



The Pelican News

President's Report July 2024

We have now entered a new Rotary year 2024/2025 with me staying on for a second term as President.

We began with three planning sessions. The first to define our culture i.e. how we treat and behave with each other and the outside community. The second was to set goals for the year: Targets we can monitor, and measure against. Finally, we defined our target projects that determined what we plan to do for the people and entities we chose to help.

This is also our first year as part of a regionalisation programme. One project has already been undertaken and was successful in benefitting victims of domestic violence.

On Saturday I attended our first district meeting which had 62 attendees on Zoom.

Conference 2025 21 to 22 March 2025 in Penrith, a new facility holding 500 attendees. Registrations are open with preferential Hotel rates.

Topics include:

Club Service Chair, a new Rotary position focussed on Club Welfare and Fellowship

Community Outreach and Media Engagement

Learning Centre to encourage personal development for members

Pitch on Purpose for marketing and engagement

3-minute club presentations. These to be selected from club presentations submitted before 12th August 2024

We are encouraged to get non-Rotarians to attend the conference.

The DG asked us to set a date for his club visit and to decide what we want to happen at that meeting.

I talked about the scamming e-mail sent to some of our members and heard that two other clubs in our area had been similarly scammed.

Don and I had a significant discussion on how to move forward with membership.

This will involve help from all our members and help us continue to bring down our average age.

With this information and planning done I am confident we can move ahead together with a clear view of where we are going and how to get there.

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?

President Gordon Crawford
Vice Pres John Bennett
Secretary Greg Maloney
Treasurer Julie Glover

**ROTARY CLUB OF THE
ENTRANCE INC.**

**Chartered 26th April 1972
District 9685**

**RI President
Stephanie Urchick**

**District Governor
Niranjan Deodhar**

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www.rotarytheentrance.org.au



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**MONTHLY BULLETIN
2024-25**

**Volume 54 Issue 1
9th October 2021**

**Bulletin editor: Julie Glover
weetaliba@bigpond.com**

**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**



**THE MAGIC
OF ROTARY**

Juia Heckenberg—Club Speaker

Who Am I? The question “Who am I?” has been a profound one for me in recent years. Until January 2023, I didn’t need glasses to drive. By March 2023, I was informed that no glasses could correct my vision enough for driving or daily activities. Losing my ability to work, drive my children to school and sports, get to the shops, or even cross the road drastically altered my life.

Over the next 9 months, I navigated through various specialists until I was diagnosed with nutritional optic neuropathy, caused by deficiencies in essential nutrients like vitamin B12 and iron. This condition leads to visual impairments, including colour vision loss, reduced acuity, and visual field defects, particularly affecting the retina’s cones responsible for colour and detail vision.

I asked myself, “**Who am I now?**” The person I used to be was a memory. I had to discover this new version of myself and determine my next steps. Becoming visually impaired at this stage of my life was unexpected and has been a significant setback over the past year and five months. Understanding my core identity became my top priority.

My Journey While I grew up in Sydney, my heart was always in Long Jetty, spending weekends and holidays there. School wasn’t easy for me. Despite struggles with reading and spelling, I excelled in art and sports. Reflecting on my journey, I owe much to the coaches and mentors who guided me, starting with my grandfather and father, who were community oriented and reliable. They instilled in me a love of sports, and the coaches and school teachers who taught me were also strong role models.

I left school after Year 10 but returned for Years 11 and 12. I began my career with an office administration traineeship at a local tax agent. From there, I moved to a Sales and Purchasing Assistant role at a rotational moulding company. Gary MacIntosh, my ruthless netball coach’s cousin was my boss. He was a tough mentor, challenging me daily for 3½ years, teaching me invaluable lessons in resilience and determination.

My role evolved through various positions including sales representative, transport and logistics coordinator, hospitality, office management, and quality control, across different industries, which broadened my skills and perspective.



I am a mother of three sons: Jordan (19) Hayden(18) and Lachlan (12) who is in Year 7 at Tumby High. Family has always been at the heart of my journey.

As a parent, I’ve been privileged to witness the transformative power of love and support, especially in raising a son with special needs. Jordan has been diagnosed with autism, ADHD, oppositional defiant disorder, and Tourette’s syndrome, which coupled with severe learning delays brought numerous challenges I never anticipated.

