



## President's Message

These 10 Laws of Leadership have come to my attention and are shared with you below for consideration and contemplation:

**THE LEADER HAS VISION-** "We grow by dreams. All big men are dreamers. Some of us let dreams die, but others nourish and protect them, nurse them through bad days....to the sunshine and light which always comes"-Woodrow Wilson

**THE LEADER HAS DISCIPLINE-**"Discipline is the basic set of tools we require to solve life's problems. Without discipline we can solve nothing. With only some discipline we can solve only some problems. With total discipline we can solve all problems."- Scott Peck.

**THE LEADER HAS WISDOM-**"Wisdom consists not so much in knowing what to do in the ultimate as in knowing what to do next"-Herbert Hoover

**THE LEADER HAS COURAGE-**"Courage is resistance to fear, mastery of fear-not absence of fear."-Mark Twain

**THE LEADER HAS HUMILITY-**"If I can see further than others, it was because I stood on the shoulders of giants."-Isaac Newton

**THE LEADER IS A DECISION MAKER-**"The right man is the one who seizes the moment."-Goethe.

**THE LEADER DEVELOPS FRIENDSHIPS-**"The world is so empty if one only thinks of mountains, rivers and cities, but to know someone who thinks and feels with me, and who, though distant, is close to me in spirit, this makes the earth for me an inhabited garden."-Goethe.

### ACKNOWLEDGEMENT TO COUNTRY

We acknowledge the Darkinjung and Guringai people who are the traditional custodians of this land and pay our respects to Elders both past and present.

### 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 and BETTER FRIENDSHIPS?  
Will it be BENEFICIAL to all concerned?

### RI VISION STATEMENT 2018

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

**THE LEADER EXERCISES TACT AND DIPLOMACY-**"What we have done for ourselves alone dies with us. What we have done for others and the world remains and is immortal."-Albert Pine

**THE LEADER DEVELOPS EXECUTIVE ABILITY-**"Unless you try and do something beyond what you have already mastered, you will never grow."- Ronald Osborn

**THE LEADER EXUDES INSPIRATIONAL POWER-**"Nothing in the world can take the place of persistence. Talent will not-nothing is more common than unsuccessful men with talent. Genius will not-rewarded genius is a proverb. Education will not-the world is full of educated derelicts. Persistence hand determination alone are omnipotent."-Calvin Coolidge.

All very interesting and food for thought and reflection as to how these principles apply to us as Rotarians.

YIR

Russell

President 2018-19

## Last Week – Diabetes Alive

John Waterhouse from the Rotary Club of St Ives visited our club with an entourage consisting of his partner Valerie Atkinson, Fifi Hazzouri Founder of Diabetes Alive and Eddie Zuccla Director of the Diabetes Alive, and David Dean of the E-club of Greater Sydney.

John told us that he had a personal interest in diabetes as he had the Type 2 variety. The purpose of his visit was to tell us about a device for measuring and controlling the dose of insulin administered to persons with Type 1 diabetes. He referred to the need for careful dosage in the early years of childhood as failure to administer the correct dosage could be life threatening or cause other serious ailments.

Fifi told us about the downside of Type 1 diabetes that included heart attacks and other ailments. She was given an insulin pump after a heart attack and since then her diabetes has been under control. She has partnered with the Rotary Club of St Ives and Variety to provide children with these pumps.

Fifi told us the device cost \$9000 and had a guarantee period of four years.

John sought our sponsorship of \$3000.

## Chinese New Year Tues 5 Feb

Note this event will be held at the **Yi An Chinese Restaurant, 57 Victoria Rd, Woy Woy** at 6:30pm in lieu of our regular meeting. (It will not be held at Sporties as originally announced.) The cost will be our regular \$25 per head and members are invited to bring their partners. Numbers will be required at our next meeting for catering purposes.

## Invitation from Marine Rescue to help celebrate the naming of their new boats.

Message from Roger Palmer:-

It would be great if a few of your guys and girls could make it to Point Clare.

Hope to see you there.

Regards

Roger Palmer

UNIT COMMANDER

## Rotary Leadership Course

2nd and 3rd of March at the Thornleigh Rotary Centre. If interested, it costs \$75. Please contact Jill for details.

These are excellent courses for anyone to learn more about Rotary. Including old hands!!

## Vocational Excellence Awards

Dear Members and friends of the Rotary Club of Woy Woy,

It is once again time to recognise people, within our own Community, who stand out from the crowd in their dedication to their work, whether this be paid or unpaid. This year we have four categories, and we would like you to consider nominating someone you believe fits this criterion in one or more of the categories as well as passing the form along to businesses and organisations in the local Community, to enable them to nominate their employees and volunteers. Nominations close on the 1st March and the Awards will take place on Tuesday 26th March.

Thank you for supporting your Community.

