



Life Online

at Rotary

### Dear Fellow Rotarians and Friends

I trust my note finds you well. As a community we are facing some of our most profound challenges, for businesses, COVID-19 is placing enormous pressure on people, customers, and operating models. We greatly empathise with many thousands of Australians in areas such as retail and hospitality where businesses and jobs have been significantly impacted. Right now around the country people are making incredible sacrifices.

These are unpredictable, uncertain and unsettling times, but it is important to keep perspective, I think it is a time for reflection, adjustment and be thankful that we live in one of the luckiest countries.



Since my last message we continue to be in a period of change and disruption. As Australia continues to manage the humanitarian and economic impact of COVID-19, I would like to share how our Club has responded, and how we have adapted our services to continue supporting our members. I'd also like to share some recent highlights and look ahead to some new initiatives and to support the great work of our communities and members alike.

As per my commitment we are meeting through live stream zoom but not breaking bread together. Interestingly more members attend online than at lunch and some we have not seen for a while due to time constraints, also encouraging to see other club members join us. All Committees are meeting regularly.

While the suspension on in-person gatherings has been relaxed, staying connected with each other remains important, to continue to engage, chat, and above all, support one another.

During these challenging times the health and safety of our members continues to be our priority. For our part, I regularly call members to check-in, particularly the elderly and vulnerable. Our Membership Director Dr Sonu has also been making the calls, thank you again Sonu for your continued support.

It has been rewarding to be able to lend a hand to some of our members that are facing difficulties because of the financial impact of COVID -19 on their business, sick family members and feeling overwhelmed.

## MESSAGE FROM THE PRESIDENT

I have supported PCYC, at various levels of government with a strong message and case for support to reopen. Sourcing dynamic and inspiring speakers, organised ANZAC Day Service, working with the Centenary Committee for R100, attending committee meetings, assisting website project, marketing and promotional project, membership, board and district related matters and exploring and learning new on-line platforms.



In addition exploring options to raise funds for **“Give Every Child A Future”** amid all the changes everyone is having right now. We are all in uncharted waters for sure but just as we are scrambling to raise awareness and funds so are others. **An appeal letter for your kind consideration is coming soon.**

Thank you to everyone that are getting behind our project **“Give Every Child A Future”** particularly to James Allen who is working tirelessly on this project with the team across zone 8 and Unicef. Our success stems from the willingness of reliable people to work together and give of themselves in service - above self.

My heartfelt thanks to those members who are so caring towards me and Gary, by take the time to call, email or text me with encouragement, support and checking –in how I doing and an extension of helping hand - simply wonderful. Thank you for the compliments on zoom meetings with great speakers –our meetings are a success through your commitment to attend every week.

Now, more than ever, I believe in the power of faith to drive change, inspire hope and chart the way forward. I hope ...as I write the word "hope" it reminds me of a movie I watched recently 'Shawshank Redemption', I highly recommend it. In it ANDY says to his friend Red: *“Remember Red, hope is a good thing, maybe the best of things, and no good thing ever dies”*.

As a free man *“RED: I find I'm so excited that I can barely sit still or hold a thought in my head. I think it's the excitement only a free man can feel. A free man at a start of a long journey whose conclusion is uncertain. I hope I can make it across the border. I hope to see my friend and shake his hand. I hope the Pacific is as blue as it has been in my dreams. I hope”*.

My friends, my thoughts and prayers are with all that are affected by COVID-19 and it is my hope we will soon be free of pain, sorrow and will return to our lives normal or otherwise. I hope!  
God Bless!



Warmest Regards - Yours in Rotary Service

Barbara

Rotary  
Zone 8



unicef



Give Every Child A Future – Our Australasian Centenary Project



Rotary  
Club of Sydney



# Upcoming Rotary e-meetings - MAY

Annual Sydney Consular Corp  
Tuesday 5<sup>th</sup> May 2020 @ 12:30 pm to 1:30 pm



**Honored Guest Speaker - General the Honorable Sir Peter Cosgrove AK AC (Mil) CVO MC (Retd).**

Opening remarks from the Dean of Consular Corps Mr Conrado Silveira Consul General of Uruguay

If you would like to attend, please

[REGISTER NOW](#) for this free e-meeting.



## Weekly Meetings Tuesdays from 12.30 to 1:30pm

- 12th May – Speaker to be confirmed
- 19th May - Speaker to be confirmed
- 26th May- Dr James Muecke AM, Australian of the Year 2020

## Commentary

In the years ahead the Millennials will transition into family formation. In the post-corona decade everyone must make a contribution to rebuilding a better Australia. It starts with a positive, co-operative, attitude where all the generations take the good bits--such as neighborly concern, the online humor, the new skills--forward, and leave the bad bits behind – such as being unkind of others. The world needs more kindness right now. It starts with you.



