



The Pelican News

President Gordon Crawford
Secretary Louise Paul /
John Bennett
Treasurer Julie Glover

**ROTARY CLUB OF THE
ENTRANCE INC.**

**Chartered 26th April 1972
District 9685**

**RI President
Gordon McNally**

**District Governor
Christine Owen**



**CREATE HOPE
in the WORLD**

Meetings are held on 1st and 3rd Tuesdays (and 5th) at the Mingara Club at 6:00 for 6:30 Board meetings on the 2nd Tuesday and social nights bi-monthly on the 4th.

Attendance and apologies to
David: 0450068887

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**MONTHLY BULLETIN
2023-24
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From the President's Desk

Regretfully, the 'Rolling for Victory' had to be cancelled due to lack of support for the special event to support Nev in his attempt to play snooker in England for the disabled world championship.

The good news is that enough money has been raised and Nev has bought his air ticket and booked his accommodation.

We wish him every success in the contest.

I was delighted to induct Julia as our newest member into the club and congratulate her for the amazing effort she made to support Nev with his snooker opportunity.

Last week I zoomed into a training session on Club Runner. I was surprised that only 6 people were on the program. Club Runner is basically a goal setting program covering 26 possible goals for our club and success in 13 goals will win a club citation.

In my last report I said I would like our Board to come up with 3 or 4 Major goals for our 2024-2025 year and this is still my objective. More than that is too many, and

we will end up getting lost.

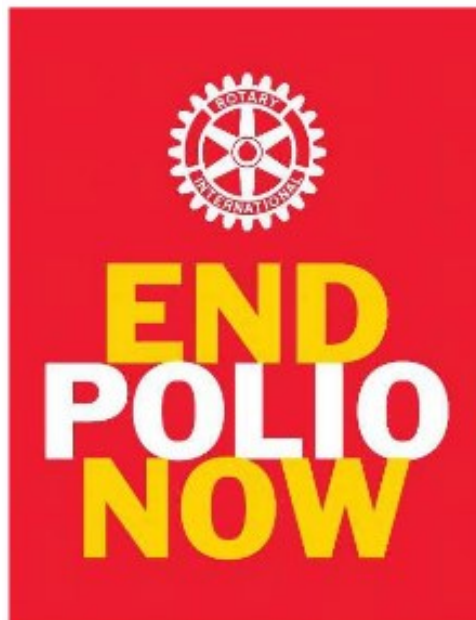
However, when we have the major goals in place, we can reinforce them with a number of club runner goals which will support and reinforce the major goals.

Hopefully, while I am away, I would like the incoming Board members to start discussing what they would like to achieve next year.

For the next 6 weeks Sue and I will be holidaying in Europe and Scandinavia. The trip includes attending the Inner Wheel International Centenary Conference in Manchester.

I intend to come back enthused and excited about leading our club into another successful year.

Thank you all for the amazing things you have all done and the support you have given me this year.



Rotary

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?

Words on the Waves Writers' Festival

Clive Introduced Benny Agius to talk to the club on the “Words on the Waves Writers Festival” & especially their “Ripples” Kids Program

Benny has a deep background in the publishing Industry an particularly in Childrens books & eventually went in to Publishing consultancy . She is a co-founder of the “Words on the Waves” writers festival which is now held in early June on the Central Coast every year. It is run by a committee of children’s and adult authors, librarians , publishers and an accountant. The festival this year will include 32 separate events and last year featured well known actor Bryan Brown and author Chris Hammer.



Benny told us that the Central Coast , which has many disadvantaged children, has only 14% of children progressing to tertiary education compared to 24% statewide, despite the fact we have several TAFEs and the Ourimbah Campus of Newcastle University on the Coast. They were keen to introduce a schools program to the festival which they named “the Ripples Program” this is run as a workshop and has proved so popular that it is now run at Umina (south) and Ourimbah (North). Each daily workshop has 3 author talks and 3 workshop sessions curated by an author or illustrator.

Benny quoted Ross Gittins an economic commentator as commenting that if Australia wanted to improve its productivity and hence its standard of living that it could do much by better educating our children. Instilling a work ethic and encouraging interest in reading and writing, which in the tech era when so much time is spent on the phone or an ipad , are disciplines in danger of becoming neglected.

