



Issue 13

14<sup>th</sup> February 2022



## A message from President Glenys

Is it February already?

### Valentines Day

Wear something **red** to our meeting on Monday. ❤️ ❤️ ❤️

Before we know it, it will be April 30<sup>th</sup> and the **Lake Mac Autumn Fair** will be upon us.

Over the next few weeks, we will be focusing on what our club is planning for the Fair and how you can help.

Last year's Fair was such a leap of faith, but this year we have a better understanding of what works and how we can create an even bigger and better community event.[and raise lots more funds for our club!]

**Games, games and more games.** Coconut shy, Splat the rat, Higher and lower card game are ready to roll again but we need more fun games. Bring along lots of ideas to our next meeting.

### NEXT MEETING

Monday, 14<sup>th</sup> February

**Venue: Club Macquarie  
Its Valentines Day**

Wear something red ❤️ ❤️ ❤️

**Time:** 6.15pm for fellowship  
6.30pm - dinner

**7.00pm – Zoom meeting option**

Join Zoom Meeting

<https://us02web.zoom.us/j/81834046849?pwd=V3pqckIwWUtYZnNSYUJBT3NsVWRTQT09>

Meeting ID: 818 3404 6849  
Passcode: 386701



## SURVIVORS R US

### COMMUNITY BBQ BREAKFAST

We are back again assisting Survivors R Us with their Hearty Starts Breakfast every second Thursday.

If you are able to assist, add your name to the roster and come along and meet new friends. Take a tour of Survivors R Us and you will see what an amazing community facility it is

57 Pendlebury Rd, Cardiff

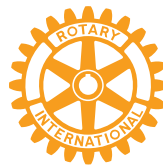
**Thursday, 24<sup>th</sup> February**

8.00am – 10.00am

Coordinator: Kerry

[Survivors R Us Roster](#)





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## COMING EVENTS - OVERVIEW

### Whats on in February...

Mon, 14<sup>th</sup> Feb Dinner meeting  
Valentine's Day

Sat, 19<sup>th</sup> Feb Warners Bay Markets  
Nth Lake Mac – Chocolate Wheel  
[Coordinator – Glenda]

24<sup>th</sup> Feb Survivors R Us Breakfast  
8am – 10 am  
[Coordinator – Kerry]

28<sup>th</sup> Feb Dinner Meeting  
Club Assembly

## PEACE AND CONFLICT PREVENTION/ RESOLUTION MONTH

“Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures.”  
— John F. Kennedy

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Rotary

FEBRUARY



### Planning For

### LAKE MAC AUTUMN FAIR Saturday, 30<sup>th</sup> April

The day is fast approaching, so here are a few things you can do...

1. Write it in your diary – its important that we have all hands on deck.
2. Think about where you are happy to help.
3. Research/Think about some fun games that we can play at the Fair.
4. Research prizes that can be used for the games at the Fair.



The best feeling of happiness is when you're happy because you've made someone else happy.



Love Joy





## MHERV'S ON TOUR!

Graeme

RN Bill is currently motoring down the South Coast and will be in Bateman's Bay as ITL publishes. As well as running clinics, the van has visited Masonic Villages at Berry and Basinview to participate in welcome morning teas arranged by our principal sponsor RFBI. Averaging around 18 clients a day, Bill has noticed that position is everything in getting walk ins. Coordinator Graeme joined Bill earlier in the week and undertook a couple of radio interviews with ABC Illawarra and Basinview Community Radio. Shoalhaven Mayor attended the Berry RFBI morning tea and Deputy Mayor at Basinview. Cr Butler took the opportunity for a checkup with nurse Bill. Thanks to the team for the forward planning, publicity and provisioning to keep this magic project alive.

A special thank you to Paul's company Electrodry which will help by promoting Mherv on TV as we progress.

Please share Mherv facebook postings on your own and get the message out. Mherv is mobile and saving bloke's ( and ladies) lives.

Graeme



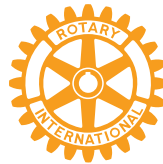
## FOR SALE

Graeme will have some RAT kits for sale at the meeting on Monday night.

Cost \$10 each.

Proceeds go to MHERV





### ENVIRONMENTAL MATTERS

Julie

#### 1. Clean Up Australia Day: Sunday March 6<sup>th</sup>

**Warners Bay Landcare** will be at their usual site again this year and would love our assistance.

<https://www.cleanupaustaliaday.org.au/fundraisers/stephendewar/medcalf-st-warners-bay>

**The Warners Bay Sustainable Neighbourhood Group** is also having a clean-up event at Cockle Creek on Saturday 12<sup>th</sup> March and would welcome any members who would like to help. For further details contact Julie Butel.

#### 2. Recycling

Apart from the waste that goes in our Yellow and Green bins, there are many other recycling programs that are easily accessible.