May is designated as “Youth Service Month” to focus on all Rotary activities that support the development of young people still at school or college.

In 1949, the Rotary International Board adopted the slogan "Every Rotarian an Example to Youth" as an expression of commitment to children and youth in each community in which Rotary clubs exist. Serving young people is an important part of the Rotary program.



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[Book for a Coming Event](#)

## Laugh break

“Not that being couped up is getting to me but just be careful because some people are going crazy.



Actually, I've just been talking about the daily grind with the coffee machine, microwave and toaster and all of us agreed that things are getting serious. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end, the iron straightened me out as she said everything will be fine, no situation is too pressing.

The Hoover was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the doorknob told me to get a grip. The front door said I was unhinged and so the curtains told me to .....yes, you guessed it .....pull myself together.”

## Members making a difference



Chatting to Joe Botta about my activities turned into something bigger. Joe enquired "what are you doing always running around". Well, Joe I am cooking and delivering food to some of the vulnerable people in our community including my Parish, ladies on our street, Anglicare Retirement Village at Turramurra and some seniors living in the West and South side of Sydney. I cook for up to 30 at a time and twice a week that's all I can manage and we also buy staples for young families who are doing it tough and delivering food hampers.

Joe immediately said well I tell you what " I will do some cooking for you". Joe has made beautiful tomato soup, pasta sauce and bolognese ...enjoyed by many and much appreciated. Many wonderful remarks and card of thanks. Joe, thank you for being a positive, encouraging and an amazing man, a joy to work with and a privilege to know.

### THANK YOU JOE.

Joe can stop for now, my sister has taken leave from work to help me cook and deliver to many more. Now we are giving food to 100+ twice a week.



I also thank some of our fellow Rotarians (you know who you are) who extended their help to me upon hearing what my husband and I are doing to help others. Thank you.

*Not much for social distancing Joe....but I cannot get close to the residents here at ARV*



## VALE

It is with great sadness and loss I announce the passing of three wonderful members, unfortunately due to COVID -19 we were unable to attend funeral services.

Fortunately Ron's family had the funeral by video link and many of our members had the privilege to attend and pay their respects.

**Mr Ken Davey** joined Rotary in 1987 and contributed to the success of our club in many ways.



**Mr Bert Rosenberg** joined Rotary in 1983, he made substantial donations to the club, was engaged with members, served on many committees. He was a very kind and intelligent man with a great sense of humour



**Mr Ron Hardwick** joined Rotary in 1977, he was a quite and unassuming man with soft and gentle voice and kind eyes. Ron contributed to club in many ways and also made a very generous donations including to our project "Give Every Child A Future" only weeks prior to his passing



Our condolences to their family and loved ones. All these wonderful men will be sorely missed, I came to know both Bert and Ron quite well and I shall miss them terribly. RIP my friends



## CONGRATULATIONS TO BILL LOCKE A MILESTONE BIRTHDAY

William (Bill) Locke celebrated his 90th birthday on 16th April with family via zoom.

It was wonderful to speak to Bill who was full of energy and cheeky. Bill will endeavor to attend our meeting on 5th May.

On behalf of the club **HAPPY BIRTHDAY** Bill, we wish you a very happy special birthday.

Bill is a committed member of the club, he served as:

- President 1989-90,
- Sergeant 1970-71,
- Director 1971-73,
- on Auditor 1976-86,
- Vice President 1987-88,
- Service & Awards Committee,
- Soukup Committee



## Other Members Celebrating Birthdays in April

Paul St Clair, Bruce Edwards, David Kellaway and Lisa Lim

## Highlights of Rotary e-meetings - APRIL



Tuesday 28 April at 6 to 7 pm

Mix @ Six Networking & Fellowship

In Conversation with  
Roger Corbett AO



COVID-19

Tuesday 21st April 2020 @ 12:30 pm to 1:30 pm Charting certainty in uncertain waters



### Distinguished Speakers:

Professor Jeremy Chapman AC  
Chairman of the Westmead Research Hub Council and  
Deputy Chair WSLHD Board

Mr Richard Alcock AO  
Chairman of Western Sydney Local Health District



Tuesday 14<sup>th</sup> April 2020 @ 12:30 pm to 1:30 pm  
Guest Speaker: Lyndsay May OAM,

Lindsay is currently Zone 8 Rotary Foundation Alumni Chair and the District Governor Nominee 2021-22 for Rotary District 9685. The Rotary Foundation and District Governor nominee Fund Development Committee member The Rotary Foundation



### SYDNEY TO HOBART

Over the years having started in a record 47 consecutive Sydney Hobart races. Finished in 37

First Club Meeting via



Held on Tuesday 7<sup>th</sup> April 2020 @ 1:00 pm to 2:00 pm  
Guest Speaker: Kate Carnell  
Small Business and Family Enterprise Ombudsman

### CORONAVIRUS CONVERSATIONS

“What support is available to Small Business, and what her office is offering in regards to support”.



