



CHARTERED 16TH AUGUST 1928. CLUB NO. 18035, DISTRICT 9685.

(Please Note: No meeting on the last Thursday of each month). ISSUE NO 4027 Thursday 9th April 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

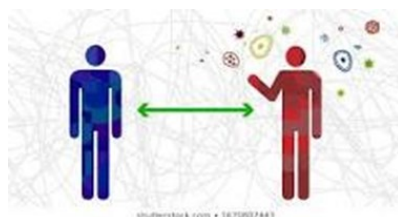
President's Message:

happy
Easter



While this Easter will be very different to any other Easter we have experienced, (who would have ever thought the Easter Show and Wimbledon would be cancelled!), it's important not to lose focus on what's very important today and every day until we conquer coronavirus. Our household is not finding this easy, but we must adhere to advice and requests made by the government and health experts for the benefit of us and all in our community. **As coronavirus continues to cause havoc in our daily lives and in the interest of our survival, NSW has just announced a 90 day lockdown. You can now leave your home only for essential activities.**

Social Distancing



www.facebook.com/rotarynorthsydney/



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





To all the medical and health care staff doing an absolutely wonderful job under very trying circumstances. We say 'Thank you' and stay safe.

All Club meetings for the next 90 days ie month of April, May and June have been cancelled unless lockdown rules change in the interim.

Norths Club is closed until further notice.



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Happy Easter to all.

Please take care, stay safe, your health is everything.



President's Message: continued...



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

During periods of isolation, look after your mental health.



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

Hello from Denis & Jan in CHERRYBROOK

Some of our activities in self-isolation include Jan's 1500 piece Ravensburger JigSaw Puzzle and delving into my 50 years plus record collection. Regards to everyone and keep safe



Contribution from Samantha Lee

I wanted to write a sincere and heartfelt contribution to COGS this week and this is what came out.

CORONAVERSE

As we mark our third week of cancelled Rotary meetings...

I sit at home feeling a little down

My brother lies in hospital with radiation all around
My parents have the right attitude and nothing
brings them down But all around us coronavirus cases can be found

Yes I agree this will not do

I can't just sit around and stew

So I pick up my pen and write to you

In hopes to cheer myself up too...

Virus, virus, go away

Don't even come back another day

Show us the lesson you want us to learn

Then stay away and don't return!

I can't find bread and I can't find pasta Canned tomatoes are gone and flour went faster
Toilet papers' left no trail But the chocolate isle is all on sale!

There are memes and jokes all over social media Making fun out of this pandemia It's good to connect
and have some fun And Zoom is free for everyone!

And while we live our lives in isolation There is of course one consolation That we as humans must remember
#We're all in this together 🤝

Contribution Ken Pratt

With 70 years of service and fellowship behind us the current problems are not that fearful.

Our family works well using Facetime. Looking forward with confidence to the future.

Ken Pratt

Contribution Doug Garner

I returned to Sydney one week ago after a failed effort to meet a nephew in Brisbane. Michael was returning from England after 17 years but was put in quarantine on arrival. I decided I had better get home and take some pressure off the pharmacy staff. I was amazed at the situation that presented on my return.

I knew of the crazy purchases of toilet paper and handwash products but was confronted with much more serious problems. There was a shortage of Ventolin after it was announced purchases would be restricted to one per person. The hoarders merely went from shop to shop and cleaned out all stocks of Ventolin plus other asthma medications such as Symbicort. These medications will not be useful in treating COVID 19.

My main message is to caution members on the use of hydroxychloroquine (Plaquenil). There have been reports this medication interfere with cell production in COVID19. Plaquenil is used in some patients suffering from autoimmune diseases eg Rheumatoid Arthritis and SLE (Lupus). It has some nasty side effects. The main one is a problem with the Retina which can be permanent. Thus patients on this medication require constant surveillance of the eyes. I certainly would not use it as a prophylactic.

On a better note panic purchasing of pharmaceuticals seems to be under control. Doug

Contribution Jiji Lee

Have we tried unplugging 2020
waiting ten seconds and plugging it
back in?