For example:

- **Officeworks:** You can take your pens and markers, e-waste (computers, mobile phones, cables, DVDs and CDs, chargers, etc), ink cartridges and batteries to Officeworks  
<https://www.officeworks.com.au/information/about-us/peopleandplanet/recycling>
- **Woolworths and Coles:** Have **REDcycle bins for soft plastics**. The soft plastic waste is reprocessed into useful items such as park benches and fence posts.  
<https://redcycle.net.au/>  
**Woolworths** stores also have **battery and mobile phone recycling bins**.  
<https://www.woolworths.com.au/shop/discover/sustainability/recycling-unit>
- **Most LMCC libraries** have recycling bins for **batteries and light globes, and mobile phones and accessories**  
<https://www.lakemac.com.au/For-residents/Waste-and-recycling/Other-household-waste/Batteries-and-light-globes>  
<https://www.lakemac.com.au/For-residents/Waste-and-recycling/Other-household-waste/Mobile-phones-and-accessories>
- **Tread Lightly:** Approximately 110 million shoes are imported into Australia each year, but only about 1% is recycled. Sporting and active lifestyle footwear accounts for approximately 40% of imported footwear, the components of which can take up to 1000 years to decompose. Tread Lightly takes unwanted **sport and active lifestyle footwear** and recycles it. **Rebel and Athlete's Foot** stores at Charlestown Square are collection points in our area for the program.  
<https://treadlightly.asga.com.au/>



**Services Director**

**Kerry**



Over the last 2 years, several members of RCWB have assisted Oz Harvest with packing food hampers. This article and photos were forwarded to us from RC Charlestown.

## From RC Charlestown

### Beyond the BBQ for Charlestown and Warners Bay

When Covid hit us life changed for Rotarians. Gone was the ability to provide service in crowded spaces. It also impacted on the disadvantaged in our community, many of whom were already doing it tough. However, using the connections that Rotary already had in place, a golden opportunity appeared for the Rotary clubs of Charlestown and Warners Bay.

Oz Harvest was quick to pitch a food hamper project for the disadvantaged to the NSW Government, and a twice weekly packing project at the local PCYC facility, which was in mothballs under Covid restrictions, enabled the delivery of approx. 30,000 food hampers into the local community. In doing so our clubs chalked up over 1300 service hours.

Whilst there were withdrawal symptoms in our ranks from the lack of aromas from sizzling sausages, a new delight of barista made coffee and homemade pastries and cakes contributed by the volunteers on roster made for a pleasurable replacement.

Sadly the funding ceased at the end of January, with the short sighted living with Covid freedom policy, and once again we look for a service avenue. Having been spoilt however, smelly BBQs will remain a distant memory.

Pictured are members sealing the last hampers coming off the line, the last days work lined up for distribution, the regular action on the line and the daily socially distancing at the morning tea. All will be missed.



Lyn Thorpe [Honorary member] and Helen Potter [in black and orange RCWB shirts.]

## SOCIAL NEWS

Toni M

On Wednesday 2<sup>nd</sup> February, 12 of our members enjoyed a great night out at Lizotte's and we were also joined by Barry's son, Lachlan and his partner Ina. We were there to support Clyde Street Band, who attracted a capacity audience, and who will be supporting us, for the second time, at the Lac Mac Autumn Fair in April. The first two acts were very original and interesting, but Clyde Street entertained us with our era of music. We look forward to lots more entertaining nights out in the future.



**FOR SALE:** EPSON Workforce Printer Cartridges to suit:

WF-3620 / WF-3640 / WF-7610 / WF-7620 / WF-7710 / WF-7720 / WF-7725

Box of: 254XL Black x1 / 252XL Cyan x1 / 252XL Magenta x1 / 252XL Yellow x1 + Bonus 252XL Yellow x1 - All cartridges unopened

We bought a new printer, different brand, so we no longer need these. For sale at \$150.00 the lot. (Officeworks prices: Box \$195 / single yellow \$48)

If interested, please email Sue and Graeme Hooper:  
[hoopergs@bigpond.com](mailto:hoopergs@bigpond.com) or phone Sue 0414 289 317



Join us for a great day of

## St. Patrick's Celebrations

*with Aunty Molly's Seniors Entertainment Events  
at Wyong Golf Club, Pacific Highway, Wyong*

**Tuesday 15<sup>th</sup> March 2022**

*Featuring the lovely & talented Irish Colleen*

## Eileen McCann

Help us celebrating our **Grand Re-Opening** with arrival at 11am for Morning Tea. Then enjoy a delicious two course gourmet lunch of genuine Irish fayre:

Tender Guinness Braised Beef with traditional Irish vegetables followed by our Chef's special Irish dessert ... Bailey's Cheesecake  
(Special Dietary Meals may be ordered prior to arrival).

Then brace yourself for lots of laughs and singalongs, loads of fun and shenanigans with your host **TONI STEVENS** and our special guest entertainer.

**ALL THIS FOR ONLY \$50.00 per person**

To make your reservation call Aunty Molly's on

**4970 5105**

or email [info@auntymollys.com.au](mailto:info@auntymollys.com.au)



Do you remember Damon McDonald? A guest speaker from 2021. This is the email he sent Christine recently. Follow the links to see what he is up to....

On 24 Jan 2022, at 14:33, Damon McDonald <[damon@iamawesome.tv](mailto:damon@iamawesome.tv)> wrote:

Hi Christine, I hope you had a great xmas and New Year season. Finally we will be launching the book, "Iam Awesome, Who are you?" this week, Thursday to be precise. I am back in Lake Macquarie for a few weeks to launch the book and would be happy to catch up for a coffee to explain what is happening and how it all works. In the meantime, please view our eBook which is the product people will be buying and the money being donated to charities.

<https://online.flippingbook.com/view/743891489/>

pw: Adventure

Also could you view our website [iamawesome.tv](http://iamawesome.tv) and click "Charities" to register details, to receive your unique code number.

Looking forward to an Awesoem 2022

*With gratitude*

**Damon McDonald**

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