



## *The Pelican News*

### ROTARY CLUB OF THE ENTRANCE INC.

Chartered 26<sup>th</sup> 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

Volume 49 Issue 17 May 16 2020

47 years helping the local community

RI President Mark Daniel Maloney

District Governor Kalma McLellan

#### CLUB BOARD MEMBERS

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Clive Denmark

**Secretary**

John Bennett

**Treasurer**

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**Foundation:** Peter Ward

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**Community:** Robin Hearder

**Bulletin Editor:** Secretary

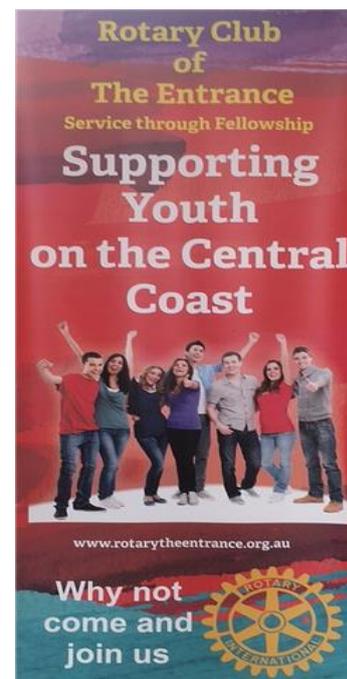
**Club Administration:** David Waterhouse

**Membership:** Gordon Crawford (ALL)

**International:** David Waterhouse

**Vocational:** Peter Ward

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### MAY IS ROTARY YOUTH SERVICES 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.cyp.nsw.gov.au/Application/Applicants](http://WWW.check.cyp.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 business meetings on 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays are currently all held on Zoom and all regular members & some friends and visitors have joined us. We have also had the opportunity this week to join "zoom meetings" held by the Rotary Clubs of Woy Woy & Terrigal & I have included brief reports on page 3.

In the last Pelican NEWS – I said I needed your help & got 4 contributions but there has not been as strong a response for this edition. 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.

Note : I have repeated Steph's article giving useful contacts for services useful in these "times of Covid 19" from the last edition of the Pelican and have attached it again in case any of you want to circulate it to friends & relatives.

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## Notices- Online activities during the months of May & Early June

1. Thursday 14<sup>th</sup> may – Joining Terrigal Rotary club meeting on zoom . speaker from a township in South Africa giving a report on challenges there & how they are meeting them
2. Tuesday 19<sup>th</sup> may – Business meeting on Zoom – Marcell's Induction. & 3 short talks in support of donations to three International Projects.
3. Tuesday 26<sup>th</sup> may – Joint meeting of current & next years Board ( July 20 to June 21 . Strategy? & Discussions of year end donations)

Note there are also district sessions on zoom – Sundays in May for other incoming Directors incl sessions on Branding & Public Image.

4. Tuesday 2<sup>nd</sup> June- Business Meeting on Zoom – Speaker ? Target date for Induction of Don
5. Tuesday 9<sup>th</sup> June – Social Meeting – Any Ideas?

## **Report on activities undertaken over the last 3 Weeks**

**Fundraising** opportunities post covid 19 are few & far between. We were given a Bunnings voucher by Bunnings to help us when they cancelled our March bar B Q at short notice. I have used 2 x \$50 vouchers myself & donated the \$100 to the project account. I have a further 4x \$50 vouchers so if you need stuff from Bunnings you could boost our project account by using one of those vouchers & depositing the cash in to the Project account ( BSB 062606 account RCTE Community Projects 0080-0896 )

**Follow up from District Assembly.** I mentioned last editions that I was going to order 2 copies of Mark Huddlestons book “ **Creatures of Habit**” . They have now arrived & I am reading one which is quite thought provoking. The second one is available to be passed round the club. My suggestion is that members hold for no more than 2 weeks & pass it on. Read it or browse thru it! **Who would like to be the first reader???**

**Break out Sessions for Directors** are being held throughout May . Thanks to those Directors that have attended sessions so far .If any director hears something that is worth sharing in relation to his portfolio ( id like to be able to say his or her portfolio!) could you let me have a paragraph or two before the end of the month & I can put it in the next issue or schedule it as a discussion point at a future zoom meeting

