



ROTARY:
MAKING A
DIFFERENCE



The Pelican News

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 2017 – 2018

Volume 46 Issue 43 June 12, 2018

46 years helping the local community

RI President: Ian Riseley (RC of Sandringham. Vic) (Juliet)

District Governor: Peter Ward (RC of The Entrance) (Anne)

CLUB BOARD MEMBERS

President

Gordon Crawford

Secretary

Con Bartsos

Treasurer

Gordon Crawford/ Clive Denmark

President Elect (18-19): Robin Header

International: David Waterhouse

Foundation:

Club Admin: Robin Header

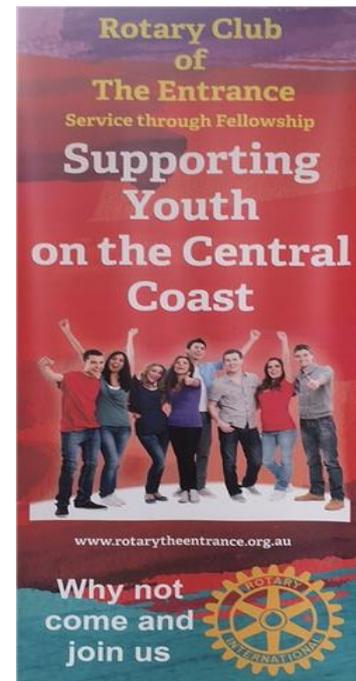
Youth: Alan Palmer

Membership: Stephen Hammond-Parker

Bulletin Editor: George Clifford

Vocation/Community : Torben Nielsen

Auditor: Community Audit Services



JUNE IS ROTARY FELLOWSHIPS MONTH

Address Correspondence to:

The Secretary Rotary Club of The Entrance

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Bulletin Editor

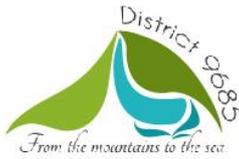
gclif@bigpond.com

CATERING

To assist with seating could you make your apology or book in any guests to
PE Robin Header by telephone call or SMS by noon on Monday on 4333 8087 or 0404 160 548

Child Protection – apply at WWW.check.cyp.nsw.gov.au/Application/Applicants

Use the name on your driver's licence. Receive a number APPxxxxxx. Attend RMS office with number & proof of ID. A WWC number ending with V will follow by E-mail eg. QQC1234567V



Rotary Club of The Entrance



*President Gordon Crawford and
President-Elect Robin Hearder*

*Invite you to the
Annual Changeover Dinner
at
Club Mingara, Tumbi Umbi
on Tuesday, 19th June, 2018*

*6.30pm for 7.00pm
Cost: \$40 per head
Dress: Smart Casual*

Entertainment: Tim Ward and his band

RSVP by 14th June
Robin Hearder
4330 8087 or 0404 160 548
Email: rhearder39@gmail.com

NEW BREEDS OF DOG - apt as this is the Year of the Dog

- Cross a Labrador Retriever with a Curly Coated Retriever and get a Lab Coat Retriever, the choice dog of research scientists
- Cross a Terrier with a Bulldog and get a Terribull, a dog that makes awful mistakes
- Cross an Irish Water Spaniel with an English Springer Spaniel and get an Irish Springer, a dog fresh and clean as a whistle!
- Cross a Collie with a Malamute and get a Commute, a dog that travels to work
- Cross a Bloodhound with a Labrador and get a Blabador, a dog that barks incessantly.

Meeting of Rotary club of the Entrance, venue Mingara,

Members present Gordon Crawford, Robin Hearder, David Waterhouse, Stephen Hammond- Parker, Martin Davies, Barbara Davies, Clive Denmark and Peter Lethbridge, DG Peter Ward

Guest speaker Len Smith, guests Rita and Michael Smith.

President Gordon called upon Robin Hearder to introduce his guests and to report on preparations for handover dinner. Robin advised currently 41 attending. Discussion of payment options, guest list and arrangements. Advised David Waterhouse will be taking over Admin from Robin.

