# **December 2020 | Newsletter**





# Our Aim

To support our community, to provide a free newsletter to motorcycle enthusiasts that includes current rides and events as well as ride and pub reviews as well as photos of recent rides/events. Poker run and other event flyers can be published in this newsletter, irrespective of group, provided it has a charitable focus. E-mailing details to info@eatmyshorts.com.au

The advertising of your <u>business</u> or "for sale" items in this newsletter or on our website will attract a small charge to be donated to one of the many charities we support. For the website and newsletter to be successful, we welcome news stories, reviews and other contributions from groups and individuals.

### About us

Independent Riders is not a club. We are a group of individuals who believe in the enjoyment and freedom obtained through motorcycle riding without the restrictions and politics associated with membership and imposed by "committees" of clubs/associations. Independent Riders have a charitable focus but as true 'Independents' we have no President, Secretary, Founding Members or other similar position and the opinion of each person is considered equal. We do however have moderators on the website and Facebook page and one person chosen to be our Public Relations Officer. The role of this person is to promote our worthwhile and charitable causes and social events.

The wearing of Independent Rider merchandise (cloth patch, sticker, banner etc) does not equate to membership but rather a statement to indicate the person/persons belief in the concept of "The Independent Rider". Those who believe in the "Independent" concept are welcome to purchase and wear any of our patches or merchandise with our logo including our banners. Minimal amounts from sales are needed to help purchase new stock and cover basic administrative expenses, most money raised from merchandise sales go to various charitable organisations including: Fraser Coast Family Networks and Fraser Coast Wildlife Sanctuary.

Where possible, we provide experience and support with fundraising events for other groups/clubs by assisting with co-ordination, promotion or organising/designing promotional material including banners, patches etc. We believe that as a united force, bikers have the ability to provide positive direction within our community and be the leaders our community so desperately need. E-mail us for detailsinfo@eatmyshorts.com.au or miket60@bigpond.net.au

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# Postal Address

Independent Riders Pty Ltd Maryborough QLD 4650

ACN: 606 088 251

# Capricora Coast Capricora Coast France Coast Independent Branches Paravorth Paravorth T2 h 50 min Life in in Microton Bay Dirisbane

# Where are Independent Riders?

Independent Riders have supporters as far south as the Gold Coast and to the north Cairns with the odd supporter in most Australian states and territories. While spread around our main contact points are Brisbane (Moreton Bay), Fraser and Capricorn Coast with a new addition Darling Downs, (Branches and contact details provided in this newsletter.

If you have a ride/event let us know and it will go either in the next addition of this newsletter and/or our website. If you know of good pubs, camping, have some great photos/stories or just want to go on our mailing list e-mail Independent Riders at <a href="mailto:info@eatmyshorts.com.au">info@eatmyshorts.com.au</a> Visit our website <a href="www.eatmyshorts.com.au">www.eatmyshorts.com.au</a> for more information on what we get up to as well as over a decade of pictures.

Meet us for a drink and a laugh at one of our Friday Social Nights, from 5.30pm onwards. Venue details at the bottom left of page 4. Hope to see you there

Until next time, stay safe... Independent Riders

We can be found each Friday afternoon / evening from around 5.30 PM having our Friday social drinks at selected hotels, usually in Maryborough, but once a month at Toogoom RSL. Check out our website or Facebook for our next social evening or ride.

We usually have a few drinks, have a feed or head off somewhere else for dinner. We also discuss any future rides. If you feel like a chat, come down and see us.

### Other upcoming Rides for 2020

- 17<sup>th</sup> Jan. First Day Ride for 2020
- 25-27th Jan Aust Day Weekend Run
- 6<sup>th</sup> Mar 8<sup>th</sup> Independent Poker Run 2021
- 16<sup>th</sup> May Independent Show and Shine

Rides can sometimes be very "last-minute" and sometimes get finalised over a beer on a Friday night so please ask to join our Facebook page: Independent Riders Fraser Coast.



# Summer 2020

- Social nights for 2020 will vary each week, our social evening list can be seen on the bottom left of page three (3),
- Our social evenings in Maryborough occur each Friday evening from 5.30PM, all are welcome.

### December 2020

- 5<sup>th</sup> December. Friday Social Evening at Toogoom RSL
- 6<sup>th</sup> December Fraser Coast Toy Run. Flyer with this newsletter
- 11<sup>th</sup> December. Friday Social Evening at White Lion Maryborough
- 11<sup>th</sup> December. Cooloola-Sunshine Coast Toy Run Flyer with this newsletter
- 12th December. Independent Riders Xmas Party. Contact Michael/Julie for details
- 13<sup>th</sup> December. Ride for Adrian Sato *Flyer with this newsletter*
- 18th December. Last Independent Social Evening for 2020 Details White Lion Maryborough
- 19th December. Independent Riders Last Day Ride for 2020 TBA.

