

# THE ROTARY CLUB OF LAKES ENTRANCE



**BULLETIN No. 16 OF 2023/2024  
1st APRIL 2024**

**PRESIDENT ROTARY INTERNATIONAL: GORDON R. MCINALLY**

**DISTRICT 9820 GOVERNOR: LINDA HUMPHRIES**

**DISTRICT 9820 EG ASSISTANT GOVERNOR: PETER SINDREY**

**CLUB PRESIDENT: SANDY YEATS**

**PRESIDENT ELECT: TBA**

**PAST PRESIDENT: IAN DUNKLEY**

**CLUB SECRETARY: PAULA SINDREY**

**ASSISTANT SECRETARY: PETER MCCORMICK**

**CLUB TREASURER: JEFF WILSON**

**SERGEANT-AT-ARMS: GRAEME MCGOWN**

**ROTARY FOUNDATION: BRUCE HURLEY**

**PROGRAM: STEVE GOODLUCK**

**MEMBER LIAISON: LESLEY MACKENZIE**

**YOUTH SERVICES: LUCAS DREW**

**MEMBERSHIP: PETER SINDREY**

**CLUB No. 18406  
DISTRICT 9820  
CHARTERED 1959  
ABN 34 766 344 882**

## MEETINGS:

CENTRAL HOTEL  
231 THE ESPLANADE  
LAKES ENTRANCE  
CLUB MEETINGS AT  
5:30PM 2<sup>ND</sup> & 4<sup>TH</sup>  
WEDNESDAY  
EACH MONTH

## CONTACTS:

MEETING ATTENDANCE: LESLEY MACKENZIE 0419 871 197  
ENQUIRIES: SANDY YEATS 0417 052 896

***IF YOU ARE ATTENDING A MEETING, YOU MUST ADVISE LESLEY  
IN ADVANCE IN ORDER TO ALLOW SEATING ARRANGEMENTS.***

POSTAL: PO Box 260 LAKES ENTRANCE, VICTORIA 3909

EMAIL: [info@lakesentrancerotary.org.au](mailto:info@lakesentrancerotary.org.au)

WEBSITE: [lakesentrancerotary.org.au](http://lakesentrancerotary.org.au)



## PRESIDENT SANDY'S SNIPPETS

During our meeting last Wednesday evening, we had the pleasure of having Bernard give us an informative talk on fire safety measures that can be taken in the home. Many of us learned a lot from his talk, as evidenced by the post-talk buzz from members discussing new things they learned and the things they plan to implement.

Here are some key points from Bernard's talk for the benefit of those who were not able to join us:

- Hard-wired smoke detectors should be changed every 10 years, battery-powered smoke detectors every 12 months, and batteries in hard-wired smoke detectors should be changed regularly as they are essential in the event of a power cut.
- The most common sources of fire are gas heaters (17%), electric blankets (25%), and power boards with multiple plugs inserted. These must be kept dust-free.
- Mobile phones should be kept on a hard surface while being charged and not put under pillows.
- Clothes dryer filters should be cleaned after each use.
- Candles should never be left unattended.
- Outdoor heaters should never be used inside.
- Deadlocks should always have the key left in them. In the event of a fire, you only have 30 seconds to evacuate, so moving quickly is essential when you hear the fire alarm go off.
- Bernard also demonstrated the proper use of a fire blanket, which should be stored in the kitchen, but not too close to the cooker. The fire blanket should be left in place for 10-15 minutes, and care must be taken when removing it to prevent the fire from reigniting.
- Water should never be used on an oil fire, as it can cause the fire to expand 1700 times and create a huge ball of fire.
- The most common fire extinguishers in the home are dry chemical powders, which cost between \$20-\$25 and are available at Bunnings and other outlets.
- Regarding property access, driveways should ideally have a 4x4 meter clearance for fire trucks, so trees and branches don't need to be cut for access.

We had 22 members and partners present and I think we all benefitted greatly from this refresher course in home safety. Thank you, Bernard.

### Makers Festival

On Saturday, March 30th, we provided support to Mitchell River RC at the Bairnsdale Racecourse during their Makers Festival. Over 800 members of the public attended the event, which was a great success thanks to the help of our dedicated volunteers: Rob, Bernard, Don, Sandra, Lesley, and Irene. We are grateful for their hard work and commitment to making the festival a memorable experience for all who attended. Pictured are the afternoon volunteers with Bernie and Terry from Mitchell River Rotary Club.



Cheers Sandy

Join us for a **BBQ** at the refurbished **Jemmy's Lookout** on **Lookout Road in Kalimna**, on **Wednesday, April 3rd from 5:00 pm to 7:00 pm.**

Please bring your own food, drinks and chairs, and note that there is only one BBQ plate available. To help with the cooking, I'll bring a small portable gas BBQ. Alternatively, you can bring a precooked meal or salad as an option.