Navigating the healthcare system, advocating for appropriate educational support, and managing daily life required immense patience and dedication. This experience meant taking more time away from my career aspirations than I had planned. Nonetheless, it highlighted the importance of community support and understanding. My son’s journey has profoundly influenced my desire to advocate for others facing similar challenges, ensuring they receive the support and resources needed to thrive.

After the death of my father in 2015, my eldest son struggled with the loss of my dad’s mentorship, and after moving to the Central Coast, he struggled even more. I took the only approach I knew was left: tough love. I packed him up and sent him off to camp where no technology was allowed. Things improved immensely upon Jordan’s return for a while. However, after we received news of yet another suicide, this time one of Jordan’s support workers, he lost his way as he navigated survivor’s guilt. With his autism and ADHD, regulating these emotions was immensely difficult.

After all this, Jordan knew he was not doing well and asked to go back to camp. Jordan is one of only two kids who have ever asked to return.

So after a long think: ***I have discovered I’m a passionate advocate for holistic health, youth services, and community services, a dedicated parent striving to make a difference, and someone committed to leaving a positive impact.***

Today, I continue to embrace life with a spirit of optimism and a commitment to making a positive difference. I have found a fantastic support worker who is also my personal trainer. Applying the principles of my basic sports teachings has allowed me to gain momentum and structure back in my life. I am a little competitive, so I challenged myself to get back to basics and grow from there. My health challenges are ongoing, and through my weightlifting training here at Mingara, I plan to strive for optimum health.

So, to sum it all up: **It’s not over. I was only warming up. The best is yet to come.**



Visit to Erina Rotary Club

On 23rd July we had nothing on our calendar—being a five week month we had used our two Mingara monthly slots, and our social night was set for the 30th.

The Busking Committee needed to meet with Erina, so they were invited to stay on for the meeting—and three other members tagged along giving us effectively a joint meeting at the Erina Leagues Club.

Their scheduled speaker had pulled out, so President Jason stepped in with a very informative Trivia set comprising of extensive lists of Rotary Action Groups (30) and Rotary Fellowships (118) —but five of them in each group were fictitious! Determining which of these were not really Rotary Groups was difficult and hilarious! This was followed by some simple Rotary questions—like the year the first Rotary Club was Chartered in Australia? Fortunately no-one kept score, but revealing the answers led to a quite boisterous discussion.

Jason went on to show us some “Beer Goggles” (Drunk Buster Impairment Goggles) of various strengths. We tried them on and marvelled at the difference, but Jason said that they were far more effective if you tried to walk a line or play ball. He then also brought out a standard drink glass, which showed various types of drinks, including beer and spirits.

We thank Erina Rotary Club for their hospitality — we all had a fun night.



Rotary The Entrance



The Pelican News

Allawah House Mattress Project

Existing services cannot meet the demand for crisis accommodation for women who are homeless. More than 50% of women in Australia who seek a bed in a crisis shelter are turned away every night, mostly due to a lack of space. Women's Community Shelters works with communities to establish new shelters, which provide short term accommodation and support in a safe environment. This enables homeless women to rebuild self-esteem and achieve control and fulfilment in their lives. Allawah House provides such accommodation that includes a brand new mattress, which the woman is able to take with her when she gets back on her own feet. Hence the need for new mattresses.

Allawah House is run by Women's Community Shelters (WCS) and offer medium term secure accommodation for up to 12 months. In a year where DG Christine Owen has focussed on raising awareness of Domestic Violence, sourcing seven new mattresses seemed to be a good practical way of supporting vulnerable women in our community. With the help of the new Rotary (RDG 4) Community leader Russell Grove, we sought assistance from other Rotary Groups on the Coast and nearby. We sincerely thank the Rotary Clubs of Umina, West Gosford, Kincumber, Woy Woy and West Pennant Hills & Cherrybrook. Each of these five clubs donated \$500. So along with our \$1,500, this enabled us to reach our target of supplying the seven mattresses along with Sheet sets and Doona Cover sets, which were delivered in June 2024. While Allawah House is likely to close down as a women's shelter in 2025, these ladies and their mattresses will be rehoused on the Central Coast. We would like to thank 'Just Mattresses' at Bateau Bay for giving us a great deal on the mattresses purchased and organising the delivery.