This year’s program is now out— on Saturday June 1 and Sunday June 2 they will be joined by literary superstars Catherine Chidgey (NZ), Steven Carroll, Laura Jean McKay, Alice Pung, Tony Birch, Nam Le and Myfanwy Jones, to name a few. Crime tragics can cheer for Benjamin Stevenson and Amanda Hampson while Lauren Chater, Kate Forsyth, Melissa Ashley and Gabbie Stroud will keep the fiction lovers’ pages turning. Into politics and contemporary culture? Look no further than Bruce Pascoe, Frank Bongiorno, Lech Blaine, Toby Walsh, Hannah Diviney and Ben McKelvey. Prefer your tales tall but true? Check out the incredible memoirs of Robyn Davidson, Pia Miranda, Julie Goodwin, Stephanie Wood and Gregory P Smith.

Tickets now available <https://wordsonthewaves.com.au/buy-tickets/>



FESTIVAL 2024
May 29 – June 3

past is
present is
future is
always.

PROGRAM NOW LIVE

Matt Clacy, Paratus Clinical

2nd April 2024

Matt is co-founder and Chief Commercial Officer for Paratus Clinical, a business which runs clinical trials in medical and immunotherapeutic drugs. Their site in the Kanwal Medical Complex near Wyong hospital on the Central Coast is one of four locations for their work, the others being Western Sydney, Canberra and Brisbane.

His idea was to bring research out of hospitals, and they do research into many of the common diseases such as high cholesterol, diabetes and chronic pain. Patients would rarely present to hospital—they would be under the care of their GP.

Getting money to start the business was difficult, and in the end they “Shark Tanked it” - a private equity company invested in them in 2015.

Before Covid people were cautious, but now they are happy to participate in new research. People volunteer to be part of the clinical trials, so others can know it is safe for use. It is necessary for many trials to be done over a long period of time to satisfy the Therapeutic Goods Association who are the regulators.

Initially low doses of the drugs are given to people to ensure that they are safe. Then they work with a group of people



who are otherwise healthy but have the particular disease they are working to treat—like high cholesterol, for example. They can see whether the treatment works on those people. Finally the trial is expanded to include people with that but may also have other problems and conditions (although this would not include pregnant women, under 18s or people on other drugs.)

Finally the government would go through the process, and the treatment would be approved. It is very expensive at this stage.

HOW THEY WORK

Clinical trials involve testing new interventions to assess their effectiveness and safety. The trials follow a strict protocol to ensure safety and meaningful results. Ethical guidelines and informed consent protect the participants, and blinding and randomization help reduce bias in the study.

To test the new product, participants are divided into two groups: one receiving the new intervention and the other a control group with a placebo or an established treatment.

Clinical trials can be sponsored or funded by various organizations, including government departments, research groups, and pharmaceutical companies.

WHY PARTICIPATE?

- Advance Medical Research**
Contribute to the advancement of scientific knowledge to help find new ways to diagnose, prevent, treat or cure diseases or conditions.
- Contribute to New Treatments**
Without participation in clinical trials, new products could not become available for use.
- Get Reimbursed**
If you are eligible to participate in a clinical trial with us, you will be reimbursed for your time and contribution in the form of gift cards.

WHAT TO EXPECT

- After showing interest in a study, you will receive a pre-screening call to discuss the study in more detail and run through some eligibility questions with you. If you appear eligible and would like to proceed, you would be booked for an in-clinic screening visit.
- At the screening visit your eligibility will be checked by our study team and doctor. This visit includes a review of medical history and wellness exam, and may include extra tests/ exams (e.g. blood test) depending on the study.

If you are thinking of participating, it is important to keep a few things in mind:

- Participation is completely voluntary – You may withdraw from a clinical trial at anytime.
- We follow strict regulations and policies to help protect the privacy, health, safety and well-being of those participating in clinical trials.
- You may be reimbursed for your time.

People volunteer to take part in these studies, and Paratus Clinical are currently actively looking for participants on the Coast in three trials:

- Arcturus Influenza COVID-19 Booster Vaccine Study
- A Clinical Trial- Managing Type 2 Diabetes and Obesity
- Long Term Cardiovascular Study for Individuals with High Cholesterol

People who participate in these trials do so because it makes them feel part of the scientific endeavour, and altruism. They are improving the quality of life for all of us. They are paid on a per visit basis—about \$100.