Secretary reported on collection and disposal of bowel care kits and proceeds.

Also advised receipt of thankyou letter from Carol Rysbergen re funeral attendance.

At the request of PE Robin a brief Board Meeting was convened to discuss changing signatures on Greater Bank investment accounts to Robin, Clive Demark and Martin Davies. Also possibly to close and transfer to Bendigo accounts when obtained. Motion to accept proposed by Pres Gordon, ,seconded by Martin Davies, accepted unanimously by show of hands.

Dinner was taken at 1900.

After dinner the meeting was treated to video presentation by Leonard Smith of the Castle Hill club on the history and progress of Rotary clubs in the People's Republic of China.

Questions and discussion with members.

President Gordon expressed the Clubs' appreciation and presented Len with a bottle of wine.

Meeting closed approx 2000



A presentation by Len Smith of a painting he did. To be used as a fund raiser for the club. Len is currently a member of the RC of Castle Hill. He also assisted in the formation of the RC of Shangi.

CLUB PROGRAM FOR 2018 PE Robin Hearder

Day	Date	Activity	Time	Venue
June				
Fri	15 th	Spin & Win	10.00am – 12.30	Bateau Bay
Tues	19 th	Club Changeover (Partners)	6.00 for 6.30	Mingara
Wed	20 th	Bunnings BBQ	8.00-4.00	Tuggerah
Tues	26 th	Board Meeting	6.00 for 6.30	Mingara
July				
Tues	3 rd	tba		
Wed	4 th	Bunnings BBQ	8.00-4.00	Tuggerah
Sat	7 th	District Changeover		Hornsby RSL
Sat	14 th	Spin & Win	10.00am – 12.30	Bateau Bay
Wed	18 th	Bunnings BBQ	8.00-4.00	Tuggerah

Q: How do you keep your husband from reading your e-mail?.

A :Rename the mail folder "Instruction Manuals"..

Q: What do you get when you cross a mafia boss with a modern artist?.

A: Someone who'll make you an offer you can't understand..

CONSOLIDATED ROSTERS - Spin & Win - BBQ

Spin and Win at Bateau Bay				
Day	Date	Time Slots	Resources	Task
Saturday	Jun-15	10.00 to 12.30	David Waterhouse	Manager
		10.00 to 12.30	Clive Denmark	Helper
		10.00 to 12.30	Peter Lethbridge	Helper
Morning Shift at Tuggerah Bunnings				
Day	Date	Time Slots	Resources	Task
Wednesday	Jun-20	7.30 to 13.00	Clive Denmark	Manager
		8.00 to 13.00	Lorraine Hyde	2IC
		8.30 to 13.00	Margaret Unwin	Helper
		As Required	Stephen Hammond-Parker	Logistics
Afternoon Shift at Tuggerah Bunnings				
Day	Date	Time Slots	Resources	Task
Wednesday	Jun-20	12.00 to 16.00	Peter Lethbridge	Manager
		12.00 to 16.00	David Waterhouse	2IC
		12.00 to 16.00	Dianne Waterhouse	Helper
		As Required	Stephen Hammond-Parker	Logistics

Morning Shift at Tuggerah Bunnings				
Day	Date	Time Slots	Resources	Task
Wednesday	Jul-04	7.30 to 13.00	Clive Denmark	Manager
		8.00 to 13.00	Dianne Waterhouse	2IC
		8.30 to 13.00	David Waterhouse	Helper
		As Required	Stephen Hammond-Parker	Logistics

Afternoon Shift at Tuggerah Bunnings				
Day	Date	Time Slots	Resources	Task
Wednesday	Jul-04	12.00 to 16.00	Peter Lethbridge	Manager
		12.00 to 16.00	Volunteer required	2IC
		12.00 to 16.00	Volunteer required	Helper
		As Required	Stephen Hammond-Parker	Logistics