# January 2021

- 8<sup>th</sup> January. First Social Evening for 2021. Toogoom RSL
- 10th January. Ride for William (Bundaberg), Flyer with this newsletter
- 17<sup>th</sup> January. First Day Ride for 2021. Getting lost in 2021 © Southern Route
- 23-24<sup>th</sup> Jan. Australia Day w/e ride. Overnighter to Pittsworth. *Flyer with this newsletter*

Do you have ideas for rides? Email us E-mail: <a href="mailto:info@eatmyshorts.com.au">info@eatmyshorts.com.au</a>

Interested in mid-week rides? E-mail: info@eatmyshorts.com.au

New rides are added in weekly so keep checking our website:

www.eatmyshorts.com. Or visit us on Facebook. Some of our day rides will have short notice but where possible these will be advertised.

### **New Merchandise**

1. Independent Riders Caps \$18.00 Produced on The Fraser Coast



2. NEW LOOK Independent Riders Stubby Coolers Only \$10.00





# Patches – Independent Riders

These cloth patches and others now available. Only \$10.00

# **Banners and Flags are Again Available**



Banner example above 2.6x1 metre (approx.). \$75 plus postage

# **Independent Sons of Bitches Shirts Version 5. (\$30)**



**Front** 

# **Our achievements to date**

On the 27<sup>th</sup> of December 2013, Independent Riders Australia presented its first check of, \$1500 to Spina Bifida Hydrocephalus Qld. On Saturday 20<sup>th</sup> December 2014 we signed our last cheque for 2014, bringing our total donation of cash, services and goods for the twelve-month period to: **\$22,324.85**. December 2017 saw this amount exceed \$90,000 and by September 2020 this amount exceeded \$163,000.









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# INDEPENDENT RIDERS INDEPENDENT RIDERS DARLING DOWNS

For those interested in attending Darling Downs events their two contacts are: Jol and Shanelle Clark: 0419 746097 and 0409 762374

They can also be e-mailed on: <a href="mailed-darlingdowns@eatmyshorts.com.au">darlingdowns@eatmyshorts.com.au</a> and have their own ride calendar on the Independent website, tas well as their own Facebook Page, search "Indpendent Riders Darling Downs.

# **CAPRICORN COAST**

For those interested in attending Capricorn Coast events contact is:
Contact Rick B on Facebook

Enquiriess can also be e-mailed to:
<a href="mailto:capricorncoast@eatmyshorts.com.au">capricorncoast@eatmyshorts.com.au</a> and have their own ride calendar on the Independent website, tas well as their own Facebook Page, search "Indpendent Riders Capricorn Coast"

### INDEPENDENT RIDERS MORETON BAY

For those interested in attending Moreton Bay events their two contacts are:

TBA TBA

E-mail on: <a href="mailto:info@eatmyshorts.com.au">info@eatmyshorts.com.au</a> and have their own ride calendar on the Independent website, as well as their own Facebook Page, search "Indpendent Riders Moreton Bay"

# **Preferred pubs as of November**

White Lion Hotel John and Walker Street Maryborough

Lamington Hotel Ferry Street Maryborough Good drink and food prices

Maryborough Sports Club Saltwater Creek Rd Maryborough

Old Sydney Hotel Corner Ellena and Richmond Streets Maryborough

Help us help others. Need more info?

E-mail: info@eatmyshorts.com.au

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# www.eatmyshorts.com.au

172 Walker St Maryborough QLD 4650 PH: 0409 575284

E:-mail: info@eatmyshorts.com.au

### No Bullshit, No Politics

Find us on the Web: www.eatmyshorts.com.au



**New Fraser Coast Patches \$10 Each** 



Rider Patches 2013-2020



**Supporter Patch** 

# Independent Rider Mouse Mats \$10 Each Two Styles Available





# 6<sup>th</sup> December – Fraser Coast Toy Run - Results

- Registrations: 540
- Includes: Over 70 cars and 8 trucks. Thank you to Queensland Rural Fire Service for again leading the procession.
- Goods and Cash Raised: \$27880.00

TOY RUN TEE-SHIRTS (\$25) AND PATCHES (\$5) STILL AVAILABLE.

