

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

RI President Mark Daniel Maloney

District Governor Kalma McLellan

CLUB BOARD MEMBERS

President

Clive Denmark

Secretary

John Bennett

Treasurer

Peter Ward

President Elect (20-21): Clive Denmark

Foundation: Peter Ward

Youth: Gordon Crawford

Community: Robin Hearder

Bulletin Editor: Secretary

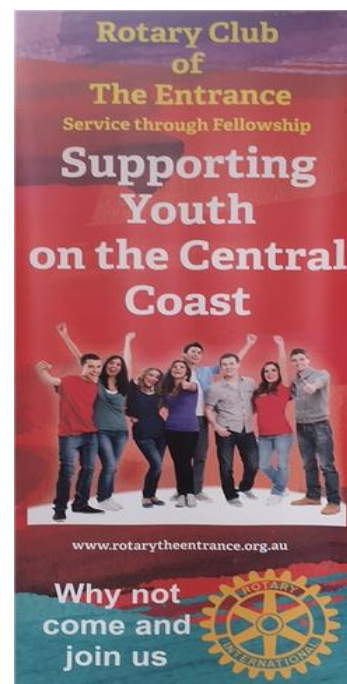
Club Administration: David Waterhouse

Membership: Gordon Crawford (ALL)

International: David Waterhouse

Vocational: Peter Ward

Auditor: Jim Gorman



APRIL 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

Our Zoom meetings are gaining traction. From the 7 members who attended the first zoom board meeting we increased to 14 for the social-trivia night & up to 17 including 2 visitors for the Anzac Meeting this Tuesday (see comment inside)

In the last Pelican NEWS – I said I needed your help. If I am to get out at least one edition per month at a time when I do not have club activities to report on I need YOU, my readers, to contribute Jokes, or short paragraphs of things that you think our readers will find of interest.

Im pleased to report that Steph (useful phone numbers & websites in the days of Covid19) marcel (some positives out of the present situation) David W (input into the article on Rotary requested by Kathleen but which may be of interest to any new members & friends) & finally some jokes from Stephen, our website guru, that were so extensive that ive split it in to 3 parts , the first of which is included in this issue.

Note : I have put these items in the Pelican but have also attached Steph's article in case any of you want to circulate it to friends & relatives but do not want to send on the full bulletin.

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Page 3 & 4 - reports on activities since last bulletin.

Page 4-& 5 Steph's article – contacts in the time of Covid19.

Page 5 marcel's piece which I have called " an ode to Covid 19"

Page 6 offers- free Sanitiser, Toilet paper & help with Shopping

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Page 9 & 10– What is Rotary all about?

Page 11- Becky Trott home from hospital

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Notices- Online activities during the months of April & May

1. Tuesday 28th April 28- Zoom Board Meeting.
2. Tuesday 5th may – Business meeting , speak4er T.B.C all welcome
3. Tuesday 12th may – Social meeting on zoom (any ideas? Gordon & Sue to defend their trivia Crown?)
4. Tuesday 19th may – Business meeting on Zoom – member(s) talk??
5. Tuesday 26th may – Joint meeting of current & next years Board (July 20 to June 21 . Strategy?

Note there are also district sessions on zoom –Sun 26th April for presidents , secretaries & admin , Sundays in May for all other incoming Directors incl sessions on Branding & Public Image who we do not have a director responsible!

Report on activities undertaken over the last 3 Weeks

Social meeting on Zoom – Despite some members reservations the Trivia night on Zoom on 14th April worked out remarkably well. Most of us were in pairs with our wives/partners but Peter & Marcel performed creditably as singles. A total of 7 teams participated & Gordon & Sue, though not the quickest off the mark in round 1, came through strongly in the more difficult 4th & 5th rounds to take the Club Trivia Crown!

Fundraising opportunities post covid 19 are few & far between so we are grateful to Kathleen & thank her co-workers for supporting the raffle she ran with one of the baskets of easter eggs that we were unable to sell at a Spin & win on 1st sat in April (cancelled)



This weeks Anzac meeting was held on April 21st with a record 17 people attending including 2 visitors (relatives of marcel who zoomed in independently. David had done an excellent job in assembling lots of memorabilia , certificates , medals etc to support his talk which spanned 3 generations of his family who served in WW!, WW2 and Malaya in the late 60s (himself).

Afterwards various other members gave insights into family members, friends or neighbours who had served from WW1 right up to Afghanistan.

