



The Pelican News

Together for Tomorrow

Combined
Conference
Districts
9685 and
9660
Newcastle
March 20-21



I have no idea
how many people

attended this conference – figures I heard ranged from 350-550. It was a lot. There was a sense of togetherness right from the start! Heading in to register everyone was happy and joking with each other, which followed into the welcome cocktails during which people seemed to be constantly moving, chatting so loudly that it turned into shouting at each other – in the very nicest way.

The speaker lineup on Saturday had something for everyone. We had General David Hurley explaining that he had prioritised his retirement into three sections – family, fun and service, and went on to tell us of his impressive service project developing a centre in Wodonga for training or retraining people into helping with rural mental health – hoping this will be the first of many of these centres ensuring that mental health in the bush can be addressed by people who are familiar with the territory.

Continued over:

MONTHLY BULLETIN
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Follow us:

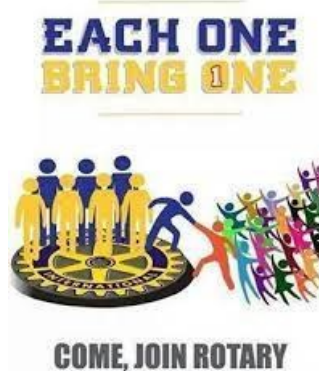
www.rotarytheentrance.org.au



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



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



We were challenged by Dr Norman Swan to look at the Brain Cliff (book coming soon) and to understand that as we age we need more and more of our brain to function normally. We keep scaffolding using different parts, but the final part we use is the Frontal Lobe. He cautioned that we can damage it by “ruminating” or worrying too much – and definitely no alcohol or cigarettes.

Highly entertaining was Dr Fred Watson “Astronomer at Large” who showed us how an eclipse can tell us much about the solar system, made us laugh with his speech balloons which had French astronomers saying “Mon Dieu” and English ones saying “By Jove”, and then went on to tell us about a very important eclipse due on 22nd July 2028 – and where to see it (we’re in luck!)



His wife Marnie Ogg is a “Dark Sky Defender” and had a most interesting presentation on what we are doing to our biosphere by polluting space with our white light – I will definitely be ruminating on that! She pointed out that previously our earth had a dark side and a light side—but now no part is ever properly dark, leading to many other problems. An instance she gave was that our insect pollinators are spending nights buzzing around street lights, meaning they are not doing a particularly good job of pollinating in the day time.

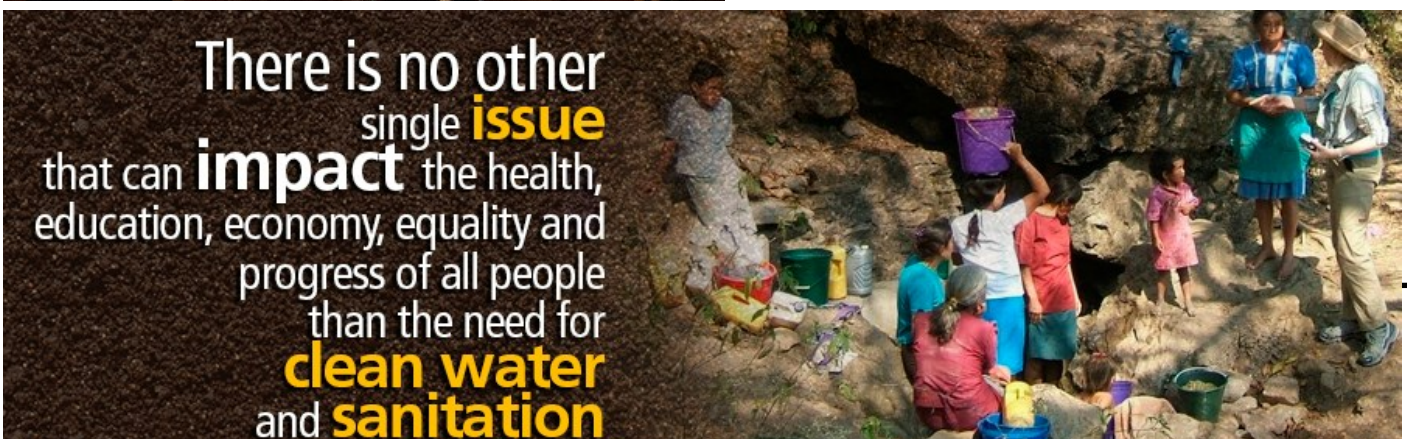
So many more speakers – all of whom were riveting and gave us much to think about – but Dr Jordan Nguyen’s harnessing of AI into being able to interpret eye movements into both speech and impressively driving a buggy around a park was unforgettable.



The Saturday evening dinner was lovely with music and dancing. DG Evan Burrell and his club won the club dress-up competition with characters from the Wizard of Oz – and the story told by Toni Powell of the Yellow Car which was really a self help demonstration allowing you to stop ruminating was highly entertaining.

The conference was attended by Julie, Clive, Don and Louise.

Julie Glover



17th March 2026



Paula Hayes came along to talk to us about Youth Exchange on the Central Coast.

