

# SUNFLOWER SEEDS FOR UKRAINE NEWS AUGUST 2022

INITIATIVE OF THE ROTARY CLUB OF COOLAMON D9705

*Hi John,*

*Question. I was wondering about payment for the boxes and the freight for same and the seeds. Will there be an invoice????*

The answer to the above question; that has been asked by so many of you who have received seeds and boxes, and have asked me for invoices for the postage for the seeds and for the cost of the boxes, that we have sent, follows:

*Answer. We would naturally appreciate any help with the cost of postage and by now all those who have received seeds and boxes will know how much the postage costs were. As for the boxes themselves; we have decided that the cost of the boxes, all 1,000, will be our donation towards the Ukraine humanitarian relief appeal.*

*We do not want to increase the burden on our administration and feel that this would be fair to all concerned. Therefore if you are able to, please send us a cheque for the postage component only to:*

**The Rotary Club of Coolamon, P.O. Box 23 COOLAMON, N.S.W. 2701.**

	<p><b>SUNFLOWERS FOR UKRAINE</b></p> <p>Sow a seed for the people of Ukraine</p>  <p>An initiative of the Rotary Club of Coolamon. Proudly supported by Rotary Worldwide</p>	<p><b>Thank you for your donation!</b></p> <p><b>Best Soil for Growing</b></p> <p>Sunflowers are annuals that grow well in fertile, well-drained soil. Their ideal soil conditions lie between a pH level of 6.0 and 7.5, however, they're pretty hardy so will grow in most soils with some care. Most importantly, they love being planted in a spot that has 6-8 hours of sunlight each day. You could even grow sunflowers indoors in containers if you place them near a north facing window.</p> <p><b>When and How to Plant</b></p> <p>Spring or early summer, when the soil is starting to warm up, is the best time to sow sunflower seeds. A typical flowering time is about 8-10 weeks. If you're sowing seeds in a garden bed, you should aim to place them about 60cm apart and 2cm deep. Before you plant, enrich the soil with some compost and give the soil a turn with a pitchfork so it is loose.</p> <p>Proceeds go to the Rotary Australia World Community Service Project for The Ukraine Crisis Appeal</p> <p>Specifically for the Displaced Children in Ukraine</p> <p>Rotary   </p> <p>Ukraine's National Flower</p> 
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**We cannot force someone to hear a message they are not ready to receive.**



**But we must never underestimate the power of planting a seed.**

## PHASE FOUR OF THIS INITIATIVE

We now have around 650 display and donation boxes distributed over many clubs in Australia.

The message on the left is a catalyst for the idea to become the next phase of this initiative.

One that can be taken on by individual clubs without any help from Coolamon Rotary. The project could progress to your club holding and promoting a competition for the best crop of sunflowers in the garden or one for individual plants grown indoors.

It would be a fitting conclusion to all the work done so far.

Please share your ideas with us and we will help by letting other clubs know how to continue raising funds for Ukraine.



# STORIES FROM CLUBS WHO ARE RAISING FUNDS FOR UKRAINE

## From the Rotary Club of Wagga Wagga Sunrise:

"Earlier today our members Matt and Clare spent a few hours selling sunflower seeds on behalf of the Rotary Club of Wagga Wagga Sunrise Inc. All funds raised will go directly to humanitarian efforts in Ukraine! A fantastic project started by Coolamon Rotary Club."

Below photos of the recent efforts by Wagga Wagga Sunrise.



Above Clare Lawlor and Matthew Thomas



Wagga Wagga Sunrise members hard at work receiving donations for the seeds. In two separate locations in Wagga Wagga recently.

WW Sunrise have a Corporate member in Bush & Campbell Accountants in Wagga Wagga.

## Town and Country Children's Centre

### I just love this project in Wagga Wagga.

Supporting Ukraine Independence Day and selling sunflower seeds to help the crisis appeal for humanitarian relief for the people of the Ukraine 🌻 🌻 🌻 🇺🇦 🇺🇦 🇺🇦

Thank you Town and Country for remembering and supporting people of Ukraine 🇺🇦

We are very grateful for the amazing yummy food, we all were very impressed, especially mum who has arrived from Ukraine in July

Thankyou 😊 Labara's family.



**Entrée:** Borscht (*Beetroot soup*)

**Main:** Chicken kyiv balls with braised cabbage

**Dessert:** Makovyi torte