



Bulletin 38-39 – 9th & 16th April 2020 Zoom edition <https://portal.clubrunner.ca/9528>

Guest speaker Barbara Mifsud from RI Parramatta

REGIONAL MEMBERSHIP OFFICER



Barbara Mifsud
Regional Membership Officer
Zone 8 - Australia, New Zealand
and Pacific Islands
South Pacific and Philippines
Office - Parramatta

As Helen mentioned, I work as the Regional Membership Officer, at the Rotary International South Pacific and Philippines Office. The office is usually located in Parramatta, but like many people we are all working from home. There are 12 of us in the office, handling a whole range of issues. I work specifically on membership, and so I am staff contact for clubs and districts in Australia, New Zealand and Pacific Islands. I'm also part of global membership team. Out of the 700 Rotary International employees, there are about 20 of us – some assisting clubs and districts directly and others working on research, resources and reporting.

On day to day basis I assist clubs in 4 main areas:

strategy – advising on issues such as attraction, retention, new member orientation, club flexibility

Reports and data: that's to help clubs and districts to make informed decisions

Resources: I can point clubs and districts to a whole array of membership resources that are put out by Rotary International, depending on what they would like to achieve

Share stories and best practice – and this is ever so important now during the current climate, with clubs having to pivot swiftly to adjust. There are clubs and districts out there doing amazing things in the membership space – they are coming up with innovative solutions to problems –Part of my job is to try to collect and share stories, so that we can learn from each other.



**Dinner Menu next meeting: check with your wife/husband
Join at 6:00pm via Zoom, ID : 642 437 6030**

Meeting Report



Narelle Melhuish (Bulletin guest writer this week)

We had another fabulous e-meeting via Zoom last night with Assistant Governor Clarice and guest-speaker Barbara Mifsud from Rotary sharing how other Clubs are staying together and supporting each other and their communities during this pandemic.

Some are connecting via Facebook messenger, WhatsApp, Skype and Zoom as we are. Some are focusing on helping delivering meals, shopping or pharmacy to vulnerable members of their club and the community.

Barbara talked about the history of Rotary membership during and after times of crisis, The Depression and Wars etc., the resilience of the organization, clubs and members and the low drop off in membership during these times.

It was suggested that we are becoming a genuine e-club organization and even members who many not have been so technical are learning to connect in this new way.

Was it Warwick who also said, that it's the first time no one has complained about the food?

It was great to see Phill Smith back after his WA quarantine ordeal, preceded by his magnificent cruise which was well isolated from COVID-19. (*Phill is to give us a more detailed report in the coming weeks*)

Interesting info from CLIA Australasia yesterday.

'On any given day, more than 500,000 people are ordinarily sailing aboard cruise ships. The worldwide suspensions have involved making alternative plans or cancellations for millions of people worldwide, in only a few weeks.'

'Despite the prominent cases, the overwhelming majority of more than 270 CLIA cruise line ships operating worldwide have been unaffected by COVID-19 cases and have safely returned guests to shore.'

Clarice also asked me what was happening with Virgin, and at the time they had halted trading on ASX while they restructured financially. My response was that anything could happen and there will be some fallout with this event but that I expected the Government would want to ensure that the current duopoly remained in our airline industry in favor of letting them fail. ✈️ □

Well, that is exactly what has happened overnight if you are interested in reading more about it.

<https://karryon.com.au/.../qantas-and-virgin-to-keep-flying-.../>

Thank your President Arja for another informative and fun meeting. Kathy for all the IT support and learning and Henk, Dieter, Lesley and Don for not only their input to the meeting but their incredibly beautiful Zoom backgrounds. There was quite a bit of envy by others, including me, about their IT prowess and I'm sure a few more of us will read our pre-meeting emails before next week so we can try keep up with 'The Jones'.

(editor: *check Kathy & Dieter's Zoom instruction pages [HERE](#)*) *To familiarise yourself you can do a Test zoom meeting [HERE](#)*

Chelsea also very observantly noted that none of us had our meeting badges!

Does that mean we are all fined?

