

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 2019 – 2020

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47 years helping the local community

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District Governor Kalma McLellan

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John Bennett

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Foundation: Peter Ward

Youth: Gordon Crawford

Community: Robin Hearder

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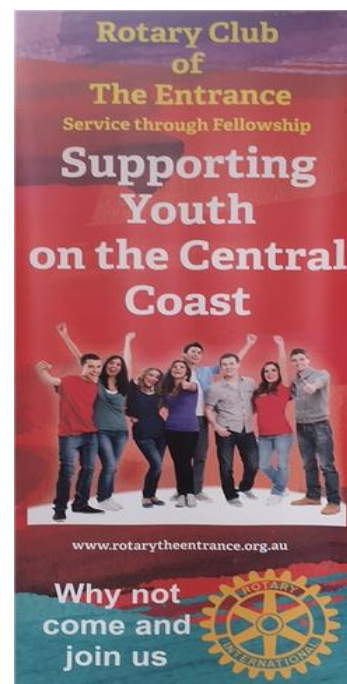
Club Administration: David Waterhouse

Membership: Gordon Crawford (ALL)

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FEBRUARY IS ROTARY MONTH

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CATERING

To assist with seating could you make your apology or book in any guests?

David Waterhouse by telephone call or SMS by noon on Monday on 4388 1749 or 0450 068 887

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

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

From the President's Desk

Drought, Rain, Flood , Power outages – what's next?

The Denmarks were hit by being without power for 24 hours & then by having our youngest son & his family move in because power was still not back on in Wyoming . It did help to get us talking with our neighbours & helping each other with things like charging phones & laptops.

If anyone has any interesting incidents that have arisen out of the recent difficulties let me know & I'll put them in the next edition. Adversary often brings out the best in many people (& the worst in others!)

Robin Hearder has been busy over the last few weeks receiving back ticket stubs & unsold tickets for the Community Raffle. Some community organisations have said that they have found it harder to sell tickets this year as many people have made donations to Drought & Bushfires and have no money left to spend. A warning that there is only so much available for "charities" and that when there is a major drive on some of the smaller less visible charities will not be receiving as much as normal.

We will be **drawing the Community raffle at 7.30 at our next meeting on Tuesday 18th February**

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Notices- activities during the next two to three weeks

1. Spin & Win -Saturday 15th February- Bateau Bay Shops (Robin, Gordon, Peter & shirl)
2. Tuesday 18th Dinner Meeting – Community Raffle Draw at Mingara
3. Bunnings Bar B Q- Wed 19th February. (team to include 4 volunteers from Challenge)
4. Kiah Lodge bar- B Q Friday 28th February
5. Spin & win – Saturday 7th March
6. Wyong Rotary Golf Day Friday 13th march – in aid of Bushfire relief & drought (could b postponed)

Down The Track !!!

7. "Titanic" Dinner -sat 18th April (guest speaker with artifacts, attendees asked to dress up)– run by new Rotary Club of Brisbane Water . I am looking for 2 more couples to make up a table of 8. Please speak to Clive for more details if interested

Report on activities undertaken over the last 2 Weeks

Last Tuesday 11th february most members were present to hear Becky Trott talk about her 12 month exchange to Finland. So much of the impact of the talk relied on Beckys range of photos that I will not even try to capture it in words. If anyone who was not able to attend would like to hear or see more about it I can see if Becky has the power point presentation in a form where it can be sent or put on a flash drive



A few facts that made an impression on me

Becky stayed with 3 families during the year and between them , the school & the exchange program they took her to Russia, Lapland & France. In addition to that she went with a large group of Exchange Students on "Euro tour" which started in the Baltic states (Lithuania , Latvia , then to Poland and Czechoslovakia & finished in Austria & Germany.

Most of us do not really know what cold is . Becky & some of the new Exchange students agreed to jump in to a deep pool of icy water early in the trip (the alternative was to roll naked in the snow which apparently is worse!)

In Finland it often gets to -20c or more.

