



Next meeting:

December 23rd

Meeting

Brekky on the
Beach

January 13th

Meeting

Club Assembly

January 20th

Meeting

Speaker:

T.B.A.

Board 2019-2020:

President:

Shane Thomas

Past President:

Peter Cracknell

Secretary:

Peter Richards

Treasurer:

Greg Sharman

Directors:

Community Service:

Ross Augustine

Finance &

Fundraising:

David McKenzie

Youth, International &

Vocational:

John Albery

Membership:

Bob Smith

Club Service:

Mark Rees

President's Report:

Hi All

Our relationship with Peninsula Kingswood Golf & Country Club continues to grow with Glenn Fernandez joining us last week to go over their new Community Foundation program. J.A also had a meeting with Heath Wilson the CEO of PKCGC to go over ways that our club might be involved in helping them out.

A big thankyou to Tony Carter, David and Gary Morgan for offering to supply the Christmas BBQ food and condiments for this Wednesday's beach get together. Also, thank you to Ross Augustine for helping out with this as well as his tireless work on the Bunnings BBQ on Saturday which raised a wonderful \$2207. Thanks to all those who helped out on the day, it was a little more labour intensive with the new setup but the numbers where still good.

Was great to see Tony Carter back after his hip op and also Platts after his "fishing" trip.

A big thankyou to Ross Luxford and Greg Sharman for all their work on the Sunrise Foundation over recent months.

I'd also like to send a big thankyou to Robbie Maitz on the fantastic effort with bulletin every week, he always makes it worth reading.

It has been a year like no other but having our common bond as a Rotary Club went a long way to making it more bearable and hopefully 2021 will get back to some kind of normality, fingers crossed.

On behalf of Gen and I, I'd like to wish you and your families love and happiness for Christmas and the festive season and wherever you go and whatever you do, be safe.

Cheers

Shane

Website: www.rotaryfrankstonsunrise.org.au

Facebook: www.facebook.com/rotaryfrankstonsunrise

CSF's Annual Community appeal:

30TH Annual Frankston Community Appeal



OUR LOCAL COMMUNITY NEEDS YOUR HELP

2020 has been one of the most challenging times in history with the onslaught of the Covid-19 pandemic – a year that has seen the demand for emergency food relief increase exponentially, but an opportunity exists now for you to share in the Spirit of Christmas by assisting Community Support Frankston with the **2020 Frankston Community Appeal** in support of disadvantaged people and families experiencing poverty in Frankston with Festive food relief.

Last year's community donations helped us put together a record total of **726 hampers** that assisted **1871 people**, including **980 children and 891 adults**, and this year, being the **30th Anniversary** of the Appeal, and with your help, we'd like to support even more disadvantaged people and families by increasing the number of hampers we distribute.

We are seeking cash donations to buy non-perishable groceries so we can put together festive hampers.

Community Support Frankston works with Operation Larder, in conjunction with a number of agencies, including WAYSS Domestic Violence Outreach, St Vincent de Paul, Salvo Care Eastern (Crisis Centre), Peninsula Health and local schools (these organisations all receive Christmas hampers for their clients as part of the appeal), and we all work together, with one point for hamper distribution that:

- *Enables us to stretch our combined limited resources*
- *Assists more families through fairer allocation of donations*

The **30th Annual Frankston Community Appeal** is a meaningful way to contribute to local families who face hardship during Christmas time. All monetary donations over \$2.00 are tax deductible and 100% of your donation is spent on helping those in need. Please send your donation to:

**CSF Material Aid Trust
Community Support Frankston
35 Beach Street
Frankston 3199**

Alternatively, donations can also be made electronically through the '[Make a Donation](#)' [GiveNow link](#) on our webpage – www.frankston.net, or please contact me directly if you would prefer to make a cash or in-kind contribution.

We would be more than happy to chat with any group, individual or business that's looking to find out more about the Appeal and how you can get involved with assisting some of Frankston's most financially disadvantaged families.

Warm Regards

Steve Phillips
Manager
Community Support Frankston
35 Beach Street
FRANKSTON VIC 3199
Phone: 03 9783 7284
Fax: 03 9783 7731

Ray White's: Little Ray of Giving:

This Christmas our office (Frankston) has teamed up with Rotary of Frankston Sunrise for our joint Christmas initiative 'A Little Ray of Giving'.

What is 'A Little Ray of Giving'?

It's a Christmas initiative run throughout December each year whereby community members are encouraged to wrap and deliver gifts under our giving tree located at Ray White Frankston reception area. The gifts are then collected and distributed by the partnering Rotary of Frankston Sunrise to the chosen individuals and organisations.

The nature of the gift drive allows the community to boost the festive season to those who may not be fortunate enough to celebrate it this year. It's all about heart and giving this year, and what could be better than knowing you are making a difference to people's lives at a time when it's needed most?

How can YOU help make a difference this Christmas?

This December you can help make a difference to less fortunate families in our community by purchasing, wrapping and putting a gift underneath the Ray White Frankston giving tree located in our reception area.

