



Rotary
Lakes Entrance



CLUB No. 18406
DISTRICT 9815
CHARTERED 1959
ABN 34 766 344 882

THE ROTARY CLUB OF LAKES ENTRANCE

BULLETIN No. 18 of 2024/2025 : 13 FEBRUARY 2025

PRESIDENT ROTARY INTERNATIONAL: STEPHANIE A. URCHICK

DISTRICT 9815 GOVERNOR: COLIN BYRON

DISTRICT 9815 GIPPSLAND REGIONAL GROUP

GIPPSLAND REGIONAL ASSISTANT GOVERNOR: BILL DEGNAN

CLUB PRESIDENT: BERNARD ABRECHT

PAST PRESIDENT: SANDY YEATS

CLUB SECRETARY: PETER SINDREY

ASSISTANT SECRETARY: PETER MCCORMICK

CLUB TREASURER: JEFF WILSON

SERGEANT-AT-ARMS: KEN MCALPINE

ROTARY FOUNDATION: BRUCE HURLEY

PROGRAM COORDINATOR: SANDY YEATS

MEMBER LIAISON: LESLEY MACKENZIE

YOUTH SERVICES: JEFF WILSON

MEETINGS:

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

CONTACTS:

MEETING ATTENDANCE: LESLEY MACKENZIE 0419 871 197
ENQUIRIES: BERNARD ABRECHT 0407 903 229

***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
WEBSITE: lakesentrancerotary.org.au

PRESIDENT BERNARD'S BRIEFING



Hello All

I was delighted to see such a good presence this week, to attend one of the most important presentations the Club has seen recently.

Our guest speaker was Hayley Morton from the Lakes Entrance Ambulance Service, who provided an insightful talk and demonstration dealing with emergencies associated with cardiac arrest.

To the untrained individual, virtually all those at the Club meeting, it was challenging to hear that some of the ways we had heard, or learned, in the past were not necessarily relevant today.

Hayley told us to concentrate on key activities which are the actions most likely to provide the sufferer with the best chance of a good outcome. The very best way is to follow the simple CALL, PUSH, SHOCK process:



1. Call for help – get someone near you to contact 000 (handsfree) and then get them to help you deal with the patient. The 000 responder will continue to talk to you until an ambulance arrives. Follow the instructions of the 000 responder.
2. Check that the patient, and you, are clear from hazards and dangerous locations (e.g. live electrical wiring, vehicle traffic).
3. Check to see if the patient is breathing normally, using various indicators including pulse, air in/out sounds, breath, voice, verbal responses.
4. If the patient is breathing normally, monitor closely until ambulance arrives.
5. If there is no sign of breathing, lay the patient on a hard surface (floor) and commence compressions on the middle of the chest at the rate of two (2) compressions every second – and get those helping to share the task.
6. If an AED or Defibrillator is available, and the 000 responder tells you, open the unit and follow the voice instructions. There is no danger in “overdoing” the use of the Defib as the unit will assess the need, or otherwise, to deliver a shock.
7. Continue under the 000 responder instructions until the ambulance arrives.

Just Google **Call, Push, Shock – Ambulance Victoria** and watch the 5-minute video. It may be the most important 5-minute video you will every watch.



Standard treatment position with patient laying on a firm surface.



A great attendance for an important presentation

Hayley and her 'companion' for the evening



Alternate treatment positions where those assisting have limited flexibility



CLUB RAFFLE UNDERWAY

Our Club raffle is well underway, with the first prize being a \$1,000 voucher, to be used at any Aldi store. Tickets are available for sale at \$2 each.

Our next stand will be set up at the Canni Creek Picnic Raceday on Saturday 15 February.

After the races we will start with a series of street-side raffles, including at Aldi, perhaps a stand at the next foreshore markets and maybe at other various commercial sites around the township.

If you have not received a book of your own tickets yet, just call Bernard and he will be happy to help.

We do need your support to help with sales of our tickets throughout the next two months. If you can help, please ring Bernard on 0407 903 229.