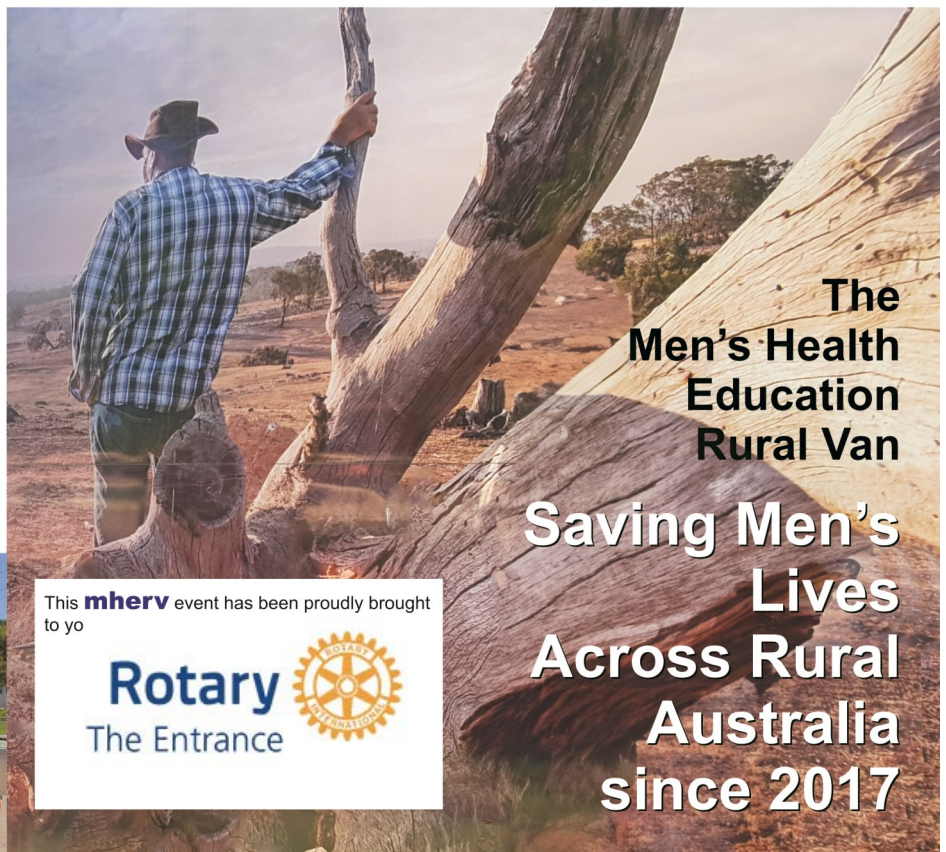
Louise Paul



Fundraising Bunnings Tuggerah 11th August



The **mherv** project is undertaken by Rotary clubs around NSW and with coordination by the Warners Bay club, is also generously supported by:



Scammers are out there – BE AWARE

During the last 2 years, our club and its members have now been targeted three times by scammers, who obviously have access to lists of office bearers and their email addresses – if not more. I have not heard of other clubs being affected, but I would be surprised if this group is not targeting all clubs – and we’re making it worse by not talking about it.

The first instance was when I, as Treasurer, received an instruction from the then Club President to make a large and urgent payment, with a fairly sketchy explanation. Fortunately it was difficult because I was not near my computer, so I asked for extra time and an invoice – to find that it hadn’t been him at all.

The second time, several club officers received a message which said: “Greeting Julie, are you free?” and signed apparently by the president. Each recipient had his own name in the message. We woke up to that one fairly quickly, and all members were alerted.

This month another has been more successful. This one was more polished, subject Executive Committee Task and worded: “Hi Julie, are you free at the moment? I'm heading into a meeting with limited communication access. So just reply by email.” Again there were at least four members targeted with this one – several picked up the phone and called, which is probably the most sensible course of action if something seems a little fishy.

In particular, beware of requests for the purchase of \$100 Apple cards or similar! Since this incident, I have received another suspicious email from a Rotarian in another district. I noted his return email was almost his name – just that Bruce was spelt with two r’s. Brruce – not a mistake someone would make in setting up an email address!

I think it is important that we ensure that Rotarians, and in particular office bearers, realise that their information being public – whether that is through publicity, or through the district directory – makes the club and themselves very vulnerable to scammers. The chain of command throughout the club and the respect we hold for each position gives the scammers a hold which they use to their advantage. Rotary is not at fault in any way – but we as Rotarians need to be particularly cautious.

