



## PRESIDENT ROGER'S WEEKLY BLOG

On Thursday November 12th, the intrepid leader of the Rotary Overseas Recycled Playgrounds (RORP) team from RC of Mount Martha, Wayne Jenkins, convinced Roger Skipsey, Rob Davies, Colin Stokes, Peter Warren and Phyl Scales that they would love to travel to West Footscray to help load 3 playgrounds that the club harvested into a Donation in Kind (DIK) shipping container bound for Sri Lanka.

The play equipment was harvested from Dega Ave Bentleigh, Bay Road Mt Martha and Memorial Drive Noble Park. The hard working team was met by Sam Nicol from RC of Flemington Kensington and RORP Partner Club Liaison Officer who is THE expert at loading containers with play equipment.

The loading was completed in under 2 hours and that included a 30 minute tea break. It was good to get out and do something after being in lockdown for so long.

We took a direct route to DIK but on the way home Wayne, Peter Warren and Rob Davies went via Kilsyth and loaded another playground onto the RORP trailer for Wayne to take to DIK on Saturday. Roger Skipsey and Phyl Scales came home via Dingley to pick up 2 Intermediate Bulk Containers which will be cut in half to make wicking beds for the Mt Martha House Community Garden.

Thank you to all involved in this effort which will put a smile on the faces of many children in Sri Lanka.

P.S. If you haven't been involved in helping out Wayne with playground harvesting and transporting it is a great project and one I can thoroughly recommend. And if you haven't been over to DIK, it is well worth a visit to see all the different kinds of items which are being shipped overseas.

**This article and photos are courtesy of Phyl Scales, thanks Phyl**

**Don't forget**, this Monday is our Club AGM and Rotary Foundation presentation. See you on Monday 16th at 7pm.

Until then, President Roger



**16th November 2020**

**Rotary Club of Mt Martha  
 PO Box 342,  
 Mornington 3931**

**Rotary International  
 World President:  
 Holger Knaack**

**District Governor 9820:  
 Mark Humphries**

**Mount Martha President:  
 Roger Skipsey  
 0438 547 019  
 Roger.skipsey@bigpond.com**

**Secretary:  
 Wayne Norris  
 0408 344 512  
 eversfield2017@outlook.com**

**Bulletin Editor:  
 Byron Groves  
 Contributions required  
 by Thursday 6pm each week  
 to  
 byron.groves58@gmail.com**

**Website Editor:  
 Merv Williams  
 mervcris@bigpond.com**

**FaceBook Editor  
 Phyllis Scales**

**Our Life in Coronavirus World - David & Jenny Wheeler**

Life has certainly been different for us as with all Victorians over the last few months but has brought some expected joys as well as some inevitable disappointments. We have cancelled a number of trips both in our caravan and some more luxurious options but did manage a couple of days away in Cobram and Echuca during the space between lockdowns which were lovely and were staying at RACV club in Healesville when the second and harshest lockdown was announced and were forced to come home early but not before a very wet game of golf where I managed to slip over twice and said a lot of things that should never be repeated and abandoned the round looking very muddy.

Our walk and takeaway coffee each morning has turned out to be the most pleasurable part of our day and we will miss sitting on Charles Chair (Charles Hopkins – the doctor who delivered our children and also myself) on top of the cliff at the pier and being grateful we got to spend lockdown in such a beautiful setting. Sadly our new routine has come to an end after Jenny came to grief and has a broken bone in her leg. Our family have bought her a mobility scooter to get around on which we are all finding quite hilarious and we took it on an outing with some of the grandchildren to the the Moonlight Sanctuary where it doubled as a grandchild carrier, picnic food carrier, wife carrier and drinks carrier.

Our petrol usage has reduced enough to cover the cost of an overseas trip as we are filling up monthly instead of twice a week so that's a positive from a bad situation. More reading time was enjoyed 2 books for David and 45 for Jenny (Me having enjoyed The Secret Seven and Famous Five) and for Jenny The political situation in Afghanistan and for pleasure War and Peace and Fifty Shades of Green (or was that grey) I got tired after twenty five shades.

There was too much time to hear about Donald Trump and Joe Biden and we are both glad its now over. We are both very thankful to live in Australia. Undoubtedly the best country in this amazing world. Its time at last to be planning some local travel and we are busy rescheduling trips we had cancelled.

I look forward to being able to meet face to face again and hope you have all come through this unscathed.

David & Jenny Wheeler



---

**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 16 Nov RCMM **Club** Meeting via Zoom — including AGM and Rotary Foundation (Roger A)
- Mon 23 Nov RCMM **Board** Meeting via ZOOM - **NO CLUB MEETING**
- Mon 30 Nov RCMM **Trivia Night** (see page 5 of this Bulletin for details)

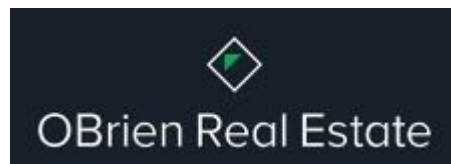
**DECEMBER IS DISEASE PREVENTION & TREATMENT MONTH**

- Mon 7 Dec RCMM **Club** Meeting via Zoom
- Mon 14 Dec RCMM **Committee** meetings via Zoom
- Mon 21 Dec RCMM **Christmas Party**

**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**

A message from the Commonwealth Department of Health regarding the importance of getting tested if you have symptoms



Australian Government  
Department of Health

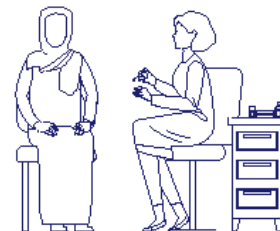
**BE COVIDSAFE**

## It's important to get a **COVID-19** test if you have symptoms



If you have a fever, cough, sore throat or shortness of breath, get tested. Even if your symptoms are mild.

Getting a COVID test is quick. There is no pain. It might feel a bit uncomfortable, but it only lasts a few seconds.

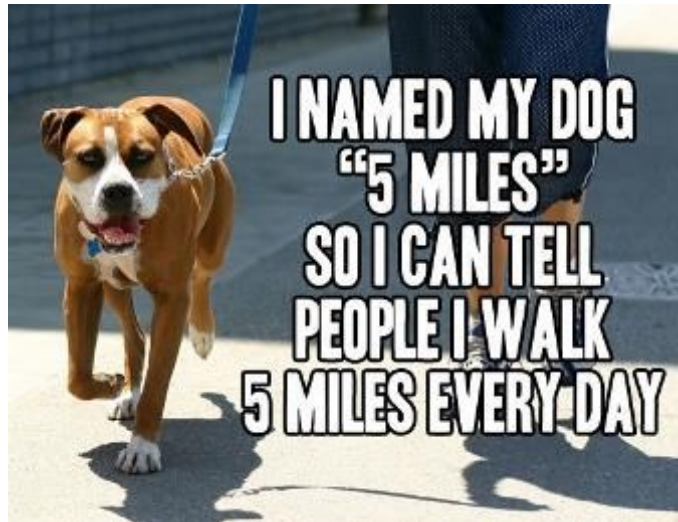


Once you have had your test you must go straight home and stay home until your results come back, usually by the next day.

Testing helps stop the spread of the virus and will help keep you, your family and friends safe.



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.



**WHAT DO  
PEOPLE DO  
WITH ALL THE  
EXTRA TIME  
THEY SAVE BY  
WRITING "K"  
INSTEAD OF  
"OK"?**