Together YOU, the Rotary of Frankston Sunrise and the Ray White Frankston team can help make a difference this Christmas!

Note: Please ring ahead to ensure a suitable staffed time to donate and Covid guidelines are observed.



RayWhite®

Telemedicine is expanding the reach of health care:

For patients who lack options, a virtual visit can mean the difference between going with or without care
by Vanessa Glavinskas

“Right now, I can see all my patients through my mobile phone,” says Prakash Paudyal, a pulmonologist and member of the Rotary Club of Jawalakhel, Nepal. Paudyal uses a Kubi device to turn a tablet into a “mini-robot” for remote monitoring of his COVID-19 patients who are in isolation at Nepal National Hospital. Paudyal learned about the Kubi and other telehealth practices during a vocational training team trip to the San Francisco area last year. “I do one round with all my [protective] gear on, and then I see all my patients through this mini-robot,” he says, thankful that the Kubi helps protect him from exposure to the virus.

The use of telehealth has surged worldwide during the COVID-19 pandemic. In the United States, a study by McKinsey found that 46 percent of consumers are now using telehealth, up from 11 percent in 2019. Broadly defined, telehealth includes everything from virtual visits with a doctor to remote monitoring of a patient’s vitals to mobile health technologies.

The rapid increase in examining and treating patients remotely because of stay-at-home orders has not only helped in the fight against the coronavirus; it has also prompted a conversation about what the future will look like. What are the benefits of telehealth, and what controls for safety and privacy should be in place? One clear benefit is making health care more accessible to more people. For patients who lack transportation options or who live in remote areas, a virtual visit can mean the difference between being able to consult a doctor and going without care.

Telemedicine, typically defined as a virtual exam with a physician, requires access to the internet, which about 40 percent of the global population still lacks. But with the proliferation of smartphones, that’s becoming less of a barrier. Barbara Kiernan, a member of the Rotary Club of Catalina (Tucson), Arizona, has been working on a global grant project to bridge the distance between doctors and underserved patients in Sonora, Mexico, by supplying the equipment and technology needed for telemedicine, including solar power and internet access. They found that once community health care providers received the equipment and training, they were able to work with doctors located in bigger villages, allowing them to treat patients remotely. “Before, [rural villagers] really only got medical care during a crisis,” Kiernan says. With telemedicine available, “it’s shifted to preventive care.”

James Gude, a California physician who founded a telemedicine practice called OffSite Care, says that when a doctor conducts a video consultation with the assistance of an on-site nurse and with access to a patient’s records and diagnostic test results, it can be nearly as effective as seeing a patient in person. “With a nurse there to help me examine you, I can order and look at everything I need,” he says. There are also sophisticated “robots” that allow a doctor to see a patient via videoconference and even send instrument readings, allowing the doctor to listen to a patient’s heart through a stethoscope, for example. (A Canadian TV show once followed Gude around as he conducted virtual rounds via a robot he controlled remotely.)

Telemedicine is direct health care services to a patient, often over video.

Telehealth is broader and covers education, public health, and provider-to-provider interactions as well as telemedicine.

Telemedicine is expanding the reach of health care Cont:

Gude started OffSite Care in 2007 to help rural U.S. hospitals improve their quality of care by providing virtual access to specialists, who are often concentrated in bigger urban hospitals. He expanded his vision of dismantling the geographical barriers to quality care when he teamed up with members of the Rotary Club of Sebastopol Sunrise, California, to create Global OffSite Care — a non-profit that provides educational and consultative services to hospitals around the world.

“We started by contacting Rotary clubs where Dr. Gude thought there might be an opportunity [to improve a hospital],” says Mikel Cook, a member of the Sebastopol Sunrise club. “The mission of Global OffSite Care is to promote Rotary club-sponsored telemedicine projects. We bring together Dr. Gude’s medical expertise with financing, stewardship, and advocacy among Rotarians.” Cook says Rotary clubs have sponsored the equipment needed to get a hospital started conducting telemedicine, which includes a tablet and a Kubi device that transforms the tablet into a web-controlled mini-robot that can pan and tilt, allowing the user to look around the room. Local doctors are trained on the equipment and can then participate in weekly online “Global Grand Rounds” with Gude’s team to continue their education. They can also consult with experts on difficult cases.

The Global Polio Eradication Initiative (GPEI) uses another aspect of telehealth: mobile health, or health care supported by mobile electronic devices, to make progress toward a polio-free world. Mobile phones have been used to track the number of polio vaccine doses children have received, and geographic information systems have helped health workers create detailed maps of their immunization activities.

When the World Health Organization’s African region was certified free of wild poliovirus in August, Christopher Elias, president of the global development division at the Bill & Melinda Gates Foundation, said technology was a contributing factor. One example is how surveillance improved when community health workers were trained to use a mobile app called Avadar (Auto-Visual AFP Detection and Reporting) to report possible polio cases through their phones. Sharing this information electronically allows for quick intervention, preventing outbreaks.

