



# The Pelican News

President	John Bennett
Secretary	Louise Paul
Treasurer	Julie Glover

## ROTARY CLUB OF THE ENTRANCE INC.

Chartered 26<sup>th</sup> April 1972  
District 9685

RI President  
**Jennifer E. Jones**  
District Governor  
**Mina Howard**



## IMAGINE ROTARY

Meetings are held on 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at the Mingara Club at 6:00 for 6:30 Board meetings on the 2nd Tuesdays and social nights on the 4th.

Attendance and apologies to  
David: 43881749 or  
0450068887

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@rotaryclubTheEntrance

FORTNIGHTLY BULLETIN  
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## FROM THE PRESIDENT'S DESK

The Rotary year is moving along very quickly and while we are about to start the second month, many of our club members have taken the opportunity to travel again, now that the borders are reopened.

That being said we did start the year off with a club assembly and should note that planning is under way in preparation for the Christmas trees in November/December as well as the community raffle, with a plan to reach out to as many as possible local organizations with the hope they will want to be part of this in this year's milestone event.

A new event is also in planning. A joint venture between The Entrance and Erina Rotary Clubs for a Busking Completion in September, in and around the Entrance Township.

This month a Bunnings BBQ has been run with the help of CC Kids in Need and by all accounts was a huge success, showing that the sausage sizzle is as popular as ever. Also SAW is back in full swing, and to date this has been a bit hit and miss in terms of tickets sales but Don also positive, has had some wins.

Joe is continuing to do great work supported by a number of local businesses with food donations.

On the social side, we did a visit to PCYC Bateau Bay. Thank you to Hayden for showing us around; very exciting and will be a great venue when the planned works are completed.

On a final positive note, last year we were approached and asked to support a local student to travel to Brazil for the year in the exchange program. Happy to report the paperwork has been submitted, interviews done and congratulations to **Joey** on being one of four students accepted.

'Til next time. **John Bennett**



## Membership Fees now Due!

Fees are now due for the first half year or yearly payment if you choose, \$300 per annum or \$150 half yearly. Please direct deposit with your name as reference to

**Bendigo bank** BSB : 633 000  
Account: 168 103 455

Thank you to all those who have already paid!

### THE FOUR-WAY TEST

of the things we think, say or do

- I. Is it the TRUTH?
- II. Is it FAIR to all concerned?
- III. Will it build GOODWILL & BETTER FRIENDSHIPS?
- IV. Will it be BENEFICIAL to all concerned?

# THE HUMOUR FOUNDATION™

Tricia Fortier  
26th July 2022

Tricia Fortier is a butterfly. Clown doctors have names like Dr Scaliwag and Dr Nose Best, but Tricia is part of the promotion and fundraising team, a volunteer who organises funds for this magical group who offer their services to hospitals at no charge. They receive no funding for the wonderful work they do.



Clown doctors are not doctors. They are entertainers who have been trained specifically to make life better for little people who find themselves in horrible circumstances in hospitals. They may have extended stays away from their families, they may have to undergo procedures which they dread. But by their side can be a friendly clown who can grab their attention and make them laugh, or even not realise that the dreaded procedure is taking place at the same time.

Clown Doctors are part of The Humour Foundation, which visits 22 facilities across Australia, undertaking 230,000 interactions per year

But what I didn't know is that the Humour Foundation also visits people with dementia. They call this Laughter Care. This is another time of life when a person may just need a laugh. These clowns dress slightly differently to the ones visiting children – not so much the classic clown as the gentleman or lady clown. These people probably feel like they are no longer in control of their lives – many no longer interact with those caring for them, but the clowns can often make them smile – and teach their carers methods of helping them.



During her presentation, Tricia showed us some filmed examples of the interactions between clowns and children undergoing simple procedures, and also with elderly patients, and we were left in no doubt of the value of the "doctors" in these situations. Families were filmed explaining the benefits they could see to their relatives.

The foundation also trains staff in the facilities to be able to make a little time for play with their patients—things like deliberately dropping the towels for the amusement of the patients.

**CLOWN DOCTORS in NSW:**  
Sydney Children's Hospital, Randwick  
The Children's Hospital at Westmead  
Bear Cottage, Manly  
Gosford Hospital, Central Coast  
John Hunter Children's Hospital  
Lismore Base Hospital  
Royal North Shore Hospital

Tricia raises money on the Central Coast to help fund this program. Their next fundraiser will be held at Davistown RSL on 20th October. (There will be more information closer to the date). She brought along some of the new magazines which she offers for sale, and our club members contributed \$70 to the cause. We all enjoyed the presentation!

