

Rotary

Club of Footscray (Inc)



August 2020 Bulletin

Dear Rotarians,

Hope everyone is doing well and taking extra precautions. As we enter into the last two weeks of Stage 4 restrictions, I can neither hide nor put into words my excitement for us as a community to reach that finish line. While coronavirus has taken over all our time and energy, we also can't deny that it has brought us closer to our loved ones, our natural surroundings and the most important of all, ourselves. I for one have been making the most of the one hour of exercise by religiously getting out of the house and smiling at the flowers blossoming as Spring sprinkles its magic upon us.

I have also been consciously taking breaks from watching the news and social media. An article in The Conversation made me realise that what we are experiencing is called 'news fatigue' and while there are several ways to overcome it, it is our deliberate and consistent efforts that will help us remain positive and hopeful during these tiring times. I have created my own three stages of recovery which has been lifting my spirits for when I feel overwhelmed. A simple sheet of paper now hangs by the switch in my room with three categories of places I want to visit with my beautiful friends like family when we can - within Victoria, interstate and overseas. You would be surprised to know how quickly I ran out of paper as my list kept getting longer. I truly hope the Premier and the virus which has clearly overstayed its visit in the Most Livable City in the World, are listening. What is keeping you going? I would love to hear from you.

Until next time, hang in there. We got this!

Pragya

Editor

African region declared free of wild poliovirus

The World Health Organization (WHO) on 25 August announced that transmission of the wild poliovirus has officially been stopped in all 47 countries of its African region. This is a historic and vital step toward global eradication of polio, which is Rotary's top priority.

After decades of hard won gains in the region, Rotary and its partners in the Global Polio Eradication Initiative (GPEI) — WHO, U.S. Centers for Disease Control and Prevention, UNICEF, the Bill & Melinda Gates Foundation, and Gavi, the vaccine alliance — are proclaiming the milestone an achievement in public health. They offer it as proof that strong commitment, coordination, and perseverance can rid the world of polio.

The certification that the African region is free of wild poliovirus comes after the independent Africa Regional Certification Commission (ARCC) conducted thorough field verifications that confirmed no new cases and analyzed documentation of polio surveillance, immunization, and laboratory capacity by Cameroon, Central African Republic, Nigeria, and South Sudan. The commission had already accepted the documentation of the other 43 countries in the region.

<https://www.rotary.org/en/african-region-declared-free-of-wild-poliovirus>

A message from Club President

A message from the Club President Rotary Club of Footscray

This has been an extraordinary year. The COVID-19 coronavirus pandemic has impacted almost every aspect of our lives. Unfortunately, it seems that things are going from worse to worse in Victoria, however we should know that things will get better and this time will pass. We should also know that we can all do our bit and follow the mandated guidelines. Given the recent Stage 4 lockdown measures, we have regrettably been forced to hold off on face to face meetings. It is our priority to keep all our members safe so this was a necessary step given the circumstances. We appreciate your patience during this time.

This is an opportunity for us to reflect on how we can improve and develop strategies to address new and upcoming trends. Thanks to Graeme Thompson, Rodney Johnston and Suzanne Zammit We are currently holding virtual meetings as a temporary alternative to face to face

meetings.

Once the situation allows us to resume regular meetings, we will update everyone and we will organise a face to face meeting as soon as practicable. We look forward to having everyone back together in person again. Please stay safe and connected.

Jama Farah (President 2020/2021)

August Zoom meetings

The Club organised two zoom meetings in August with special guests Mr Tung Le and Mr Andrew Jobling. Pragya Kapil was inducted as the newest member of the club and will be presenting about her life and education in the first meeting in September 2020.

Mr Tung Le joined the Rotary Club meeting on 6th August and talked about his arrival in Australia by Boat from Vietnam in the 1980s and his journey into local sport and a career in nursing and then drug and alcohol outreach work. Now he runs a business providing mental health services to clients via a range of qualified staff that are contracted around the country to support and implement mental health care through recently created government funded programs. Tung's journey is a great local story and he continues to give back to the community that took him in (and his family) and embraced the people fleeing Vietnam's communist regime. Thank you Tung for an insight to the current mental health policy and programs.

