

26 October 2020

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• Secretary: [warnersbay@outlook.com](mailto:warnersbay@outlook.com) • Editor: Katrina Henningham – [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)

## From the President's Pen – Barry

As another month races to its conclusion, RCWB has been busy as usual.

The trailer raffle had another successful outing at Warners Bay Markets last weekend, and hopefully is doing well at Glendale as I write this. Thanks very much to all who helped, are helping and will be helping as we move forward.

Quite a few of us Zoomed in to the **Leckie Poetry** evening hosted by RC Cardiff last Monday evening, and I thought we voted for a worthy winner, even if it was not a Warners Bay contributor. Thanks again to Kerry, Toni MacLean and Craig for their contributions.

Kerry is collecting all the poems for posterity, so I have sent mine to Kerry and Katrina who may decide to include it in this ITL.

We had a **Lake Mac Autumn Fayre** meeting this week too. Things seem to be

building nicely, but we will need to get going on real work, rather than just making plans soon. I am still hopeful that we will get good participation from other local Rotary Clubs and indeed, other local organisations, like *Got Your Back Sista*, who showed a lot of interest when they presented to us on Monday 12th.

We have volunteered as a club to run the “*coconut shy*” (because I keep using it as an example, and nobody else seems to know what I am talking about), and also a “*Higher or Lower*” card game. I expect we can do more as we get closer, but that will do for starters.

To conclude, I would just like to remind everyone to put in their nominations for board positions in the next couple of weeks, ready for the upcoming AGM, and also to remind you, that, if you would like to be a little more involved than you are, please just let me know. There are loads of jobs that are just asking to be taken on.

*Keep well, keep active*

## Next Meetings:

**Mondays 9 November,  
23 November (AGM)  
Club Macquarie**

- Dinner 6:00pm for 6:15pm
- Meeting 7:00pm

**The Club staff commence serving  
dinner at 6:15pm...**

*Please ensure you have arrived,  
paid for your meal and found your seat  
by this time.*

**Thanks!**

## Plus Zoom link (from 6:45pm):

If using a computer or Mac, click on the following link at the scheduled time to open the Zoom software and join the meeting: <https://zoom.us/j/964844402>

For this method, you will need a microphone and speakers.

If using an iPhone, iPad or Android phone or tablet: click on the following link to open the Zoom software:

<https://zoom.us/j/964844402>

For this method, you will need to install the free Zoom app from your app store. This only needs to be done once, but click the link or connect to it ahead of time to install the app and click the link or connect again when you're ready to join the meeting.

Alternatively, you can open the Zoom app and enter the meeting ID; 964 844 402

*When asked for the passcode, enter:  
2282*

## Notice of the Annual General Meeting for the Rotary Club of Warners Bay Inc to be held Monday 23 November 2020 at Club Macquarie, and via Zoom link.

### **Board positions up for Nomination, to be filled:**

Secretary  
*In The Loop* Editor  
Treasurer  
Rotary Foundation  
Membership  
Welfare

Child Protection  
Club Service  
Community Service  
Vocational Service  
Youth Service  
Public Officer

# Volunteers Needed!

## Christmas Trailer Display & Ticket Selling Roster

**Please note:**  
**Mount Hutton starts at 10:00am**

Shown on the right is how our roster currently stands – there are many spaces to be filled, so the help of as many Club members (and their friends) is urgently required.

**Click this link below to add your name to the Roster:**

<https://docs.google.com/spreadsheets/d/1Dq0rmPn-0Ea43MFjT1a2Z4C1PaBAIEPQ-oNcf2KJCtc/edit#gid=0>

– or call Christine 0402 776 654.

There are two sheets (tabs at the bottom): First is the Market Stalls and the second is the Mount Hutton Shopping Centre (you may need to scroll to the right to see December)

When you fill out your slots, you can just close the file, it auto saves.

If all members put their name down for 6 spots we should have it pretty well covered. If you can't plan out too far in advance, could you please fill in your name in at least a few spots over the next 4 or so weeks.

Please help spread the load. Perhaps you want to bring a non Rotary friend or family member with you as well to help out.