**A NOTE FROM THE PRESIDENT**

A very moving ANZAC Day commemorative service was held on Saturday via zoom with prayers, a hymn and poem for remembrance, peace and for the future of Australia. On this day, above all days, we remembered those Australian men and women who died or suffered in the great tragedy of war. Each year we pay homage not only to those original ANZACs, but to all who died or were disabled in their service to this country.

My heartfelt thanks to Rev Keith Garner AM who led a poignant service, to District Governor Diana North OAM and Dr Sonu Bhaskar Membership Director for the prayers. Jeremy Wright for sharing an incredible short reflection about his Dad.



Garry Browne Past District Governor read , "At the going down of the sun", Warwick Richardson District Governor Elect delivered the "Ode" and Roslyn McLeod OAM read a "Recitation of Poem".

Thank you for your participation in this service, support to me and most of all sharing the ANZAC spirit. Thank you also for your generosity in stepping up when asked at short notice.

Thank you all for attending and making this very special, of course it would not be a great service if it was not for everyone that joined us to pay tribute to our DIGGERS. This event was not about our Rotary club but to honor our ANZAC's. Many of our members and Rotarians from other clubs, visitors and friends took part in this very inspiring service. I take this opportunity to acknowledge Consulate General Of Japan Mr Masahiko Kiya who was amongst the guests.

THANK YOU to those (you know who you are) for immediately writing to me, texting and calling with congratulations, kind words of encouragement and giving me a big head (just kidding). I am so glad you all "loved" it. Will share some of the comments in the Newsletter -THANK YOU.

To our very thoughtful members who called to say sorry unable to attend - thank you, I appreciate it so very much.

Once again thank you so very much for joining us in the commemorative Service. For those who missed the ANZAC Day Service and may be interested to know more attached is the order of service and the Recording:

Warmly Yours in Rotary

[To view the service please](#)

[Follow Me](#)

Barbara





## Update By Lina Souki-Schmidt - Tertiary Scholarships OpCam

Our club partnered with our own Carolyn Fletcher's Opportunity Cambodia charity (OpCam) and won a district grant for one of its projects in 2018 with the help of our RCS Foundation Committee (RCSFC). This project consisted of a 4-year scholarship for two of OpCam's best graduating students as part of a pilot project to support them in completing their tertiary education. One of the criteria was for each of the two students to choose majors they can utilize to teach the next generation. The students chosen were Mob (20) and Mali (19).

### Mam Mob (called Mob)



Mob comes from an extremely poor rural family with four older siblings– her father, an itinerant fisherman; her mother, deceased. She received a scholarship from Opportunity Cambodia to attend secondary school and graduate high school. Mob has proven herself as a leader and has been given a part-time role of

administrative assistant for OpCam's General Manager where she's learnt money and time management among other administrative skills. Mob wants to be a teacher so, as a high school student, she took the initiative to teach the younger children at OpCam's rural centre and help them with their homework.

### Hello Rotary

How are you doing? I hope you are all going well. Thanks so much for sponsoring me for university. I have just completed English course of the first year. As the result, I got in grade C of the final term. My English is getting much better day by day. Well, I am ready now to start my university academic course of the second year which as planned on 27 of April but now we are scared of corona virus in Cambodia. Well, I got a part-time job as I mentioned in the previous letter that I am working as a Social Worker for an NGO called Lotus World. I have learned a lot from my working such as I learn to communicate and work with people; I learned how to manage my time. For example, I need to write my work plan for a day and a week.

After I joined leadership training program- I have learned more and more to be confident and I really enjoyed it, and what I am very impressed is on the topic of how to control ourselves by doing meditation, doing yoga I use it and practice it every day after work or school. I used to be a yoga trainer for one NGO-named Woman Resource Center to train people about meditation and yoga.

I learned how to say “sorry” when I do wrong and “thanks” to somebody as much I could do.

Well, I am really excited to start my goal of International Relation subject at university in end of April 2020. This is my dreaming, I want to work with international people, different cultures-thus I need to improve my language as priority. And on the other hand, I would like to work in other countries to help poor Cambodian children who do not have opportunity to of receiving education like me.

I can't tell you how much I appreciate your support for my study. You made my day, thank you once again for your sponsoring me. I wish you all the best.

Warmest Regards,

Mob

## Ho-Ho Mali (called Maly)



Mali also has four siblings and comes from a extremely poor rural family. She has been supported by Opportunity Cambodia through High School in Siem Reap. Mali has grown into a very personable young woman who is responsible and very helpful. She also wants to be a teacher.