# Overnighter to Pittsworth – Australia Day

- WHEN: 23<sup>rd</sup> 24<sup>th</sup> January 2021
- **DETAILS:** More details including food and accommodation shortly
- **ROUTE:** Via Maleny, Kilcoy, Esk, Highfields. Distance 387km *approx*..
  - While Australia Day is the 26<sup>th</sup>, we have the weekend just before so we will start celebrating a little earlier

# **Independent Riders 8th Annual Poker Run**

- WHEN: 6<sup>th</sup> March 2021
- DETAILS: TBA
- ROUTE: Depart from the Brolga Theatre Maryborough, route yet to be finalized.
  - Supporting Aussie Troops, in 2021 we are looking at something different to support our troops, watch this space for details.

# **Independent Riders 8th Annual Show and Shine**

- WHEN: 16<sup>th</sup> May 2021
- **DETAILS:** Spectators, gold coin donation, car and bikes in the event \$5.00, 6 car and 6 motorbike trophies.
- WHERE: Fraser Coast Wildlife Sanctuary Maryborough West
  - Supporting Fraser Coast Wildlife Sanctuary

# **Independent Riders 2<sup>nd</sup> Brass Monkey Run**

- WHEN: 24<sup>th</sup>/ 25<sup>th</sup> July 2021
- **DETAILS:** Overnighter, southern route. Details TBA.

WHERE: TBA

# FRIDAY NIGHT SOCIAL EVENINGS – VARIOUS LOCATIONS

They are BACK...... Sorta 🔞

r social Friday nights will be at varied locations however will be displayed on our website and Facebook each week,

From 5.30PM ish each Friday evening

# Other projects heading into 2020

We have a number of exciting projects to consider in 2021

- Suicide prevention/education. More details later in 2021
- Support Our Community Fraser Coast INC Art Competitions 2020
- VR (Visual Reality) Headsets for disabled and others in need
- Support Independent Riders Workshops. Ongoing
- HISS Homeless Independent Support Services *Deferred 2021*
- And of course, some **EXCELLENT** rides!!!
- Support for Aussie Troops. 2021 Poker Run to support returned troops
- Need more details? E-mail: <a href="mailto:info@eatmyshorts.com.au">info@eatmyshorts.com.au</a>



Red writing (location) initially Praser Coast or Australia.

Option for Capricorn Coast or Brisbane
Waiting on final pricing for fitted and long sleeve options

Positioning of logo may alter slightly.

# Shirts now available from \$25 short sleeve, \$35.00 Long Sleeve. Singlet's also available







Embroidered Dress Shirts AND Hoodies available - By order only Enquiries 0417 215978

### **New Patches**

Some of ourembroidered patches. From \$6.00 to \$7.00 per piece See Julie 0400 690981









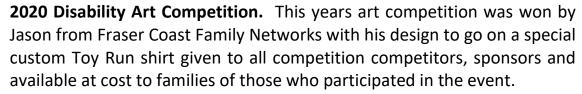
If you are interested in coming along to any of our advertised events or need more info, please contact Julie or Michael at <a href="mailto:info@eatmyshorts.com.au">info@eatmyshorts.com.au</a> or mobile 0400 690981or 0409 575284

ALL PATCHES AVAILABLE IN: AUSTRALIA, DARLING DOWNS, MORETON BAY, BRISBANE, FRASER AND CAPRICORN COAST



# **OUR COMMUNITY FRASER COAST INC IA58583**

Our Community Fraser Coast Inc IA58583 (OCFC), is a Not for Profit organisation and an initiative of Independent Riders Australia along with the support of other community minded groups on the Fraser Coast. OCFC provides several services to the local community including free advertising and promotion on their website, for like, minded groups as well as assistance promoting charitable events.







Jason will also become our Disability Ambassador for 2020-2021 and will present a certificate and a copy of his shirt to sponsors in early 2021. Jason will also be able to attend the start of other Independent Riders events and a special Disability Ambassador banner was produced for use at other events that support inclusion at events here on the Fraser Coast.

Pictures below of Jason custom Toy Run shirt and of the Disability

Ambassador Banner.



Jason's shirt design front and back:

**Disability Ambassador Banner** 



With all this going on our website unfortunately is still a work in progress however will continue to work on this in the coming months. The website is located at: www.ourcommunityfrasercoast.com.au is still under construction.

# **INDEPENDENT RIDERS WORKSHOPS IA58897**

# The Latest from Eddie



Shane Muller from The Bikers Brew is kindly supporting this venture. Bikers Brew is on the corner of Walker and Ferry St's Maryborough, (the old Shamrock). If you are in town pop in and say 'hi', check out the bikes, old and new, or enjoy a

coffee, drink, snack or meal. By doing this we support local business who support us.

