

18 May 2020

President: Les Corrigan – les.corrigan58@gmail.com • Treasurer: Christine Johnson-Evans – christineje@bigpond.com
• Secretary & Editor: Katrina Henningham – hello@katrinahenningham.com

Rotary Club Warners Bay – Zoom Club Meeting – 4 May 2020 – 6:30-7:30pm

Attendance: Les (President), Barry (Pres-Elect), Katrina (Secretary), Christine (Treasurer) & John, Erin (Zoom host), Glenda (Membership) & Bernie, Michael (Club Service), Craig (Youth Service), Kerry (Vocational Service), Ross (Community Service), Kate (International Service), Vina (Foundation & Welfare), Toni G (Compliance) & Adrian, PDG Peter (SVP), Glenys & Steve, Ian & Judith, Julie, Brian, Helen, Jenny, Matt.

Guests: YEP Olivia, YEP Gabriela, Jacqui Dann, AG Clarice Hamling, Leo Magnisalis (Guest Speaker)

Apologies: Toni Mc

President Les welcomed and thanked everyone for their attendance – and welcomed the guest speaker, Leo, and the two Youth Exchange students, Olivia and Gabriela.

Gabriela spent a few minutes thanking everyone for welcoming her into the Club and helping her to feel “at home” in Australia. She expressed her appreciation for being hosted by the Club and shared how she felt her time in Australia has changed her life. She has improved her language skills, made lots of new friends both at school and in the Youth Exchange Program from all over the world. She is sad that she is leaving Australia 6 weeks before her original schedule but is happy she will be seeing her family again. She definitely wants to come back to Australia at some time.

Olivia shared a couple of her experiences during her very short exchange time, and stated how she still appreciated the opportunity as she still managed to go to school in Norway, learn a bit more of the language and experience the YEP Winter Camp and skiing with her host family. She has made many good memories and hopes to go back to Norway. When asked about her return journey to Australia, Olivia commented on the “weirdness” of the long stopovers (Stockholm & Qatar) in virtually empty airport terminals, and travelling in a plane with only 20 passengers, instead of several hundred. She was met at Sydney airport by the police, health checked, then

taken directly to the Sydney quarantine hotel, for 2 weeks isolation before coming home to her family. This was a decision made by Olivia and her parents.

President Les commented on their ability to learn new languages and how much Gabi’s English had improved since first arriving in Australia.

When asked about the challenges they faced, Olivia said that learning Norwegian was her biggest challenge – and was aided by books, friends at school and her host parents. Although she knew words and short phrases, it was the sentence structuring that was causing the challenge. Gabriela felt it was challenging at the time of changing host families as she had got used to one routine, then need to learn another. However, she also expressed her love of both families and appreciate all that both families did for her. Gabi flies home to Sao Paulo on Thursday 7 May – to be home for Mother’s Day in Brazil – her Mum will be very pleased with this very special gift.

Glenda was asked to introduce the guest speaker, Leo Magnisalis from MagTech IT who is an expert in Cyber-Security and Safety.

Leo gave an excellent presentation on the current scamming statistics, how much financial loss has been reported and how many reports are made each year. He said that “Phishing” is still the number one threat to the security of people’s information and went on to show how scams can be recognised and what to do if we suspect our information has been compromised.

A couple of key helpers:

- If we receive a suspicious looking email, or even an email that looks like it comes from a trusted site (Bank, PayPal, MicroSoft, etc) ...just hover the mouse over the sender’s

name/email and over any links in the body of the email – check the data, address etc for spelling errors or “odd” email addresses – SHIFT+DELETE the email if concerned.

- Never complete the “questionnaires and lists” often posted as a “game” on social media – they are a “social engineering” strategy to obtain your personal information and clear hints to your “secret questions” for your banking logins, etc.

Leo commented that he would send the presentation to Glenda for the Club Members’ reference – *attached separately*.

President Les thanked Leo for his very interesting presentation, commenting that it has given everyone some food for thought and steps to action.