There are only two universities that are well regarded in Siem Reap – Pannasastra (PUC) and South East Asia (UC). These universities do not have teaching degrees as such.

**Mob's** enrolled in International Relations while **Mali's** chosen Hospitality and Tourism. At PUC students do intensive English for the first year over four terms. The ladies are about to start their second year and have chosen to write to us utilizing their newly acquired English skills to tell us about their experience so far.

Since their names are a translation, Mali has chosen her own, Maly with a y, as a spelling of her name. She gives us an insight as to the globality of the Covid 19 phenomenon. The Rotary Foundation has also given extensions of 12-24 months to projects such as these in case delays in project completions result from the pandemic.

### Dear Rotary

I am writing to update some information about my study and working. I hope you are all fine. I am doing well too. I have just finished my English courses (IEAP) and I passed it successfully. At the end of next month, I am going to start my major of Hospitality at university.

During my study of one year, I really like it and I have learned a lot the English language- I know how to use grammars, how to write easy which I think it more difficult for me. But now I feel my English is getting stronger.

Well, I also improve my English from part-time job where I can practise speaking with tourists. As you know I am a receptionist at Thr Rose Apple Boutique, so at least I can pratice my English with guests almost every day. I enjoy meeting foreigners- I love my job there. I hope my course will help me more with the skill. Last year, I attended a course of the basic of leadership- I learned more to build my confidence, improve communicating and setting clear goal my future.

Finally, it takes more years to graduate but I am committed to finish it and I would like to say thank you to Rotary for giving me to have the great opportunity

Friendly Regards,

From Maly.

## Social Media – Marketing & Communication



Last newsletter I reported that we invested into obtaining advice about our digital platforms and engaged L&A for our social media strategy which has been enlightening.

We have attended a number of meetings and are working on a strategy, a launch in early June ? Maybe.

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## Website Update



The Board invested funds to revamp our website with a refresh and modern look and a closer alignment to Rotary International.

We engaged 4mation team and they are working with us to design our new website. Most of you will appreciate websites can be allot of work and no one knows this better than Cathy Tait who is overseeing this project along with Gary Ward and myself.

My sincere thanks to everyone involved, particularly the Chairs of the all the committees for providing the contents, updated information, photos and stories. Also thank you to Lina who did quite a lot of writing.

I acknowledge some of you have expressed concerns. My apologies for not delivering in a timely manner and the goal post kept moving – sorry. I am not going to give excuses, that is not helpful or my style. But I thank you all for your patience and understanding.

But I promise you the end is in sight and assure you that despite the delay you will be happy with the end product. The new website will add value and increase our traffic or people staying on our site longer because it not only looks and feels good but also has good information. What I have seen so far it is fantastic.



Once again thank you to our club member Dane Eldrige from 4mation and his team, Cathy Tait, Colin Westman, Gary Ward, Lina Souki-Schmidt and all the Chairs of committees for their amazing work.

Watch this space launch coming soon. **Thank you Cathy.**

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## Rotary Down Under



Stay up to date with the latest happenings from

Website: <https://rotarydownunder.com.au/>

Latest magazine: <http://epubs.media/rotarydownunder/ezone/2020/627/>

## Rotary District - Mental Health & Wellbeing

In case you missed it this bulletin was sent to every Rotarian in the District. The bulletin shares with us 9 different ways to take care of yourself during this forced isolation

### DEALING WITH MENTAL HEALTH & WELLBEING IN COVID-19 TIMES

**CONNECT**  
TALK & LISTEN, BE THERE, FEEL CONNECTED

**BE ACTIVE**  
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR HOOD

**TAKE NOTICE**  
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

**KEEP LEARNING**  
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

**Give**  
Your time, your words, your presence

**Rotary District 9675**  
Cheryl Deguara  
District Wellbeing Officer  
Mental Health First Aid Facilitator  
Email: cdd@maxi.net.au Mobile: 0419 465 962

### 9 ways to take care of yourself during coronavirus

The world is pretty topsy-turvy right now, because of the global panic around coronavirus (COVID-19). If you are feeling overwhelmed or stressed by it all, be reassured that this is a very normal response. However, it is important to go easy on yourself and to take time for self-care.

