



Bulletin # 42/43 7/14th May 2020



Another two successful “Zoom” meetings with 24 joining in last week (7th May), and 19 this week (14th May).

Our guest speaker last week was Honorary Member, Mayor Ryan Palmer speaking on Council matters in this COVID19 era.

This week we heard from PDG Helen Ryan on Rotary Project ROMAC

“Today’s extreme is tomorrows normal”.

Mayor Ryan Palmer addressed the concerns of us all.

We all want to know when things will get back to normal. But unfortunately, the easing of restrictions will take time.

In response to the issues facing our local business community as a result of COVID-19 (Coronavirus), Council has established a Business Support Service.

This service provides information for businesses to connect with Government and other professional services that can provide advice on available assistance.

Covid19 is costing the Port Stephens Community \$2m per day.

Council has resolved among other things to:

- make hardship support more accessible
- commit to local procurement through local businesses
- investigate 1 extra kerbside collection for green waste
- review Council's grants program, targeted to support our community's response to COVID-19
- reaffirm the Tourism and Business Support Fund
- investigate the expansion our eLibrary service
- review support for community services
- support NSW Government COVID-19 recommendations and initiatives
- investigate the use of Holiday Parks to support the most vulnerable in our community

Since Ryan’s address some facilities have come back on-line e.g. playgrounds, gym equipment, BBQs and golf.

One positive that has come from the COVID19 situation is the state of council grounds which due to their lack of use are looking fantastic

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Birthdays 15/5 – 28/5
Nil

Anniversaries:

15/5 Michael & Maggie Jenkins

18/5 Richard & Jenny Turner

19/5 John & Jenny Shaw

27/5 Hugh & Anne Randall

Join our zoom meeting each Thursday evening at 5:45v for a6:00PM start at

Connect by computer or phone at: <https://us04web.zoom.us/j/6424376030>



Following our local meeting some members joined in the District Zoom meeting at which the CEO of the Samaritans Brad Webb outlined the extra challenges posed by the COVID 19 crisis. Many of their volunteers (like Rotary) fall into the high-risk category and so their distribution channels are stretched. Like Rotary they are utilising electronic media (Zoom and the like) to run training courses including infection control and to discuss practical issues such as providing meals, pantry and household supplies. Fortunately, many of their staff had already been working from home, so had many processes in hand. The Samaritans Regional Welfare Agency support 33000 people in area including disability, homelessness, financial hardship and ½ way houses. They continue to provide service throughout the COVID 19 pandemic.

Also at the District Meeting, awards were presented to clubs and members for their Rotary and community service.

Zone 7/8 Rotarian of the Year was presented to Gordon and Therese Hill. Gordon, a four-time President of the Rotary Club of Cobar has been a driving force in the Clubs ongoing Drought Relief Project which has raised in the vicinity of \$600,000.

The **Rotary Club of Nelson Bay** was recognised for its continued support (over three years) of Shelterbox.

Other awards can be viewed in the District newsletter of 11th May sent to each member.

ROMAC – Rotary Oceania Medical Assistance for Children provides surgical treatment in Australia and New Zealand for children from developing countries in the Pacific Region by way of Life Giving and/or dignity restoring surgery not accessible to them in their home country.



Since 1988 ROMAC has transformed the lives of 500 children, but the impact is multiplied when you consider the benefits to the families of the children. Children with deformities are sometimes hidden away with no chance of living a normal life and totally dependent on their families. Families are often shunned as being cursed.

Operations performed by the ROMAC teams give children the opportunity to live a normal life. Our own **PDG Helen Ryan**, incoming Regional Chair for ROMAC explained that COVID has added to the waiting list of children needing help.

The whole of the medical team of surgeons, anaesthetists, physios etc work on a purely voluntary basis. The only medical costs are in respect of hospital charges which can vary greatly depending on the need for ICU beds. As much as it might seem a simple task to pressure governments to waive fees, this is complicated by the need to ensure that beds remain available to the local population.

Despite this, some consideration has been given by Canberra Hospital and the ROMAC Board are hoping to achieve some form of subsidy from others.



From the Board

- 2020/2021 fees will remain the same at \$280 and may be paid half yearly.
- Doug Craike and Milton Williams are looking into converting our Rotary trailer (not Clive's Cooker) to provide easier access to supplies and a waterproofed storage. This will result in a "ready to go" unit that can be kept stocked for quick dispatch to Bunnings BBQs and like events.
- The 2020/2021 Changeover will be held electronically on the 26th June and as much as possible will take the usual format.
Board members are currently preparing their reports.
Invitations are currently being prepared.
Reports will be forwarded electronically. No printed reports will be done.
- The evening of course will be a Partners night and members are asked to dress up accordingly.
- There will be no Club charge for the evening.
- Entertainment will be by the local group "Make Your Own".
- Meal will be from the "Make Your Own" 3 course Menu.
- Drinks will be at Bottle Shop prices.

A few tips for Zoom meetings

1. Lighting:

- Position yourself so that light is shining on your face – preferably from the front not above.
- Avoid bright light in background – this can result in silhouetting
- If possible, raise the camera so that it is level with or above your eyes. Definitely don't have camera low so that it is looking up your nose or exaggerating your double chin!

2. Positioning:

- Don't sit too close, but don't sit too far away either.
- Position yourself so that a little off centre.
- Choose a relaxed position.
- If using a phone or tablet use in landscape mode.

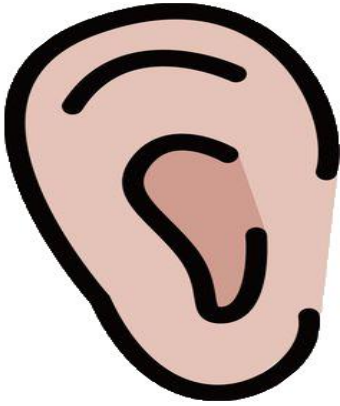
3. Audio:

- Mute your microphone while someone else is speaking – especially if there is a guest speaker.
- Be mindful that your coughs and splutters are much more noticeable in a web meeting.
- Have your drinks nearby before the meeting so you won't have to nip out (or call out) for a refill.
- Don't forget mum's words of wisdom "bathroom stop before you leave" - for the meeting.



For more tips go to:

<https://www.panopto.com/blog/7-tips-for-making-webcam-videos-look-good-pants-optional/>



Have you ever wondered why you get so many emails from people you haven't heard of before – especially those trying to sell you something. One reason might be emails sent to you by a friend who has also sent the same email to many of his/her other friends. Unless they've sent it as a BCC (Blind Carbon Copy) everyone in the list now has your address. Worse still if you then forward the email to multiple addresses the list of people grows, and it is not hard to understand how this list can grow exponentially.

To maintain a level of privacy there are some easy steps you can take:

- If you are sending to a group of people always send the original to yourself and include all other recipients under the BCC option. (in **“Outlook”** click on **“To”** or **“CC”** and a window will open with a **“BCC”** option). You can then insert your list.
- Likewise, if you wish to forward an email, click **“Forward”** and use the same method. In the body of the email you will now see all the recipients in the original email. To preserve the privacy of all these people hi-light the list and press **“delete”**. They will disappear.
- All the individual recipients will see is your address and they will only be able to reply to you.
- Once you have hit the **“Forward”** button you can delete anything from the email that you wish. You can also correct grammar, add to the email, include additional photos etc. In effect the email is now your new email.
- There will be times when you want all the recipients to be aware of who has been included in the email. In this case use the **“CC”** option. Recipients will then be able to reply to you or to all the recipients.

This might sound a little complicated but once you get into the habit it comes easily.

Similar options are available in other formats such as gmail and other webmails.