**After just two weeks of quarantine,
Gertrude is knitting something
special for hubby.**

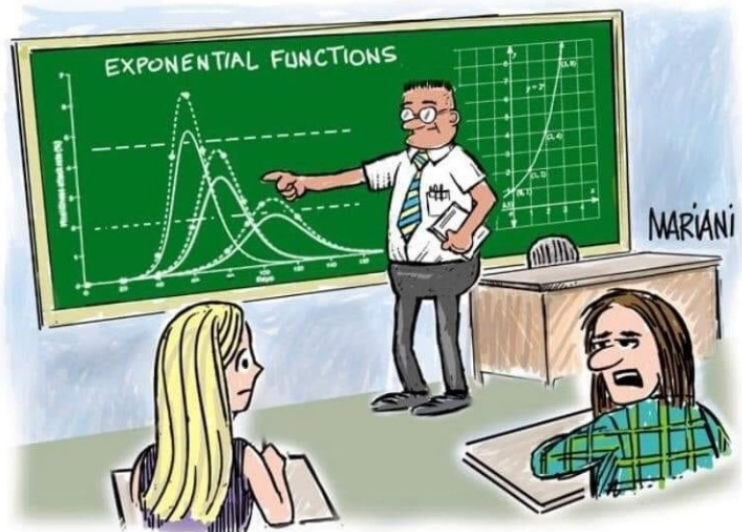


**MY MOM ALWAYS TOLD
ME I WOULDN'T
AMOUNT TO ANYTHING
LYING ON THE
SOFA...AND YET HERE I
AM, SAVING THE
WORLD.**

Contribution Jiji Lee continued...



Once upon a time in algebra class...



"LIKE WE'LL EVER USE THIS CRAP."

**September morning
2050: John opened the
last package of toilet
paper bought by his
parents in 2020**



**20 years ago we had Johnny Cash,
Bob Hope and Steve Jobs.**



**Now we have no Cash, no Hope
and no Jobs.**

Crows Nest Markets – APRIL, MAY AND JUNE
CANCELLED DUE TO NSW LOCK-DOWN RULES



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

Dear fellow Rotarians,

Recently I was to attend the president elect learning day but chose to attend via Zoom . The sessions began on time at 8.45am and concluded about 4 pm. It was a long day sitting watching a screen but I am glad I attended. There were about 50 in attendance and about 12 online I believe.

The day was broken into 40 minute sessions with various discussions on how a Club works and how to enhance the procedures to help members become more invigorated and how to introduce new members.

I found it interesting that when asked , many clubs do not say grace , do not have a sergeant-at -arms, some do not have lunch just tea/ coffee.

A few still salute the Queen and Rotary International.

The main question of the day was

How Do You Want Your Club to Run?

David Clarke believes ‘ if you are not having fun then you shouldn’t be there!’ Easy !

So the answer is to make a plan or a few plans. Keep it simple. If you are doing the same thing year in and year out .. eg a bbq ... then perhaps a change is needed as members may be bored with this.

Have a discussion with all club members ... survey them .

I think Nth Sydney Club has had this discussion in the past . I don’t think any member is bored ! But we can do a few more interesting things!

I would like to send out a survey in June and we can go from there.

Start thinking of ways we can have fun!

Is everyone planing on attending District Assembly via Zoom?

Take care everyone ..

Cheers

Toni

--

Toni Field



Upcoming Events for your diary

Next Board Meeting Thursday April 16th 2020 ...Cancelled



Guest Speakers

Postponed until further notice



Date	Birthdays	Date	Anniversaries
5th April	Lady Susie Martin	6th April	Denis & Jan Booth
14th April	Tony d'Arbon	6th April	Jiji & Darjee
21st April	Geoff Pritchard		
28th April	Philip Brook		

Date	Front Desk & Room Set Up Attendance Required from 12:00pm
	No Meetings due to lockdown

ROTARY INTERNATIONAL CONFERENCE HAS BEEN CANCELLED



Visitors & Apologies for March 2020

Meetings Cancelled due to Covid-19 Lock-down

Guests:

Apologies

Visitors:

Leave of Absence:

We are grateful to: Rotary Club of North Sydney Supporters



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Entrance via: Norton Lane
EMAIL artarmon@kss.com.au WEB <http://www.kss.com.au>

‘Keep It At Kennards,
The People Who Care’