

THE ROTARY CLUB OF DELORAINE INC.

Chartered 5th March, 1957

(Postal Address & Phone Number: P.O. Box 85, Deloraine 7304 / 6362 2325)

WEEKLY BULLETIN



District Governor Michael Cooke

Assistant Governor Group 6 Gayle Plunkett

BOARD OF DIRECTORS 2019-20

President	Stephanie Johnston
Immediate Past President	Maree Matanle
President Elect & Club Service	Anne Forsyth
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Treasurer	Bev Ritchie
Assistant Treasurer	Michael Plunkett
Vocational Service	Andrew Johnston
Youth Service	Greg Burgess
Community Service	Ann Axelsen
International Service	Paul Hartley
Membership & PR	Annette Viney
.....	Paul Bowman
Tasmanian Craft Fair	Rob van der Elst



ROTARY CLUB OF DELORAINE INC.

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7TH APRIL, 2020

PRESIDENT'S MESSAGE

What a wonderful job are leaders both Nationally and Locally are doing for our country in this uncertain time when we have never had anything like this in our world and we are all learning day to day what we need to do next. Sadly there are people losing their lives with this virus and our hearts go out to their families but our hearts must go out to those on the front line, the nurses, doctors, police, service men and women who are dealing first hand with these cases and certainly not immune to this disease.

We had a great meeting last Tuesday night I think there were 15 of us all on Zoom, some looking very relaxed with a glass of wine, another knitting while chatting some learning the ropes we could hear but not see, but it was great to hear that most were well, and we hope those with the colds have recovered. We will not have a general meeting this week but next week with Zoom and maybe we will have a guest speaker, but we will have a Zoom Board Meeting this week. Thanks to Michael and Greg for teaching us the ropes (even if some of us take a bit of teaching including me)

Don't forget Tim is coordinating help if needed so please don't forget to ask, we all at times need a little bit of help one way or another, I think Marion Axelsen who of course has lost her job at the Deli for the time being, has been called to drive the community car due to others being a little old to drive so Thank You Marion for stepping up to this great cause, something we cannot do without. Just a little note on the Community Cars if you need to book them for the time being all bookings are being taken at the MV Council Office

Keep safe and well

Stephanie

MEETINGS

Please note that for the foreseeable future Rotary Meetings have been cancelled. Planned programmes/events are subject to change at a moments notice!!!

BUT to enable us to keep in contact with Rotarians, a bulletin will be produced each week. **YOUR** assistance to provide relevant articles/information would be greatly appreciated. Please send information to PP Ann by Monday morning — aaxelsen@tassie.net.au

Also, maybe some “light-hearted” moments!!

FAMILY OF ROTARY

Birthdays:

Rtn Merrilyn Young	17 th April
Rtn John Tabor	18 th April

Anniversary:

PP Michael & Maureen Bennett	15 th April
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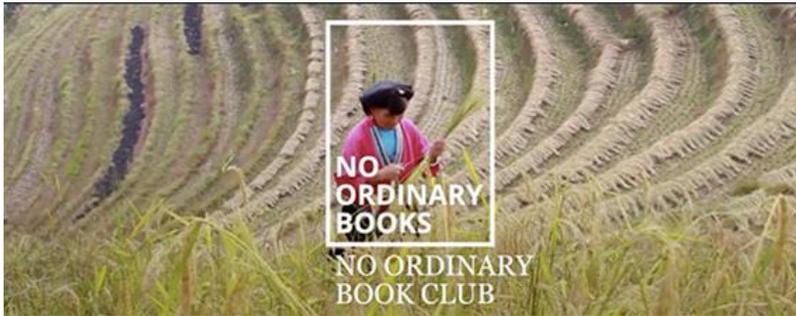
Induction Anniversaries

P.E. Anne Forsyth	14 th April
PP Roy Axelsen	15 th April

LAST WEEK'S MEETING “VIA ZOOM”!!!



ShelterBox



These are tough times for everyone. We hope you and your family are keeping well, both physically and mentally, as you rise to meet the challenges of social isolation.

Could you do with a distraction from the news? Are you stuck at home with time on your hands? Bored with endless TV and Netflix?

Introducing ShelterBox Book Club – a unique community membership designed for Australians who share the love of a quality read.

Each member can vote on the next book – a shortlist of 3 books carefully selected by our Head Bookworm, who is always on the lookout for compelling stories from around the world; and strong characters with depth.

Join the ShelterBox Book Club community today with a monthly payment to ShelterBox, and you can look forward to delving into a new, exciting book every 6 weeks. Read along at your own pace and join the discussion online, via our private Facebook group.

And with every story you read, you'll be transforming the lives of disaster-hit families around the world.

Join by going to:-

<https://www/shelterboxaustralia.org.au/book-club/sign-up/>

WHAT'S HAPPENING and WHEN??