Spin and Win at Bateau Bay				
Day	Date	Time Slots	Resources	Task
Saturday	Jul-14	10.00 to 12.30	David Waterhouse	Manager
		10.00 to 12.30	Dianne Waterhouse	Helper
		10.00 to 12.30	Peter Lethbridge	Helper

Morning Shift at Tuggerah Bunnings				
Day	Date	Time Slots	Resources	Task
Wednesday	July 18	7.30 to 13.00	Clive Denmark	Manager
		8.00 to 13.00	David Waterhouse	2IC
		8.30 to 13.00	Dianne Waterhouse	Helper
		As Required	Stephen Hammond-Parker	Logistics

Afternoon Shift at Tuggerah Bunnings				
Day	Date	Time Slots	Resources	Task
Wednesday	July 18	12.00 to 16.00	Peter Lethbridge	Manager
		12.00 to 16.00	Volunteer required	2IC
		12.00 to 16.00	Volunteer required	Helper
		As Required	Stephen Hammond-Parker	Logistics

Thanks for this one Clive – the best I've seen of the current crop

Barnaby's new baby's middle name is IKEA

" One miss-laid screw and the whole cabinet falls apart "



Members

Our Interact club at Tumbi Umbi Campus is holding a Wheel-a-thon on the 22nd June.

They have asked us to run a BBQ at the event. They expect to sell 300 to 400 sausages from 12.30 to 1.15 on the day.

That is a lot of sausages in a short space of time and will need planning. We will probably need 5 volunteers. Each volunteer will be required to go through an ID process with the school at least a week before the event. This will require a WWC certificate and a driving license as well as a passport.

The kids have done an amazing job producing brochures, pledge sheets and presentations to do to the other school kids to get them to be involved.

I sincerely hope we will be able to provide the resources to assist.

Regards
Gordon

Paul Harris — First but not First

- Was Paul Harris the first president of a Rotary club? No.
- Was Paul Harris the first president of Rotary International? Yes.

There is an easy explanation to this apparent contradiction. Although Paul Harris was the founder and organizer of the first Rotary club in Chicago in 1905, the man selected to be the first president was one of the other founding members, Silvester Schiele.

By the year 1910, there were 16 Rotary clubs, which linked up as an organization called the National Association of Rotary Clubs. Two years later, the name was changed to the International Association of Rotary Clubs, as Rotary was organized in Winnipeg, Canada, and then in England, Ireland, and Scotland. In 1922, the name was shortened to Rotary International.

When the first organization of Rotary clubs was created in 1910, Paul Harris was selected as the first president. He served in this position for two years, from 1910 until 1912. Thus, the founder of the Rotary idea, who declined to be president of the first club, became the first president of the worldwide organization, Rotary International.

God's Plan for Aging.....

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath!

Nine Important Facts To Remember As We Grow Older.....

#9 Death is the number 1 killer in the world.

#8 Life is sexually transmitted.

#7 Good health is merely the slowest possible rate at which one can die.

#6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years unless you give them your email address.

#4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 All of us could take a lesson from the weather. It pays no attention to criticism.

#2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others while I go to the bathroom!

A LETTER BACK HOME TO THE FARM

Dear Mum & Dad, I am well. Hope youse are too. Tell me big brothers Doug and Phil that the Army is better than workin' on the farm - tell them to get in bloody quick smart before the jobs are all gone! I wuz a bit slow in settling down at first, because ya don't hafta get outta bed until 6am. But I like sleeping in now, cuz all yagotta do before brekky is make ya bed and shine ya boots and clean ya uniform. No bloody cows to milk, no calves to feed, or eggs ta get or feed to stack - nothin'!! But ya haz gotta shower though, but its not so bad, coz there's lotsa hot water and even some soap and a light to see what ya doing!

At brekky ya get cereal, fruit and eggs but there's no kangaroo steaks or possum stew like wot Mum makes. You don't get fed again until noon and by that time all the city kids are bugged because we've been on a 'route march' -strewth... its only just like walking to the windmill in the back paddock!!

