



Face to face Club meetings are currently in recess due to the Coronavirus (COVID-19) restrictions. Our next Meeting via Zoom will be Monday 11th May at 7pm. An invitation will be sent to you to join the meeting.



www.mountmartharotary.org.au
mountmartharotary@gmail.com

4th May 2020

Jan Nelson got us on our feet last Monday as we considered our stay at home fitness and exercise regime .

Our thanks to Jan for her shared time, thoughts and advice. A note from Jan appears on page 2 of this Bulletin.



We also received a note of thanks from Mornington Park Primary Principal, Bev Dadds (see page 3 of this Bulletin) following the work done primarily by Greg Buchanan and Colin Stokes. The work that has gone into getting this project has been significant. A really first class job!

For the foreseeable future the Club will be looking at ZOOM meeting on the first and third Mondays of each month with our Peninsula Cluster Clubs and the District also looking to hold combined meetings of interest. Please note the dates from page 2 in your diaries and calendars!

Please also note some up and coming speakers, with the RC of Newlands in Cape Town addressing us on May 11th.

The following week on May 18th, Stuart Davis—Meehan from the Mornington Community Information and Support Centre. Stuart will update us on the local response to COVID-19 from the MCI&SC and we thank Stuart and his team for their response and ongoing support they are providing to this community.

I trust you are all faring well and hope to “see” you next Monday via ZOOM!

Many thanks to all, President, Peter Rawlings

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Update on future Club/Cluster and District meeting (via Zoom in this present climate)

Mon 11 May	Geraldine Nicol and Jenny Ibbotson from RC Newlands (Cape Town SA) Langa during COVID 19
Mon 18 May	Stuart Davis-Meehan from Mornington Community Information & Support Centre – <i>Mornington during COVID 19. We had Stuart diarised to speak back in March but we had to cancel.</i>
Week of Mon 25 May	TBC via District
Mon 1 June	Club Meeting - TBA
Wed 10 June	Ross Kilborn and Steve Daly , Bay Trail Centenary Project
Mon 15 June	Club Meeting - TBA
Mon 29 June	RC Mt Martha Changeover

THANK YOU FROM OUR GUEST SPEAKER (LAST WEEK), JAN NELSON

From: Jan Nelson - Mt. Martha Personal Training [mailto:mmpt@live.com.au]

Sent: Monday, 27 April 2020 10:27 PM

To: Peter Rawlings <pgr@rawlings.com.au>

Subject: Re: Jan Nelson contact details

Thanks so much for letting me talk tonight Peter, and for your positive feedback. As discussed, attached is the last slide of my talk with my contact details.

Stay home, stay safe, keep active.

Yours in Health and Fitness

Jan Nelson

Fitness Specialist (Diploma in Fitness)

Mount Martha Personal Training



Please feel free to contact me with any queries

Jan Nelson

Ph: 0434 415 750

Email:

mmpt@live.com.au

THANK YOU FROM BEV DADDS, PRINCIPAL - MORNINGTON PARK PRIMARY SCHOOL

From: Dadds, Beverley J [mailto:dadds.beverley.j@edumail.vic.gov.au]
Sent: Monday, 27 April 2020 6:00 PM
To: Peter Rawlings <pgr@rawlings.com.au>
Subject: MORNINGTON PARK PRIMARY SCHOOL BIKE SHELTER

Thank you Peter

Can you please send my love to everyone. I would just like to say a huge thank you to the team for the bike shed. I went in today and couldn't believe it. The children will be so happy. They will want to write to you and thank you themselves, however, we are not sure when that will be so I wanted to acknowledge the magnificent work and support you give us.

It is very much appreciated.

I have attached a photo (and the Bulletin Editor has added a few more to show photos during construction)...

Bev



UPDATED DISTRICT ASSEMBLY DETAILS FROM DISTRICT GOVERNOR ELECT, MARK HUMPHRIES

This message is circulated to Presidents Elect, Secretaries Elect, Treasurers Elect, Assistant Governors, District Board, District Learning and Development and for the information of Council of Governors on behalf of District Governor Elect Mark Humphries.

