice with some challenging situations. It is so hard for existing businesses right now - so imagine trying to start one up in this environment! But together we seem to be getting some success which is very encouraging. It really is survival of the fittest right now.

A few weeks ago we had to say goodbye to our wonderful black Labrador Murphy at the ripe old age of somewhere around 17. We adopted Murphy from the Glen Eira Save-a-Dog shelter when he was about 2 years old. We have had 6 labs over the years, and without doubt Murphy was by far the most affectionate. Perhaps he knew that we 'rescued' him? Everyone who met him fell in love with him! We still miss him dearly and no doubt will for some time to come. We have our name down for another rescue lab as soon as one becomes available.

Having started this article by writing about Angela I thought that might also be a good place to finish! I met Angela at a college party way back in 1967 when we were both amazingly young, and instantly fell madly in love with this amazing bundle of energy! Since we met we have never been short of conversation and always seem to have a thousand things to talk about and share. Was the lock down going to be a challenge to our conversational skills? It appears not!

I have a plaque at home which says, "Love - sometimes I look at you and wonder how I got so lucky." The lockdown has given me plenty of time to reflect on this statement and how lucky I have been in meeting Angela - and to conclude that it is still 100% true



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

SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH

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)

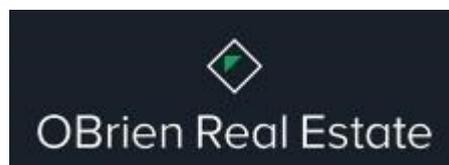
Mon 9 Nov RCMM Committee meetings via Zoom

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



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](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.

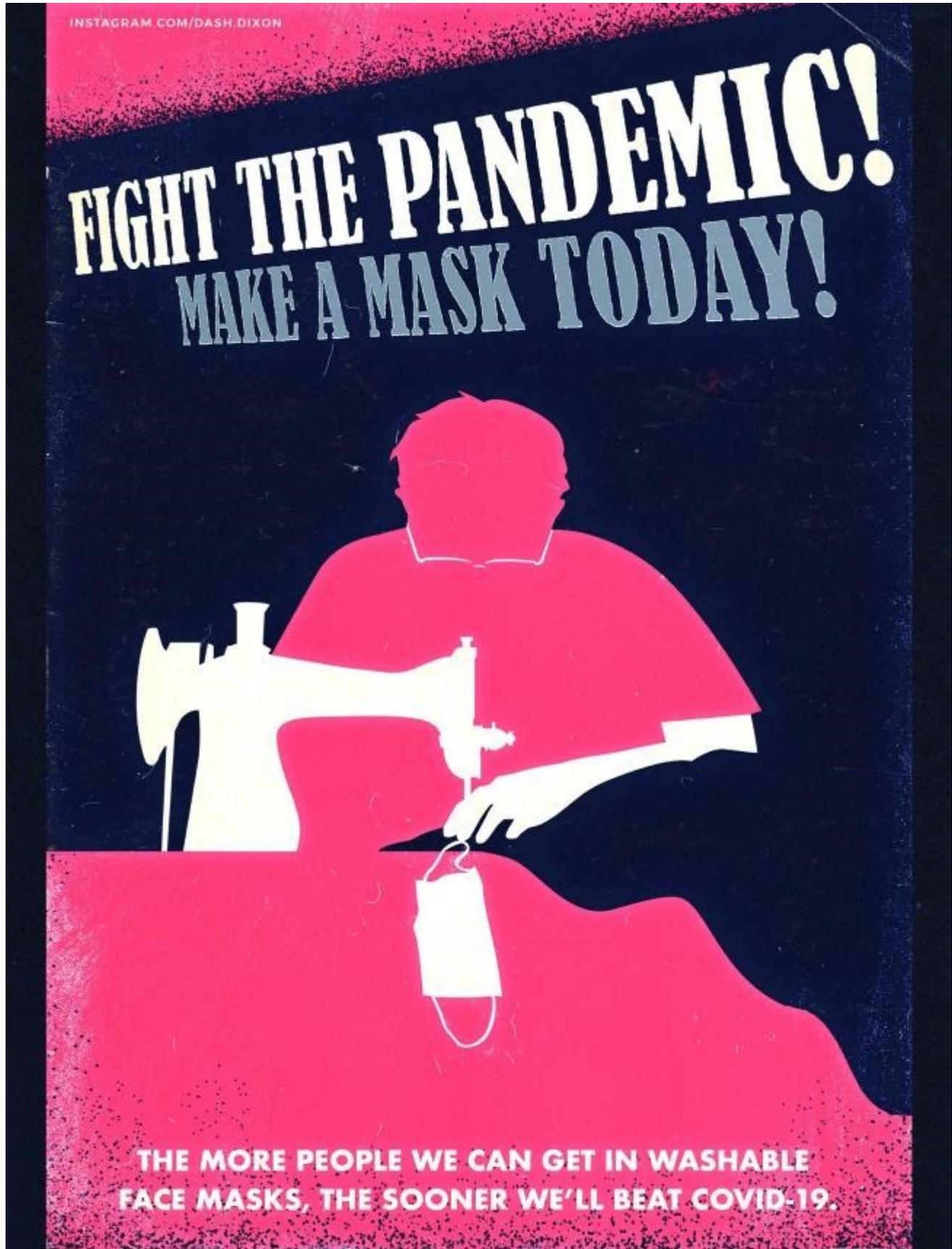
Contact us to arrange collection or get involved.