This one will kill me brothers Doug and Phil with laughter. I keep getting medals for shootin' - dunno why. The bullseye is as big as a bloody possum's bum and it don't move and it's not firing back at ya like the Johnsons did when our big scrubber bull got into their prize cows before the Ekka last year! All ya gotta do is make yourself comfortable and hit the target - it's a piece of piss!! You don't even load your own cartridges they comes in little boxes and ya don't have to steady yourself against the rollbar of the roo shooting truck when you reload!

Sometimes yagotta wrestle with the city boys and I gotta be real careful coz they break easy - but it's OK coz it's only one at a time like, it's not like fighting with Doug and Phil and Jack and Boori and Steve and Muzza all at once like we do at home after the muster.

Turns out I'm not a bad boxer either and it looks like I'm the best the platoon's got, and I've only been beaten by this one bloke from the Engineers - he's 6 foot 5 and 18 stone and three pick handles across the shoulders. As ya know I'm only 5 foot 7 and eight stone wringin' wet, but I fought him till the other blokes pulled me off and carried me to the boozier. He didn't come with us though, said somethin about a sore mouth...

I can't complain about the Army - tell the boys to get in quick before word gets around how bloody good it is.

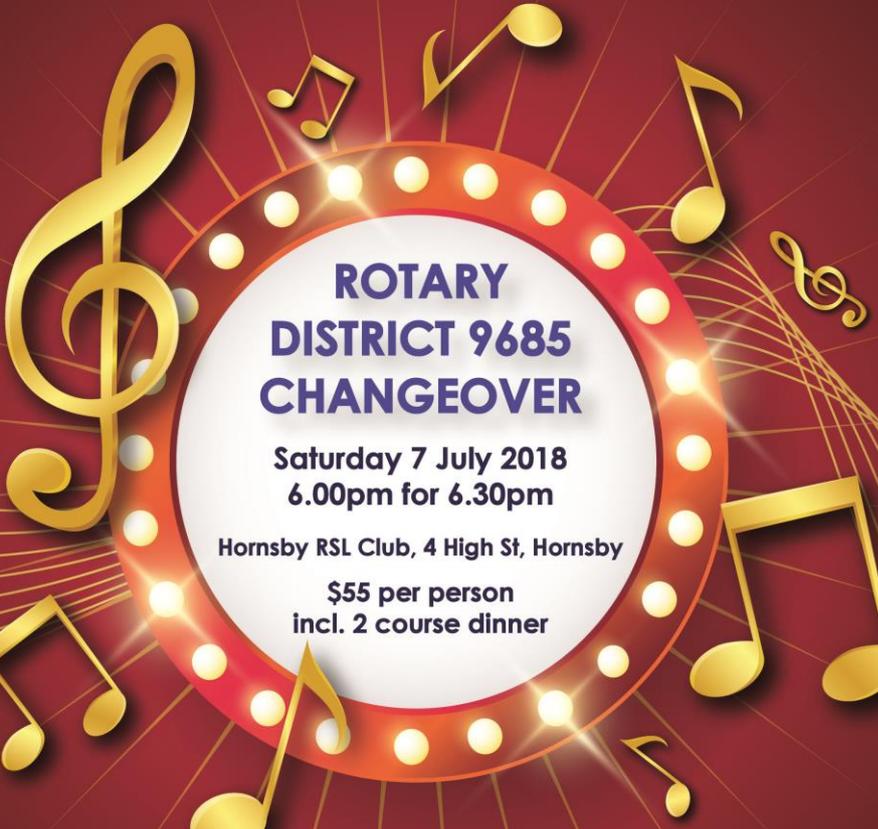
Your loving daughter, Sheila



June 17 Judy Desmond

A pastor went out one Saturday to visit his church members. At one house, it was obvious that someone was home, but nobody came to the door, even though the pastor knocked several times. Finally, the pastor took out his card, wrote "Revelation 3:20" on the back of it, and stuck it in the door. Revelation 3:20 --. Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and dine with him, and he with me. The next day, the card turned up in the collection plate. Below the pastor's message was the notation "Genesis 3:10." Genesis 3:10 --. I heard your voice in the garden, and I was afraid because I was naked; and I hid myself..