This is a list of self-care activities that you can do from home:

- 1. STAY ACTIVE**  
It is pretty well known that exercise is really good for both our physical and mental health. There's heaps of different types of exercise you can do from home, thanks to YouTube and apps.
- 2. TAKE 10 TO BE ZEN**  
When we're stressed about something (such as coronavirus), our thoughts tend to speed up. Taking 10 minutes or so to practise mindfulness can help produce a sense of calmness.
- 3. CHAT WITH YOUR MATES**  
Even if an in-person meet-up is off the table, try to stay in touch with your mates via text, Messenger, WhatsApp, FaceTime, or (gasp!) a good old fashioned phone call. Ask them how they're feeling and share your own experience if you feel safe to do so.
- 4. MAKE A HOMEMADE MEAL**  
Good nutrition is always important, but during stressful times there's nothing better than a tasty, healthy homemade meal – especially if you made it yourself. You could ask a friend or family member for their favourite recipe.  
For many people it may be challenging to get some ingredients at the moment. If you are running low or not able to get certain things, it is totally fine to keep it really simple. You could also get creative with substitutions or Google "[ingredient] substitute" for ideas.
- 5. TAKE A BREAK FROM THE NEWS**  
Between the news and social media, we are all feeling saturated by coronavirus updates right now. It is important to stay informed, but try to limit your media intake to a couple of times a day and use trusted news sources. If you catch yourself turning to social media because you are feeling isolated, take a break and spend time on another activity.
- 6. MAKE A MUSIC PLAYLIST**  
Music can make us feel so much better. Hop on Spotify and make a playlist with your favourite songs. You could make a group playlist and ask your friends to add five of their favourite songs as well. If you want to get fancy, you could make several playlists for different moods/vibes (e.g. rainy day, feeling happy, etc.).
- 7. DECLUTTER FOR FIVE MINUTES**  
If you are suddenly spending a lot more time at home, it can help to have an environment that feels good to you. Instead of getting all Marie Kondo and trying to overhaul your whole space in a day, try decluttering for five mins a day. Pick a shelf to start with, or pick up five things and find a home for them.
- 8. WATCH OR READ SOMETHING UPLIFTING**  
Distraction can be a good thing. Watch something that you find uplifting and allow yourself to zone out from what's going on in the world. Some suggestions include *The Good Place* and *Brooklyn 99* on Netflix, or *The Bold Type* and *Family Guy* on Stan.
- 9. LEARN SOMETHING NEW**  
Have you wanted to get into drawing or learning a musical instrument? Now is a great time to make a start. If you want to learn a new language *Duolingo* is an awesome free language learning program you can access from your computer or phone. *YouTube* has great free online tutorials for pretty much everything.

ReachOut.com Resource

## Rotary International News

### RAWCS project

As a result of **Cyclone Harold**, there has been widespread destruction in **Vanuatu** to property within the regions Luganville, Ambae, Pentecost and Malo Islands. There is urgent need for building supplies, shelter short and long term, food and mosquito nets. There are many demands being placed on Rotarians at the moment for various projects but if individuals or clubs are in a position to make a donation, please do.

Donations are Tax Deductible. A RAWCS project has been registered —Cyclone Harold Disaster Response - Vanuatu—113-2019-20. This link will take donors directly to the secure donations page.

<https://donations.rawcs.com.au/113-2019-20>



Mark your calendars for 20-26 June for an exciting opportunity to gather online with the family of Rotary for our first online convention.

[Now More Than Ever, Rotary Connects the World: The 2020 Rotary Virtual Convention](#) will join you with Rotary participants around the world during a time of unprecedented challenges.



## Reflections



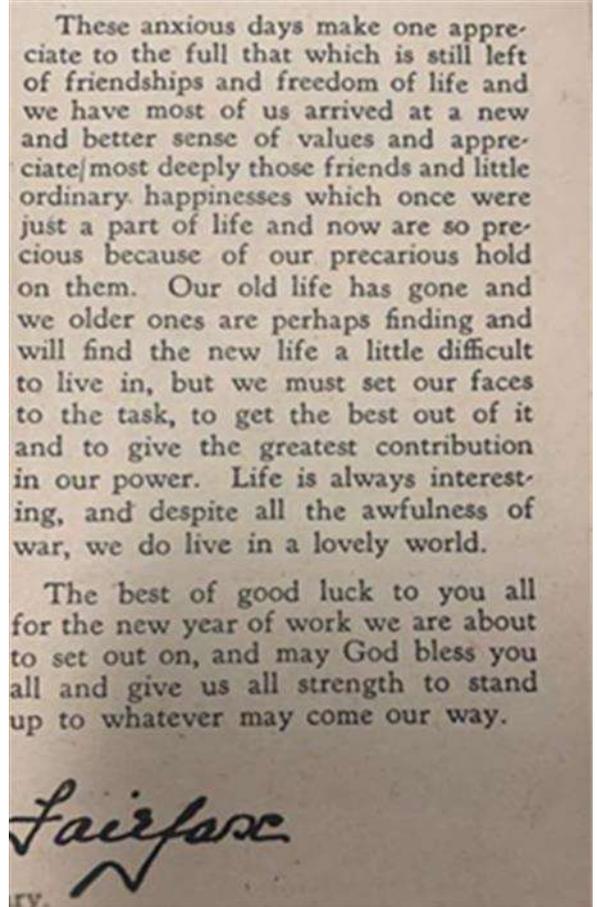
Some words of wisdom from the then State Honorary Secretary, Ruth Fairfax, in The Country Woman journal of May 1942, which seems to reflect our current situation.

