ROTARY CLUB OF
THE ENTRANCE INC.

Chartered 26th April, 1972 District 9685

Facebook; Rotary Club of The Entrance **Website: http://www.rotarytheentrance.org.au**

PO Box 8173 Tumbi Umbi 2261

WEEKLY BULLETIN *2016 – 2017*

Volume 35 Issue 47 30th May, 2017

Over 40 years helping the local community

RI President: John F Germ (RC Chattanooga, Tennessee) (Judy)
District Governor: Bruce Lakin (RC of Upper Northern Beaches) (Bette)

CLUB BOARD MEMBERS

President	**Secretary**	**Treasurer**
Torben Nielsen	Con Bartsos	Stan Crellin

Vice President: Keith Desmond
President Elect (17-18): Gordon Crawford
Vocational: Gordon Crawford
Club Admin: Robin Hearder
Membership: Michael Sawczak
Youth: Alan Palmer

International: David Waterhouse
Community / Projects: Torben Nielsen
Rotary Foundation: Stan Crellin
Sergeant-at-Arms: Alan Palmer
Attendance Officer: Max Taylor
Bulletin Editor: George Clifford

Auditor: Community Audit Services Inc.

MAY is YOUTH SERVICE MONTH

Address Correspondence to:
The Secretary Rotary Club of The Entrance
PO Box 8173 Tumbi Umbi: 2261

Bulletin Editor
gclif@bigpond.com

CATERING

To assist with seating could you make your apology or book in any guests to
Treasurer Stan by telephone call or SMS by noon on Monday on 4362 1665 or 0412 454 356

HAVE YOU REGISTERED YET for CHILD PROTECTION Apply at WWW.newcheck.kids.nsw.gov.au fill in application – names as on drivers licence. Receive a number APPxxxxxxx. Attend RMS office with number & proof of identity. A WWC number ending with V will follow by E-mail. ie. **WWC**1234567

President Torben's Words of Wisdom

Saturday July 1 District Changeover

It was decided last meeting we hire a bus for the District Changeover, it's a 25 seater, first in best dressed the cost of bus ride is $15.
Suggested pickup points: Sparks Rd(4.15pm) Mingara(4.45pm) Gosford RSL(5.15pm)

I want to welcome two new members Martin and Barbara Davies, please make yourselves known to them.
My thanks to the members who transported me around, whilst I have been unable to drive.

Directors – Annual reports to be forwarded to Con by ***Jun 6***

Believe you can and you're halfway there. Theodore Roosevelt

President Elect Gordon Crawford

Rotary Club of The Entrance Planning Meeting - May 2017

Meetings

Meet Weekly

1 Business
2 Speaker Meetings some related to purpose and some for entertainment and education.
1 Social

A different Chairman for each meeting. The Chairman to work with the President on the Agenda.
The program must run to time and Chairman will receive an appraisal.
Two things done well, and one point for improvement.

There will be no Grace, Toast, Fines session or National Anthem. The 4 way test will stay.
Objects of Rotary will be reserved for special meetings.

Projects and Goals

Support Rotary Programs e.g. RYLA, RYPEN, RYDA, MUNA, Youth Exchange.
Support PCYC
YARRAN
ASPECT
Education Forums
Build relationships with schools and youth organizations
Focus on disadvantaged kids (mental; physical; social)
Hold social fundraisers

I was out walking with some friends and said, 'Look, a bird with no wings!!!'. Everyone looked up.".

Whenever you find yourself on the side of the majority, it's time to pause and reflect.
- Mark Twain

Somebody recently figured out that we have 35 million laws to enforce the ten commandments.
- Bert Masterson

District Changeover

Saturday July 1

Pick up points

Sparkes Rd, Mingara, Gosford RSL

4.15pm 4.45pm 5.15pm

Name	Self	No. guests
BARTSOS. Con	1	1
CLIFFORD. George	1	1
CRAWFORD. Gordon	1	1
CRELLIN. Stan	1	1
DAVIES. Barbara		
DAVIES. Martin		
DENMARK. Clive	1	
DESMOND. Keith		
HAMMOM-PARKER. Stephen	1	
HEARDER. Robin	1	
LAMKIN. Ken		
NIELSEN. Torben	1	
PALMER. Alan	1	1
SAWCZAK. Michael		
WARD. Peter		
WATERHOUSE. David	1	1
Honory Members		
MADDAMS. Lionel		
McILWAINE. John		
UNWIN. Rob		
ZAMMIT. Charles		
Sub Total	10	6
Total	16	