DG Peter and DGE Susan warmly invite you to



**ROTARY
DISTRICT 9685
CHANGEOVER**

**Saturday 7 July 2018
6.00pm for 6.30pm**

Hornsby RSL Club, 4 High St, Hornsby

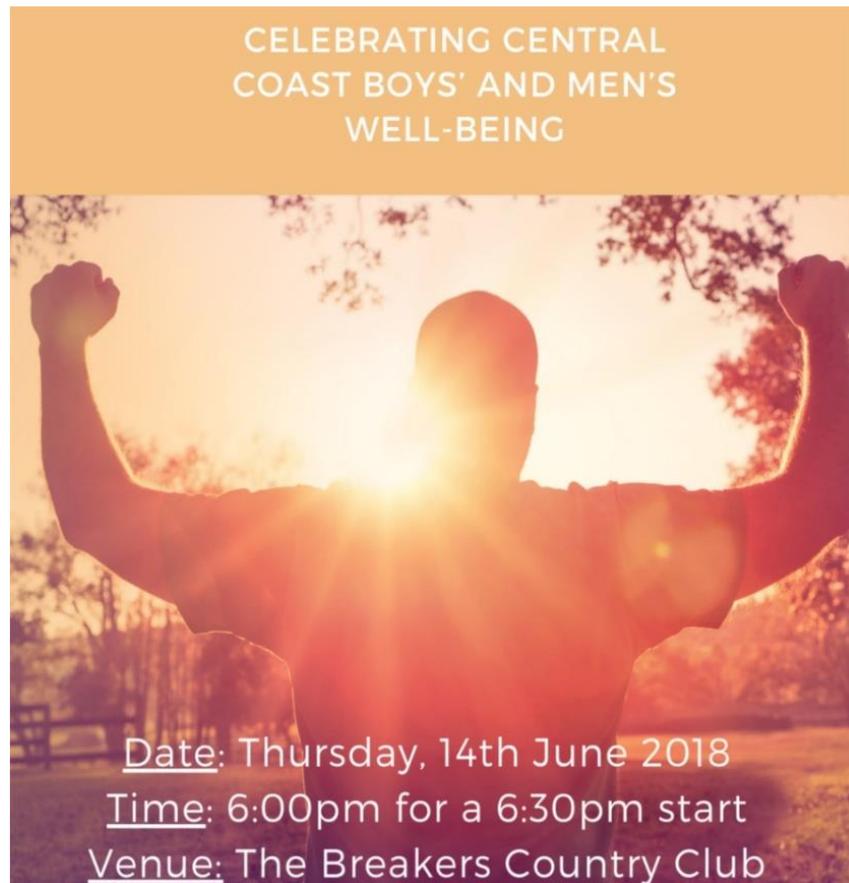
**\$55 per person
incl. 2 course dinner**

Register at changeover.rotarydistrict9685.org.au

RSVP Friday 29 June 2018
Enquiries: changeoverregistrations@rotarydistrict9685.org.au

Never discourage anyone who makes progress, no matter how slow. - Plato

Top Blokes Celebratory Central Coast Event



We would like to invite you to attend a combined meeting of Rotary Clubs on the Central Coast on Thursday June 14. The event will start at 6 pm with formal proceedings kicking off at 6.30 pm. The purpose of the event is to celebrate the combined effort of the local Rotary Movement and Top Blokes Foundation (TBF) in bringing the issue of local Young Men's Health to the forefront and sponsoring the delivery of mentoring programs to the area, that to-date, has involved more than over 200 young men.