At the same meeting, we also welcomed Pragya Kapil, a "friend" of Rotary Club of Footscray for sometime now as the newest member of the team as a Rotarian. Pragya is currently working at Monash University and pursuing a Masters of Teaching (Secondary Teaching) at Victoria University. She will be presenting about her life and past association with Rotary in the upcoming Rotary meeting. She has been publishing the Bulletin since June 2020.

Our second speaker for August meeting was Mr Andrew Jobling, the former St.Kilda AFL player who has previously spoken to the Club several years ago, but he spoke this time about how to "stay motivated in a lockdown". Andrew talked about the many ways that he is grateful, and said that we all should be looking at our own reasons for why we can be grateful in a lockdown – whether that relates to having more time with family, the ability to do more reading, gardening, or just having time out from technology or the usual work grind. Andrew took a range of questions and discussed his new book – **The Wellness Puzzle**, which is about creating optimum well-being one piece at a time. A really uplifting and thought provoking presentation.

Spring into Alice.. Virtual Zone 8 Conference

The event is a virtual conference.

The conference will be run on the 19th and 20th September 2020, commencing at 11:30AM AEST and finishes 1:00PM each day.

Please send any enquiries to rotaryzone8@gmail.com.

Click here to find out [more](#).

International Peace Day - Taking Action for Peace

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International Peace Day is on 21st September, 2020 and there is a lot that you can do. As we approach the event, Networker will be publishing a range of new information and resources, but to get you started, why not take a free Training course at the Rotary Positive Peace Academy or even turn your club into a Peacebuilder Club.

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- [Rotary Positive Peace Academy \(https://www.rotarypositivepeace.org/\)](https://www.rotarypositivepeace.org/)
- [Peacebuilder Club \(https://www.rotarianactiongroupforpeace.org/peacebuilder-clubs-2/\)](https://www.rotarianactiongroupforpeace.org/peacebuilder-clubs-2/)
- [International Day for Peace, 21st September 2020](#)

<https://rotarydistrict9800.org.au/event/international-peace-day-taking-action-for-peace/>

This October, #WalkWithUs for those who can't

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Global virus pandemics are not new. Before vaccines were developed for polio in the 1950s, parents were gripped by terror: over 1,000 children were dying or being paralysed *each day*.

Now, polio is a distant memory in most countries, but it persists in a few. The problem is that until we completely eradicate the poliovirus, children everywhere remain at risk.

Registrations will open September 1st, 2020 www.rotarywalkwithus.org

Alongside Past RI Presidents, Directors and Rotarians from across Australia and New Zealand ***you are invited to join a challenge*** this year to honour the life of Past RI President, Sir Clem Renouf, Rotary's original Polio campaigner.

What's the challenge? *Go for a walk!*

(actually, a walk, a run or a roll—your choice)

<https://rotarydistrict9800.org.au/stories/walk-with-us-rotary-end-polio-walk>

Join the Rotarians Against Malaria Team

Rotarians Against Malaria are looking for a Supervisor for District 9800. This key role is an essential part in maintaining communication about RAM projects throughout the world and engaging clubs in our District in projects.

About RAM

Rotarians Against Malaria (RAM) works to eliminate malaria, a disease that is not only a significant cause of death in the poorer nations of the world, but is also a significant direct cause of poverty. Working to control and eliminate malaria is a good fit with Rotary's ideals and areas of focus. Currently, the key emphasis is to eliminate malaria in the Solomon Islands, Timor Leste, Papua New Guinea and Vanuatu. RAM is an approved activity of Rotary Australia World Community Service (RAWCS).

For a full Position Description and to submit expressions of interest, please contact the Southern Region RAM Supervisor at chriswilliams31@outlook.com

For further details on RAM go to: <https://ram.rawcs.com.au>

[https://rotarydistrict9800.org.au/Stories/position-vacant-rotarians-against-malaria-\(ram\)-district-9800-supervisor](https://rotarydistrict9800.org.au/Stories/position-vacant-rotarians-against-malaria-(ram)-district-9800-supervisor)