Please let Christine know when you can help out...as we know:

*Many Hands Make  
Light Work...*



### Glendale Shopping Centre – Table Only

Date	Shift times required		Set-up & Pack-up
	9:00am – 12noon	12noon – 3:00pm	
31/10/2020			
01/11/2020	Louise M	Glenys	
	Vina C	Steve	

### Lake Fair Shopping Centre – Mount Hutton – November

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Times</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00am-1:30pm	N/A		Jacqui		Vina Helen	Glenys	Vina
1:30pm-5:00pm	<b>Set up at 4:00pm</b>		Jacqui				
5:00pm-9:00pm							
<b>Times</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00am-1:30pm	Vina Kerry		Helen Glenys	Vina Julie			Vina
1:30pm-5:00pm			Jacqui				
5:00pm-9:00pm							
<b>Times</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:00am-1:30pm	Vina Kerry		Helen Glenys	Vina Julie		Glenys	Vina
1:30pm-5:00pm			Jacqui				
5:00pm-9:00pm							
<b>Times</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:00am-1:30pm	Vina Kerry		Helen Glenys	Vina Julie			Vina
1:30pm-5:00pm			Jacqui				
5:00pm-9:00pm							
<b>Times</b>	<b>29</b>	<b>30</b>					
10:00am-1:30pm	Vina Kerry						
1:30pm-5:00pm							

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# Invitation to our 2020 Hat Night

On **26 October**, our Club is hosting a **Hat Night** to raise money for the  
**Australian Rotary Mental Health Research Fund**  
and *you're invited to join us!*

**Hat Night** is part of the *"Lift the Lid on Mental Illness"* campaign by Rotary.



**When:** Monday 26 October 2020 • 6pm for 6:15pm

**Where:** Club Macquarie, Argenton

**What to Wear:** A hat, of course!

**Prizes for the best hats and a raffle prize to win**

Our guest speaker will be **Karissa Lewis**. Karissa has worked in our area, for Camp Quality. She is a survivor, has a passion for helping people, and has a very special story to tell about mental illness.

**DON'T FORGET YOUR HAT!**

Rotary   
Districts of Australia



**#LiftTheLid**

**[www.hatday.com.au](http://www.hatday.com.au)**



**November:**

2nd – Adrian

6th – Michael

9th – Christine



## Rotary Foundation – Peace Project – Vina

PEACE is one of the 7 areas of focus of the Rotary Foundation. An exciting initiative is coming to fruition, mainly by Rotary clubs in India, Pakistan and Canada to create the INDUS PEACE PARK by bridging peace in India and Pakistan. The mission is to create an international peace park on the border of India and Pakistan by August 2022. It aims to promote lasting peace and collaboration between the peoples of Pakistan and India and to put a stop to unnecessary loss of life across the border. The plan is to secure land on either side of the border for the “Oasis of Peace” and would be maintained by members of Rotary, Rotaract and Interact from both countries where Indians and Pakistanis can celebrate their cultures through dialogue, literature, religion, dance, music history and art. We, as Rotary members, are part of a global network of problem solvers who want to take action to create lasting change.

“Peace cannot be kept by force; it can only be achieved by understanding” Albert Einstein.

## Welfare – Vina

Although we have had restrictions due to COVID19 our club seems to have kept busy with various volunteering activities as well as special events. Thanks to all the club members who have been able to assist in our club activities especially our Christmas Trailer fund raiser, selling tickets at markets and soon at shopping centres. This has been a huge commitment but a much-needed fund raiser for our club. Through our activities such as this and cooking BBQ at Survivor’s Us, the Mini bike rides and special dinner nights we

have had time to connect with each other which is so important.

Our thoughts are with Peter who is still in hospital making some progress, with Ian who has just finished his first round of Chemo, and Jacqui who broke a bone in her foot while camping with her grandchildren. She will have a boot on for a few more weeks but is still out and about.

Covid19 still lurks around so stay safe and be thankful we live in this country.

See you all on Monday evening either on Zoom or in person with your hat on.



### November:

Clubs and Districts call attention to the programs of **The Rotary Foundation** and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members.

## What’s happening on the POLIO front?

**Today: Saturday October 24th is World Polio Day.**

Our ‘Virtual Dinner Party’ last evening proved an interesting and fun evening. Thank you to our special guests PDG Steve and PDG/District RF Chair Janette Jackson, and the 15 members who were able

to gather at various homes to enjoy some delicious food, wine and friendship. Funds raised on the night (which with the Gates Foundation addition) totalled around \$675. This will buy many vaccines and resources for **END POLIO**.

**Where’s Polly?** Our **END POLIO** trailer is currently in Dubbo, on route to Broken Hill and then Victoria and South Australia to join the **END POLIO UTE relay**. Polly is not expected home until early next year.

Raising awareness and funds for **END POLIO** remains one of Rotary’s primary goals.

**We WILL END POLIO!**

Kerry Hayes, Community Chair & District RF Polio Chair

## Community Service – Kerry

**Survivors R Us BBQ breakfasts** continue, thank you to members who are assisting with this valued community project. Updated roster included below. Please let me know if you are unable to do your rostered day/s.

**Kerry • 0417485293**  
kezzac1@bigpond.com

**Roster for assisting at “Survivors R Us” breakfast – 2020**  
8:00am to 10:00am

1/3 Ranton Street Cardiff.

**Wear your Club shirt.**

Bring a hat and sunscreen.