Hello President Elect, Secretary Elect, Treasurer Elect,

We all eagerly await opportunities to rekindle our clubs, meeting face to face and enjoying fellowship. We now need to prepare for 2020-2021 and part of being prepared for that future is for you to gain the knowledge and for me to assist you to meet the needs of your club going forward.

- District Assembly has been rescheduled and will be held online on 17th May 2020
- Presidents Elect, Secretaries Elect and Treasurers Elect will need to attend
- The proposed 2020-2021 District Budget will be circulated prior for consideration
- Presidents Elect need to review the District Budget and are required to vote on the adoption of the budget

You need to ensure your club membership details are up to date in District and Rotary International databases

The District Assembly commencement time and Zoom link will be advised on circulation of the budget.

We aim to have the budget out to you by the end of this week (Saturday 2nd May 2020). If you have questions please do not hesitate to email either myself or John Cartledge, District Treasurer john.cartledge@rotary9820.org.au

We are looking at running Avenues of Service online, more detail to follow.

Thanks

Mark Humphries

District Governor Elect, 2019-2020

E: mark.humphries@district9820.org

M: 0419 340 014

W: <https://www.district9820.org>

The Rotary Foundation

Rotary's Charity and Rotarians Charity of choice

Two Drops of Life: India's Path to End Polio - (Article 1 of 6 over next few weeks)

On the eve of its 6th polio-free anniversary, India immunized over 170 million children, despite a lack of roads, reinfection threats, and a periodic mistrust of vaccines.



National Immunization Day

Polio immunizer Rajbala stands among a vibrant crowd of parents and children, holding her records folder to her chest. Around her swirls a colorful chaos of mothers carrying their youngsters to get vaccinated against poliomyelitis—a viral disease that can attack the spinal cord, causing paralysis. Another immunizer, named Alka, holds a small bottle containing the oral polio vaccine over each child's mouth and squeezes it slightly, making sure the two requisite drops make it right in. As one young mother walks off, an elderly woman with a baby takes her place. "This is my granddaughter," she says proudly, squeezing the infant's cheeks to get her mouth opened.

Rajbala, Alka and hundreds of their colleagues are administering these oral vaccines as part of India's National Immunization Day (NID), a multi-day annual occurrence that usually takes place in January. Just this year alone, the country aimed to immunize over 174 million children under five years old against polio. Alka has been doing it for ten years, and Rajbala for 28. She still remembers how polio crippled people, leaving some unable to walk and only to crawl. Others couldn't feed themselves or do any work, because their hands wouldn't obey them. You can still find some adults who got paralyzed by polio in childhood, but today you rarely see kids afflicted by it—thanks to the country's persistent vaccination efforts.

(to be continued next week)

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 of Mount Martha Club A/c BSB 633-000, Account 126265388

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

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

PROTECT YOURSELF & THOSE AROUND YOU



STAY AT HOME IF YOU'RE UNWELL



AVOID TOUCHING YOUR FACE, NOSE AND MOUTH



STAY 1.5 METRES AWAY FROM PEOPLE WHO ARE COUGHING OR SNEEZING



COVER COUGHS AND SNEEZES

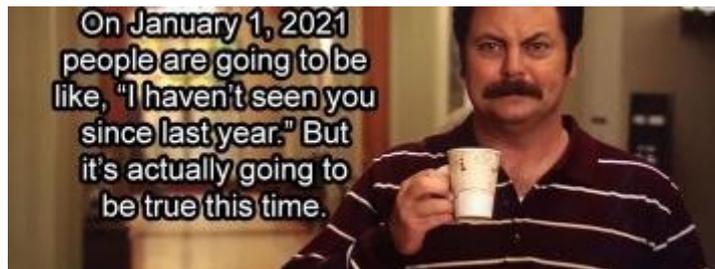


WASH HANDS REGULARLY

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

Lockdown can go 3 ways.....
You'll either come out as a hunk, a chunk or a drunk..
Which one is most likely for you?

When your holiday has been cancelled by the coronavirus but don't want to give up the dream



OUR COMMUNITY SUPPORTERS, TO WHOM WE ARE VERY GRATEFUL