**BENEFITS OF LAUGHTER CARE**  
Resident happiness  
Resident quality of life  
Resident positive behaviours  
Resident mood  
Resident engagement  
Staff satisfaction  
General atmosphere in the facility





### Wamberal Fruit Market.

Our club contacted this shop last June 2021 asking for fruit and veggies donation. Their answer was yes straight away. They started donating a box a week and then this got to 2 boxes and then to 6 to 8 boxes over the last 9 months. This is a weekly donation each Tuesday morning.

We estimate that they have donated well over 4,000kgs over the last 13 months. We distribute this food to The Entrance and Bateau Bay Neighbourhood Centres and The Entrance Food Hub.

As can be noted from the pictures, these are very good quality fruit and veggies and it is very well appreciated by the centres that we donate it to.



**Joe Scieluna**



**VALLEY FRUIT  
WAMBERAL**  
FARMER'S MARKET

*"I know I shouldn't have done this, but I am 83 years old and I was in the McDonald's drive-through this morning and the young lady behind me leaned on her horn and started mouthing something because I was taking too long to place my order. So when I got to the first window I paid for her order along with my own. The cashier must have told her what I'd done because as we moved up she leaned out her window and waved to me and mouthed "Thank you," obviously embarrassed that I had repaid her rudeness with kindness.*

*When I got to the second window I showed them both receipts and took her food too. Now she has to go back to the end of the queue and start all over again!*

*Don't blow your horn at old people, they have been around a long time.. " 😊*

**Ill never forget the  
look on the cashiers  
face, when she  
scanned the packet of  
bird seed,  
And I asked her how  
long does it take for  
the birds to grow once  
I plant them.**



**Better food today  
A better world  
tomorrow**



ROTARY OF BRISBANE WATER  
 ANNUAL FUNDRAISING DINNER 2022  
**ROARING 20'S SHINDIG**



3 COURSE DINNER  
 ENTERTAINMENT  
 LIVE MUSIC  
 RAFFLES  
 AND MORE



MONEY RAISED WILL SUPPORT ROTARY  
 YOUTH  
 AND  
 COMMUNITY PROJECTS

SATURDAY 29TH OCTOBER 2022 6PM  
 OCEAN BEACH SURF CLUB  
 TICKETS \$110

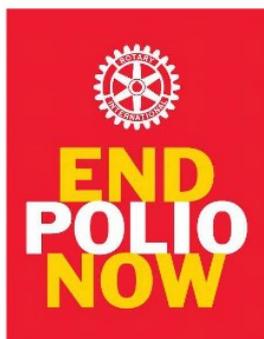
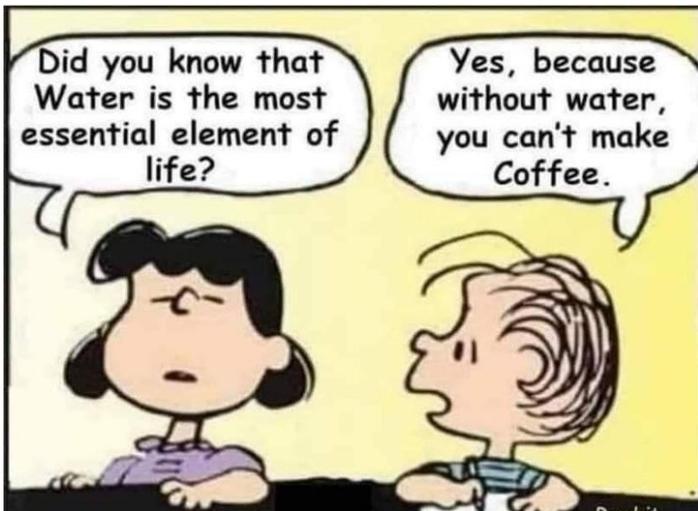
CHECK OUT ROTARY BRISBANE WATER  
 FACEBOOK PAGE FOR TICKET DETAILS

JAYNE 0405714289

**My body sometimes feels sore, but it works. I don't sleep well most nights, but I do wake up to fight another day. My wallet is not full but my stomach is. I don't have all the things I ever wanted but I do have everything I will ever need. My Life is by no means perfect, but it's my life and I'm happy.**



I may be getting old, but I can still spot safety violations. This man has no hard hat, no safety glasses, no hearing protection and no gloves!



## Social night – visit to PCYC and dinner at The Entrance Leagues

On Wednesday 20<sup>th</sup> July we visited the Bateau Bay PCYC to follow up on the recent evening when Hayden spoke to us about the changes he was proposing for the club.

Hayden showed us through the building, pointing out many features which had not been updated since the club was built in the '60s. The flooring of the two indoor courts is a parquetry finish, which has now been sanded back as far as it can go, so the next step will be replacement. Hayden mentioned that the life of a court is about ten years, but this one was more than 30 years old.