Club Changeover June 20

6.30pm for 7pm

Name	Self	No. of guests
BARTSOS. Con	1	1
CLIFFORD. George	1	1
CRAWFORD. Gordon	1	1
CRELLIN. Stan	1	
DAVIES. Barbara		
DAVIES. Martin		
DENMARK. Clive	1	1
DESMOND. Keith		
HAMMOM-PARKER. Stephen		
HEARDER. Robin	1	1
LAMKIN. Ken		
NIELSEN. Torben	1	
PALMER. Alan	1	1
SAWCZAK. Michael		
WARD. Peter	1	1
WATERHOUSE. David	1	1
Honory Members		
MADDAMS. Lionel		
McILWAINE. John		
UNWIN. Rob		
ZAMMIT. Charles		
GUESTS		
Sub Total	10	8
Total	18	

Australian Rotary Health 23rd May 2017

Australian Rotary Health, since its inception in 1981 and following the extraordinarily successful outcome of its initial research into sudden infant death syndrome, is a great Australian program of the Rotary Clubs of Australia.

This country faces a mental illness epidemic. It is a huge challenge and we know that Rotary can create a happier, healthier society through mental health research, particularly for our younger people.

Australia now faces some very stark mental health statistics, including:

- One in two people will suffer from a mental illness in their lifetime
- One in five suffers from a mental illness in any given year
- **50% of mental illness occurs before the age of 14**
- More hours are lost through mental illness in the workplace than any other factor

From 2017 for at least three years, Lift the Lid on Mental Illness will become the principal fund raising initiative for ARH. As the largest non-government funder of mental health research, we are committed to help create a happier, healthier Australia. Our aim is to raise $20 million by 2020 from the general public and businesses, with support from our Rotary Clubs and Rotarians, and so significantly increase the numbers of researchers we can fund.

As a proud and active Rotarian for 41 years and as the incoming Chairman of ARH for three years from September, I want you to know how much ARH does and the quality of its management. There is no better run Rotary organisation in this country.

Please visit the ARH website which will give more detail into our research activities and programs. Financially, we maintain a corpus from which our investments achieve an income which covers staff costs and all operating expenses. This allows us to continue giving 100% of all our donations

Kind regards,

Greg Ross Chairman Elect Australian Rotary Health M: 0407 891 048

Australian Rotary Health PO Box 3455 Parramatta NSW 2124 Phone (02) 8837 1900 | Fax (02) 9635 5042

admin@arh.org.au www.australianrotaryhealth.org.au | www.hatday.com.au

MEMBERSHIP - Michael Sawczak

Welcome to Barbara and Martin Davies. They have already contributed to the future of our Rotary Club at last weeks meeting

PROGRAM - Robin Header

3/05/201

Day	Date	Activity	Time	Venue
Tues	30/05/2017	**Peita Berzins - Shelterbox**		Mingara
Tues	6/06/2017	**Val Blampain- RYE Belgium (Umina)**	Board Meeting	Mingara
Sat	10/06/2017	**Spin & Win**	9:00am to 11:30am	Bateau Bay
Tues	13/06/2017	**Alan Palmer 0/s Hols**		Mingara
Sat	17/06/2017	**Spin & Win**	9:30am to 11:30am	Bateau Bay
Tues	20/06/2017	**CLUB CHANGEOVER**	Partners Night	Mingara
Tues	27/06/2017	**Project Planning - PE Gordon**		Mingara
Sat	1/07/17	**District Changeover**		Hornsby RSL
Tues	4/07/2017	**No MEETING - Bunnings BBQ**	8.00am to 4.00pm	Bunnings Tuggerah *
Wed	5/07/2017	**Bunnings BBQ**	8.00am to 4.00pm	Bunnings Tuggerah #
Fri	7/07/2017	**Bunnings BBQ**	8.00am to 4.00pm	Bunnings Tuggerah #
Sat	8/07/2017	**Spin & Win**	9:30am to 11:30am	Bateau Bay
Tues	11/07/2017	**Speaker TBA**		Mingara
Tues	11/07/2017	**Bunnings BBQ**	8.00am to 4.00pm	Bunnings Tuggerah *
Wed	12/07/2017	**Bunnings BBQ**	8.00am to 4.00pm	Bunnings Tuggerah #
Sat	15/07/2017	**Spin & Win**	9:30am to 11:30am	Bateau Bay
Tues	18/07/2017	**Speaker TBA**		Mingara
Sun	23/07/2017	**Christmas in July - Lunch**	David & Dianne	Waterhouse residence
Tues	25/07/2017	**Speaker TBA**		Mingara
	Notes-	**1. Bunnings Tuggerah * with PCYC**		
		2. Bunnings Tuggerah # - Club ONLY.		3/05/2017