>Workshop Manager: Eddie PH: 0400 488244

Bike Mechanic:

Office: Cassie: 07 4121 3010

Mentors: Wayne, Kevin and Brett, Cass and Travis



# Contact Eddie on 0400488244 for more details on the workshop. Workshop direct at: 07 41213010

Cass and Travis. Cass works part time at Independent Riders workshop in

part time role including working with other youth in mentor support.



Travis who has been with the workshop for some time started this week onn a four (4) week internsship. We hope in the new year we will also be able to offer travis part time paid work.

# **VOLUNTEERS NEEDED**

Volunteers are essential to the success of the workshops and our ability to help and guide our youth towards a positive future. If you have spare time, want to give back to our community while providing our youth direction from your learned skills and experiences; then do we have a deal for you.

We are in need of volunteers who will be trained as mentors for our students, skills in any metal craft, including welding, bycicle mechanics, small motors or similar then please contact Eddie on 0400 488244. In return we offer a friendly environment, where your experience can make a difference and training is provided.

A Positive Notice Bluecard is a lergislative requirement for our volunteers however we can organise this for you and there is no cost.

Located at 276 Kent Street Maryborough. Motorised scooters can be custom made and ordered, ask Eddie how/costs etc. It is believed that with support. These workshops will provide opportunities of employment for local youth.



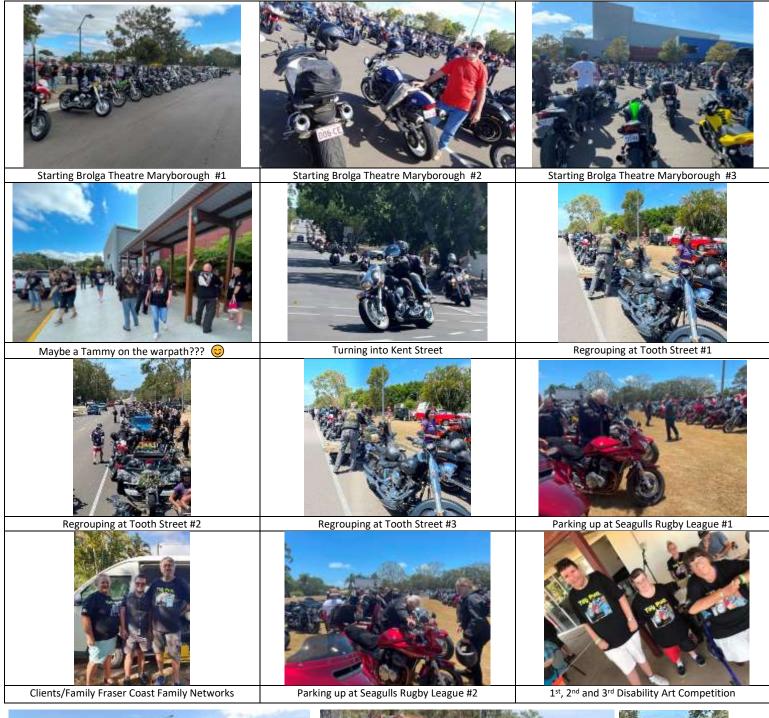


New Workshops and store front - 276 Kent Street Maryborough 4650

Here at Independent Riders Workshops, we are pleased to announce that we are open to teach Reading and Writing to all ages including adults. It has been brought to our attention that many people in the Fraser Coast Region are struggling with this skill. After talking to our teacher, we have decided to set up classes that will be available every day to those who need help. Please don't be shy, come in and give it a go. We are here for our community.