On Thursday 14 June 2018 at 6:00pm

LOCATION

Breakers Country Club
62 Dover Road, Wamberal, NSW 2260

CONTACT DETAILS

Contact Event Organiser

One who knows all the answers has not been asked all the questions." (Confucius)

"You needn't settle for a mediocre life just because the people around you did."
(Joshua Fields Millburn)

Living with anxiety

It's taken me a long time to admit it to myself (and my wife) but while I don't currently suffer from depression, I do live with a low-level general background anxiety that seems to have developed during my adult life.

Wil Wheaton, "actor, blogger, voice actor and writer" and all-round darling of the internet has written in the last few days about his struggles with mental health. My experiences aren't as extreme as his — I've never had panic attacks, and being based from home has made my working life more manageable — but I do relate.

This, in particular, resonated with me from what Wheaton had to say:

One of the many delightful things about having Depression and Anxiety is occasionally and unexpectedly feeling like the whole goddamn world is a heavy lead blanket, like that thing they put on your chest at the dentist when you get x-rays, and it's been dropped around your entire existence without your consent.

The smallest things feel like insurmountable obstacles. One day you're dealing with people and projects across several timezones like an absolute boss, the next day just going to buy a loaf of bread at the local shop feels like a huge achievement.

We like to think we can control everything in our lives. We can't.

I think it was then, at about 34 years-old, that I realized that Mental Illness is not weakness. It's just an illness. I mean, it's right there in the name "Mental ILLNESS" so it shouldn't have been the revelation that it was, but when the part of our bodies that is responsible for how we perceive the world and ourselves is the same part of our body that is sick, it can be difficult to find objectivity or perspective.

I'm physically strong: I run, swim, and go to the gym. I (mostly!) eat the right things. My sleep routine is healthy. My family is happy and I feel loved. I've found self-medicating with L-Theanine and high doses of Vitamin D helpful. All of this means I've managed to minimise my anxiety to the greatest extent possible.

And yet, out of nowhere, a couple of times a month come waves of feelings that I can't quite describe. They *loom*. Everything is not right with the world. It makes no sense to say that they don't have a particular object or focus, but they really don't. I can't put my finger on them or turn what it feels like into words. Wheaton suggests that often the things we don't feel like doing in these situations are exactly the things we *need* to do:

Give yourself permission to acknowledge that you're feeling terrible (or bad, or whatever it is you are feeling), and then do a little thing, just one single thing, that you probably don't feel like doing, and I PROMISE you it will help. Some of those things are:

- Take a shower.
- Eat a nutritious meal.
- Take a walk outside (even if it's literally to the corner and back).
- Do something — throw a ball, play tug of war, give belly rubs — with a dog. Just about any activity with my dogs, even if it's just a snuggle on the couch for a few minutes, helps me.
- Do five minutes of yoga stretching.
- Listen to a guided meditation and follow along as best as you can.

For me, going for a run or playing with my children usually helps enormously. Anything that helps put things into perspective.

What I really appreciate in Wheaton's article, which was an address he gave to NAMI (the American National Alliance on Mental Illness), was that he focused on the experience of undiagnosed children. It's hard enough as an adult to realise what's going on, so for children it must be pretty terrible.

If you're reading this and suffer from anxiety and/or depression, let's remember it's 2018. It's time to open up about all this stuff. And, as Wheaton reminds us, let's talk to our children about this, too. The chances are that what you're living with is genetic, so your kids will also have to deal with this at some point.

Source: [Wil Wheaton](#)

Secretary's Report

Please note today delivered 89 unused kits to Bowelcare, West Gosford.

Cash totalling \$1875 was delivered to Bowelcare.

Cheques totalling \$1155 were deposited to Rotary account at CBA , The Entrance.

Balance are direct deposits by Pharmacies.

At the meeting this evening, would appreciate a cheque for \$100 for Central coast council.

Also a cheque for \$1155 for forwarding to Bowelcare.

Martin

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?



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