Lawyers: thanks to Michael for this insight into the law profession

"Lawyers have over 2,000 years developed a language, so that they cannot be misunderstood. This has been achieved since the language simply cannot be understood in the first place; therefore cannot be misunderstood".

The physician can bury his mistakes, but the architect can only advise his clients to plant vines.
- Frank Lloyd Wright

Art
What sells
- Frank Lloyd Wright

The reasonable man adapts himself to the world; the unreasonable man persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man.
- George Bernard Shaw

SPIN & WIN ROSTER

May 13th Saturday

Clive Denmark
David Waterhouse
Con Bartsos
Stephen Hammond-Parker
Torben Nielsen

May 20th Saturday

Michael Sawczak
Keith Desmond → Stephen Hammon-Parker
Gordon Crawford
Torben Nielsen

June 10 Saturday

David Waterhouse
George Clifford → Robin Hearder
Con Bartsos
Stephen Hammond-Parker → Keith Desmond
Torben Nielsen

June 16 Friday

Michael Sawczak
Stan Crellin
Clive Denmark
Robin Hearder
Torben Nielsen

July 8 Saturday

??
??
George Clifford
Keith Desmond
Torben Nielsen

July 15 Saturday

Robin Hearder
David Waterhouse
Stephen Hammond-Parker
Gordon Crawford
Torben Nielsen

If you change with someone

Please let me know

Dated: May 4

BUNNINGS BBQ

Name	Tues 4/7		Wed 5/7		Fri 7/7		Tues 11/7		Wed 12/7	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
BARTSOS. Con										
CLIFFORD. George	Yes				Yes		Yes			
CRAWFORD. Gordon		Yes	Yes		Yes			Yes		
CRELLIN. Stan	P	P					P	P	Yes	
DAVIES. Barbara	C	C	Yes				C	C	Yes	
DAVIES. Martin	Y	Y	Yes				Y	Y		
DENMARK. Clive	C	C		Yes		Yes	C	C		Yes
DESMOND. Keith	Working									
HAMMOM-PARKER. Stephen										
HEARDER. Robin			10am-2pm		10am-2pm				10am-2pm	
LAMKIN. Ken										
NIELSEN. Torben	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
PALMER. Alan										
SAWCZAK. Michael		Yes	Yes		Yes			Yes		
WARD. Peter	Working									
WATERHOUSE. David	Yes	Yes	Yes		Yes		Yes	Yes		
Number attending										
Club	3	4	6	2	5	2	3	4	3	2
PCYC	2	2					2	2		
Total	5	6	6	2	5	2	5	6	3	2
Min needed	4	4	4	4	4	4	4	4	4	4

Rotary Information

Model United Nations Assembly (MUNA) is a Rotary District project designed to create an awareness of the role of the United Nations in mediating international issues. Teams of three students from years 11 or 12 select a country; research its history, politics, economics, peoples, international alignment and policies in current world affairs. Having chosen a country they then debate selected resolutions from each country's point of view in a mock United Nations Assembly. MUNA occurs in March each year, and two students are then sponsored to attend the national MUNA titles in Canberra in August. The Assembly simulates the workings of the UN Assembly by having teams of two students represent a particular UN country in debates on matters of world political and social concern. The students dress to represent their country. The program targets year 10 and 11 students (most are year 11). Before attending, students are expected to familiarise themselves with the nation they represent by studying its history, politics, economics, people, geography, international alignment and real life stance on world affairs. Ideally a familiarisation with the nation that the students are representing will not only involve the participating students but will hopefully become a learning exercise for all the students in that year.

