



The Pelican News

FROM THE PRESIDENTS' DESKS

We are well into the New Year and the club has "hit the road running."

On Tuesday night Louise introduced the Community Raffle Draw. The tickets were drawn by Lauren Hickson as a representative of Mingara who sponsor the 1st prize of \$4000. The winner is a lady of 89 who bought her ticket(s) through the Wyong Family History Group. Louise phoned her up to tell her of the good news and she was initially disbelieving and then very excited. A very worthy winner.

Club members and guests then went upstairs to the Ming Dragon for dinner. We were privileged to host Ashok and his wife Kamala, both eminent Rotarians from Nepal who David and Dianne have been working with on many different projects over more than 20 years (Ashok has written a really nice article on facebook which I encourage you all to read. It was most interesting to also read that Tristan Glover, one of Julie's sons is well known to Ashok through work he has done in eye care in Nepal. Tristan is an optometrist in Adelaide.)

Julie & her team ran two DCafs in February and are planning two more in March on Tuesday 3rd and 17th March.

Don & Pam organised the M-Herv Health van at the Entrance and Bateau Bay Neighbourhood Centres early in February. A total of 45 people were tested with a significant number being referred on to local doctors for follow up testing and treatment.

It is most encouraging to hear from Gordon (incoming youth director) that there is a young lady at PCYC who is interested in us helping them start an Interact Group. It is some years since we sponsored one at Tumbi school so this is a really exciting development.

We have been advised that the Community Directory, a project we were

Continued over:

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[RCTHEENTRANCE](https://www.facebook.com/RCTHEENTRANCE)

Meetings are held on 1st and 3rd Tuesdays (and sometimes 5th) at the Mingara Club at 6:00 for 6:30

Board meetings on the 2nd Tuesday on zoom and social nights on the 4th.

Attendance and apologies to
David: 0450 068887

EACH ONE
BRING ONE



COME, JOIN ROTARY

President	Clive Denmark David Waterhouse
Secretary	Greg Maloney
Treasurer	Julie Glover

ROTARY CLUB OF THE
ENTRANCE INC.

Chartered 26th April 1972
District 9685

RI President
Francesco Arezzo
District Governor
Michele Ellery

UNITE
FOR
GOOD

Rotary

involved with a few years ago, has been fully updated. The good news is that in this technological age, the link on our website still carries through to the new directory!

Finally it is proposed to show a video on the Rotary Zone 8 Regionalisation project at the Rotary meeting to be held on Tuesday evening 3rd March at Mingara. We have been invited to submit feedback. Part of the scheme involves clubs in local community groupings banding together to do some larger projects, more broadbased publicity and membership initiatives. Our local community Group is the “ Central Coast” . Although there is some historical grouping of clubs to do projects like the Christmas Tree sale no new initiatives have got off the ground . Brad Garroway of Gosford North is trying to get support for a Central Coast Environmental Project . Let’s approach Regionalisation with an open mind I’m sure there are both Pros and Cons to it but the pilot will only be a fair test if we give it a fair trial!!

Joint Presidents: **David Waterhouse and Clive Denmark**



MHERV Project

On Monday and Tuesday 2nd and 3rd February 2026, Pam and I escorted the MHERV to the food hubs at The Entrance and Bateau Bay. The Men’s Health Education Van is a project of Warners Bay Rotary and aimed at going to country areas to deliver Free Health checks to farmers. As we don’t have too many farmers at The Entrance it was agreed we could aim at giving free health checks to low-income people in our area.

The first day was affected by the weather being cloudy windy day. Despite the fact that it didn’t rain, it sure threatened too. We only got 13 customers. However, I believe the more important outcome will still come from the opening of conversation about health in the dining rooms.

The second day brought better weather and we got 28 customers. In both areas we relied on the help of the volunteers to advertise the project and support on the day. They didn’t let us down and made the day a success. Ricky in particular went above and beyond to support this year's project.

On Monday evening Pam, Anthea, Shirley and I went to the Lotus Chinese Restaurant and gave Kath and husband Craig a very nice meal and evening out.

Don Cannings



Launch of The Entrance DCaf



Following discussions for much of last year, and a very successful community meeting held in October, we launched our own version of the DCaf on the first Tuesday in February.



Ahead of this, we held a training day a week earlier, attended by 24 people—mostly people who had offered to assist us, as well as members of the club who will be on-call in case of insufficient volunteers. During the morning we heard from Dementia Alliance members Wendy and Nicole, who took us through how people cope with Dementia, and in particular how to use language around those with lived experience.



We have now held two successful days, each attended by a different person living with dementia and their carer. We have been contacted by a total of six people, but unfortunately three of these had commitments on Tuesdays and we have recommended they call Terrigal RC who have their DCaf on Mondays.

