

Club No. 18278
Charter Date: 5 December 1956

THE COG

HEIDELBERG : DISTRICT 9790

Issue 2870 23 March 2020

www.rotaryheidelberg.org

Meets on Mondays
12.30pm for 1.00pm
Venue: Vasko Restaurant

President
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District Governor
Brian Peters
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THE COG
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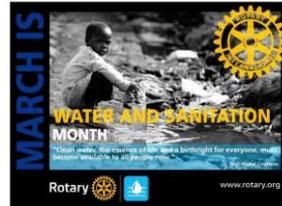
Assistant Editor:

Reporters: Every Member

Photographer: Graham

Openshaw

Submission deadline is each
Wednesday.



FOCUS - well I'm pretty focussed at the present.

Monday without Rotary and it's not December – January.

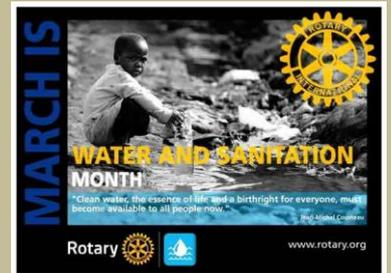
Firstly, a big “Yeahow” for ‘Rowdy’ Rodger our resident Stockman who moved the two-legged animals around the Banyule Cattle Yards without the use of a stockwhip. Eight members turned up as promised and with brush in hand worked their way around the fencing and gates, applying creative brush strokes of fence oil to anything stationary, Bruce had to keep moving!

Rowdy's only instruction was “no kissing or cuddling or handshakes”. And, all achieved well within the allowed time frame. No complaints, however Bro Harry was heard to ask when the scones, jam and cream and a cuppa were to arrive! Maybe next time.

So, how was your Monday – For me it was catching up on RI and District 9790 emails as endeavouring to clean up my laptop and desktop. But before that did some yoga and meditation, porridge for breakfast and a coffee over my morning sudoku. Then watered the garden and put a load of darks into the washing machine, followed by a trip to take Tracey to the Dentist and a little shopping by her – NOT me - I stay in the car where nobody can breathe on me. Then a little gardening and commencing the workshop cleanout that has been waiting for some attention for many months! After lunch attended to a contemporary painting of Koi Carp. Now writing this with a salacious Japanese Whisky at hand – medicinal purposes of course, gotta kill all dem germs !

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CLUB CALENDAR



23 March 2020
Charity Golf Day
POSTPONED

Future Club Meetings yet to be determined

I woke up.
I have clothes to wear.
I have running water.
I have food to eat.
Life is good.
I am thankful.



www.monicaobando.com

DATES TO FORGET

19-22 March 2020: District 9790 Conference

CANCELLED

23 March 2020: Annual Golf Day POSTPONED

ATTENDANCE 15 March

Cattleyards

Members: 8

..... From page 1

Please be aware the Emma Davis our AG called to see how RCH was faring and asked if we were in-need of any support – Thanked Emma and advised of our cessation of meetings for 6 weeks or so and that we were fairly self sufficient and confident of our ongoing fun and fellowship, if even telepathically or modern-day tins with string.

NOW – We do have the capacity to meet via ‘teleconferencing’ with Zoom or WhatsApp or Skype. This concept will be tested over the coming week and members advised of the preferred system with suggested alternatives as to how, when etc. Please keep an eye on your emails.

Happy to hear from any member, to chat about any matter, even AFL or Tokyo Olympics, or just to have a whinge – or pass on your most recent witticism, even yours Tony.

Kindest regards,

Noel



Head Stockman - Rodger



Almost Finished



Brush Cleanup

DISTRICT ASSEMBLY CANCELLED

Please be advised that we have had to cancel the District Assembly scheduled for Sunday April 5th at Benalla because of the State of Emergency now in place. Please ensure your team members are aware that the Assembly and Break-out Sessions will not be happening live at Benalla. The 2020-2021 District Team are now working on alternative methods to deliver the necessary training for your team members and board members and we will keep you advised through your AGs and on the District webpage. It is likely that there will be webinars, Skype sessions and/or Zoom meetings, as well as material to access on-line via the District webpage.

Please keep getting your teams ready for your Rotary Year 2020 – 21, and we will help as best we can,

Regards,
DGE Bruce

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COVID-19

Use this link for the latest COVID-19 information from the Victorian Government

<https://www.dhhs.vic.gov.au/coronavirus>



Take personal action to reduce exposures and stay healthy

The most important action is to practice good hand hygiene.

Take the following steps to reduce your exposure and chances of getting ill with COVID-19:

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitiser that contains at least 60 per cent alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.
- Clean and disinfect high touch surfaces regularly.
- Stay home if you are sick and don't expose others. If you are unwell with flu-like symptoms, do not go outside your property or home, do not go to work, school or shops unless it is essential.
- Get vaccinated for flu (influenza) when available in April. It is not yet known whether COVID-19 could significantly increase the risks of influenza infection.
- Ensure you have enough supply of any medications being taken by you or your family.
- Stop shaking hands or kissing as a greeting.
- Avoid crowds if possible. If not, keep the time short.
- Where possible, consider home delivery and take-aways.
- To minimise contact, and where possible, use debit and credit cards instead of cash and make use of online and self-serve transactions (for example, Myki top ups).
- Use public transport in less busy periods if you can.
- Consider whether future travel plans are sensible and necessary.

**Back in my day the
only time we started
panic buying was when
the bartender yelled
"last call" 😂**