CANNI CREEK RACEDAY SATURDAY 15 FEBRUARY

A reminder that the Buchan Cup Raceday this year is on this weekend, on Saturday. Please come along and enjoy the fun of a picnic Raceday and offer some help to the Rotarians who have already been allocated jobs to do on the day.



VISIT TO LAKES & OUR EAST GIPPSLAND CLUBS BY DISTRICT GOVERNOR – WEDNESDAY 12 MARCH

We have spoken already about a visit to Lakes Entrance by our District Governor Colin Byron (and his wife Leanne), in company with Assistant Governor Bill Degnan (and his wife Judy). Also, we will be meeting District Governor Nominee Emma Clark, in her first visit to East Gippsland Clubs. Arrangements have now been finalised for the visit to take place at the Central Hotel, commencing 5:30PM on Wednesday 12 March.



The meeting will be open to members from all Rotary Clubs in East Gippsland, as it is a great opportunity to have all local Clubs join together to meet with Colin, Bill and Emma.

Invitations have been sent to the other Clubs in the area – Mitchell River, Bairnsdale, Bairnsdale Sunrise, Orbost, e Club – and we are hoping there will be a good representation attending.



We have arranged a set, one-course main dinner meal (alternate drops) at a cost of \$30 per attendee. Other courses and drinks are a matter for individuals.

We will need to have confirmed numbers by 5 March at the latest (for catering) so we ask that acceptances are advised to Lesley Mackenzie on 0419 871 197 – and also to let Lesley know about dietary requirements.

The Lakes Club has taken the initiative in coordinating this special meeting and we would be grateful to have a sizeable number of members attending to represent our support.

HOME CARE PACKAGES WEDNESDAY 26 MARCH



On 26 March we will receive a presentation from senior members from Gippsland Lakes Complete Health, on the subject of 'Home Care Packages'.

Members will find this event very informative as it will include details of the 'Support at Home' changes which will come into force on 1 July 2025.

Please set the date aside to join the Club to hear the presentation.

OTHER LOCAL CLUB MEETINGS



Lakes Entrance RC	2 nd and 4 th 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	1st and 3 rd Wednesdays of the month	6PM for 6:30PM	Orbost Club Gladstone St Orbost
Bairnsdale Sunrise RC	Wednesday Mornings	6:45AM for 7AM	The Hub, 27 Dalmahoy Street Bairnsdale
Rotary eClub Latitude 38	Make contact on eclublatitude38@mail.com for the latest Zoom link	Make contact on eclublatitude38@mail.com for the latest Zoom link	Make contact on eclublatitude38@mail.com for the latest Zoom link

OUR CLUB PROGRAM

Date		Meeting Type	Venue	Program	Remarks
Feb	Saturday 15th	Race Day	Canni Creek	Buchan Cup Day	See Bulletin
Feb	Wednesday 26th	Club Assembly	Central Hotel	5:30PM Club Assembly	
Mar	Wednesday 12th	Club & Cluster Meeting	Central Hotel	5:30PM Visit by DG Colin Byron & Leanne Community Leader Bill & Judy	See Bulletin
Mar	Wednesday 26th	Club Assembly	Central Hotel	5:30PM GLCH presentation on Home Care Packages	See Bulletin
Mar	Friday 26 th to Sunday 30th	District Conference	Bendigo	Annual District Conference	See Bulletin

Can all members please ensure that they contact Lesley – 0419 871 197 – to confirm attendance, by lunchtime on the Monday before a scheduled meeting.

DISTRICT CONFERENCE 28/30 MARCH IN BENDIGO

A reminder that full details of the District conference are available on the District website – just google *District 9815 Conference 2025*



SMILE

- A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."
- A Scotsman who was driving home one night, ran into a car driven by an Englishman. The Scotsman got out of the car to apologize and offered the Englishman a drink from a bottle of whisky. The Englishman was glad to have a drink. "Go on," said the Scot, "have another drink." The Englishman drank gratefully. "But don't you want one, too?" he asked the Scotsman. "Perhaps," replied the Scotsman, "after the police have gone."
- A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "because," he said "I can't stand chess nuts boasting in an open foyer."