**In a world where acronyms are used frequently, who would have thought that Rotary would have their own.**

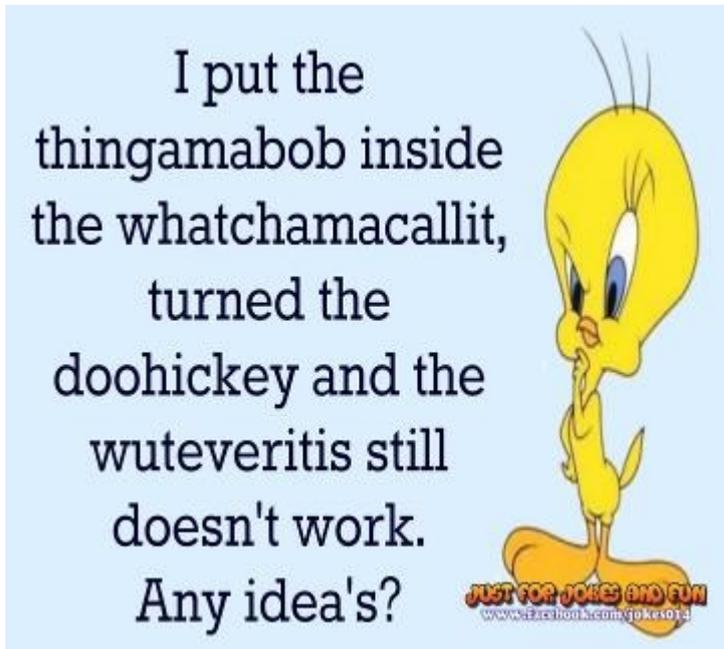
### **Rotary Acronyms**

**ARHRF now ARH** - Australian Rotary Health Research Fund now Australian Rotary Health  
**ANZO** - Australian, New Zealand and Oceania RI region  
**DG** - District Governor  
**DGE** - District Governor Elect  
**DGN** - District Governor Nominee  
**DIK** - Donations in Kind  
**FAIM** - Fourth Avenue in Motion (now Rotary Volunteers)  
**GETS** - District Governor Training Seminar  
**GFE** - Group Friendship Exchange  
**GSE** - Group Study Exchange  
**GYE** - Global Youth Exchange (now YEP)  
**3H** - Hunger, Health and Humanity  
**IPDG** - Immediate Past District Governor  
**MOP** - Manual of Procedure  
**MUNA** - Model United Nations Assembly  
**NYSF** - National Youth Science Forum  
**PDG** - Past District Governor  
**PE** - President Elect  
**PETS** - Presidents Elect Training Seminar  
**PHF** - Paul Harris Fellow  
**PHS** - Paul Harris Society  
**PN** - President Nominee  
**PP** - Past President  
**RAM** - Rotarians against Malaria  
**RAWCS** - Rotary Australia World Community Service  
**RDU** - Rotary Down Under (Regional Magazine)  
**RFE** - Rotary Friendship Exchange  
**RI** - Rotary International  
**RIPPR** - Rotary International President's Personal Representative  
**RISPPPO** - Rotary International South Pacific & Philippines Office  
**RLI** - Rotary Leadership Institute  
**ROMAC** - Rotary Oceanic Medical Aid for Children  
**ROTEX** - Rotary Exchange returned students  
**Rtn** - Rotarian  
**RYLA** - Rotary Youth Leadership Award  
**RYPEN** - Rotary Youth Program of Enrichment  
**TRF** - The Rotary Foundation  
**TWF** - The World Fund  
**VTT** - Vocational Training Team

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



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.



more awesome pictures at [THEMETAPICTURE.COM](http://THEMETAPICTURE.COM)