If you are not sure of an email you have received, make your first response a direct contact with the supposed sender by some other means – call, or text, or if you must email, forward it to the apparent sender ensuring you use the address saved in your address book. Never just reply.

Julie Glover

THREE WAYS TO AVOID SCAMS

STOP
Don't give money or personal information to anyone if unsure

STOP → [Stack of money] [ID card]X [Person at computer]

THINK
Don't click on links or respond to callers before you know it's real

[Person with question mark]X [Hand with slash] [Phone with X]

PROTECT
Act quick. Call your bank to secure your accounts. Seek help and report scams

[Bank lock icon] → [Person at phone]

Before you act, check who you're dealing with.
Call the organisation using a number you've searched online.
Never use a number given to you.

Scamwatch
www.scamwatch.gov.au

IDCARE
1800 595 160
www.idcare.org

ReportCyber
www.cyber.gov.au

ACCC
AUSTRALIAN COMPETITION & CONSUMER COMMISSION

SCAMWATCH



AUSTRALIAN NATIONAL BUSKING CHAMPIONSHIPS™

SCAN TO REGISTER

Rotary
Clubs of Erina and The Entrance

Proudly Supported by
Central Coast Council

CENTRAL COAST HEAT
THE ENTRANCE
SUNDAY 29 SEPT 2024

RECLAIM *the* NIGHT

A FESTIVAL FOR THE RIGHT FOR WOMEN & CHILDREN TO BE SAFE, EVERYWHERE!

FRIDAY 18th OCTOBER 2024
Memorial Park, The Entrance

Event for all ages. Drug-Free & Alcohol-Free Event

5.30pm Street March to Memorial Park with Drummers
(Arrive at 5.20pm The Entrance Police Station)
Smoking Ceremony, Guest Speakers, Resource Tent also!

THE LITTLE QUIRKS
RETURNS FOR ANOTHER LIVE PERFORMANCE

★ 9PM FIREWORKS ★

★ STREET MARCH ★ MARKET STALLS ★ FOOD TRUCKS ★

Central Coast Domestic Violence Committee

moutries group

For more information contact
Central Coast Domestic Violence Committee: centralcoastdvc@gmail.com

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!