Fire Alert

Fire Safety Around the House




In the event of major fire and flood emergencies, it may be necessary to open designated Assembly Areas where individuals can seek shelter. This map shows those for Lakes Entrance with one of two (2) specific sites to go to if needed, depending on the type of emergency.

Full details of Local Management Plans are contained on the East Gippsland Shire Council's website and members of the community should familiarise themselves with the information.

The East Gippsland Shire Council will open Assembly Areas, when necessary, a decision made in consultation with fire authorities.



**LOCAL INCIDENT
MANAGEMENT PLAN**

LAKES ENTRANCE

WHAT TO DO DURING A LOCAL INCIDENT: FIRE, FLOOD, STORM, ETC

GET READY NOW <ul style="list-style-type: none">Develop a personal incident planMake sure vehicle has fuelPack an emergency kitPrepare your house	WHEN TO LEAVE <ul style="list-style-type: none">When you hear an incident will impact your areaClose windows, doors, curtains, turn off gas and appliancesWhen advised by CFA, SES, DECA, Vic Police, RadioNotify family / friends when you leaveLEAVE EARLY	STAY INFORMED <ul style="list-style-type: none">ABC Local AM – 720, 828 FM – 100.7, 103.5 ABC National 106.3 FM REG FM – 105.5, 90.7 ORBOST – 97.1 FM 3TR – 99.9 FM UHF CB – Channel 40VicEmergency App (Free)	YOUR ASSEMBLY AREA DOES NOT REPLACE YOUR PERSONAL PLAN AND DECISION TO LEAVE EARLY <ul style="list-style-type: none">Assembly Areas offer no guarantee that emergency services will be present during an emergencyAssembly Areas may not prevent death or injury from fire, embers or radiant heatAssembly Areas are a place to gain informationAssembly Areas are a place to support each otherAssembly Areas make people feel less isolatedAssembly Areas can be a place for Authorities to leave information and mapsAssembly Areas can be place for Authorities to meet with community	ASSEMBLY AREAS <ul style="list-style-type: none">FIRE LAKES ENTRANCE MECHANICS HALL 18 MECHANICS STREET, LAKES ENTRANCEFLOOD LAKES COMMUNITY CHURCH 125 PALMERS ROAD, LAKES ENTRANCE <p>THIS PLAN DOES NOT REPLACE YOUR PERSONAL/FAMILY EMERGENCY PLAN AND DECISION TO LEAVE EARLY</p> <p>SPECIAL ADVICE DUE TO SIZE LIMITATIONS, PEOPLE ATTENDING MAY BE ADVISED TO TRAVEL TO OTHER LOCATIONS IN LAKES ENTRANCE</p>
WHAT TO TAKE <ul style="list-style-type: none">Protective clothing including hat, long sleeve top and pants and sturdy footwearFood and waterPhone and charger, radioPrescriptions, medication and toiletriesTorch and batteriesImportant documents, photos, insurance, USB sticks, etcPet needs	WHAT TO EXPECT IN AN EMERGENCY <ul style="list-style-type: none">Limited visibilityLimited accessCrowded at Assembly AreaLoss of power and phone communication	CONTACTS <ul style="list-style-type: none">Police, Fire, Ambulance 000VicEmergency Hotline 1800 226 226Bushfire Info Line (VBIL) 1800 240 867Regional Roads Victoria 13 37 78State Emergency Service 132 500	STAY INFORMED <ul style="list-style-type: none">VicEmergency (Information) www.emergency.vic.gov.auRegional Roads Victoria (Traffic Information) www.regionalroads.vic.gov.auABC (News/alerts) www.abc.net.au/emergencyEast Gippsland Shire Council www.eastgippsland.vic.gov.auBureau of Meteorology (Weather) www.bom.gov.au	

OUR CLUB SPONSORS

Our Club acknowledges the generous support, which continues to be offered by our eleven 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