Forecast 5pmWed Temperature 15C Chance of rain only 10%

## Annual Centenary House Breakfast

will be on the Wed 24<sup>th</sup> April at 0700-1030 at St Mary's parish centre 23 Pyke Street Bairnsdale.

## Dinner with our RI President Gordon McInally

on 2<sup>nd</sup> June at Cape Schanck followed by a Mental Health Forum at Frankston on 3<sup>rd</sup> June.

## BEMM RIVER FISHING WEEKEND 22<sup>ND</sup> TO 24<sup>TH</sup> November

### ACCOMMODATION

now is the time to book your accommodation for your caravan site or cabin. Caravan Park Tel 0428 557 438 They are expecting a large influx on the Sunday the 24<sup>th</sup>.



## April - Maternal & Child Health

**Area of Focus: Maternal and Child Health Month.** This month also includes the **Birthday of Paul Harris on the 19th of April.**

- Address the issue of malnutrition in Children and Pregnant Women
- Develop a Hygiene Education program for school going children
- Conduct Awareness Seminars
- Provide Low-income, Underinsured women with the knowledge, skills and opportunities to improve their diet, physical activity, and other life habits to prevent, delay, or control chronic diseases
- Promote School Health
- Promote the adoption of physical activity in early child care centres, schools and work sites



Each year, more than 6 million children under age five die from disease, malnutrition, lack of access to health care, or inadequate sanitation. More than 80 percent of maternal deaths can be prevented by proper reproductive health services and trained health care workers.

five by improving access to essential medical equipment, health services, and education. We help keep children alive during their first year by educating mothers in how to breastfeed and protect themselves and their children from diseases, and by encouraging regular doctor visits. We are internationally recognized for providing immunizations and antibiotics that save millions of lives.



From 1990- to 2015, the global rate of maternal mortality (women dying from pregnancy and delivery-related causes) decreased by 44 percent. The United Nations Sustainable Development Goal 3 aims to protect healthy lives and promote well-being for people of all ages and reduce the current maternal mortality rate by more than half by 2030. Rotary is committed to improving the health of mothers and children.

Rotary brings unique value to projects. Our members combine expertise with the insight of local leaders to ensure that projects meet their communities' needs. Their understanding of the culture, medical needs, and resources in their area increases the impact of their projects. Together with Rotary, you can provide the support we need to get every mother and child quality health care.

Our members fight to reduce mortality and morbidity rates for mothers and children under

## OUR CLUB PROGRAM

April	03-Apr-24	Social Meeting	Jemmy's Lookout	Social BBQ	
	10-Apr-24	Board + Club	Central Hotel	Talk by ADG Peter Sindrey	
	24-Apr-24	Club Meeting	Central Hotel	TBA	
	25-Apr-24	ANZAC DAY	North Arm Cenotaph	lay wreath	
May	01-May-24	Social Meeting	TBA		
	08-May-24	Board + Club	Central Hotel	TBA	
	22-May-24	Club Meeting	Central Hotel	TBA	
	29-May-24	Opp Social	TBA		
Jun	05-Jun-24				
	12-Jun-24	Board + Club	Central Hotel	TBA	
	26-Jun-24	Changeover	Central Hotel	Changeover	

## CLUSTER CLUB MEETINGS

LAKES ENTRANCE RC	2 <sup>ND</sup> AND 4 <sup>TH</sup> WEDNESDAYS OF THE MONTH	5.30PM FOR 6:00 PM	CENTRAL HOTEL LAKES ENTRANCE
BAIRNSDALE RC	TUESDAY	6PM FOR 6:15PM	BAIRNSDALE CLUB NICHOLSON ST BAIRNSDALE
MITCHELL RIVER RC	MONDAY	5:45PM FOR 6:15PM	BAIRNSDALE CLUB NICHOLSON ST BAIRNSDALE
ORBOST RC	1 <sup>ST</sup> AND 3 <sup>RD</sup> WEDNESDAYS OF THE MONTH	6PM FOR 6:30PM	ORBOST CLUB GLADSTONE ST ORBOST
BAIRNSDALE SUNRISE RC	WEDNESDAY EXCEPT FIRST WEDNESDAY OF MONTH WHICH IS A SOCIAL MEETING	6:45AM FOR 7AM	BAIRNSDALE INTERNATIONAL MAIN ST BAIRNSDALE
ECLUB OF LATITUDE 38	2 <sup>ND</sup> , 3 <sup>RD</sup> & 4 <sup>TH</sup> MONDAY NIGHTS	7:30PM	VIA ZOOM AT <a href="http://WWW.ECLUBLATITUDE38.ORG.AU">WWW.ECLUBLATITUDE38.ORG.AU</a>



Our Club acknowledges the generous support which continues to be offered by our ten major sponsors. Their support is crucial to the continued viability of our Club and, as such, they form an important part of our life in Lakes Entrance. For these reasons our members support these sponsors and encourage others to do the same.



**Buchan & Gelantipy  
Racing Club**



**Lakes Entrance Bowls Club**