(Please note details are subject to change)

APRIL

Tuesday 7th

Board Meeting — via Zoom

Tuesday 14th

Easter Tuesday — Meeting Cancelled

Monday 20th

TCF Meeting—7.00pm

Tuesday 21st

Tuesday 28th

MAY

Monday 18th

TCF Meeting—7.00pm at P.E. Anne Forsyth's home

Saturday 23rd

Rotary Skills Day (Assembly)

JUNE

Monday 15th

TCF Meeting—7.00pm at P.E. Anne Forsyth's home

Sunday 28th

District Changeover

JULY

Tuesday 14th

District Governor's visit

Sunday 19th

Changeover at Deloraine Football Club

OCTOBER/NOVEMBER

Friday 30th October to Monday 2nd November

Tasmanian Craft Fair

ON THE LIGHTER SIDE



DEALING WITH COVID-19 ANXIETY

Many people will be feeling more anxiety than usual due to the COVID-19 situation. As well as the possibility of becoming infected, many people will face other possible threats, including loss of income, shortage of supplies, unemployment, and social isolation. It is important to remember in this situation that anxiety is to be expected and in most cases will be an adaptive response which prepares people for action and protects them from danger. Anxiety is generally a normal and useful emotion!

Anxiety only becomes a problem when it leads to maladaptive coping, such as interfering with sleep, leading to excessive time worrying and interfering with ability to carry out everyday tasks. Below are some tips to assist in dealing with COVID-19 anxiety.

If the anxiety problems are mild, then they can be managed with self-help methods. Here are some to consider, which are supported by experts as often useful in managing anxiety:

Use Methods to Reduce Physical Tension.

Times of high anxiety can be relieved by exercise or progressive muscle relaxation. Regular exercise, like daily walking or cycling, can reduce anxiety. Mindfulness is also useful when feeling anxious: bring your attention to what you are experiencing at that moment, and non-judgementally observe your thoughts, feelings, and sensations. Meditation is good to do on a regular basis (i.e. not just as a way of coping at a time of anxiety) – whether it be mindfulness meditation or another form. A lot of anxiety is caused by thinking about future events that haven't happened yet, and mindfulness can help with that. Also consider trying yoga, some forms of which include mindfulness.

Seek Social Support.

While some people can contribute to anxiety, other people can play a role in managing or overcoming anxiety. It is a good idea to seek support from friends, family, or others. More specifically, it can help to talk about problems and feelings with a trusted person who will listen and understand. In the current situation where social distancing is recommended to reduce the chances of infection, it is important that people do not become isolated. Phone, text and Skype contact may need to be increased.

Adopt a Healthy Lifestyle.

There are a number of lifestyle habits that can help anxiety. These include:

engaging in regular aerobic exercise (e.g. walk, jog), spending time in contact with nature, maintaining a regular sleep pattern, having regular leisure time (e.g. pursuing a hobby), eating regular meals, and reducing or eliminating use of alcohol and other drugs.

Cultivate Acceptance.

With the COVID-19 situation, there is a lot of uncertainty, which can contribute to anxiety. In such situations, it can be helpful to accept that there will be uncertainty and questions without immediate answers. It is possible to practice accepting uncertainty, e.g. by not responding to the thoughts and feelings that go with it, recognizing it is part of life, bringing your attention to the present. All these efforts towards acceptance can make a difference to how much a person is bothered by anxiety.

If anxiety gets out of control and cannot be managed with self-help methods and support from others, then professional help is warranted. Because of the need for social distancing to prevent spread of COVID-19 and the increasing demands that will be placed on the health system, online therapies are a good point of initial professional help. Australia is fortunate to have some excellent online therapy that is freely available. The following services provide evidence-based treatment for anxiety disorders:

MindSpot provides online therapy supported by a mental health professional. Treatment courses are available for PTSD, OCD and other disorders.

Mental Health Online provides treatment for Generalized Anxiety Disorder, OCD, Social Anxiety Disorder, PTSD and Panic Disorder.

For 24/7 Crisis Support, call Lifeline: 13 11 14.

*Written by Professor Anthony Jorm,
Australian Rotary Health Research Committee Member and Rotarian*



COVID-19 COMMUNITY SUPPORT



TRANSPORT

For essential medical appointments
(non-emergency)



DELIVERIES

For vulnerable people and people
aged over 70 for essential items

To book these services phone Council 6393 5300



MEALS

For prepared meals contact:

Deloraine House
6362 2678

Servicing Meander Valley
Main Meals: \$5

Red Cross
1300 663 291

Servicing Westbury
& Surrounds
Main Meals: \$8.60
Soups & Desserts: 95c

Italian Day Centre
0418 335 547

Servicing Prospect Vale Area
3 Course Meals: \$10



EMERGENCY SUPPLIES

If you are experiencing financial difficulty and
need urgent food supplies phone the
Salvation Army 6323 7500

If you think you might have COVID-19 because you feel unwell with a fever OR cough, sore throat or shortness of breath AND have recently travelled internationally or interstate OR had contact with a confirmed case, phone your GP or the **Tasmanian Public Health Hotline on 1800 671 738**