We cannot physically attend dawn services this year but many of those present online indicated that they would be lighting candles in their driveways at 6.00 am on Saturday.

Finally, the six current directors all confirmed that they had listened in to the **District Assembly** which was held on zoom for the speakers but which most of us listened to as a direct feed. I felt it worked well but some of the necessary but rather dull sessions on categories of insurance rotary supplies were longer than they needed to be. Written notes could have been made available & only questions of interest to all attendees should have been answered on line. Specific questions could have been noted & answers emailed.

The last two sessions were quite thought provoking . PDG Graham Davies, from Kincumber club spoke of some of the key messages that he had garnered from the book “Creatures of Habit” by Mark Huddleston. Graham noted that in the last 20 years the number of Rotary Clubs in Australia had reduced by 10% but that membership numbers had fallen by nearly a third & the average age had risen from between 53/60 on the late 90,s to around 71 now . This really made me think – I was the age of the average rotarian when I joined & am still the average age 15 years later!

Graham commented that positives noted for joining rotary were opportunities including that of leadership, sense of purpose , fun , giving back amongst others

But the -ves cited by members leaving were- unmet expectations, conflict, unmet needs, feeling undervalued, uneven workload distribution & poor leadership.(we need to think about these & make sure that none of them apply in our club.!)

Graham also said that the present Covid driven situation was a disrupter which could be taken as a threat or embraced as an opportunity (which marcel has alluded to in her piece on page 5

Pres. Clive **has resolved to buy two copies & will circulate the second one (who wants to read it first?)**

COVID-19 resources

COVID what you can and cannot do

<https://preview.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>

Helpline services

Lifeline Australia
13 11 14

Mensline Australia
1300 78 99 78

Beyond Blue
1300 22 46 36

Kids Help Line
1800 55 18 00

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on Triple Zero (000).

Family and domestic violence support Find out what to do if it's not safe for you to stay at home. You can call our Domestic Violence Line anytime on 1800 65 64 63.

Mental Health and COVID <https://nswmentalhealthcommission.com.au/mental-health-and-the-coronavirus>

Mental health and the elderly

<https://www.health.nsw.gov.au/mentalhealth/Pages/services-opmh.aspx>

Staying active

<https://sport.nsw.gov.au/stayingactive>

Food services for older Australians

<https://www.health.gov.au/sites/default/files/documents/2020/04/assistance-with-food-and-meals-for-older-australians-impacted-by-covid-19.pdf>

Isolation resources for individuals and families – Psychology



COVID 19 Isolation
Resource for Individu:

COVID and your children

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

<https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks/>

<https://playandgo.com.au/play-school-coronavirus-covid-19-special/>

Please find below link to access 'A PLAY SCHOOL COVID-19 SPECIAL'. This episode of Play School is to help explain what's happening at the moment in regards to COVID-19, in particular staying home and hygiene practices. This special episode will launch on Facebook. Watch Play School: Hello Friends! with your little ones here at 4pm Thursday AEDST.

<https://www.facebook.com/ABCKidsCommunity/videos/166166601156475/>

Note Ed. The highlighted web addresses will need to be copied & saved in to your google or other web browser or rekeyed in , they are not click on links ! sorry!

An ode to Covid-19

"There has been a change this year in 2020,
one thing we have all been given now - is time aplenty.
There's been a shift, a challenge, some say an opportunity -
It has affected us all - individuals and the Community.

So, take a minute to know that we have been given something
that is not on the supermarket shelf -
We have been given Time. Time to be silent, to be still, to refuel
and look after our self.

So many willingly help others, near and far and go out of your way.
Here is something to think about - What have you done for you today?

Take permission to celebrate yourself in this moment of quiet,
Feel your soul, attend to your needs, forget the diet.
The skill of appreciating oneself and your traits,
Will reflect in your persona seen by your mates.

We will all come out of isolation and re-join the crowds,

So take with you the skills and benefits you learnt now.
For the better we are, the better we will be for others;
We will celebrate again - helping ourselves, our sisters and brothers."

Cheers, Marcel.