**Mental Health Hat Night** is planned for **26th October**. Ross has organised and sent info on this.

<b>29 October</b>	Helen Kerry	Ross Jenny	Glenys Steve
<b>12 November</b>	Helen Lyn	Jenny Craig (tbc)	Katrina
<b>26 November</b>	Helen Kerry	Gail (tbc) Lyn	Jenny
<b>10 December</b>	Helen Jacqui	Lyn Craig (tbc)	Katrina Jenny
<b>24 December</b>	Helen Jacqui (tbc)	Gail (tbc) Kerry	Jenny Lyn

Some of the poems submitted and read by members of our Club at the

## Leckie Poetry Night Monday 19 October 2020

Host: RC Cardiff

Participating Clubs: RC Cardiff, RC Charlestown, RC Warners Bay

Congratulations to all who participated by writing and reciting a poem, and to all those who wore a special hat for the occasion. The overall winner of the Leckie Poetry prize was Eleanor Cunningham, RC Cardiff. AG Craig Henningham was awarded a special prize for his hat that was “nearly in season”



**Tribute to Dan: 02/10/1985~10/05/2011,**  
*Craig Henningham JP, Area Governor Zone D*

Well my son it's been a year,  
Since that black dog did bite  
And took your life away from us  
That dreadful autumn night  
We said a fond farewell to you  
And lay you in the ground  
I wait for your keys in the door  
Alas there's not a sound  
Great memories I have of you  
When you were still here  
Sitting on the downstairs deck  
Sharing a cold beer  
Although a year has now gone by  
I still can feel the pain  
Wishing that you could come back  
And be with us again.

### Poem Hats

*Barry Knowles*

If I cud wear a different hat each day  
I wouldn't fritter life away  
I'd have a great deal more to say  
'Bout life and love and work and play  
I'd have a hat for every case  
For ev'ry time and ev'ry place  
I'd have a hat to make me strong  
And one to stop me being wrong  
A hat that said I'm quite in charge  
A hat that made my wit enlarge  
I'd have a cap that made me wise  
My brain would grow to twice it's size  
A beret that would make me sexy  
Send females into apoplexy  
For banquettes I would wear a crown  
My subjects then would all bow down  
On Sunday's I would wear a topper  
All proud and poised and fright'fly proper  
And if I felt somewhat suburban  
I'd talk like this and wear a turban  
My Fez is quite a silly hat  
But Tommy wore one "Just like that"  
To be a cashed-up suave high roller  
I'd simply have don a bowler  
And how about a baseball cap  
Would I start to just talk clap  
I fancy a space helmet too  
Far planets I could travel to  
On winter days I'd wear a beanie  
But mine would hide a secret genie  
And in my battered old fedora  
I Jones. Intrepid tomb explorer  
An open top and a good old trilby  
Speeding along would that a thrill be?  
But alas it's all a fantasy  
Without a hat it's only me  
Our insecurities we hide  
But disguises don't change what's inside  
You'll have to take me as you find me  
hatless, just an average wannabe

### Hats

*Kerry Hayes*

Hats, a poem about hats you say.  
Not a problem, look at all those worn by a  
mother in a day.  
The alphabet of motherhood.  
Some hats not fully understood.  
Accountant, advocate, assistant and aide.  
Baker, chef, meal planner, dinner to be made.  
Carer, chauffeur, cleaner, coordinator if you  
please.  
Detective work, like Sherlock, is done with such  
great ease.  
Event management is added to the list.  
Financier and loans officer certainly not to be  
missed.  
Gardener is another, flowers and the vegie  
patch.  
Homework assistant, handywoman there's not  
a soul to match.  
Information officer when that project needs a fix.  
Jester when fun is needed to be added to the  
mix.  
Kitchen manager, manage all that goes on  
there.  
Librarian, logistics expert, labourer, all done  
with such great care.  
Maid and manager hats to add just a few more.  
Nurse, negotiator, always dedicated to the core.  
OH&S officer, operations manager, all within a  
day.  
Planner, paediatrician, if only there was more  
pay.  
Queen, I'll leave that one until the end.  
Referee is sometimes needed, when family  
opinion will not bend.  
Storyteller, shopper, secretary, and the list it  
gets so long.  
Teacher from day one, whether a lesson, story  
or a song.  
Upholder of the peace, the calm, the law.  
Yet is yet another cap, and there are so many  
more.  
Wonderwoman, waitress, wardrobe assistant,  
there are many here you've seen.  
X, Y, Z are left to go, but the most  
prestigious hat, that of a Queen.



If you want your news, report, items, articles or photos to get into the next edition of “In the Loop” newsletter, please send them directly to the Editor, Katrina, at

[hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)

by NOON on **Sunday 8 November** • Thanks!