Ruth Beatrice Fairfax OBE (1878-1948), was a founder of the Country Women's Association and the first President of the CWA's Queensland branch

In 1935 she received the O.B.E. in recognition of her services. In 1944, the Queensland Country Women's Association established the Ruth Fairfax Bursary.

The federal electorate of Fairfax is named in her honour.

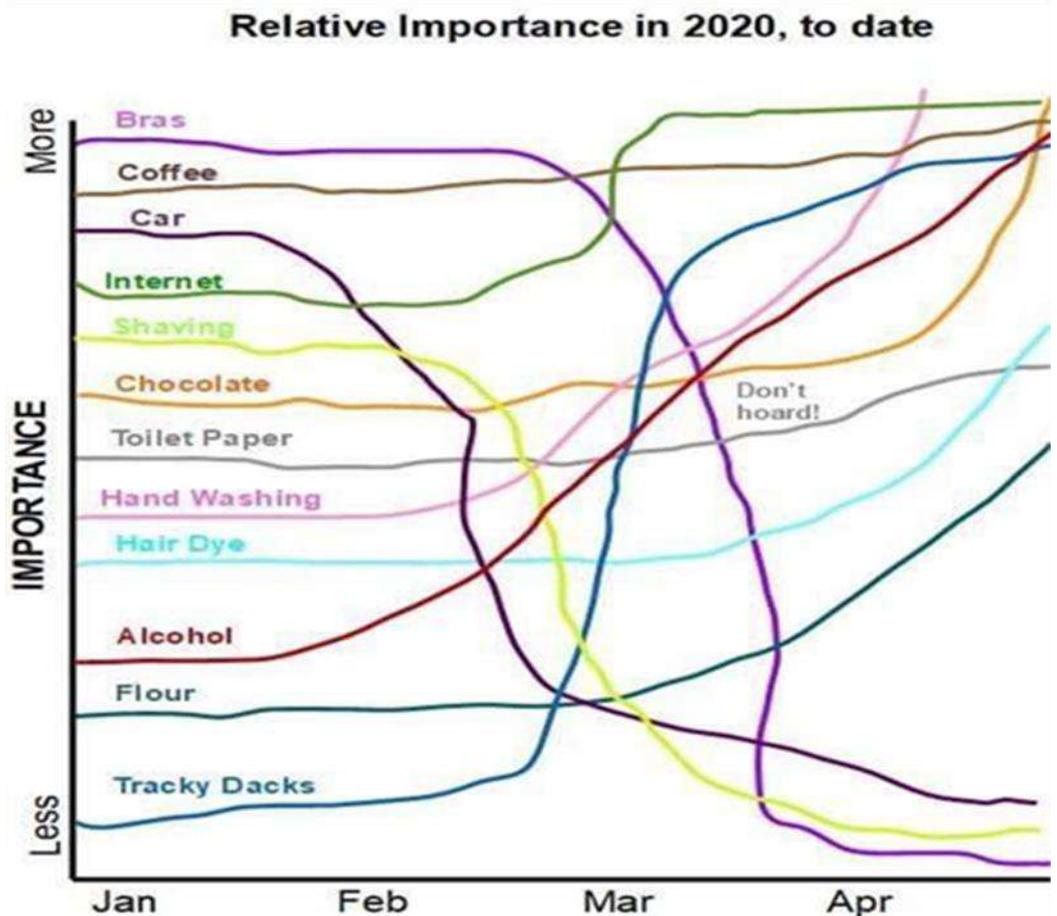
Ruth's only child Vincent later became Sir Vincent Fairfax. He established one of Australia's most generous philanthropic funds the Vincent Fairfax Family Foundation.



## Shopping Anyone

### Some important facts - purchases during this period

Read into it what you like, but I hope exercise has gained more importance to you also.



## Peace Building Conference 2017



Many of you will recall our conference in Sydney that was successfully managed by our own Chris McDiven AM and one of our key note speakers was Jean Népo Sibomana.

Sabrina, Nepo and Raphaella Joy have sent us their love and best wishes always with an update below, this an extract from email.