Obtaining & distributing information of the availability of key supplies & limited supplies of those key supplies to help those in Need

President Clive still has 2 large bottles of sanitiser & 8 small empty bottles supplied by Kathleen trott so if you know anyone short of sanitiser we can certainly give them a small bottle (50mm to get them out of trouble. So far ive only been asked by Donna Casserly & Shirl Llewellyn & have passed some on

Toilet paper- Some people are frustrated at not being able to get toilet paper & at least one person has landed a **four figure plumbing bill** after blocking sewage pipes with kitchen towel I found a local shop was selling packs of 8 jumbo rolls in sealed boxes so I grabbed one. They are a better quality type of the big rolls you get in some public toilets (300metres of tissue!). They will do the job and not block up toilet systems so if you know someone in desperate need. They cost \$7.50 per roll, much cheaper than a plumbing bill!!!

Helping out with Shopping

Kathleen has made a very generous offer, initially to members :

" I am happy to help anyone out with shopping.If you want to online order it, or give me a shopping list, then I can do the rest. Can also pick up items on way to or from work at Coles Chittaway (ed,. Could be handy for those commonly out of stock items)

If anyone would like to take up this offer Kathleen has given her mobile number to members but for those past members who do not know her I suggest they ring me (Clive) on 0400 -425210

HUMOUR

Some of these oldies are tough..... !!

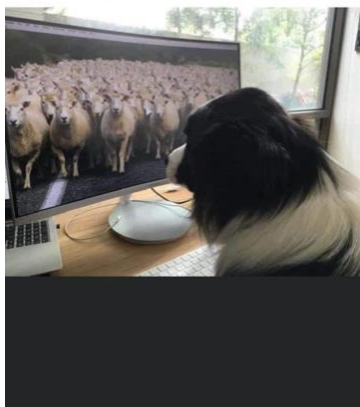
My friend was on a long line at 7.45am today at the grocery store that opened at 8am for seniors only. A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane.

He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away.

As he approached the line for the 3rd time he said "If you don't let me unlock the door, you'll never get in there".



This is Wilson. He is now working from home 😊



VERY INTERESTING STUFF

In the 1400's a law was set forth in England that a man was allowed To beat his wife with a stick no thicker than his thumb. Hence we have 'the rule Of thumb'

Many years ago in Scotland , a new game was invented. It was ruled 'Gentlemen Only...Ladies Forbidden'.. .and thus, the word GOLF entered Into the English language.

The first couple to Be shown in bed together on prime time TV was Fred and Wilma Flintstone.

Every day more money Is printed for Monopoly than the U.S. Treasury.

Men can read smaller Print than women can; women can hear better.

Coca-Cola was Originally green.

It is impossible to lick Your elbow.

The State with the Highest percentage of people who walk to work: Alaska

The percentage of Africa that is wilderness: 28% (now get This...)
The percentage of North America that is wilderness: 38%

The cost of raising A medium-size dog to the age of eleven: \$ 16,400

The average number Of people airborne over the U.S. In any given Hour: 61,000

Intelligent people Have more zinc and copper in their hair..

The first novel ever Written on a typewriter, Tom Sawyer.

The San Francisco Cable cars are the only mobile National Monuments.

If a statue in the Park of a person on a horse has both front legs in the air, The person died in battle.

If the horse has one front leg in The air, the person died because of wounds received in battle.

If the horse has all four legs on the ground, the person died Of natural causes

Courtesy of Stephen Hammond-Parker

An Insight into Rotary international & the workings of the Rotary Club of The Entrance.

Rotary is an international organisation made up of people who share a commitment to enhancing local communities and also on working on international projects. Being a member is an opportunity to take action and make a difference to those who are less fortunate

Rotary clubs run fundraising activities and use monies raised and their own endeavours to benefit members of the community locally, throughout Australia & overseas, particularly in poor & under-resourced countries. The following article will try to explain what that means, firstly from the perspective of our local Club (The Rotary Club of the Entrance) & secondly by looking at Rotary International & what it achieves in Australia & overseas.

Our local club meets 1st & 3rd Tuesday evenings every month at Mingara. We aim to have an outside speaker for at least one of those meetings. We also have a social activity every month.

We run **regular fundraising** Bar B Qs at Bunnings on the 3rd Wednesday of each month at Tuggerah & Spin & Win on 1st & 3rd Saturdays at Bateau Bay Square. If we are looking to raise larger amounts for specific projects we have run theatre nights, trivia nights, raffles etc sometimes in conjunction with other Rotary Clubs. We have also helped local community groups by running bar b qs for them or providing manpower and prizes (PCYC golf days)

The monies from such fundraisers are placed in a separate project account . Rotary prides itself that as all members are volunteers & do not get paid, all funds raised from the public are used wholly for service work & donations.