EATING DISORDERS and YOUNG PEOPLE

Adolescence is a time of significant change and development, and the physical and social changes that young people experience can impact on their body image and mental health

In a recent survey conducted by Mission Australia body image ranked in the top three of all concerns, following stress and school.

The media and social media are seen as major contributors to body dissatisfaction, with daily exposure to unrealistic and altered imagery arguably promoting a perception of perfection. Body dissatisfaction can occur as a result of feeling inadequate compared to the ideals presented in these images. This can impact upon an individual's psychological and physical wellbeing and may make some people more vulnerable to developing eating disorders.

What are eating disorders?

There are currently four separate types of eating disorders:
Anorexia Nervosa
Bulimia Nervosa
Bing Eating Disorder and
Other Specified Feeding and Eating Disorders

The Figures

Eating disorders have a significant and often underestimated impact on society. In Australia, about one in 20 has experienced an eating disorder, with as many as one in four Australians knowing someone who has. Two in three in every 100 females in Australia has anorexia or bulimia nervosa and around four in 100 Australians have symptoms of binge eating disorder. While eating disorders are often portrayed as illnesses that only affect females, up to a quarter of people with eating disorders are male.

The peak period for the onset of eating disorders is between the ages of 12 and 25 years, with a median age of around 18 years. Eating disorders do not discriminate and can affect people of any age, gender and cultural or socioeconomic background.

Understanding the Symptoms

People who suffer an eating disorder can display one or a combination of symptoms. In some cases, they may not show any signs or symptoms at all. Warning signs may include:

- Rapid weight loss or frequent weight change
- Lethargy and low energy
- Preoccupation with eating, food, body shape and weight
- Feeling anxious and/or irritable around meal time
- A distorted body image
- Using food as a source of comfort or as self-punishment
- Dieting behaviour such as fasting, counting calorie, avoiding food groups
- Frequent trips to the bathroom during or shortly after meals
- Compulsive or excessive exercising
- Secretive behaviour around food.

Where to go for help

Available support services include

- Your doctor
- The Butterfly Foundation (1800 33 4673 / 1800 ED HOPE)
- Lifeline (13 11 14)

- Kids helpline (1800 55 1800)

(Sources: National Eating Disorders Collaboration **neds.com.au,** BeyondBlue **beyondblue.org.au**, The Butterfly Foundation **thebutterflyfoundation.org.au**, Eating Disorders Victoria **eatingdisorders.org.au**, Mission Australia **missionaustralia.com.au**)

A man went to see his doctor about a nasty red patch on his skin. When he asked whether it would get better, the doctor would only say, "I can't make any rash promises.".

A minister and lawyer were chatting at a party: "What do you do if you make a mistake on a case?" the minister asked. "Try to fix it if it's big; ignore it if it's insignificant," replied the lawyer. "What do you do?" The minister replied "Oh, more or less the same. Let me give you an example. The other day I meant to say 'the devil is the father of liars,' but instead I said 'the devil is the father of lawyers,' so I let it go.".

Astronauts
Rotarians in outer space (Gore Vidal)

Australia
The only country in the world where the word 'academic' is regularly used as a term of abuse
Leonie Kramer

ROTARY GRACE

In partaking of this meal may we remember those
Less fortunate than ourselves and, by our deeds of
Of Rotary service, may the day be brought nearer
When no-one shall want for food or fellowship. Amen

ROTARY TOAST

Fellows (and guests) please join me in a toast to the Queen, People of Australia and Rotarians throughout the world.

THE FOUR WAY TEST

Of the things we think, say or do:
Is it the TRUTH?
Is it FAIR to all concerned?
Will it build GOODWILL and
BETTER FRIENDSHIPS?
Will it be BENEFICIAL to all concerned?

ADVANCE AUSTRALIA FAIR

Australians all, let us rejoice, for we are young and free.
We've golden soil and wealth for toil, our home is girt by sea
Our land abounds in nature's gifts of beauty rich and rare
In history's page let every stage Advance Australia Fair
In joyful stains then let us sing
Advance Australia Fair

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STORAGE KING

Shelly Beach GOLF CLUB