# Fraser Coast Toy Run 2020 - 6<sup>th</sup> December #1

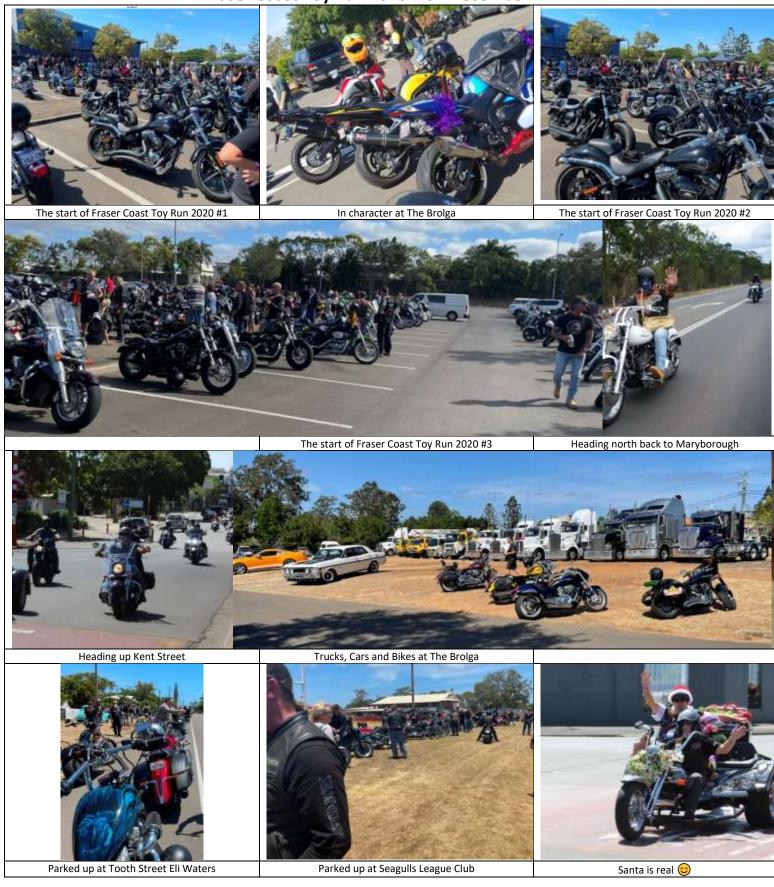


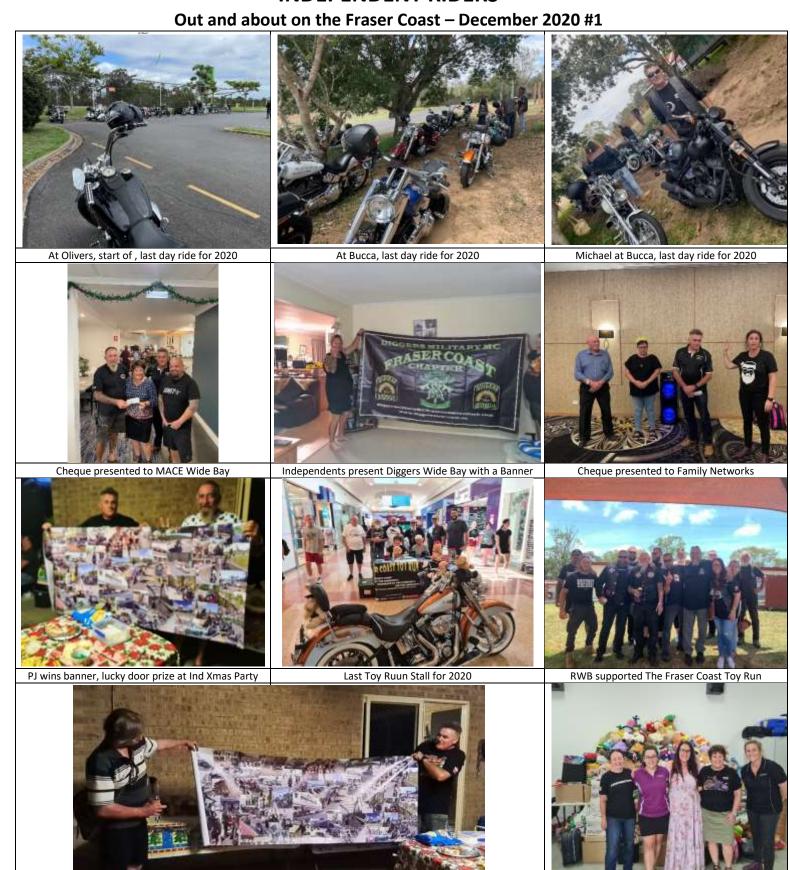




PIC #1 Start of Toy Run PIC#2 Regrouping on Bruce Highway PIC #3 Regrouping Tooth Street Eli Waters

