



**BE THE
INSPIRATION**



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 2020 – 2021

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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

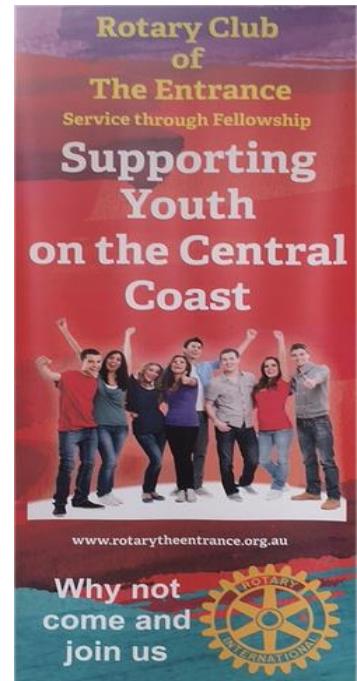
Club Administration: David Waterhouse

Membership: Gordon Crawford (ALL)

International: David Waterhouse

Vocational: Peter Ward

Auditor: Jim Gorman



AUGUST IS ROTARY MEMBERSHIP 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.ccyp.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 e.g. QQC1234567V

From the President's Desk

Our business meetings on 1st & 3rd Tuesdays are currently all held on Zoom.
We have our **next meeting on Tuesday 4th AUGUST**

In the last issue I expressed hope that we might be able to restart Spin & Win & Bunnings soon. Due to the spread of the virus to various hotspots in Sydney Bunnings have put the restarting of Bar BQs on hold for now & tour club members decided that it was too early to restart Spin & Win at Bateau Bay Square. As these are our two main fundraisers we need to find replacements and ones which can be carried out whilst practicing separation, so thoughts turned to trying to do something on line. It was therefore very encouraging to see two of our new members come up with ideas, which we are going "to give a go".

Marcel is developing the opportunity for have a virtual "snack on Saturday" or a " coffee on Sunday" whilst Kathleen proposed that we look at holding a photography Competition on line. Both projects are at the concept stage but I will report on progress with these ideas over the next two issues. We will then be looking for support to participate & to help spread the word!

Last issue David & Diane asked me to add **a promotional flyer for the new shop at Camp Breakaway which I'll repeat in this issue.** The new shop full of all sorts of interesting goodies has been generating cash & interest . **Please visit it if you have time (any morning Mon to Friday), tell friends & ask if you can have the flyer displayed in a local café or small business!**

Stop Press: really good news from Robin that Sarah Ferman from **Mingara Recreation Club** has informed us that they **have agreed to be the main sponsors for the Community Raffle again this year**

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Notices- Online & live activities during the months of July & early August

1. Tuesday 4th August – Business meeting on Zoom –Speaker Diane Bull from Comicon on fundraising
2. Tuesday 11th August- Social meeting TBD
3. Tuesday 18th August– Live Strategy Meeting at Don's House .(aim to formulate a 3 -5 year plan)
4. Tuesday 25th August- zoom Board meeting
5. Tuesday 1st September- My story, Don Cannings

Report on activities undertaken over the last 3 Weeks

On Tuesday 14th July we had a Club assembly on Zoom which I think worked ok. Each director was asked to speak for 3 minutes on what they hoped could be achieved in their portfolio area and three minutes was allowed for feedback.

Considering the fact that we are restricted to meeting on line & are not sure when we'll be able to meet freely with the broader community the meeting was quite upbeat & it was particularly pleasing to have plenty of good ideas from Don (Vocational) & Anthony & Kathleen –particularly on fundraising. Marcel was unable to join the meeting as she was working but had put out a note for discussion.

Amongst many ideas put forward & discussed were the 2 online fundraisers, Marcel's book hutch project and ways in which the club could sell more community raffle tickets to raise funds for the Project account. Some matters raised were noted down for further discussion at the Board Meeting on 28th July

Night Report -Tuesday 21st July

We had a short introduction talk from Pablo Ducame. Pablo is 15 and had hoped to go on a Rotary Exchange to a German speaking Country in early 2021 but regrettably Covid 19 seems to have stopped those exchanges happening. Pablo explained that he was actually been born in Germany before living most of his 1st 8 years in France and coming to Australia at the age of 8. His father is Belgian & his mother is French. He has learnt a bit of German from his grandmother, who is German..

Pablo seems a bright young man with a vibrant personality & has an interesting mix of favorite hobbies. He is a keen photographer and is the youngest member of a local photography club, he sails (as do two of our members), and he is a keen musician whose guitar playing is good enough for him to go busking.