We have distributed flyers to many health businesses in our local area— medical centres and pharmacies, as well as churches and anywhere we can think of that older people meet. Please if you know of anyone who might benefit from a regular social outing, where carers can meet with other carers and we can encourage their charges to participate in different activities, please ask them to register with us.

THE FACTS: first and third Tuesdays, 10am to noon at the Bateau Bay PCYC in a ground floor room. No charge. Text 0427 426393 or email weetali-ba@bigpond.com



Community Raffle 2026 drawn 24th February

This year thirty nine groups participated in our Community Raffle, selling about 17,000 tickets.

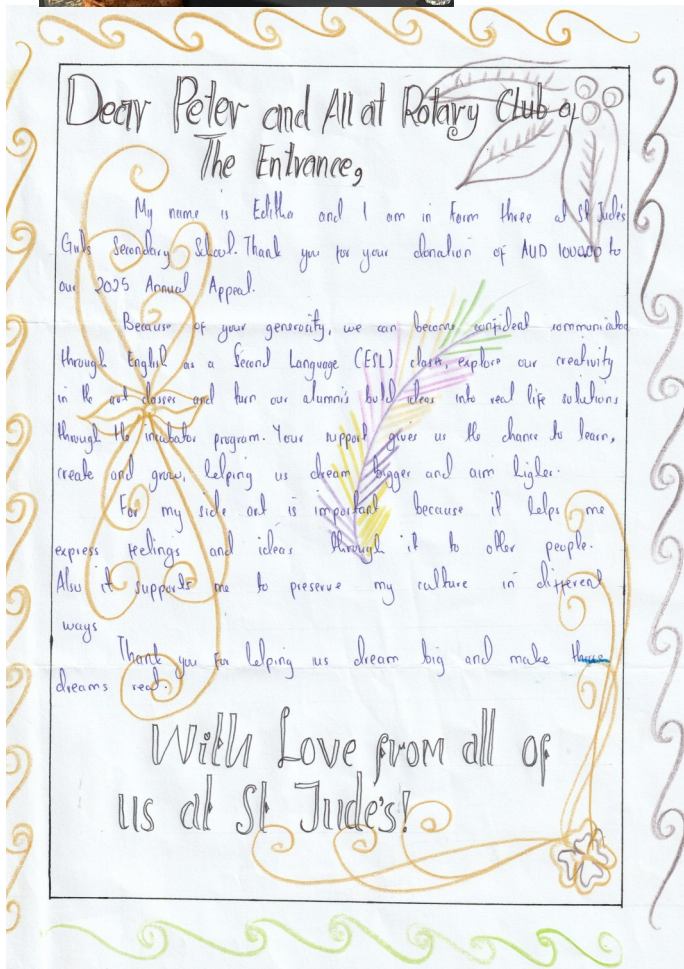
With a first prize of \$4000 donated by Mingara, this is always a popular sell. And as all of the funds raised by each organisation are donated back to that same organisation, people are quite eager to come on board every year. Many of our sellers come back every year, but we usually have a small percentage of turnover of supporters year by year .

This year our first prize winner was an 89 year old lady who was not really believing of her good luck, and made her daughter ring the club to see if the win was real. The ticket was drawn by Lauren Hickson from the Mingara welcome team, who went on to draw the remaining tickets.

Those groups which sold winning tickets included the Wyong Family History Group, the Gosford Bulk Water Brigade (2) and The Humour Foundation (Clown Doctors).



The full list of winners can be found on our webpage and facebook page.



ROTARY INTERNATIONAL

Comedy for a Cause

PRESENTED BY THE ROTARY CLUB OF GOSFORD CITY

FIONA COX
CAM KNIGHT
CHRIS RADBURN
★★★★ - THE ADVERTISER + MORE

FRIDAY 13 MARCH 2026
CENTRAL COAST LEAGUES CLUB
DOORS: 7PM / SHOW: 8PM / 18+
TIX: \$40 OR VIP: \$125 (INC DINNER)
COMEDYFORACAUSE.NET/EVENT/GR26

PROCEEDS FROM THIS EVENT GO TO: ROTARY CLUB OF GOSFORD CITY

District Governor's Visit 17th February

Michele Ellery

We sat down for a chat with DG Michele—or that's how it felt! She spoke of the meaning of the Presidential Message "Unite for Good." It is intended that we unite in space, in time, and expand our reach.

It is important to use Rotary branding. We must also make a difference, by sharing our fundraising efforts—promoting our activities especially taking opportunities to use our partners' or recipients' inbuilt publicity—so look for recognition and appreciation on their webpages and expect to have our name or logo put into their ongoing promotions. "Milk their advertising," Michele said, "It's a transaction!"

We need to adapt our clubs to our communities' changing needs. Are we serving our community in the ways it needs? Take the time to identify the needs of our community, and then look at what we could be doing that we aren't now.