So by the time you go riding in a sleigh draw by huskies in warm clothing its an exhilarating experience & you do not notice that its cold at all!!!!

Report on talk by Sue Liptrott , IRIS Foundation (Tuesday 4th February)

Sue explained that the IRIS foundation was started on the Central Coast some years ago with the objective of “reducing the risk of suicide”. In its earlier years it raised funds and endeavoured to pursue its objectives by giving money to organisations that could “make a difference” in this area.

Two facts she stated have stayed in my mind. Suicide is the most common cause of death for people between the ages of 15 & 44 & 50% of mental illness starts in adolescence. Sue also commented that the Central coast used to be well known as an area with one of the highest rates of suicide.

The Mission statement of IRIS is “fostering resilience, hope & connections as a means of reducing the risk of suicide in the Community”

One particular area of concern is children in primary school where kids who are socially isolated, showing signs of mental health problems, usually with difficult family backgrounds, are “at risk” and likely to get more so in high school. Early intervention with the aim of building Resilience, Hope & Connections is believed to be most beneficial. Three years ago IRIS took the step of applying to be “ a Public Benevolent Institution” which enabled it to deliver programs itself. In the past 3 years it has raised funds & sought grants and spent some \$250.000 delivering programs.

Its main program is “cool connections”. This is delivered into Primary schools years 5 & 6. Two facilitators are employed (with backgrounds in psychology, counselling etc) to deliver a program for ten nominated children . Schools are requested to nominate a support teacher to attend all the sessions & when this happens the children involved not only build up connections & trust with other children in the group but also with that teacher. It was extremely pleasing to hear that the children made friends through the program but really sad to hear that for some of them they were the first school friends they had ever had.

IRIS has now delivered this to 13 primary schools, sometimes more than once, and is getting approaches from more schools each year. Some schools are so keen to do or repeat the program that they are prepared to pay part of the cost of the program, which helps available funding go further. The cost per course is around \$4400.

Apart from its own fundraising IRIS has sought & received grants from the Newcastle permanent and a wide range of clubs on the Central Coast, some of whom have been very supportive.

Other organisations, including Rotary’s SOK’s scheme, address suicide prevention in senior school from year 9 to 12. IRIS was approached to do a program for years 7 & 8 and has conducted a pilot program for girls at one of the senior schools on the coast. When asked why not for boys Sue indicated that suitable male facilitators were harder to get hold of but that they would make it happen, in time.

Sue also mentioned **QPR – Question, Persuade & Refer**. This is an online training program which is free on the Central coast. It offers a three step training course to anyone to help them to help prevent suicide

Sue finished by producing what she called a “box of hope” which contained all sorts of odds & ends & a card saying what each was there to represent.

The club bought Sue’s first prototype box and she seemed quite pleased that we liked it enough to do so . I have replicated the words on the card on the next page .

Box of Hope

Toothpick	to help pick out the good
String	to tie things together when things fall apart
Lollipop	for when life sucks
Jigsaw Pieces	to help you pick up the pieces
Rubber band	to remind you to be flexible
Paperclip	to help hold things together
Balloon	to help your stress float away
Candle	to light the way & guide you
Tea Bag	To remember to take time out to relax
Smiley Stickers	To remind you to keep smiling
Colour Pencils	To make your day bright & colourful
Tissue	To wipe away any tears
Playing cards	To remind you to always make the best of what life deals you

Sue also mentioned the Community Business Womens Network (CBWN) which was started by Sharon Burgess some 12 months ago & now has nearly 200 members who meet monthly & who have been supportive of IRIS.

Perhaps we'll ask Sharon Burgess to come & talk about that later in the year.

Sharon works at the Wyong Neighbourhood Centre & IRIS (one day pw) and has encouraged both organisations to take part in our Community Raffle

Special Bar BQ run for Bunnings on the Australia Day Public Holiday on Monday 27th January

I have already thanked the members, partners & "friends of Rotary" that made this fundraiser possible & successful.

It is worth noting that we were not asked to help until the Friday before ie 24th January when another community organisation pulled out at short notice.