We are all fine in the 6th week of lockdown, which has become very strict, only allowed to leave the house to buy food or for medical reasons, people in Kigali need passes to go out of their homes ! Fortunately it is not as strict in the rural areas, all shops except food shops are closed and the fruit and vegetable markets are open, so its very quiet. Its a very challenging time for many families as they rely on daily wages to survive, and no money means no food ! Most families were already poor so this has tipped people into very dangerous territory



We are doing well and cherishing the family time, Raphaella is

very happy having Mummy and Daddy around all the time and playing with her, although in the beginning she missed her neighbourhood friends visiting, ironically we are the healthiest we've been in a long time, as getting plenty of rest, cooking nice meals, and no social interactions, so not catching all types of colds etc.

Fortunately, MSI has been able to continue operating as we are in the agricultural sector, however as we live in a different district we had to apply for special permission to visit the farm a few times a week, Nepo is the one who visits, as I need to look after Raphaella.

Our staff have been wonderful, as most of them live on the farm, they are working as normal and communicating via WhatsApp with us. We have handwashing stations all around the farm and are using our MSI made soap, the staff have been given training sessions on social distancing and hygiene. We had to suspend the children's program, but the children are borrowing books from our library every few days to read at home and continue their studies. All other meetings and gatherings have had to be postponed. But we have been able to provide jobs to many casual workers during harvest time.



Our maize harvest has been excellent, and the Center is overflowing ! Maize is a staple

crop for families in Rwanda. We have already planted our bean crop for next season. The pigs are breeding and flourishing and people are eager to buy, when restrictions on movement are relaxed.

We are proud that during this difficult time MSI has been able to provide help to the most vulnerable in our community, and we thank you for making this possible !

We have made large donations of maize to many local Rwankuba families in need, at the beginning of the lockdown period we provided 1.2 tonnes and this week another 1.2 tonnes.

This means that over 80 families have received 25kg of maize each. We have also provided another 200 kg of maize specifically for Genocide survivors in our area and several litres of MSI soap for handwashing. In the area where we live in Rwamangana, we have provided another 500 kg of maize and 100 kg of rice, 4 boxes of pasta, and cooking oil to families who are no longer able to earn a living.

Furthermore, our MSI staff have been great in identifying program participants such as the children in the literacy program, who are now suffering from hunger in their homes, so that we can arrange deliveries of maize and beans to them. Our best student, Patrick, has been suffering from malaria and had no food, so teacher Emmanuel was able to get supplies to him and we monitor his progress. It was devastating to see just how poor his family is, living in a mud hut with no food.....he is such a brilliant little boy.



We thank you for your support, and making it possible for so many families to be assisted !

In general Rwanda has relatively few cases, with 225 cases, with 98 recoveries, and no deaths. So we remain positive that the lockdown will finish soon, and we can get back to normal and properly working again.

The Kwibuka ( Memorial period for Genocide against Tutsis) period began on 7th April, the usual commemoration ceremonies had to be cancelled due to social distancing and this was an added trauma for Genocide survivors.

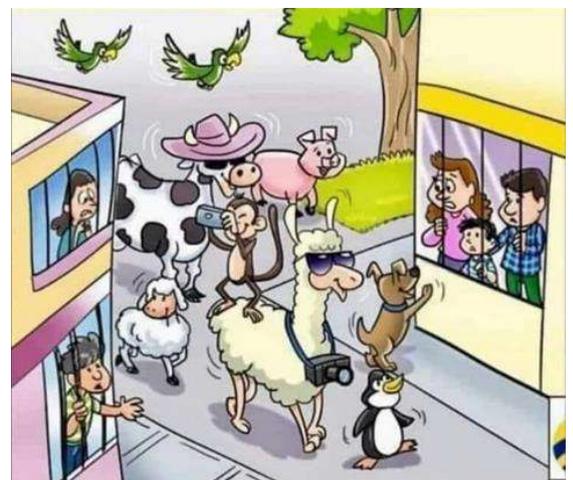
Nepo as President of Ibuka (nationwide advocacy organisation for Genocide survivors), in Eastern Province, has been very busy, calming and counselling survivors arranging for some to be taken for medical assistance due to trauma and working with the police on investigating newly found bodies of Genocide victims, and negotiating with the perpetrators to find out where remains are buried.

There have sadly been cases of harassment of Genocide survivors by neighbors who still hold on to Genocide ideology, they have committed acts such as hacking survivor's cattle with machetes and pulling out their crops. It seems every April the past traumas and hatreds rise up. Nepo is responsible for helping investigate and ensure protection for survivors. I attach here an article from the Rwanda New Times Paper on Nepo and MSI :



<https://www.newtimes.co.rw/news/kwibuka26-how-genocide-survivor-championed-reconciliation?>

Working from home as a parent...



## OPPORTUNITIES & POSSIBILITIES TO HELP OUR CLUB

When I took on the role of President I felt we ought to do a local project to support in the city area. In 2018 some of us supported PCYC at South Sydney with a Christmas BBQ and at the time we wondered how we could help this community more.

