



CHARTERED 16<sup>TH</sup> AUGUST 1928. CLUB NO. 18035, DISTRICT 9685.

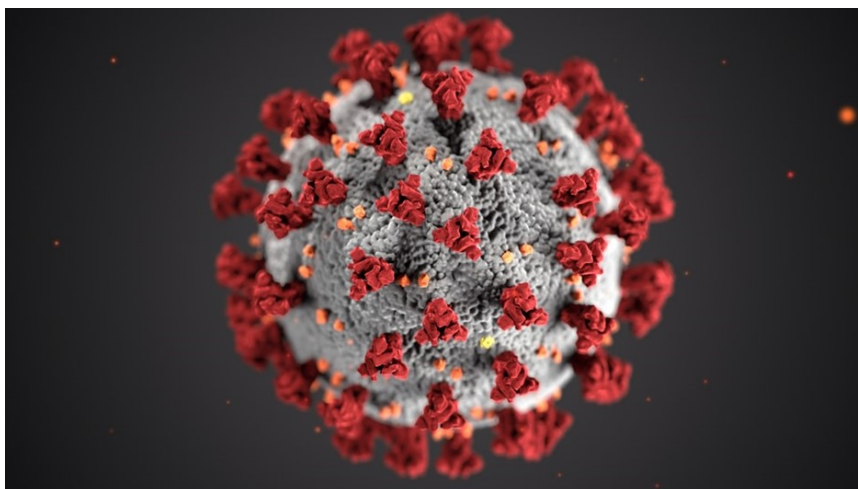
(Please Note: No meeting on the last Thursday of each month). ISSUE NO 4026 Thursday 26th March 2020



## Board Members for Rotary year 2019-2020

**President:** Lily Clarke **Secretary:** Tony d'Arbon **Treasurer:** Doug Garner  
**Administration:** Ross Waugh **Youth Counsellor:** David Field  
**Community Service, Membership & Public Relations:** Jenny Thomas  
**International Service:** Samantha Lee & Jiji Lee, **Youth Service:** Peter Lulic  
**Vocational Service & Speaker Program:** Geoff Pritchard  
**District Conference/Verification Officer & Project 90+:** Denis Booth  
**Rotary Foundation:** John Taylor **Bulletin Editor:** Mal Sharpe

### President's Message:



The world today is not as we know it.....COVID-19 has shaken our everyday living and changed our way of life. Let's hope it's only temporary. Plenty of good advice is constantly being shared. It's up to every person to do their part to stop the spread of coronavirus throughout our communities. Together we will win.

Our meeting for today was cancelled due to the concern of coronavirus and in the interest of all the members of the North Sydney Rotary Club.

Our next meeting is scheduled for Thursday April 2, however we will monitor developments and consider all professional advice from all the relevant authorities re their recommendations.

Please take care, your health is everything.

[www.facebook.com/rotarynorthsydney/](https://www.facebook.com/rotarynorthsydney/)



**"For Good Food, Good Fellowship and  
the Opportunity to serve through  
Rotary, we give thanks".**



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**President's Message: continued...**



**RED SHIELD  
APPEAL**  
THANK GOD FOR THE SALVOS

The door knock appeal scheduled for May has been cancelled.

Winter RYPEN is cancelled

Rotary Club of Sydney has cancelled all lunch meetings until Friday April 17<sup>th</sup>

Rotary Club of Lane Cove has cancelled all non-essential meetings on Tuesday nights

Sir David Martin Foundation has cancelled all events scheduled for March, April & May.

It is with much regret that Central MUNA 2020 has been cancelled.

The event was strongly supported by schools with 41 registered teams.

My thanks to the Rotary Clubs who have sponsored 1 or more teams this year. Advice about the sponsorship money will be provided shortly.



Pride of Workmanship Awards 2020 scheduled for March 30 have been postponed. Rescheduled Date TBA





**Your continued help is required for a while to come.....**

Plan a trip to a drought effected area – stay in the accommodation, spend your money in their local businesses and help keep the town economically viable and alive.

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During periods of isolation, look after your mental health.

Here are some funnies to bring a smile



To those who are complaining about the quarantine period and curfews, just remember that your grandparents were called to war; you are being called to sit on the couch and watch Netflix. You can do this.