We normally cook & sell 14 or 15 trays (of 24 snags) on our Wednesday time slot but cooked & sold 21 trays on Monday 27th !

It was an interesting logistical exercise to gear up for the extra volume (if you buy an extra 50% of snags then you need an extra esky to hold them & more ice to keep them cold. If you buy an extra tray & half of bread you need space to store it etc)

Thanks to everyone who helped out at short notice, especially Diane waterhouse who usually comes to help with David (and is a calming influence on us all!) and who I overlooked on my earlier note. Also to Cole Scott who came & helped for a second time at what have been our two busiest bar B Qs of the year & spent most of that time cooking "on the plate", to Peter & Anne who have also now helped twice & who have also come on what were 2 out of the three busiest Bar B Qs of the year & Robin who always turns up & turns his hand to doing whatever needs doing. & finally to The Trotts , Anthony & Kathleen who came to say hello & buy a snag & who, seeing we were hardpressed, stayed to help over the busy lunchtime period

Total sales were also a record at over \$1400 which should net close to \$1000 for our various community projects plus another \$65 in donations to drought relief.

A SIGN IN A SHOE REPAIR STORE IN VANCOUVER WHICH READ:

"We will heel you
We will save your sole
We will even dye for you."

AT AN OPTOMETRIST'S OFFICE:

"If you don't see what you're looking for, you've
Come to the right place."

ON A PLUMBER'S TRUCK:

"We repair what your husband fixed

At a Car Dealership:

"The best way to get back on your feet – miss a car payment."

Outside a Muffler Shop:

"No appointment necessary. We hear you coming."

In a Veterinarian's waiting room:

"Be back in 5 minutes. Sit... Stay.."

At the Electric Company:

"We would be delighted if you send in your payment on time.
However, if you don't, YOU will be de-lighted.

In the front yard of a Funeral Home:

"Drive carefully. We'll wait."

Club Speakers

1. On the third Tuesday of each Month, a member of the club will be rostered on to be the speaker for the night or to provide a speaker.
2. The choice of topic will be at the discretion of the member.
3. The talk shall be for 25 mins with 5 mins for questions.
4. The topic forwarded to the admin director approx. 6 weeks prior for inclusion into the Bulletin.
5. If a member is unable to attend on the scheduled date, they are to negotiate a swap with another member.

Roster

	Speaker	Social Night
ALDERMAN David	19/05/2020	17/12/2019 (xmas dinner- Erina)
BENNETT John	9/07/2019	14/01/2020 (presidents Bar BQ)
CRAWFORD, Gordon	20/08/2019	11/02/2020
DENMARK, Clive (dist. Com Raffle tickets)	24/09/2019	22/10/2019 (10 pin bowl deferred)
HEARDER, Robin	15/10/2019	14/04/2020
McBride, Emma		
WARD, Peter	17/12/2019	10/09/2019
WATERHOUSE ,David	21/01/2020	Aug def. Sept 2019
PLAYER, Shayne		
TROTT, Anthony & Kathleen		
KEMP Sue	21/04/2020	12/11/2019 (Chinese dinner at Mingara)

Social Nights

1. The Second Tuesday of each month is designated a social meeting- a member will be responsible for organising a social outing instead of a meeting & in practice that can be arranged for a night (or during the day) anytime in the month.
2. The choice of location will be at the discretion of the member.
3. The activity forwarded to the admin director approx. 6 weeks prior for inclusion into the Bulletin.
4. If a member is unable to organise an outing on the scheduled date they are to negotiate a swap with another member.
5. Any changes forwarded to the admin Director for inclusion in the Bulletin.