## Club Meeting Minutes – Monday 12 October – DG Visit

### Blended-mode meeting: On Site & via Zoom

**Attendance:** President Barry; Treasurer Christine; Secretary Katrina; Vina (Foundation; Welfare); Toni G (Public Officer; Compliance); Ian (Vocational); Glenda (Membership); Erin (PR); Glenys (Club Service); Kerry (Community Service); Erin; Julie; Jenny; Jacqui; John; Bernie; Brian; Toni Mc; Ross; Adrian; Helen; Michael.

**Guest Speaker:** Peree Watson and Mel Histon, from “Got Your Back Sista”.

**Welcome:** President Barry welcomed everyone, with a special welcome to Special Guests Peree and Mel.

**Business Arising:** No business arising from reports sent out via “In the Loop”.

### Project Updates:

**Christmas Trailer Raffle:** Christine reported that 5 books were sold at the recent Speers Point markets, and continued encouraging everyone to sell tickets to their family, friends and neighbours, as well as offering up their time on the upcoming trailer displays in the shopping centres.

**Hat Night:** Ross reminded everyone of the Mental Health Hat Night on 26 October – there will be prizes for hats.

**mherv:** Pres Barry reported that a mherv committee meeting will be held on 16 October.

**Leckie Poetry Night:** Pres Barry reminded everyone that the inter-club poetry competition, known as the Leckie Poetry Night, is to be held on Monday 19 October – as a Zoom-only event. Glenys will be co-ordinating our Club’s entries and forward information soon.

**End Polio Virtual Dinner Party:** Kerry reminded everyone to check the information already sent out. Glenys encouraged everyone to invite other members over for the meal, or invite a neighbour or friend.

**Lake Mac Autumn Fayre:** Pres Barry gave a fast-track presentation of the proposed Lake Mac Autumn Fair – the same presentation that will be given (in more detail) to the other Clubs in the area to encourage a multi-Club event.

**Guest Speaker introduction:** Barry introduced the guest speaker, Peree Watson, and CEO of “Got Your Back Sista”, Mel Histon. As the registered charitable arm of *The Sista Code* movement, their vision is to



see women and their children happy, thriving and living independently after escaping the trauma of domestic violence.

As such, *Got Your Back Sista* offers benevolent relief and support to women and children escaping domestic violence and are at risk of living below the poverty line. They give a hand up for them to begin again and live independently.

Mel described the various programs offered by *Got Your Back Sista*:

*Got Your Back Sista* provides a pathway from refuge accommodation to sustainable independent housing, living and employment.

The charity is focussed on providing these services within the Hunter, Central Coast and Manning Regions with a look to expand to providing services throughout NSW in the next 12 months. They offer:

**Begin Again Program:** Helping women and children, moving from a refuge to independent living, setup a safe home by providing furniture, white goods and household items, plus food and personal care items.

**Stand Tall Sista Program:** is a 6-week self-defence program to help women to feel both mentally and physically stronger. It provides a great opportunity for women to: have fun in a group setting with other women; learn tips and techniques to feel empowered and safe; learn about personal space and boundaries and what to do if they feel threatened; learn how to physically defend themselves; and, improve their self-esteem and confidence.

**Rise Up & Thrive Program:** Aims to help women who have escaped domestic violence gain the confidence, support and skills they need to be happy, obtain employment and thrive. This program comprises workshops, mentoring, reskilling (if needed), work experience and employment opportunities for participants. Unfortunately, domestic violence is prevalent in our country and the single

biggest driver of women into poverty which, in turn, has a significant impact on their well-being, health and happiness.

**Empowerment Circle:** is a free weekly workshop, designed to empower women to live their best life. Each week, the presenter covers topics such as: self-compassion; kindness to self and others; forgiveness; self-worth and self-care; resilience skills; the practice of deep breathing; goal setting & vision boarding; and much more.

**Love Bites Program:** is a Respectful Relationships Education Program for young people aged 15-17 years. It consists of two interactive workshops: one on Relationship Violence, and one on Sex and Relationships, followed by creative workshops and community campaigns. *LOVE BiTES* aims to provide young people with a safe environment to examine, discuss and explore respectful relationships. All *Love Bites* programming takes a strength-based approach and views young people as active participants who are able to make choices for themselves and their relationships when supported with information and opportunity for skill development. *LOVE BiTES* education is focused on three critical areas for learning: **Knowledge:** youth-led collaborative learning; **Attitudes:** critical thinking and decision-making; and **Behaviours:** problem solving and communication skills.

Following Peree’s presentation, both Peree and Mel responded to questions and comments from Members.

**Vote of Thanks:** Club Service Director, Glenys thanked Peree and Mel, and presented two books that will be given to a local school on their behalf, plus a Thank You card.

**Meeting Close:** President Barry closed the meeting at 8:10pm. There was a short time of fellowship before leaving, as the Club venue closed at 8:30pm.