Kind regards,

Bobby Redman



### ORDER OF PROCEEDINGS

WELCOME by Central Coast Unit Commander Roger Palmer  
ADDRESS and NAMING of VESSELS  
by The Hon. Troy Grant NSW Minister for Emergency Services.  
ADDRESS and PRESENTATION of Vessel Commissioning Certificate  
by MRNSW Commissioner Stacey Tannos ESM.  
BLESSING OF RESCUE VESSELS  
by MRNSW Senior Chaplain Rev. Richard Wrightson.  
THE LAST WORD by Central Coast Unit Commander, Roger Palmer  
INSPECTION OF MRNSW VESSELS  
LIGHT LUNCHEON for Members and Guests

# Hypnotist Night at Umina Surf Club

Support our local Umina SLSC and come along to our fundraising evening at Club Umina.

7pm on Friday 1st of February \$20pp

Contact Rebekah Lagan for tickets (0403 862 305) or find her at Nippers at Umina Beach Sunday morning.

If you are a member of the club you can purchase tickets through Gateway.

## Public Image Training Available

PDG Gina is offering those interested a one-day course in promoting Rotary's public image.

The details are as follows:

Promoting Rotary's Public Image to be held at Ryde Eastwood Leagues Club, West Ryde, on Sunday, 17th February 2019, 9:30 for 10 until 4pm.

Coffee and tea will be provided on arrival and a light lunch.

The seminar will be very interactive, and participants will have the opportunity to explore the Brand Centre on rotary.org as well as design personalised logos, create People of Action advertisements, and write press releases, as well as share experiences of successful Public Image campaigns.

The seminar is open to all from your club who would benefit from learning more about promoting Rotary's Public Image. The seminar is free, but registration is essential by the 8th of February. Register at [gina.growden@bigpond.com](mailto:gina.growden@bigpond.com).

If you have any questions, please contact me on 0412 128 106 or at [gina.growden@bigpond.com](mailto:gina.growden@bigpond.com).

## We are invited to a Birthday Party

To President Russell and all members of Woy Woy Rotary

A very warm invitation is extended to all of the members of Woy Woy Rotary on behalf of President Paul Quinn to join the members of Umina Rotary in celebrating the Club's 44th birthday on

Wednesday 6 February 2019 at 6.00 pm for 6.30 pm

Ocean Beach Surf Club (at the beach at the end of Trafalgar Avenue.)

There will be a two-course buffet plus, of course, birthday cake. Cost is \$35 per head with children under 12 free.

As we are having this catered, we need to have final numbers and collect money by Friday 1 Feb 2019. It would be appreciated if you could let us have your numbers on or before that date.

Your members can pay individually and/or as a group. Payment can be made by deposit to our Bendigo Bank account

BSB 633 000 Account No 163 094 592

by Friday 1 February 2018.

When depositing as above please put "BdayWW" and a name in the "description" space so that we can identify the payment. Alternatively, payment can be made by cheque and sent to us at PO Box 3103 Umina Beach 2257.

Hope you can come.

President Paul Quinn  
Rotary Club of Umina

## CALENDAR

### Tues January 22nd – Sue O'Neill on the Uganda project

#### JANUARY 2019

January 26th - Australia Day

January 29th – Peter Kirkwood, New Ideas for Community Service

#### FEBRUARY 2019

February 2nd - Marine Rescue Commissioning boats

February 5th - Chinese New Year, Yi An Chinese Restaurant, 57 Victoria Rd, Woy Woy, 6:30pm for a banquet.

February 12th – Ovarian Cancer, Vicki Sidoti

February 19th - Gina Growden – Rotary Public Image.

February 26th – TBA

#### MARCH 2019

March 5th – John Cameron – The Rotary Foundation

March 12th - Club Assembly (Opera and Awards night organization)

March 16th - Opera in the Arboretum.

PETS – President Elect Training Seminar

March 19th - TBA

March 26th - Pride of Workmanship awards night

March 29th, 30th and 31st

District Conference in Newcastle

#### APRIL 2019

April 2nd – Preserving Family History

April 9th – Graham Hughes - IVF

April 14th - District Assembly - Training for all 2019/20 Board members

April 16th – House Safety, Fire Brigade

April 19th, 20th and 21st

Easter Weekend.

April 23rd - Paul Harris Birthday – Soup Night

April 25th - Anzac Day.

April 30th – Vic Brown - The Men's Shed

#### MAY 2019

May 7th - Peter Mace - Bush Poetry

May 14th – Andrew Tink - Honeysuckle Creek – Tracking Station

May 21st – TBA

May 28th – TBA

May 31st - A Chicken and Prawn Luncheon

#### JUNE 2019

June 28th – Club Changeover

June 29th – District Changeover



BE THE INSPIRATION

## TREASURER'S HELPERS

January Door TBA

## SERGEANTS

January - June The Three Amigos

## CLUB INFORMATION

### JOIN US

We meet on Tuesday 6:00 for 6:30pm at Everglades Country Club, Dunban Road, Woy Woy.

VISITORS - If you would like to attend a meeting, please contact Sue Tee by 10am Monday

T: 0428 438 535 / 4369 7496

E: [suedon6@bigpond.com](mailto:suedon6@bigpond.com)

### MEMBERSHIP

Enquiries to Ted Crawley | M: 0409 122 586

### ATTENDANCE

MEMBERS - Advise Sue Tee of non-attendance

### FACEBOOK

<https://web.facebook.com/Rotary-Club-of-Woy-Woy-378382585634923/>

### WEBSITE

<https://www.woywoyrotary.org.au>

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