The training room which had been fitted out for boxing was only servicing about 10 members, so this extensive space is being repurposed into a gym using equipment donated by Macquarie Bank. Although the room is not yet finished, already 20 members have signed up to use the gym, being charged less than \$10 per week. The boxing bags are being moved into another smaller room, along with some state-of-the-art equipment purchased with grant money.



Another unused space has been transformed into a music room, with a drum kit and instruments to allow a band to practice and even record in the space. Hayden expects there will be music lessons offered as well, which would allow parents to use their Creative Kids vouchers, as well as using the Active Kids sporting ones.



Programs offered at the PCYC include Rise Up which brings young people in before school for exercise and breakfast, before the police drop them to school three days a week; driver education programs, and OOSH which is out of school time care for children.

Hayden's primary aim is to enable the club to support itself. This is the reason for introducing different programmes, to attract a wider group of members and activities. Each space needs to be able to bring in more income, so the club can be rejuvenated. As numbers increase, he even envisions the canteen being used for coffee and cake, with the aid of Work for the Dole.

We ended up being shown the Pickleball equipment, and Hayden suggested we should come along on a Friday morning to give it a go!

Under the tab "Our People" their website says "PCYC is a unique partnership between NSW Police, Rotary and the Community offering an amazingly diverse range of services to serve the community and empower young people to reach their potential." Hayden is committed to ensuring the diversity of service – I have to wonder how we can help, as obviously historically Rotary has been a part of the fabric of the PCYC.

We followed this up with dinner at The Entrance Leagues Club, which was very pleasant and a great menu.



# SNIPPETS FROM THE BOARD MEETING HELD 12TH JULY 2022

Kalvin Smith – **Warriors Path Martial Arts and Life Skills Programme**. The Council Grant for this project has been submitted and further information has been requested.

Joan Ducarme – **Rotary Youth Exchange** application has been approved and he will travel to Brazil early in 2023. One of our future Tuesday night meetings will be centred around a **'Youth Night'**. Date TBC. John to speak to Christine Owen and Liz North.

**The Busking Competition**, in conjunction with Erina, will go ahead, with the formal application underway.

CC Primary Care, HoTS team **District Grant** has been submitted and is awaiting approval.

This is a big year for the **Community Raffle**, as we expect to top the \$1m mark. A push will be made to increase the number of participating organisations (that had reduced over the Covid years), in this landmark year. Earlier contact with organisations will help promote higher levels of participation. Form K to be completed. Agreement was made that the print run for tickets could be 30,000 if more interest was generated.

The annual **membership fees** were discussed and it was agreed that our fees remain the same at \$300. This is to be paid as one lump sum in July or in two parts (\$150 in July and \$150 in January '23).

The Certificate of Currency for our Club's Insurance has been obtained and will be uploaded to the club Google Drive, so that all appropriate members would have access. Julie to grant Louise the required access.

Joe is continuing to compile the Community Directory and has involved Legal Aid.

**Bunnings BBQ's** were going well with the next planned for July 16<sup>th</sup> and future dates to be confirmed. Spin and Win Update – The last **Spin and Win** went well with seven draws.

Joe proposed that we look further into the idea of setting up a **Mentor Programme**. Toukley Rotary run a similar programme very successfully. Discussions with them would be beneficial.

## Upcoming Program

August			2022	
2nd	Tues	Christine Owens/Liz North	Rotary Update	Mingara Boardroom
6th	Sat	Spin & Win	Meat Tray	Bateau Bay
9th	Tues	Bunnings staff BBQ	limited people needed	Tuggerah 5:30-7:30pm
9th	Tues	Board Meeting	Most people to attend	Zoom
16th	Tues	Harold Sharp (ROMAC)		Mingara Boardroom
20th	Sat	Spin & Win	Meat Tray	Bateau Bay
23rd	Tues	Social Night	Preview Restaurant	Ourimbah TAFE
30th	Tues	TBA	Club speaker?	Mingara not available
September			2022	
2nd	Fri	Community Raffle	First Email	
3rd	Sat	Spin & Win	Meat Tray	Bateau Bay
6th	Tues	Bruce Davis	Coast Community Connection	Mingara Boardroom
13th	Tues	Board Meeting		Zoom
17th	Sat	Bunnings BBQ		Tuggerah
20th	Tues	Potential Youth night		Mingara
25th	Sat	Spin and Win		Bateau Bay
25th-26th	Sat-Sun	Issue Raffle Tickets	Foyer Mingara	12 noon to 4 pm
26th	Sun	Busking Competition	The Entrance	All day
27th	Tues	Social Night	??????	????

**Speaker Reports for the Pelican News** So that the job of reporting on our speakers can be shared around, we will be having a roster . As a guide perhaps 250 — 600 words. **Please advise if you are unable to do your allocated day.**

**2nd August — Gordon**

The Rotary Club of The Entrance sincerely thanks our sponsors and partners, appearing throughout this Bulletin.



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\* Family members