Fraser Coast Toy Run 2020 – 6<sup>th</sup> December #2



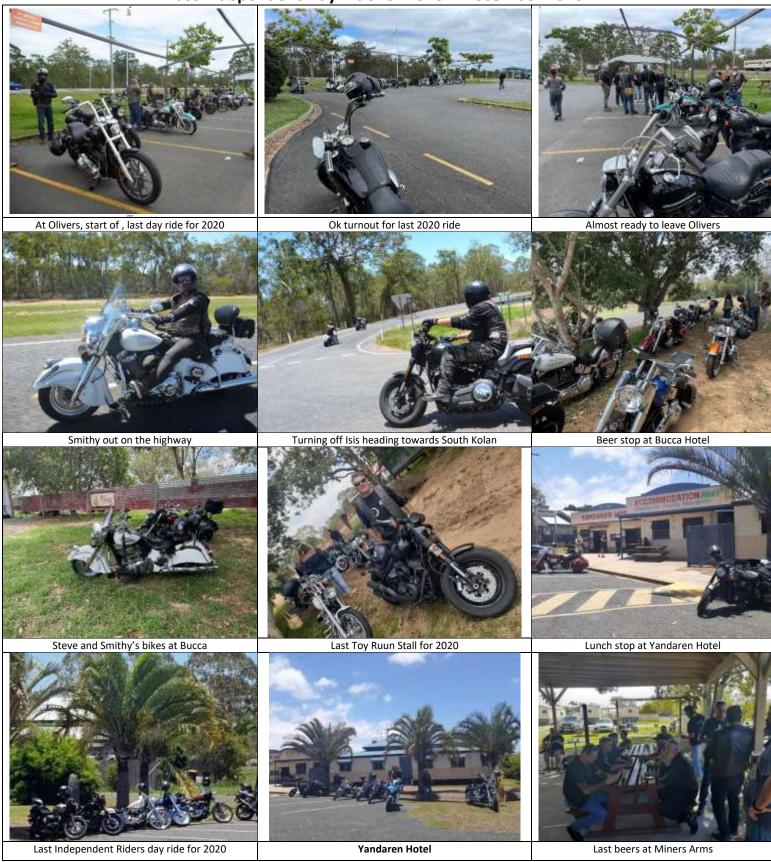


of Independent Riders events

Mountain of toys for Family Networks

Cam receives a 'Thankyou' Banner for his support

**Last Independent Day Ride for 2020 – December 2020** 



# HOW TO SUPPORT MACE

# Message from MACE Wide Bay Committee

To all that are thinking of or have thought of becoming a MACE member , Supporter or a helper.

- You must be eligible for a Positive Notice blue card.
   M.A.C.E. will assist with that
- You must attend at least 3 meetings and help at awareness days or functions. At this stage a Full Member will become your sponsor.
   You will become an Associate member and you can stay an Associate or stay as a supporter as long as you like. These two categories cannot work directly with Children or represent M.A.C.E. without a full member being present
- To become a full member will take a minimum of (12) twelve months. This period is so as you can learn our policies, procedures and rules of engagement with children.

# There are two ways.

- (1) you own or have access to a motorbike capable of highway speeds
- (2) a Full member takes you on as a pillion on his or her bike. If you think M.A.C.E SMC is something that you would like to do please contact us Via Facebook or Email .mailto:barra@maceaustralia.com





# How to mess with a vegan!





I WAS TOLD TO TREAT OTHERS HOW I WANT TO BE TREATED. NOW I'M FACING SEXUAL HARASSMENT CHARGES.

MY PLANS FOR THE WEEKEND

ack of sex will have you mad at everything. Like who the fuck put grass in the yard.

> APART FROM "IT'S OK"

WHAT OTHER DEATH THREATS DO WOMEN USE?

I'M AT THE AGE WHERE MY MIND STILL THINKS I'M 29. MY SENSE OF HUMOR SUGGESTS I'M 12, WHILE MY BODY MOSTLY KEEPS ASKING IF I'M SURE I'M NOT DEAD YET.

ANYONE ELSE REACH THIS POINT IN THEIR LIFE ...?



My kids say they want a cat for Christmas.

Normally I do a turkey but hey, if it'll make 'em happy...

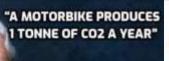




IS EITHER EXPENSIVE ILLEGAL

"You can't just buy yourself car parts and gift them to yourself for Christmas!"

It clearly says, " From Santa"



"CHILDREN PRODUCE 59 TONNES A YEAR"

"Use a condom"

"BUY MORE BIKES"

**DAVID ATTENBOROUGH** 



APART FROM "IT'S OK"

WHAT OTHER DEATH THREATS DO WOMEN USE?





downgraded Due to COND-19, Small and Blow Job Day as been obsergreese to work and part some

Waking up this morning was an eye-opening experience.





Went jogging in flip flops just to remember the sound.



his is what I mean by getting my





when you're on your 3rd

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# Thank-you to our sponsors



















































































07 4121 5643

Centre Management Station Square Maryborough, Kelly's Nails, The Butcher Shop Tinana, Maryborough Eykandi Artworks and Photography, Arthouse Northside, Wilko's Pro Shine



The BMW Motorcycle Club of Qld. invites all motorcyclists to attend

The 27th

# CANE TOAD RALLY

Since 1978

WHEN:

23rd, 24th, 25th April 2021

WHERE:

Wolca Reserve, Bania Rd. Mount Perry, Qld.

(5.5km North of Mount Perry)

GPS:

-25.132795 151.619289

COST:

\$25 Entry (includes Rally Badge and Camping Fee)

pre-registration can be made on website before April 18, saves

time when you arrive at rally, just sign in and pay entry fee.