**Zoom Meeting held on Tuesday 12<sup>th</sup> May by the Rotary Club of Woy Woy.** David & Diane Waterhouse were the guest speakers & clive and marcel joined some 16 members of Woy Woy in attendance. talking about one of the projects they have been & are currently involved in in Nepal. This involved the relocation of a shipping container to a local school at Sindhuli & its lining & fitting out with electric power ( & a generator) water , cooking stoves, shelving etc. Many of the locals are desperately poor & struggle to send their children to school. The projects seeks not only to provide the means of giving the school children a hot meal each but to raise \$75 per child p.a to provide cloth for school uniforms ( the local mothers make them in to uniforms ) , books & the money to provide the hot meals. ( usually staples of Rice & Dahl with spices ). Several of the members present questioned how this could be provided for such a small amount of money ( \$1.50 per week!)

David showed some slides which showed the Rotarians (several from wagga & surrounds) putting their Bar BQ experience to good use & adding a chicken sausage to the 1<sup>st</sup> meal served from the new kitchen. David commented that whilst some kids really liked them others were a bit wary & some did not eat them!

## Comment

I enjoyed joining Woy Woy's meeting but was surprised that they did not give themselves any link up time before the start up time & in consequence had a period of 10 to 15 minutes whilst members joined & were introduced so the meeting did not start till 6.15. The President made some comments , passed it over to a lady member who knew David & Diane from their support of her " ..... " project who introduced them before David & Diane gave their talk with the use of their slide show. Interesting that though Woy Woy are known as a traditional Club that they did not use any of the old traditions (4 way test, grace , toasts, fine session or anthem) in their zoom session

## Zoom Meeting held on Thursday 14<sup>th</sup> May by the Rotary Club of Terrigal

### Meeting hosted by Rotary Club of Terrigal on Zoom on thurs 14<sup>th</sup> May 2020

Terrigal President Mary Crammond opened the meeting ( with an impressive backdrop of a world globe at night) . After introduction of guests including 3 past DGs she introduced their guest speaker Chris van der Leij from the Club of Helderberg Sunrise ( based in South Africa's Western Cape )

**Background** – A five person Team from Terrigal have visited that part of South Africa during the past 12 months & are aware of what were challenging conditions even before Covid 19 came on the scene.

**Before Covid-** The total population of South Africa is around 60 million and they were regarded as one of the wealthier nations in Africa. This has resulted in some 6 million refugees/ temporary immigrants from poorer African countries moving there. Furthermore, there are still huge variations in levels of wealth & income in their own population. Sadly over 1.5 m people have H.I.V

Chris explained that their club was located in a region that had a number of sizeable, largely black, townships which by any standard were pretty disadvantaged. Good accommodation was well built huts ( RDPs), about 6m x 8m but there were more shacks ( 4x6 or even 4x4 ) & often behind them sheds which were less robust & often smaller. None of these dwellings have sanitation or running water. Water is collected from taps placed at intervals round the township. Furthermore, whilst most dwellings are home to one family that can mean 6 to 12 people. Normally a good portion of the healthy adults work – common occupations are as gardeners or domestic servants/cleaners or a range of unskilled & semiskilled work for small employers. If they have adults who work the family eats, if they do not work they often go hungry.

Chris talked of organisations trying to help & mentioned the ARK a charity that helps 1000 really disadvantaged people ( outcasts) & who now produce enough food to feed themselves. There are 900 NGOs ( non government organisations ) working in South Africa , some of whom are quite small like the Rotary Club of Helderberg Sunrise . Chris used the analogy of generating "drops of water". On their own they are very small but added together they could become a trickle, which could become a stream .....

**After the advent of Covid 19-** South Africa, or their region, is in what they call "lockdown 4". This effectively means a night-time curfew, very little opportunity of working & only being allowed out to exercise from 6 to 9 am ( when it is still dark at this time of year.) Government assistance is inadequate to support any sort of lifestyle, much less a healthy one . Monthly grants of 350 Rand ( \$30) provide adequate food for a family for perhaps a week. Without assistance from the NGOs many people ( initially the young , the old & the weak,) will die unless they can return to work. Covid 19 itself has not yet killed many but once it gets established in the townships- the overcrowding, the lack of resistance caused by poor nutrition & the availability of only very basic medical facilities will mean high levels of infection & a high mortality rate.