SAFE FAMILIES

Stopping Abuse in Families Everywhere

Rotary

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

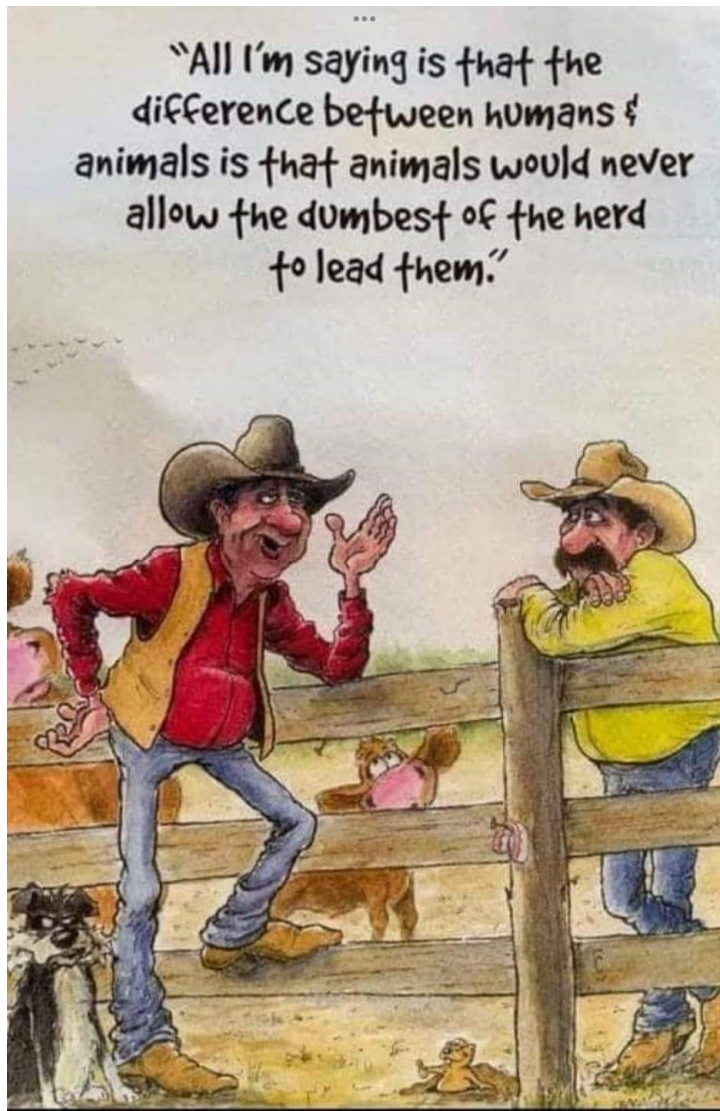
PB

Upcoming Program:



August			2024	
3rd	Sat	Spin & Win		Bateau Bay
6th	Tues	Speaker External	Allawah House	Mingara
11th	Sun	Bunnings BBQ		Tuggarah
13th	Tues	Board Meeting Zoom		Zoom
17th	Sat	Spin & Win		Bateau Bay
20th	Tues	Club Speaker		Mingara
27th	Tues	Social Meeting	????	?????
September			2024	
3rd	Tues	Speaker External		Mingara
7th	Sat	Spin & Win		Bateau Bay
10th	Tues	Board Meeting Zoom		Zoom
17th	Tues	Club Speaker		Mingara
21st	Sat	Spin & Win		Bateau Bay
22nd	Sun	Bunnings BBQ		Tuggarah
24th-25th	Sat-Sun	Distribute Raffle Tks	Foyer	Mingara
25th	Sunday	Busking Competition	Memorial Park	The Entrance
October			2024	
1st	Tues	Speaker External		Mingara
5th	Sat	Spin & Win		Bateau Bay
5th-6th	Sat-Sun	Distribute Raffle Tks	Foyer	Mingara
8th	Tues	Board Meeting Zoom		Zoom
15th	Tues	Club Speaker		Mingara
19th	Sat	Spin & Win		Bateau Bay
22nd	Tues	Social Meeting	????	?????
27th	Sun	Bunnings BBQ		Tuggarah
November			2024	
2nd	Sat	Spin & Win		Bateau Bay
5th	Tues	Speaker External		Mingara
12th	Tues	Board Meeting Zoom		Zoom
16th	Sat	Spin & Win		Bateau Bay
19th	Tues	Club Speaker		Mingara
26th	Tues	Social Meeting	????	?????
29-30th	Fri-Sat	Christmas Trees		Mingara
December			2024	
1st	Sun	Christmas Trees		Mingara
3rd	Tues	Speaker External		Mingara
6-7th		Christmas Trees		Mingara
8th		Christmas Trees		Mingara
10th		AGM		Mingara
17th		Christmas Party		???
24th		No Meeting		
31st		No meeting		





Wyong Leagues Group

Bringing Communities Together

MEMBERS		Partner	landline	Mobile	E-Mail
PP PHF	BENNETT, John	Linda Trewern		0433 945 050	jcbenn1604@gmail.com
PHF	CANNINGS, Don	Shirley	4339 9093	0421 838 504	donrot2@optusnet.com.au
2PP PHF	CRAWFORD, Gordon	Sue Kemp PHF *	4367 0249	0412 133 700	gordon.crawford@bigpond.com
	DEAN, Anthea			0423 366 799	anthea.dean1@gmail.com
3PP 3PHF	DENMARK, Clive	Jenny		0400 425 210	hamletconsulting@bigpond.com
PHF	GLOVER, Julie	Phil PP PHF		0427 426 393	weetaliba@bigpond.com
3PP 3PHF	HEARDER, Robin	Judi *	4333 8087	0404 160 548	rhearder39@gmail.com
	HECKENBERG, Julia			0420 734 893	julia.heckenberg@gmail.com
	PAUL, Louise			0410 241 491	louise@sunflowerproperty.com.au
	McBRIDE, Emma		4353 0127		mcbride.mp@aph.gov.au
	MALONEY, Greg	Ros		0414 389 590	gregmaloneymarketing@outlook.com
2PP 2PHF	WATERHOUSE, David	Dianne PHF	4388 1749	0450 068 887	waterhoused@bigpond.com
PDG 4PP 6PHF	WARD, Peter	Anne Cantrill	4385 1277	0414 321 773	owardmail@gmail.com

* Family members