Pablo's father Sebastien then talked to us about Alzheimers. He gave an explanation of what is believed to cause Alzheimers which, if I understood correctly, was that a peptide called "ameloid beta" accumulates over time and forms ameloid plaque in the brain which blocks pathways in the brain, which in turn impacts on how our senses function including our memory. Normally deterioration is relatively slow and can take 15 to 20 years to reach a tipping point. After the tipping point is reached things can go downhill rapidly. Sebastien gave the example where beforehand one might struggle to remember where one put ones keys but afterwards one could forget what the keys were used for..

Sebastien explained that there are factors which have positive & negative impacts on the accumulation of plaque. Positive factors were good deep sleep, good diet & exercise whilst negative factors were DNA defects, disturbed sleep, high blood pressure, high cholesterol & diabetes.

Of real interest was the fact that despite accumulating plaque & suffering from blocked pathways that one could improve the situation by " neural plasticity & the building of a cognitive reserve". This, he explained in simple terms, meant that by learning new things we can create new pathways through the critical areas of the brain. He explained that it was not enough to retrieve old knowledge & feelings. To create new pathways we have to challenge our habits, & learn & create new ones.

If anyone would like to learn more about Alzheimers Sebastien recommended a book called "still Alice" by Lisa Genova.

The above is based on my understanding of Sebastien's talk. If anyone would like to go into the subject in more detail I'd suggest contacting Alzheimers Australia who produce some excellent reading material but are also prepared to talk to people who have concerns. **See further contacts from Kathleen on facing page**

It occurred to me afterwards that being an active member of a Rotary club probably meets some of the positives, certainly we encounter plenty of problems or challenges & need to use our brains to help find good outcomes!



AUXILIARY COTTAGE SALES

80 Highview Avenue, San Remo - 4399 3699

OPEN WEEKDAYS 9 AM to 1 PM



STOCK INCLUDES:

**BABY'S and CHILDREN'S ITEMS, HOMEWARES,
PRESERVES & SEASONAL GARDEN PRODUCE**

ALL WELCOME TO BROWSE AND ENJOY A CUPPA!

Alzheimers

Also In regards to the discussion we had on Alzheimer's.

Alzheimer's is the most common cause of dementia. If anyone wants more information here are some links.

* What is the difference between Alzheimer's and dementia.

<https://www.healthline.com/health/alzheimers-disease/difference-dementia-alzheimers>.

* <https://www.alz.org/alzheimers-dementia/difference-between-dementia-and-alzheimer-s>

I have links to some great web pages Offering free courses on Dementia If anyone wants extra reading or to do some extra studying.

<https://dementialearning.org.au/courses/online-learning/>

Or

<https://dementialearning.mygo1.com>

Some members might find it beneficial or even interesting during this lock down period. Would give them something to do as well, if wanting something to do.

Thanks Kathlee

Paddy took 2 stuffed dogs to the Antiques Roadshow....

"Ooh!" Said the presenter, "This is a very rare breed, do you have any idea what they would fetch if they were in good condition?"

"Sticks." replied Paddy.

BEHIND EVERY ANGRY WOMAN, STANDS A MAN WHO HAS ABSOLUTELY NO IDEA WHAT HE DID WRONG!

MADE UP BY THE BOY BRIGHT IN THE ROADSHOW

Been there—
done that. Then,
been there
several more
times, because
apparently I
never learn.

SHARED ON I'M NOT RIGHT IN THE HEAD.COM

Rotary



**Rotary Club of
THE ENTRANCE**

PROGRAM

14/07/2020

July			2020	
7th	Tues	Bingo	Zoom	
14th	Tues	Club assembly	Zoom	
21st	Tues	Sebastien Pablo	Zoom	
28th	Tues	Board Meeting	Zoom	
29th	Wed	DGs Zoom meeting	Zoom with North Lakes	
August			2020	
4th	Tues	Diane Bull (ComiCon)		peter
11th	Tues	Social TPD	To be confirmed	
15th	Sat	Bunnings BBQ with Wyong/Tuggerah	at Lake Haven-Deferred	
18th	Tues	Strategy meeting	at Dons	gordon
25th	Tues	Board Meeting		Clive
September			2020	
1st	Tues	My Story Don Cannings		Robin
8th	Tues	TAFE Dinner- provn booked for 20?	To be confirmed	Clive
15th	Tues	Janine Gibbs (Elderslee Foundation)	To be confirmed	
22th	Tues	Joint meeting with Wyong	To be confirmed	
29th	Tues	Board Meeting		clive
October			2020	
6th	Tues	Marketing Person	To be confirmed	Peter
13th	Tues	Social		
20th	Tues			
27th	Tues	Board Meeting		

We wish to thank our Sponsors