We welcomed Duncan Campbell as a new member. Duncan has been helping us with BBQs and the Christmas Trees for a few months, so we guess he knows what he's in for!

Duncan was previously a Rotarian for ten years, and comes to us as a Past President of Roseville Chase Rotary Club. This club has been absorbed by another nearby.



We sponsored Sam Altuneg from Terrigal to attend RYLA during January. He came along and met us in December, and we were very happy to support his application. Sam is 21, and knew a little about RYLA as his brother is now a leader—but as RYLA dictates, there is much people in the know are not allowed to pass on—even to a brother. So Sam was quite surprised with what went on!

He knew that RYLA was to train people to be future leaders, and nearing the end of his construction management degree he figured he will need to be a leader.

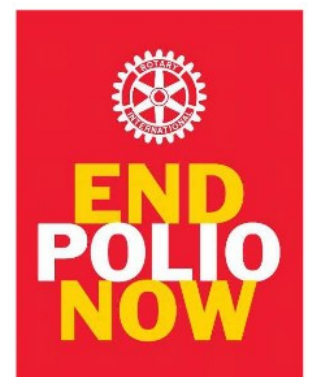
Although he too is now covered by the code of silence regarding RYLA, he did say that he learnt that there are other ways to lead than from the front. Facilitation and inclusiveness are also important to being an effective leader. He has spent some time reflecting on himself. He has made many new friendships, and said that RYLA was well worth attending.

He entertained us with a movie made at the event.





A very pleasant social evening was held last night at Hardy's at Terrigal. They opened the restaurant to cater for our normal night, so we had the place to ourselves. Food was fantastic and plentiful, service great, and everyone was relaxed and having a good time. What more could you ask?!



Join us in Mudgee!

2027 ROTARY DISTRICT 9685 CONFERENCE

Friday, 12 March - Sunday, 14 March 2027
PARKLANDS RESORT, MUDGEE

— Conference Highlights —

FRIDAY – CONNECT
Reconnect with fellow Rotarians and friends.

SATURDAY – COLLABORATE
A full day of ideas, learning and shared experiences.

SATURDAY AFTERNOON – COUNTRY FAIR
Enjoy local artisans, food and wine in a relaxed country setting.

EVENING BUSH DANCE
Prizes for the best decorated table, plus a Boot Decorating Competition.

SUNDAY – CELEBRATE
Celebrate Rotary, friendships and the year ahead.

— Join Us —



DISTRICT 9685 GOVERNOR
MICHELE ELLERY
AND HUSBAND DAVID

Book Now



TICKETS AND PRICING
Early Bird Conference - \$345 Available until 30 September 2026
Full Conference - \$395 Available until 28 February 2027

For accommodation options and special deals, visit the conference website: rotarydistrict9685.org.au/page/conference



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



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




GIANT BOOK SALE!

TERRIGAL SCOUT HALL

**11th & 12th
APRIL 2026**

THOUSANDS OF BOOKS!

- Fiction & Non-Fiction
- Children's Books
- Collectibles & More!

**SATURDAY 8AM TO 4PM
SUNDAY 8AM TO 2PM**

Rotary
Club of Terrigal

PROCEEDS SUPPORT ROTARY COMMUNITY PROJECTS

Upcoming Program:

March			2026	
29th	Sun	Bunnings BBQ		Tuggerah
31st	Tues	NO Meeting		
April			2026	
7th	Tues	Salvation Army Red Shield	Mingara	Tumbi Umbi
7th	Tues	The Entrance DCaf	PCYC	Bateau Bay
14th	Tues	Board Meeting Zoom		Zoom
11th	Sat	Spin & Win		Bateau Bay
21st	Tues	Sarah Grah GRGandchildren	Family Support services	Tumbi Umbi
21st	Tues	The Entrance DCaf	PCYC	Bateau Bay
26th	Sun	Bunnings BBQ		Tuggerah
28th	Tues	Social Meeting		?????
May			2026	
2nd	Sat	Spin & Win		Bateau Bay
5th	Tues	External Speaker	Mingara	Tumbi Umbi
5th	Tues	The Entrance DCaf	PCYC	Bateau Bay
9th	Sat	District Assembly		
12th	Tues	Board Meeting Zoom		Zoom
17th	Sun	Bunnings BBQ		Tuggerah
19th	Tues	Club Speaker	Mingara	Tumbi Umbi
19th	Tues	The Entrance DCaf	PCYC	Bateau Bay
26th	Tues	Social Meeting		?????
June			2026	
2nd	Tues	External Speaker	Mingara	Tumbi Umbi
2nd	Tues	The Entrance DCaf	PCYC	Bateau Bay
6th	Sat	Spin & Win		Bateau Bay
9th	Tues	Board Meeting Zoom		Zoom
16th	Tues	Club Speaker	Mingara	Tumbi Umbi
16th	Tues	The Entrance DCaf	PCYC	Bateau Bay
23rd	Tues	Change Over	Mingara Tasman Room	Tumbi Umbi
30th	Tues			



April - Gordon 2nd, Pam 3rd, John 16th, Anthea 24th



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
PP 2PHF	CAMPBELL, Duncan			0427 176 737
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	Shane Chisolm		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



* Family members