What is the financial damage for that and how do we pay? 💰

Ed.: It has been suggested that we donate some of the weekly dinner fees we currently don't pay (and fines)

as an EFPOS transaction to our club account BSB 637-000 Acc. 78101741

Pres. Arja's update from boardmeeting:

At the recent board meeting it was decided to donate a cheque of \$200 to the Tomaree Community Hospital for kitchen utensils to the new established staff room area.

Peter McBean's report on Project Neighbour

As previously reported Project Neighbour has been cancelled for the next three months due to the Covid 19 virus and the Federal and State Government restrictions.

Project co-ordinator Peter McBean phoned all the guests this week to enquire how they were coping with self-isolation and whether Rotary could help in any way.

No one required help but all appreciated the phone call and the opportunity to have a chat.

Peter will continue to monitor the situation and keep all involved periodically updated. Present indications would tell us that our monthly outings would not resume for at least six months.

Announcements



ZOOM IN FOR HAT DAY APRIL 30

President Arja and our Board have set aside Thursday April 30 as our Club's Australian Rotary Health Hat Day Celebration, the Clubs first ever Digital (Zoom) Hat Day. Our original celebrations were held over to facilitate other club events, earlier in the year... more below



District ARH Representative Chris B is delighted to be able to hold this event, after being contacted by President Arja.

The night will be a partner's night and Arja has suggested the dinner fees normally paid would be applicable and donated to Australian Rotary Health. These can be paid electronically. There will be prizes for the Best Hats and also the best story (true or false) about your hat, or a memorable moment while wearing your hat. Our past events including our barefoot bowls nights have been very successful.

With the current troubled times, the funds will be spent on Mental Health Research. This will be a fun night for all.

Some excerpts from the ARH newsletter.

Please contact Chris B if you would like an electronic copy

Some advice from ARH Research Committee member Distinguished professor Ron Rapee.

Pandemic anxiety is real and it is triggering much of the strange stockpiling we are seeing at present – but there are better ways to cope psychologically, says Professor Ron Rapee.

As people rush to fill their trolleys in shopping centers, world news bulletins fill with reports on the spread of COVID-19 and all major public events now on hold, it's not surprising that there's a huge rise in people feeling anxious. Fears around illness and physical harm are a very common area of anxiety because that's a way in which people genuinely can die., he says.

Avoid highly emotional news sources and look for official sources of information which will be much more measured.

“As a species, we should be cautious around disease – all species are primed to learn to avoid things that could kill them like diseases, that's very normal.”

Keep calm and follow these tips

Professor Rapee lists some helpful ways to reduce anxiety without stripping the shelves of loo rolls.

1) Use rational language

In social media, in news headlines and in everyday discussions, there's a tendency for people to start to use very emotive terms, such as 'killer virus' and 'destruction' and so on, and then to feed off each other. That can make us get more emotional in the way we respond to information. Avoid highly emotional news sources and look for official sources of information which will be much more measured.

2) Keep things in proportion

We know that fears in general can be reduced when we teach people to think more factually and more realistically about what's going on. Look at the facts and figures: what proportion of people are likely to catch the disease, and of these, what proportion actually do end up being severely sick and die? Put that in the context of other things such as, the proportion of people who are killed by the flu every year, the proportion of people killed by a heart attack or a car accident every year. That lets people realise, that while COVID19 is something we need to take seriously, it's not necessarily something we need to be terrified of. engage social distancing, hand-washing and generally safe behaviors, that in turn should reduce your anxiety. The fears are reduced by a combination of undertaking the recommended safety precautions and at the same time, also trusting in them.

4) Balance safe behaviors with their impact on your life

That's a judgement call that each person needs to make. So, if you are keeping out of danger by never leaving your house, you are stopping yourself from getting sick. But at the same time, you may be missing out on a whole lot of things that are important to you. Perhaps you aren't exercising because you are staying home. But with care, you could walk somewhere where there weren't many people, for example. Every person needs to have a look at their own life and get that balance right for themselves.

[Professor Ron Rapee](#) is an ARC Australian Laureate Fellow and Distinguished Professor in the Department of Psychology and Centre for Emotional Health.

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On a lighter Note:

This puzzle will astonish you, click [HERE](#)



and if you're looking after the grandkids and they happen to be twins.....