We need to improve the club experience, look after each other and look at how we speak to each other. Clubs need to be about retention of existing members, as well as seeking new ones. We need to appreciate everyone and remember that behind numbers are real people.

Michele also reminded us that we need to put our activities regularly online. Ensure it is linked to our name because if someone goes online to find us, it is those links which tell them who we are. She suggested that we approach our local University to find final year students who need a project, and ask them to help design and produce our advertising and promotion.



On 24th February, we welcomed to our club meeting and raffle draw, Ashok Shrestha and his wife Kamala Shrestha (Past President, Rotary Club of Dhulikhel, Nepal). Ashok and Kamala are currently visiting Australia, and made a special trip to the Central Coast to honour David and Dianne for the work they have done in Nepal.

He said, "Since 2001, David and Dianne have been deeply committed to supporting meaningful projects including Shahid Ganalal Heart Hospital, Scheer Memorial Hospital Banepa, Dhulikhel Hospital, Sindhuli Community Technical School, earthquake relief and rehabilitation initiatives, biogas construction projects, and many other high-impact Rotary programs across Nepal. Through countless volunteer hours, technical expertise, and generous financial contributions, David and Dianne have transformed thousands of lives. Their dedication truly reflects Rotary's motto — Service Above Self. On behalf of the Rotary Club of Dhulikhel and thousands of beneficiaries, I, Rotarian Ashok Shrestha (Chairman, The Rotary Foundation – RC Dhulikhel & Assistant Governor RID 3292), express my heartfelt gratitude and deep appreciation for their continued support and partnership. We sincerely thank you and look forward to strengthening our cooperation for the benefit of our communities. "

He presented David with a very special plaque.

The report on one of the projects in Nepal follows on the next page, for those who are interested. This is a project which we as a club support financially.



If you wondered where David and Dianne were during September, here is a writeup of the project in Nepal

NAMASTE NEPAL

PROJECT UPDATE #JANUARY2026

SINDHULI PRIMARY SCHOOLS FUND

The Sindhuli Primary Schools Fund has been established to assist in the education of the poor and discriminated children of lower castes in the Sindhuli district of Nepal via the public school system. To date we support over 800 students in 19 public schools throughout the Sindhuli region (although Suresh has snuck in 4 from outside Sindhuli).

In September, Bruce, along with David and Di Waterhouse, joined with the RC of Kathmandu and Rotaractors from Kathmandu and Sindhulimadi to distribute uniform packages to 558 happy kids in 6 primary schools. Each student received 1 x tracksuite, 1 x t-shirt, 1 x canvas shoes, 2 x pair socks, 1 x sweater, 1 x school bag with various books depending on the year they were in. It was a very rewarding 10 days, and many of the children and staff attended even though it was school holidays to celebrate the Hindu festival of Dashain.

Peter Elias is currently organising a working group who will go to Sindhuli in March to build two more shipping container canteens. At the same time Bruce (and hopefully Wendy) will be visiting schools in the program as well as prospective new schools.

Thank you and regards, Bruce, Wendy & Suresh



Loading up for a trip to Sindhuli

Di Waterhouse with future students



Container Canteen built for Shree Kalika School

All donations are Tax Deductible by authority of the "Rotary Australia Overseas Aid Fund" (ABN 21 388 376 554) and this project is endorsed as a Deductible Gift Recipient by the ATO.

\$75 (Australian Dollars) will enable a child to attend school with a school uniform, school shoes, exercise books, pencils and a backpack no matter their caste or circumstances.

We no longer need to provide a meal as the Nepali Govt now supply all primary schools with funding for a meal for all students. So now the whole \$75 goes toward more uniforms!!

For more information or to support the Sindhuli Education Fund phone (0428172614) or email (wdeluca@csu.edu.au).

Donate via the RAWCS website:

<https://donations.rawcs.com.au/67-2017-18>



Save the Date

Sunday March 8, 2026

International Women's Day
High Tea

Raising critical funds to underpin the
Rotary District 9685 Educational Scholarship Scheme
for Domestic and Family Violence Survivors

Rotary Club of Wahroonga
Community Bank Lindfield
Bendigo Bank
HORNSBY RSL CLUB
WWS
Rotary 9685
UNITE FOR GOOD

Rotary Districts 9660 and 9685 presents...

TOGETHER FOR TOMORROW
a combined conference

FRIDAY 20TH and SATURDAY 21ST MARCH 2026
NEWCASTLE CIVIC THEATRE AND CITY HALL

Discover the Rotary of tomorrow with visionary speakers and inspiring performances. Register at www.togetherfortomorrow.com.au

Rotary Districts 9660 and 9685

Rotary
The Entrance

If you are caring for a loved one who is living with Dementia, a Rotary D-Caf is for you both.