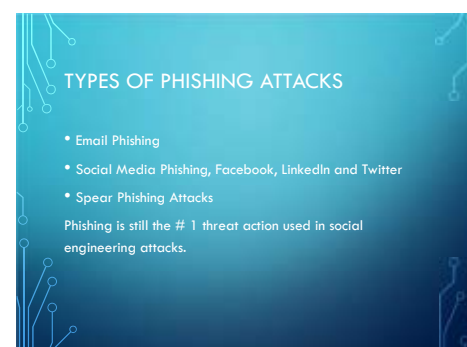
Les asked that everyone read through the proposed new Club Constitution that had been sent out by Katrina, ready for the next Club Zoom meeting on 18th May. He asked Craig to clarify the need for the change of Constitution and what the difference between the previous and new constitutions are. Craig said he will get a copy of the previous Constitution out to Club members asap.

Les thanked Erin for being the Zoom Host, and Glenda for inviting Leo to speak to the Club members. He also gave greetings to both PDG Peter Raynor and AG Clarice Hamling, who joined the meeting during Leo’s presentation.

Les thanked everyone for a successful first Club Zoom meeting. He let us know he would be sending out a link to a “Ted Talk” given by Bill Gates, relating to pandemics.

Next Club Zoom Meeting: 18 May 2020 –

1. Vote on Special Resolution of the Rotary Club of Warners Bay (New Constitution);
2. Mandatory Club Child Protection Training, Wilma Simmons.



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Club Welfare – Vina

As restrictions are lifting, we now can catch up with family and some friends in person which is very important. Congratulations for obeying all the rules and keeping well. Community transmission is still happening so take care as you wander out and about.

Brian has had his cataract operation postponed due to the virus. Everyone else seems to be well except for the occasional aches and pain which comes with aging, I guess. Probably due to too much walking!!!

Community Notice Board

Please check out our Community Notice Board when you are out walking. Where is it you may ask! It is situated next to the bike rank, adjacent to the public toilets, down at the waterfront. It now showcases all the amazing programs you were all involved in during 2019. Look forward to all our projects being on display in 2021.

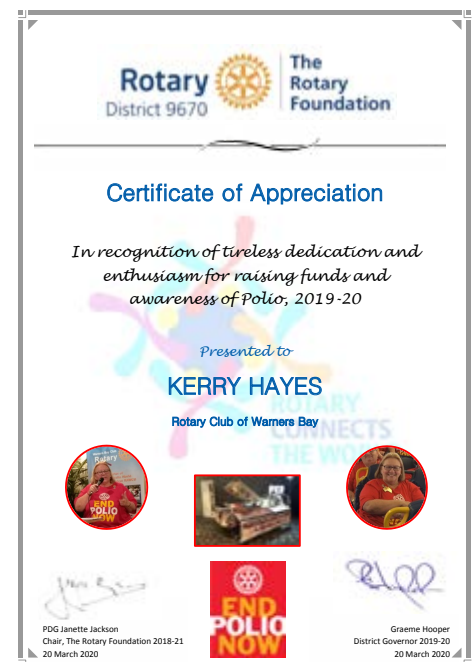


Rotary Foundation – Vina

Last week I received an update about our Agricultural Project at Glendale Technology High school from the lovely teacher, Alli who is driving the project. The gardens are bursting at the seams as one student counted 30 pumpkins in their veggie patch!! The chooks were billeted out during the isolation by the staff but will be back in their 5 star accommodation soon. Well done Glendale High.



Congratulations to Kerry Hayes for being recognised with a District award for her amazing work for eradication Polio program.



2021 Bike Ride Progress – President-Elect Barry Knowles

We have made quite a lot of progress since the last time I updated everyone. Not quite as much as would have liked, but then that's probably just me being me.

We have had responses from Singleton-on Hunter and Central Coast about developing a ride "series". They seem to be pretty positive about the idea, but they are both still taking further soundings in their clubs and with their partners. Hopefully I will be able to set up a Zoom meeting sometime this week to move it to the next stage.

Meanwhile, John and Christine have sketched out a new route, incorporating 100K, 50K and 30K options and John and Craig are going to take them to the police as soon as possible.

Erin with Louise's help has run a survey against our database of current and past riders, and they have consolidated the results and presented them in the form of a spreadsheet. I have copied this to all those

who have indicated an interest in being involved in planning for the next event. If you haven't seen a copy and would like to please email me and I will be happy to forward it to you. Broadly the results were pretty positive with regard to the changes we are planning, but the comments indicate that there are still other things we can do to make the ride more appealing.