@msleasalonga

**SOCIAL  
DIST-  
ANCING**

**Some people aren't shaking hands because of the Coronavirus. I'm not shaking hands because everyone is out of toilet paper.**

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During periods of isolation, look after your mental health.

Here are some funnies to bring a smile

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**Commemorative jewellery  
to always remember 2020**





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Crows Nest Markets – Saturday March 21st 2020

Have been cancelled



Training on March 20 and Launch of DCaf on March 25 have been cancelled until further notice.

In the meantime volunteers can complete the on-line training:

It is strongly recommended Volunteers complete the following on-line course offered by the University of Tasmania.

The link is [mooc.utas.edu.au/landing/ud5share](https://mooc.utas.edu.au/landing/ud5share)

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## STANFORD HOSPITAL BOARD INTERNAL MESSAGE:

Read and understand

The new Coronavirus may not show sign of infection for many days. How can one know if he/she is infected? By the time they have fever and/or cough and go to the hospital, the lung is usually 50% Fibrosis and it's too late. Taiwan experts provide a simple self-check that we can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it proves there is no Fibrosis in the lungs, basically indicates no infection. In critical time, please self-check every morning in an environment with clean air.

Serious excellent advice by Japanese doctors treating COVID-19 cases: Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous. Please send and share this with family and friends. Take care everyone and may the world recover from this Coronavirus soon.

### IMPORTANT ANNOUNCEMENT - CORONAVIRUS

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasis enough - drink plenty of water!

### THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
- 3 With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

SHARE WITH FAMILY and FRIENDS

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## Emergency Phone Numbers

**It's a really tough time for some people**



Lifeline Australia: 13 11 14  
Beyond Blue: 1300 224 636  
Kids Helpline: 1800 551 800  
Emergency: 000  
Confidential Helpline: 1800 737 732  
Mensline: 1300 78 99 78  
Relationships Australia: 1300 364 277

(COVID-19), call the Australian Government's National Coronavirus Helpline ...

 <https://www.health.gov.au/news>

[Coronavirus \(COVID-19\) health alert | Australian Government ...](#)

Call the National Coronavirus Helpline for advice. If you require translating or interpreting services, call 131 450.

 <https://www.cesphn.org.au/corona...>

[Coronavirus | CESPHN](#)

For up to date NSW coronavirus information visit the NSW Health webpage below: ... local emergency department or the HealthDirect helpline on 1800 022 222.

 <https://7news.com.au/lifestyle> 

[Inside a Sydney coronavirus testing centre | 7NEWS.com.au](#)

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## Upcoming Events for your diary

Date	Speaker	Subject
26th March	No Meeting	
2nd April	Denise Ward	Crows Nest Community Centre
9th April	Dr Will Davies	China's role in WW1
16th April	Brendan Maher	The Clontarf Foundation
23rd April	North Sydney Rotary VI Day	50th Anniversary CD



Date	Birthdays	Date	Anniversaries
1 <sup>st</sup> March	Lily Lee	23rd March	Ken & Dorothy Pratt

Date	Front Desk & Room Set Up Attendance Required from 12:00pm
26th March	No Meeting

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## Upcoming Events for your diary

Next Board Meeting Thursday April 16th 2020



Courses are run at the District Office  
3/7 Sefton Road, Thornleigh  
Contact RLI Coordinator .... Ian Scott  
E: [rli@rotarydistgrict9685.org.au](mailto:rli@rotarydistgrict9685.org.au)

\$75 includes all materials, tea breaks and lunch.

Dates for 2020

RLI 57	Weekend	May 2-3
RLI 58	Weekend	May 30-31

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Reasons District Conference....

Wollongong – March 20 – 22 HAS BEEN CANCELLED



# ROTARY INTERNATIONAL CONFERENCE HAS BEEN CANCELLED



## Visitors & Apologies for 19th March 2020

### Meeting Cancelled due to Covid-19

Guests:

Apologies

Visitors:

Leave of Absence:

We are grateful to: Rotary Club of North Sydney Supporters



**Kennards Self Storage - Artarmon**

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Entrance via: Norton Lane

EMAIL [artarmon@kss.com.au](mailto:artarmon@kss.com.au) WEB <http://www.kss.com.au>

**‘Keep It At Kennards,  
The People Who Care’**