Camping on large campground with hot showers, flushing toilets and campfire.

Food Catered on Friday & Saturday night, other meals/drinks available in Mt. Perry.

Bike Tour of local area highlights on Saturday morning. Light Entertainment on Saturday night around campfire.

Screen printing of the "Cane Toad Logo" onto your T-Shirt done on site for a gold coin donation. There will be the traditional Rum Hunt, Gymkhana and usual Awards.

### For further Details:

canetoadrally.com.au email: canetoadrally@gmail.com



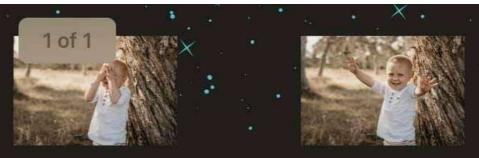
Proceeds donated to







of property or personal injury.



BIKES AND CARS WELCOME

# Ride for William

SUNDAY 10TH JANUARY 2021 8.30AM
REGISTRATION FROM 7.30 AM AT
CQUNIVERSITY CARPARK

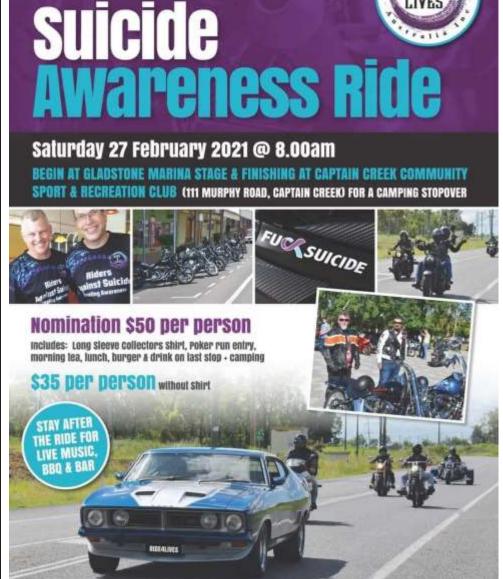
All money going to the Wheeler F

RIDE WILL BE A BUNDABERG COASTAL RIDE ELLIOT HEADS- BURNETT HEADS

RIDE WILL END AT THE CLUB HOTEL FOR RAFFLES, ENTERTAINMENT AND TO CELEBRATE A WONDERFUL LITTLE BOY!

ENQUIRIES CALL JAS 0401487505

William was 11 months old when he was diagnosed with Stage 4
Neuroblastoma in Jan 2019. He finished his 8 rounds of high dose
chemotherapy in August 2019 and sadly relapsed just 3 weeks after finishing.
He then did a further 8 rounds of chemo, 2 bone marrow transplants and
had started immunotherapy when the cancer had been found to have spread
throughout his entire body in November 2020. Our William is the most
amazing and loving little boy. He loves his brothers and the nurses. He never
got to experience life like a formal toddler but he was always smiling and
happy even when things were far from perfect