One thought was to refurbish the cottage or a small building project amongst other things. Whilst we are still considering renovation etc we wondered how else we can help.

The Youth committee thought it would be great to do a winter appeal, a brilliant idea championed by Cathy Tait and other committee members - thank you to the Youth Committee.

I am thrilled that we are doing this project and it is my hope that we make this a yearly project because our help is desperately needed particularly during winter. May I encourage you to support in a small way, if you don't have any items to give away please consider a small donation of up to \$50 with which we can make purchase on your behalf. This appeal will be launched soon at WEAVE and we will keep you informed.

Thank you to Alex Shaw OAM who kick started the appeal immediately by sourcing 200 blankets and 200 sleeping bags through the generosity of his contacts and has also helped Cathy with the design of the appeal flyer.

**THANK YOU Alex!**

**To donate simply contact the people listed and we will arrange to pick the items up or you may donate using the button to the right:**



**ESSENTIAL ITEMS YOU NEVER THOUGHT TO**

**DONATE**

- Toothbrushes, toothpaste, dental floss, mouthwash
- Shampoo, conditioner, hairbrush & or combs.
- Deodorant
- Disposable razors
- Hand soap, body wash, body moisturizer
- Feminine sanitary products
- Baby formula, baby wipes, nappie rash cream Blankets, sleeping bags

We will be distributing the above items through Weave Youth & Community Services with the help of PCYC personnel.

To donate - simply contact the people listed below and we will arrange to pick the items up

or you may donate using the donate button.

**Thank you to our partners in this Winter Appeal:**



Email: [cathymtait@gmail.com](mailto:cathymtait@gmail.com)  
for more information about the Winter Appeal:  
For inquiries call +61 422 764 388

**OUR TARGET to end of May: \$3,000.00**  
**Donations received to date : \$2,641.00**



## TIPS



The great news is that with a period of social isolation upon us, we see silver-linings packed with opportunity to do those things we've been too busy to do!

Like how can we do things differently at our club, how to attract new and exciting members, what programs are we doing, why who benefits and so on.



Connect virtually with new people within Rotary and with potential partners. Brainstorm new and creative campaigns to fundraise for our project/s. Revamp our marketing collateral, get some 'stories, the history, timeline of milestones with infographics and testimonials. A great report that highlights the incredible work we do in the community maybe go digital.



**Rotary IS FOR EVERYONE!**  
**ENCOURAGE PEOPLE to Join**  
**Become A Member**



## A quick and easy meal

Got canned beetroot or lentils, and not sure what to do with them? We've got you covered!

**BEETROOT, LENTIL & FETA SALAD**

🍴 SERVES 6  
🕒 10 MINS

**INGREDIENTS**

- 450g whole baby beetroot
- 400g lentils
- 2 spring onions, sliced
- 2 tsp extra virgin olive oil
- 1 tsp red wine vinegar
- 50g rocket leaves
- 1/4 cup feta cheese
- black pepper (to taste)

**METHOD**

Drain and rinse beetroot and lentils, and toss with rocket, onions and feta. Mix oil and vinegar together and drizzle over.

**PRO TIP...**  
Add grilled chicken or lamb to boost protein and feel fuller for longer

RECIPE FROM DAIRY AUSTRALIA

**Nutrition Australia**  
New South Wales

## UPDATE - 1 May2020



A maximum of two adults (and their dependent children) will be allowed to visit another household from 1 May, 2020.

## The Australian Government has released the COVIDSafe app.



The COVIDSafe app is part of the Government's work to slow the spread of COVID-19. Having confidence they can find and contain outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe.

The new COVIDSafe app is completely voluntary. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus. Click [here](#) for more information and to download the app.

As we heard “the national aim over the next few months is simple: suppress the disease, increase our testing and tracing response and capabilities, and carefully ease restrictions”. Chief Medical Officer, Professor Brendan Murphy; the Chief Nursing and Midwifery Officer of the Commonwealth, Alison McMillan; the National Secretary of the Nursing and Midwifery Federation of Australia, Annie Butler; the National President of the Australian Medical Association, Tony Bartone; and the Chief Information Officer of the Department of Health, Daniel Keys, launched the Australian Government's CovidSafe app.



CovidSafe is designed to assist and protect our magnificent doctors and nurses, pharmacists, allied health workers, aged care workers and carers, finding those cases which might be undiagnosed in the community, helping people get earlier treatment and helping people to have earlier diagnosis – actions that will save lives and protect lives.

Download the CovidSafe app for iPhone

To access this app, download from the [Google Play Store](#), or the [Apple App Store](#),

Download the CovidSafe app for Android

depending on your device. Then, create an account, register and keep the app running on your phone.