Spin and Win at Bateau Bay Square

DAY	DATE	TIME SLOTS	HUMAN RESOURCES	TASK
Saturday	15th February	09.30 to 10.00	Robin Harder	Set up
		09.30 to 12.30	Robin Harder	Event Manager
		10.00 to 12.30	Peter Ward	Sales Helper
		10.00 to 12.30	Gordon Crawford	Sales Helper
		10.00 to 12.30	Shirl LLewyllen	Sales Helper
Saturday	7 th march	09.30 to 10.00	Wanted to Org.	Set up
		09.30 to 12.30		Event Manager
		10.00 to 12.30		Sales Helper
		10.00 to 12.30		Sales Helper

Note the following SAW will be on Sat 21st march which clashes with The Rotary District Convention which Peter, Clive, Robin are attending. Clive and Robin also unavailable on the 7th

David has indicated will be available to organise & sell on 21st and im hoping that Kathleen & Anthony & perhaps shirl can assist on 21st.

If anyone finds they cannot make a particular day try to organise a swap with a member doing the following SAW & give Clive as much notice as possible.



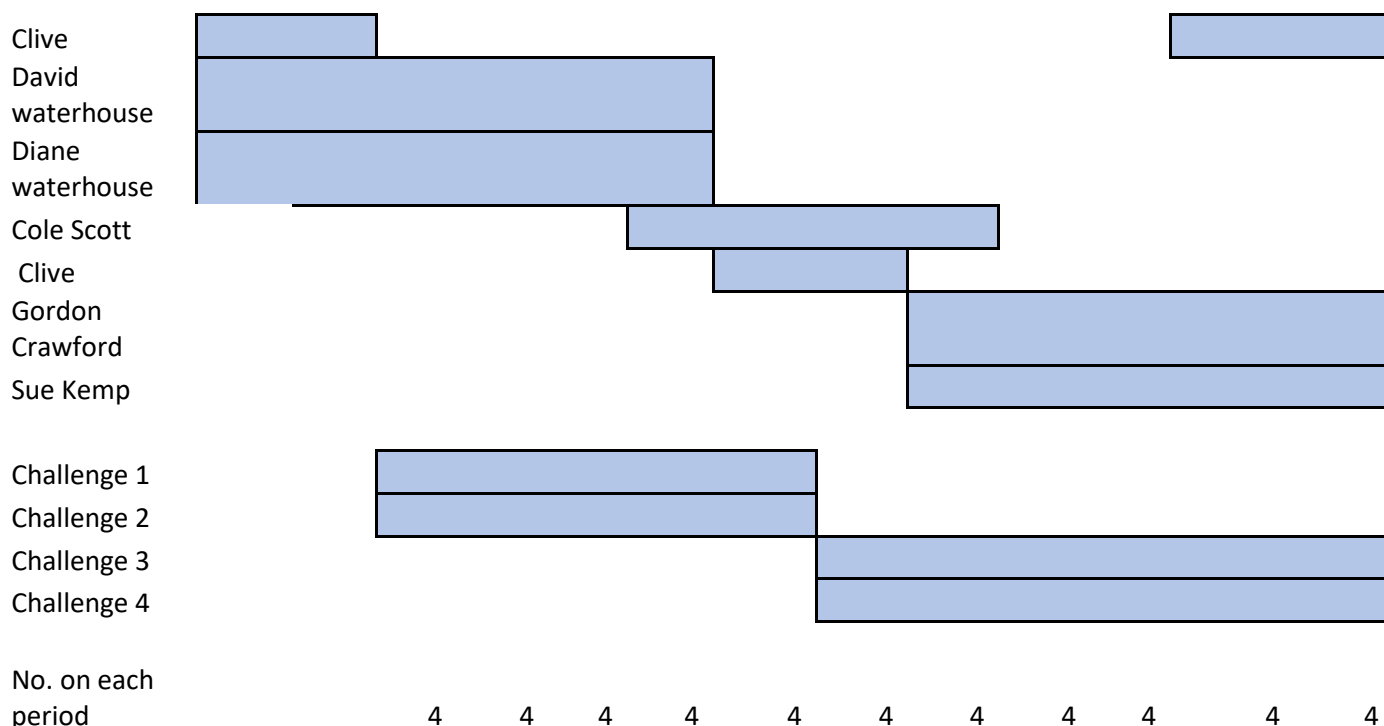
One of our happy winners at spin & Win in September. Meat Tray courtesy of **Chop the butchers at Bateau Bay square**