It is hard to do much on the marketing side before we get these basic changes consolidated and in place, but we should be able to start some preliminary work about now.

If you would like to know more, please hang on in Zoom after the club meeting on Monday to listen in on our progress meeting which follows it, and if you would like to be involved in one of the teams just let me know.

Kind regards
Barry Knowles, President Elect
Rotary Club of Warners Bay
Mob: 0428259769

Community Service Report – Ross

Biggest Morning Tea: Bookings for the Lake Macquarie Performing Arts Centre (now called Warners Bay Theatre) for the rest of 2020 have not opened as yet, but we can make bookings now for 2021 and 2022. We still hope to hold a Biggest Morning Tea this year when it is possible, at avenue to be determined. I have been trying to improve my baking skills, which are very limited. I managed to cook a reasonable fruit and nut slice (like sold in cafes) by adding rolled oats, dried fruit and nuts to a packet mix for cookies!

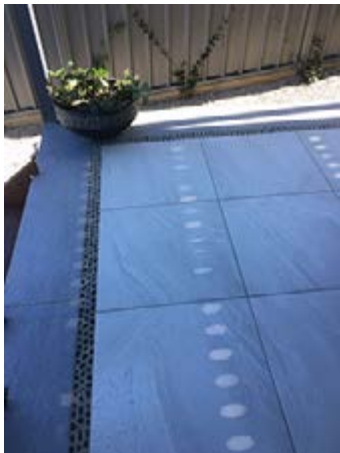
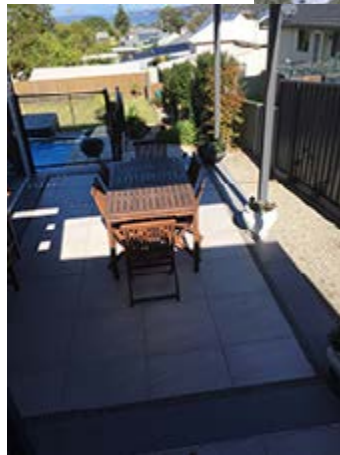
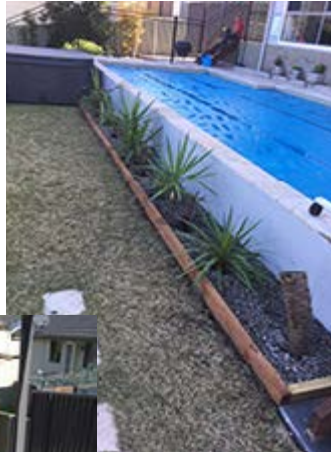
Other Events in 2020: Apart from Hat Night in October, no other events have been locked in for this year due to restrictions.

What we did in lockdown

One of the positive things about Covid-19 is you get around to things you otherwise may not have. Suffice to say Bunnings shares must be on the rise. So far we have:

Tiled the deck 'Santorini style' and decorated with pots.

Barry Knowles



Humour is Healthy...



The Stress Less Diet: As no recipes were sent in this fortnight – here's a specially formulated diet, designed to help you cope with the stress that builds up during the day...

Breakfast:

- 1 grapefruit
- 1 slice whole wheat toast
- 1 cup skim milk

Lunch:

- Small portion lean, steamed chicken with:
- 1 cup spinach
- 1 cup herbal tea
- 1 chocolate biscuit

Afternoon Tea:

- The rest of the biscuits in the packet
- 1 tub Rocky Road ice cream with choc-ice topping
- 1 jar Nutella

Dinner:

- 1 family size pizza supreme
- 2 loaves garlic bread
- 3 bottles red wine
- 3 Snickers bars

Late Night Snack:

- Whole frozen Sara Lee cheesecake
- (NB: "homebrand" products may be substituted)



Guess Who!?

Can you guess who the baby is?

Send your response to Katrina by Friday 29th May – hello@katrinahenningham.com – winner/s will be announced in the next issue of "In the Loop".

Nobody guessed *Louise Marney*, from the last issue! So it's time to try our new-comer – who is this gorgeous baby?

Remember to send a baby photo of yourself to Katrina by Friday 29th May to be included in future issues.