Patricia Merryweather-Arges, a member of the Rotary Club of Naperville, Illinois, predicts that telehealth will continue to expand. “There are lessons we can learn from this,” says Merryweather-Arges, who runs an organization called Project Patient Care and recently secured a Rotary Foundation global grant to distribute more than 200 tablets to residents of Chicago-area nursing homes. The tablets will allow physicians to assess patients via telemedicine, and families to visit with their loved ones via videoconferencing.

“There will have to be some quality assessment, and feedback from patients,” she says. “But the benefits are that telemedicine saves the patient time and lessens their exposure to others, so patients are more likely to make appointments.”

A survey of patients in Asia, Europe, and the United States by the consulting firm Accenture seems to back up her prediction: 60 percent of patients said they wanted to use technology more for communicating with health care providers and managing their conditions.

Gude thinks this presents an opportunity to increase the capacity of under resourced hospitals around the world: “I want Rotary clubs to know that wherever they are, if they want to help a local hospital, if they have \$5,000 or if we can raise it from elsewhere, it’s done. We are at a point in the curve where we can go straight up.”

Telemedicine is expanding the reach of health care Cont:



From his workstation, James Gude can review data and offer medical advice to health care professionals around the world.

Examples of telehealth:

Live video:

A two-way audio-visual link between a patient and a care provider

Store and forward:

Transmission of health records to a health practitioner, usually a specialist

Remote patient monitoring:

Continuous monitoring of a patient's condition from a distance, in real time or not in real time

Mobile health (mHealth):

Health care and public health information provided through mobile devices

- This story originally appeared in the December 2020 issue of Rotary magazine.

Birthdays & anniversaries this month:

1/12/1944
Ross Augustine 76

3/12/1956
Mark Rees 64

16/12/1952
Chris Luxford

20/12/1963
Lynette Morgan

23/12/1949
Pam McGregor

Rotary's 4 Way Test:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL & BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Coming Events/Save the Date!:

Monday, March 15, 2021



Macca has advised that we have booked our 2021 corporate charity golf day back at Peninsula Kingswood Country Golf Club for Monday, March 15, 2021!

Mark it in your diaries!

More information to come!

Stay tuned for 2021 date!

Children of Ghana Charity Ball

Mornington Race Course

Tickets: \$149 per head

Looking for sponsors, donations and full club attendance

Director's Reports:

Community Service:

Thanks to the 15 members and Nick Rees who helped out at the Bunnings BBQ on Saturday. We had sales of \$2767 and cleared over \$2,200 for the club. Merry Christmas to all and we all look forward to the new year.

- Director Rosscoe

Editor: I would like to thank all Director's for their contributions. It has been difficult to find things to report on but I'm sure I'm mirroring the club in saying - Thanks for keeping us all informed.

To all members: I'd like to congratulate everyone, we got through 2020! There have been challenges but also learning new skills. There were periods of gloom but also Laughs and smiles. You can't be certain about what 2021 will bring but I'm sure it will be better and more enriching together!

2021 - Bring it on!

- R.M.

On the Lighter Side:

The older I get, the more I wonder what Kevin McAllister's dad did to afford this house & a vacation to Paris for 9 people



I hope it's a dog



What in the World:



ABROLHOS ISLANDS, WA

On this day in... December 23:

Event: **1914** - World War I: Australian and New Zealand troops arrive in Cairo, Egypt. **1947** - Transistor invented by John Bardeen, Walter H. Brattain and William Shockley in Bell Labs. **1961** - Fidel Castro announces Cuba will release 1,113 prisoners from failed 1961 Bay of Pigs Invasion for \$62M worth of food & medical supplies. **2000** - Cricket Women's World Cup: New Zealand defeats Australia by 4 runs. **2002** - A MQ-1 Predator is shot down by an Iraqi MiG-25, making it the first time in history that an aircraft and an unmanned drone had engaged in combat.

Births: **1867** - Madam C. J. Walker [Sarah Breedlove], African American entrepreneur (First American self-made female millionaire, Madame C.J. Walker Manufacturing Company). **1943** - Harry Shearer, American actor (SNL, Simpsons, This Is Spinal Tap). **1949** - Wally Edwards, Australian cricketer (three Tests Australia v England 1974). **1961** - Carol Smillie, British television personality. **1967** - Carla Bruni, Italian-French model and singer-songwriter. **2002** - Finn Wolfhard, Canadian actor and musician (Stranger Things, IT).

Deaths: **1973** - Arthur Richardson, Australian cricketer (9 Tests 1924-26). **1984** - Joan Lindsay, Australian author (Picnic at Hanging Rock). **2007** - Oscar Peterson, Canadian jazz pianist and composer. **2008** - Eric Charles Twelves Wilson, English British Army officer (awarded Victoria Cross). **2015** - Alfred G. Gilman, American scientist (1994 Nobel Prize for G-protein discoveries). **2016** - Piers J Sellers, English astronaut and climate scientist.

Please remember to invite your friends to like the club's Facebook page.
- Plus when you see a new post, Like the post and share it with your friends!

Link: <https://www.facebook.com/rotaryfrankstonsunrise>