Online registrations available now on our website www.ride4lives.org

All bikes & cars welcome on ride





# ARGUABLY THE BEST TROPHIES ON THE COAST

# MARKETS, RAFFLES, CASH PRIZES, PLUS MORE

# WHERE?

FRASER COAST WILDLIFE SANCTUARY 31 MUNGAR ROAD MARYBOROUGH



ALL PROCEEDS FROM THIS EVENT GO TO THE FRASER COAST WILDLIFE SANCTUARY

REGISTRATION 7.30AM - 11.30AM REGISTRATION \$5.00 Winners announced 12.30PM

# PEOPLES CHOICE BIKES

BEST AMERICAN
BEST EUROPEAN
BEST JAPANESE
BEST TRIKE
BEST VINTAGE
BEST BIKE OF SHOW

# PEOPLES CHOICE CARS

BEST FORD
BEST HOLDEN
BEST AMERICAN
BEST HOT ROD
BEST CUSTOM CLASSIC
BEST CAR OF SHOW

WWW.EATMYSHORTS.COM.AU

A.C.H 606 088 251



# FOR SALE #1









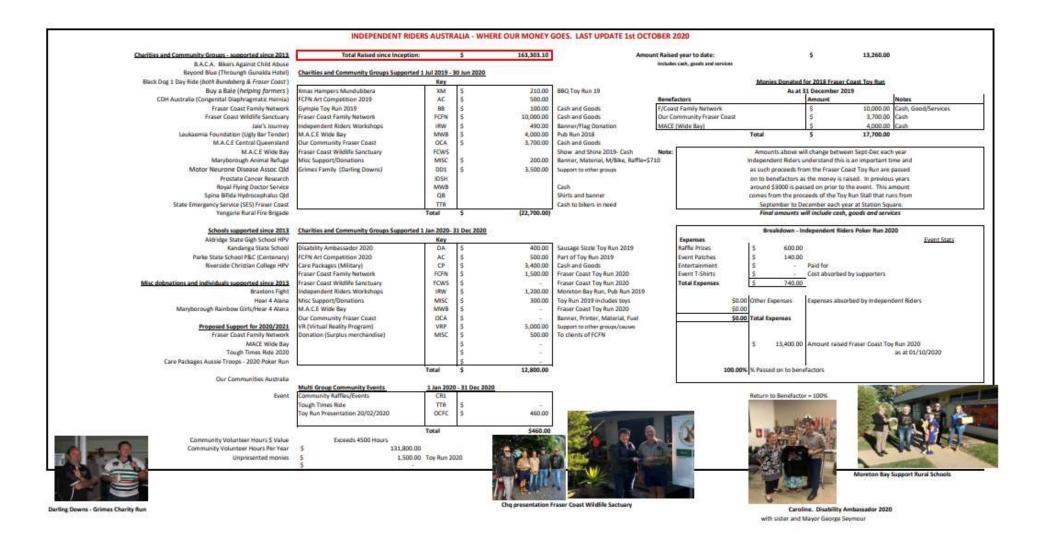
Comes with everything you need to start your own business Included with coffee machine: Stainless steel bench, fully plumbed includes water filter, grinder, touch screen and till (never used), scanner,

mini receipt printer.

Originally purchased for \$20,000 this machine has had no commercial use. For inspection and/or to make an offer over \$5,000 contact Michael or Julie

Phone: Michael 0409 575284 or Julie 0400 690981

# WHERE OUR MONEY, GOODS AND RESOURCES GO



**Independent Riders Australia – Supporting our communities** 

# **HELPING WITH CARE PACKAGES**

# What is a Care Package?

A care package is a parcel containing a variety of products that is sent to Australian Troops who are deployed overseas. These packages can contain a variety of products, some of which are listed below.

Funds raised and goods collected from our March 10 Poker Run went towards 60 care packages that were put together on March 24 and sent to our troops on the week ending 1 April 2018. Our plan is to continue collection of goods through 2018 until our poker run in 2020. In 2021 we are hoping to be able to give to an organization in Wide Bay that provides care to our returned service people.

List for what can go in a Care Packages, anything that you would like to receive from home! Note: If we keep the boxes under2kg the military will send for nothing.

# Sorry No glass jars or aerosol cans

- Razors
- Roll on deodorants
- Chap sticks for lips
- Shampoo and conditioner (Small)
- Sunscreen. (Small)
- Baby wipes. (Wash)
- Body wash
- Eye drops
- Tooth paste or Toothbrush
- Tim Tams
- Lollies
- Noodles
- Vegemite
- Peanut paste
- Muesli bars

- Milo,
- Coffee, (small packets)
- Tea
- Nutella
- Cookies
- Nuts
- Gum
- Dried fruit
- Note books
- Biro's
- Puzzle books
- Playing cards. UNO cards, dice
- Magazines. (car books , bikes others that would be interesting, national geographic books, calendars) etc

There is heaps more you can add in however if you are unsure or would like more information or have goods that could be used, then contact: Julie on 0400 690981 or Michael on 0409 57528.

So next time you are doing your shopping, pop in a little extra. Thank you.

# Feel Like a Chat? Flourish Australia Hervey Bay

# Phone 1800 WE LISTEN (1800 9354 7836)

1800 WE LISTEN is Flourish Australia's Peer WarmLine which commenced operation on July 1, 2012.

When you call **1800 WE LISTEN**, you will be speaking to someone who has a mutual understanding of mental illness. Flourish Australia staff combines their own experiences with extensive training to provide you with the support you request.

**1800** WE LISTEN is <u>not</u> a crisis service, it is simply a number you can call when you want to have a chat, knowing that someone who is successfully managing their own recovery will be there to listen and share experiences.



# **Corona Virus Links to The World Health Organisation Website**

Links below are directly to the World Health Organisation in regards to the Coronavirus Disease. It is far better in this day and age to arm oneself with facts rather than rumors, hearsay and half truths.

### The first link is:

- Myth busters, followed by:
- When and how to use masks,
- Advice to public,
- Videos on prevention,
- Healthy Parenting and finally:
- Virus situation dashboard.

# Myth Busters 1

# When and How to use Masks

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks

Advise to Public <a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos</a>
<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos</a>

Healthy Parenting https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting

Coronavirus Situation Dash Board https://experience.arcgis.com/experience/685d0ace521648f8a5beeeee1b9125cd