A Dementia Café is a group which gathers for morning tea twice a month, providing suitable activities for those with dementia, while offering an opportunity for carers to talk amongst themselves, learning and sharing experiences—or indeed a friendly ear should they just need to offload and discuss with caring people.

We are offering a new D-Caf in the PCYC at Bateau Bay, commencing in February 2026, and being run by members and friends of Rotary The Entrance. This is a free service to our community.

Where: Bateau Bay PCYC—ground floor
When: first and third Tuesdays from 10am to noon
Commencing Tuesday 3rd February 2026

If you are interested in attending, places are limited, and you should register your interest with Julie by text to 0427 426393, or email weetaliba@bigpond.com

Rotary District 9685

DG MICHELE ELLERY PARTNER PROJECT
Australian Rotary Health Funding Partner PhD Scholarship
Investigating Mental Health Research 0-12 years
prevention and promotion in a New South Wales University
Scholarship valued at \$35,000 per year
(Rotary District 9685 in partnership with ARH and the university for 3.5 years)

UNITE FOR GOOD

Researching mental health in children aged 0-12 years is crucial because mental health challenges often begin in childhood and can have long-term consequences if left unaddressed. Early intervention and prevention strategies are vital for improving lifelong mental health and wellbeing, as well as reducing disparities in mental health outcomes for vulnerable children.

Donations can be made individually or as a club to support this project

Donations to be made directly to Australian Rotary Health

Banking Details:

Australian Rotary Health
BSB 112 879
Account # 065 433 595

Reference: (Club Name first) e.g. LowerBlue FPP

Email: admin@arh.org.au to advise of the donation to the Funding Partner Project and for receipt details. Multiple names and amounts need to be advised.

Tax Deductible receipts sent to donors

Australian Rotary Health – PO Box 6161, Norwest NSW 2154 Phone: 8837 1900

Together we say
NO to DOMESTIC & FAMILY VIOLENCE
and
YES to RESPECTFUL RELATIONSHIPS

Upcoming Program:



David - 13th March

March			2026	
3rd	Tues	Regionalisation Video	Mingara	Tumbi Umbi
3rd	Tues	The Entrance DCaf	PCYC	Bateau Bay
7th	Sat	President Elect Training	St Joseph's Baulkham Hills	
10th	Tues	Board Meeting Zoom		Zoom
14th	Sat	Spin & Win	Easter Eggs	Bateau Bay
17th	Tues	Sam Altuneg RYLA	Mingara	Tumbi Umbi
17th	Tues	The Entrance DCaf	PCYC	Bateau Bay
20-21st	Fri-Sat	District Conterence		Newcastle
24th	Tues	Social Meeting	Hardy;s Restaurant	Terrigal
29th	Sun	Bunnings BBQ		Tuggerah
31st	Tues	NO Meeting		

Mandy dos Santos 3rd February

Children’s Community Garden, Little People Nutrition and the Golden Globe

Mandy is a Food Scientist, Nutritionist and educator with 20 years experience in food manufacturing, nutrition and health.

Mandy runs playgroups and hosts groups of older children (particularly a homeschool group) at the Central Coast Community Wetlands near Wyong, on the old Pioneer Hamblin family dairy. There are 220 acres, and a vegetable garden has been developed so children can care for pick and eat fresh food—encouraging healthy eating and outdoor activities.

She likes to encourage nature observation, oral stories linked to seasons and food, steiner style

emotion dolls, cooking and food exploration, as well as tangible play. They have play houses made from sticks, and a mud pit and hose for kids to experience.

Over 1000 families have been through the program over the last three years.



Rotary The Entrance



The Pelican News



27th February 2026



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Better food today
A better world
tomorrow

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




Wyong Leagues Group


Bringing Communities Together



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!

MEMBERS		Partner	landline	Mobile
	BEATON, Lenore	Wendy Beaton *		0422 212 170
PP PHF	BENNETT, John	Linda Trewern		0433 945 050
PHF	CANNINGS, Don	Shirley	4339 9093	0421 838 504
3PP PHF	CRAWFORD, Gordon	Sue Kemp PHF *		0412 133 700
	DEAN, Anthea			0423 366 799
3PP 3PHF	DENMARK, Clive	Jenny		0400 425 210
PHF	GLOVER, Julie	Phil PP PHF		0427 426 393
3PP 3PHF	HEARDER, Robin	Judi *	4333 8087	0404 160 548
	LIGHT, Pam			0407 483 355
PHF	PAUL, Louise			0410 241 491
PHF	MALONEY, Greg	Ros		0414 389 590
2PP 2PHF	WATERHOUSE, David	Dianne PHF		0450 068 887
PDG 4PP 6PHF	WARD, Peter	Anne Cantrill	4385 1277	0414 321 773



Rotary

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 & BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

* Family members