Bunnings Tuggarah BBQ - Proposed roster

Roster for Bunnings - wed 19th Feb

7 - 7.30	7.30 - 8.00	8 to 9	9 to 10	10.30 - 11	10.30 - 11	11 to 12	12 to 1	1- 2.00	2.00 to 2.30	2.30 - 3.00	3.00 - 4.00	pack up
												clean

set shop up



Acknowledgement to Supplier / Sponsor - The Club thanks Mars (brand "Master foods) for giving us F.O.C 6 boxes of Sauces & Mustards for our fundraising bar-B-Qs

As this is Challenge's, first bar-B-Q I have rostered 2 Rotarians on with them so we will be running with a crew of 4 throughout the day Initially I am allowing for David W , Cole & Gordon to be cooking but if one or more of the Challenge crew want the experience then they can be shown have we do it and then given a turn , which will provide a break for our cooks.

Experience over the 2 bar-b-q's we have done in January (both in hot & humid whether) have shown us that plenty of water & a relief period for the cooks is good practice.

I have no had chance to speak to anyone about the March bar b Q on wed 18th.
 If David & Diane are available to purchase & set up with me then I shall check to see if Cole is happy to continue with the swing shift (10.30 to 2pm) & be looking for members , partners or "friends" to work in the afternoon from 1pm to 4.30pm & one more to cover the swing period.

RC the Entrance Programme – Feb to April 2020

29/01/2020

Date	Day	Event	Venue	Unavailable
February			2020	
1st	Sat	Spin & Win	Bateau Bay	
4th	Tues	IRIS Foundation (Sue Liptrott)	Mingara	
7th	Fri	Welcome Home Youth Exchange Dinner	North Rocks	
11th	Tues	Becky Trott (Exchange Student)	Mingara	
15th	Sat	Spin & Win	Bateau Bay	DW RAWCS
18th	Tues	Community Raffle Draw	Mingara	
19th	Wed	Bunnings BBQ	Tuggerah	
25th	Tues	Board Meeting	Mingara	
28th	Fri	Kiah Lodge BBQ	Bateau Bay	
March			2020	
3rd	Tues	Saf (RYLA) Candidate/ sarah (ryla oceania)	Mingara	
7th	Sat	Spin & Win	Bateau Bay	
10th	Tues	Social Night	???	
14th	Sat	PETS (Next Generation Club)	504A Victoria Rd Ryde	
17th	Tues	No Meeting	Mingara	
18th	Wed	Bunnings BBQ	Tuggerah	
		Coast Shelter 6:30 pm \$10 Dinner	Terrigal	
20th to 22nd		District Conference	Wollongong	
21st	Sat	Spin & Win	Bateau Bay	
24th	Tues	Board Meeting	Mingara	
31st	Tues	PCYC (may be deferred)	Mingara	
April			2020	
4th	Sat	Spin & Win	Bateau Bay	JB Knee
7th	Tues	Community Awards (to be Confirmed)	Mingara	J B Knee
10th to 13th		Easter		J B Knee
14th	Tues	Social Night	???	J B Knee
15th	Wed	Bunnings BBQ	Tuggerah	J B Knee
18th	Sat	Spin & Win	Bateau Bay	J B Knee
19th	Sun	District Assembly	UWS Nirimba	J B Knee
21st	Tues	ANZAC talk TDA (anzac day sat 25 th)	Mingara	J B Knee
28th	Tues	Board Meeting	Mingara	J B Knee
29th	5 th Wed	Xtra Bunnings bar BQ	Mingara	J B Knee
May			2020	
2nd	Sat	Spin & Win	Bateau Bay	JB Knee
5th	Tues	TBA		J B Knee
12th	Tues	Social Night -Dinner at prelude Restaurant	Ourimbah Tafe	J B Knee
16th	Sat	Spin & Win	Bateau Bay	
19th	Tues	TBA		
20th	Wed	Bunnings BBQ	Tuggerah	

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?



We wish to thank our Sponsors