Helderburg have paired with Terrigal & clubs elsewhere in the world ( incl UK) to build up a fund to provide assistance through to Sept /October. They are particularly focused on the students at 4 schools and their families & their initiatives include running soup kitchens to feed the children ( who used to be fed at school when they were open) twice per week. They have initially focused on basic foodstuffs but also spoke about providing masks. Terrigal have asked other clubs & individual rotarians on the Central Coast to contribute to the fund.

CND

**St Jude's is a school for the children of the poor in Tanzania , it was established & grown by an Australian lady called Gemma Sisia with funding from a lot of Rotary Clubs in Australia**

**I have been asked to, & am happy to support, including this article in our bulletin by our ADG Jason.**

## **Can Rotary help St Jude's during COVID-19?**

Right now, the whole world including St Jude's is being called to face the collective challenge of COVID-19.

COVID-19 could have a devastating impact on St Jude's students and their families as many of them come from poor backgrounds with limited access to health care and basic supplies. This is why it is so important that they receive support during this crisis.

**You can purchase a COVID-19 Family Care Package to help St Jude's students and their families face the growing threat of COVID-19 in Tanzania.**

For the first time in St Jude's history, St Jude's School must provide all their students with more than just a quality education. Supporters of St Jude's can help provide additional support to St Jude students, their families and the wider community, so that together, they can address the growing threat of COVID-19 in Tanzania.

Every St Jude's student and Community Service Year (CSY) intern will receive a COVID-19 Family Care Package.

The package includes bleach, hand sanitiser, exercise books, soap, maize flour, rice and beans – these are much needed, staple items in a Tanzanian household. They'll also receive important information about COVID-19 and instructions on how a family can make a simple, inexpensive face-mask at home, how to use the bleach and hand-sanitiser safely and effectively.

Students will also receive another study pack full of learning resources and work to ensure no one is left behind     Home-made face mask made from old T'shirt.



of flour for Family Care  
Packs  
Packs

Packing bags

Packing Family Care



St Jude's academic, business and support staff will unite (while maintaining social distance, of course!) to create our biggest production line yet – assembling 1,800 COVID-19 Family Care Packages to distribute within one week to all students.

### **Rotarians and Rotary Clubs can help St Jude's...**

St Jude's are asking for our help for their students and interns, by purchasing and providing COVID-19 Family Care Packages. As per the government directive, schools continue to be closed until further notice. To ensure no St Jude's student is left behind in their studies, they will receive another study pack full of learning resources and work with their COVID-19 Family Care Package. Our teachers are hard at work ensuring that they will be ready for the next big delivery.

The School of St Jude in Tanzania continues to "make a difference" despite COVID-19 – see link below to Sky News story.

<https://www.skynews.com.au/details/6154588940001>

Can you help, please donate here: <https://www.schoolofstjude.org/support-us/donate.html>

# 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](tel:1800656463).

**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!

**Sanitiser** now seem readily available but if anyone wants a small bottle of sanitiser I still have a couple of large bottles and some of the smaller bottles Kathleen got me & am happy to drop them off to you

Our **club has stocks of 36 cans of "Diet Coke" & 13 cans of "Coke no Sugar" left over from Bunnings bar B Qs** which have "best before" dates of May & June 2020. Would anyone who drinks those brands buy them from us . Any reasonable offer? Say 50c per can? Contact clive ( mob 0400-425210)

## **Humour \_ Getting Old**

To me, "drink responsibly" means don't spill it.

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.

Job Interviewer: "So, tell me about yourself." Me: "I'd rather not. I kinda' want this job."

I remember being able to get up without making sound effects.

I had my patience tested. I'm negative.

When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.

I finally got eight hours of sleep. It took me three days, but I did it.

I run like the winded.

I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

When you do squats, are your knees supposed to sound like a goat chewing on an aluminium can stuffed with celery?

I don't mean to interrupt people. I just randomly remember things and get really excited.

It's the start of a brand new day, and I'm off like a herd of turtles.

Sometimes, someone unexpected comes into your life outta' nowhere, makes your heart race, and changes you forever. We call those people cops.

The older I get, the earlier it gets late.

j.p.s

**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