In the past six years our club has funded four sizeable projects :

- Smart Pup – jointly with Wyong Rotary we raised over \$20,000 to train a care dog for a non-verbal autistic boy
- Sizeable contribution of \$20,000 to a special playground to meet the needs of the autistic kids at the Aspect school in Terrigal
- Various equipment and fitting out costs at PCYC in Bateau bay-\$8000
- Purchase of 2 white boards for interactive learning at aspect school- \$8000

The club has **run a Community Raffle for local community organisations** for the last 30 years . We provide the prizes (supported by key sponsors such as Mingara & Helloworld) , get tickets printed, and organise it . Community groups can take & sell as few or as many tickets as they want. We return to them the full value of the tickets that they sell which they can use to help run their clubs. They incur no costs or risks. 40 clubs took part this year and raised \$28,000. Around \$900,000 has been raised in the last 30 years!

Youth is our clubs key focus & every year we sponsor a number of kids and young adults on a variety of Rotary & non-rotary programs, many of which are aimed at improving self esteem or developing leadership skills. The Rotary programs include RYPEN for kids going in to year 10, RYLA for young adults (18 to 28) & International Youth Exchange.(participants spend a 12 month overseas ,after completing year 10). Attendees from all programs usually speak to the club before they take part & report back once they have participated, it is amazing the change that often takes place, especially in terms of self-confidence.

During the last 2 years the Club has collected donations and given monies **to help victims of Bush fire & Drought Relief**. This has largely been done through Rotary clubs & the CWA in affected areas in ways that mean monies given are spent locally benefitting local businesses as well as recipients.

We also have made a sizeable number of often relatively modest donations to local organisations especially in cases where their own funding does not give them the means or flexibility to fund one off events such as Christmas parties for often needy & sometimes deprived kids. Beneficiaries include Ronald McDonald room, the Samaritans, Yarran early Intervention, IRIS (suicide prevention) & Challenge Fostercare.

Trying to explain the work of **Rotary International (R.I)** on one page is a challenging task so ill just try to give an idea of the scope, scale & range of some of the work done.

Rotary International has about 36,000 clubs in over 200 countries. So we are a very small spoke in a very large Rotary Wheel.

RI has six key areas of focus including Public Health, water & Sanitation, Literacy & Education & Peace.

Many Rotary clubs across Australia either on their own or combined with other clubs participate in overseas projects often in the poorer countries in the Pacific Islands, Asia or Africa. In the last 12 months RAWCS (Rotary Australia World Community Services) has supported 211 volunteers in 35 teams which have done work in 35 countries.

RI internationally has spearheaded the drive to eliminate Polio worldwide (with substantial matching grants from Bill & Melinda Gates (Microsoft))

To be more specific to our club & members David & Diane Waterhouse have been part of multiple teams (usually with a core group of Rotarians from many clubs, from Wagga & around Australia , who are tradies-electricians carpenters etc) who have done projects in many countries since 2003.

Since David has been with our club we have contributed financially when he went to Nepal after the earthquake in 2015 & more recently in 2018/19 when funds from a number of clubs was matched with funds from RI :

- Work on a doctors training wing at a eye hospital at Banepa
- Work on a training wing at a hospital for disabled kids also at banepa
- Work on a nurses training wing at Sinduli

The fact that they were training wings is indicative of Rotary's approach, they work with & enable the local staff to provide a better service for the local people.

Nepal is desperately poor (one of the 3 poorest countries in the world) and often lacks power light, clean water & basic sanitation facilities & these things then lead to serious secondary impacts. E.g Girls have to help their mothers carry water from a distance and therefore lose the opportunity to go to school or cannot go to school because there are no adequate toilet facilities for them.

Another Rotary Organisation which our club supports from time to time when there is a disaster (earthquakes, tsunamis, floods etc) is Sheltabox which provides emergency supplies to disaster areas. Each kit aims to provide equipment to keep a family safe for at least 2 weeks. They include tents or tarpaulins, thermal blankets, water filters, small stoves, a shovel, an axe, a cooking pot & plates etc

If anyone is interested in learning more about overseas projects I have attached a note from David but I also have **copies of our magazine Rotary Down Under** which has articles on some of the varied projects Rotarians around Australia & NZ have been involved in.

CND 20.04.20

Acknowledgement to David Waterhouse for his input in to the section on R.I . If anyone would like further information I am happy to send them David's full two page response to my r.O.i .



Good to see Becky Trott looking cheerful & on her way to recovery after a major operation on her leg.

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

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