Before they can take part, they are screened for other conditions, whether they are on drugs, and they have a clinical evaluations of pulse, heart and imaging if necessary. If approved, they are then selected randomly for their trial.

The trials are comparative, and they do not usually use a placebo. Participants are often asked to keep a diary, because something as seemingly insignificant as a broken leg may be significant in that it may produce other symptoms such as dizziness, which may not be associated with the trial. It should also be noted that you could probably not go overseas, at least for the first few months of the trial.

Usually a participant might visit the clinic 6-12 times a year as well as phone consultations. People actually like visiting the clinic because they can have a long discussion with the health staff, as they are only seeing about ten people a day—there is no pressure for throughput.

Paratus Clinical employ 90 people in Australia, six to ten in each clinic. Their competitors are several doctors, universities and research institutes.

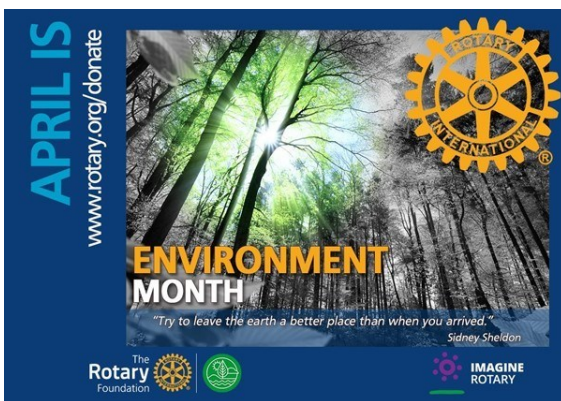


**Please contact the Paratus
Clinical recruitment team at:**

1300 742 326

recruitment@paratusclinical.com

Or register your interest here:



Julia Heckenberg — Induction

We met Julia in supporting her efforts in raising money to allow Neville Helou to travel to the UK to compete in a World Championship for Wheelchair Snooker. Including sponsorship from Gosford Rotary Club and Talking Threads, single handedly Julia managed to pull together almost \$2000 to help Neville on his way.

Julia was invited to join our club, and we are delighted to have her join us. We are certain her enthusiasm and flair for planning and networking will be a great asset to our club.

Julia was inducted by her sponsor Gordon Crawford last week. **Welcome aboard!**



Sam Preller

RYLArian January 2024 16th April, 2024

Sam came along to report on his experience at RYLA (Rotary Youth Leadership Awards) . He was very grateful for our sponsorship. Sam said that RYLA had made a profound impact on his life, and went so far as to say it had changed its trajectory.

RYLA was held at Knox Grammar School for a week in January. All 80 participants stayed on site for

the week, and the activities were run and mentored by Rotary Volunteers. They had activities during the day, and his favourite part of the experience was the reflection groups in the evenings. Six of them were selected in each group, and they had an appointed facilitator. He explained that there is a secrecy element to RYLA, so that activities came as a surprise—although he said they often felt like a deer in the headlights. They were certainly going into the unknown.

Although his sister had been a RYLA leader, Sam had no preconceived ideas, and felt pushed to his limits and they often had to think on the fly. He felt they had all learned who they really are and how they react under pressure. Eighty people act very differently, and it gave each participant a gauge as to what they needed to work on, and what were their strengths.

Sam said he had done quite a lot of travel in his 22 years, which gave him quite a lot of experience. But he said the experience he had at RYLA was 1000 times more, without leaving the country! Meeting his reflection group he found quite awkward on the first night, but those people realised over the week that they had far more in common than they had first imagined, and that their differences are quite minor. They are now all the best of friends and are even contemplating a trip together.

One of the big things he learned at RYLA was that he had previously no real interest in his community, but now he is keen to work on himself and share with others. He has a new power, and believes in himself. He wants to bring people together . He is bringing together a group of six—some from RYLA and several from his friend group here on the Central Coast, and they are proposing to start a new Rotaract Club.

He asked his sister whether she could see a difference in him since his RYLA experience. She told him he seemed like a grown man for the first time.



Rotary Youth Leadership Awards - District 9685



WELCOME TO LIFE CHANGING



Preview Again! 26th March



WORLD IMMUNIZATION WEEK 24-30 APRIL



My Dad told me his password is
MinnieMickyGoofyDonaldPlutoHueyLouieDeweyDublin
Because he was told his password had to contain eight
characters and one capital.



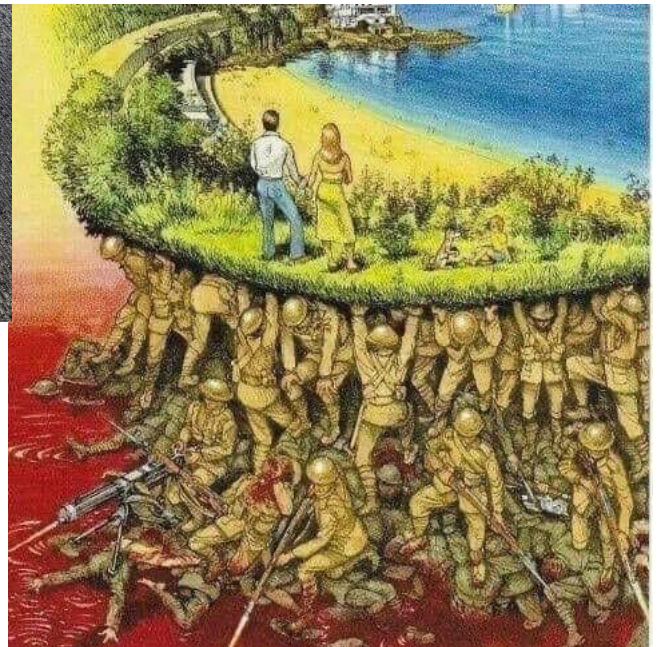
TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES



For members who might wish to see what happens at Razzamatazz, the showtimes on 17th April are 11am, 2pm & 6pm.



President Gordon and Sue laid a wreath on **Anzac Day** in Tarragal Glen Retirement Village in the name of Rotary The Entrance. Residents of this village have now knitted over 1000 beanies since the lockdown in 2021 which we have given to the needy.



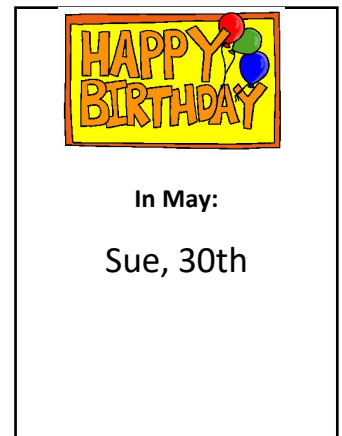
**Stopping
 Abuse in
 Families
 Everywhere**

Reminder, our **"3R's"** apply to any form of abuse to women, men, children and our elderly:

1. **Recognise** signs of abuse
2. **Raise** your concerns "safely"
3. **Refer** victim to one of the many family violence agencies OR Make the call yourself!

Upcoming Program:

28/04/2024 Sun	Bunnings BBQ	Tuggerah		
30/04/2024 Tues	Volunteer Meeting	(@Waterhouses)		
May				
4/05/2024 Sat	Spin & Win	Bateau Bay		
7/05/2024 Tues	Guest Speaker	Mingara	Pete Little	Radio 96.3 FM
14/05/2024 Tues	Board Meeting	Zoom		
18/05/2024 Sat	Spin & Win	Bateau Bay		
21/05/2024 Tues	Guest Speaker	Mingara	Gary Brudelin	Driving Miss Daisy
23/05/2024 Thurs	Muna	Erina	Volunteers needed	
26/05/2024 Sun	Bunnings BBQ	Tuggerah		
28/05/2024 Tues	Social Night	???		
June				
1/06/2024 Sat	Spin & Win	Bateau Bay		
4/06/2024 Tues	Guest Speaker	Mingara		
11/06/2024 Tues	Board Meeting	Zoom		
15/06/2024 Sat	Spin & Win	Bateau Bay		
18/06/2024 Tues	Change Over	Mingara	Tasman Room	
23/06/2024 Sun	Bunnings BBQ	Tuggerah		
25/06/2024 Tues	???	Mingara		





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



Better food today
A better world
tomorrow



Wyong Leagues Group

Bringing Communities Together

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