



# The Port Wheel

Weekly Bulletin of the Rotary Club of Port Macquarie Inc.  
**Vol. 72 - No.30 - Wednesday March 18th 2020**

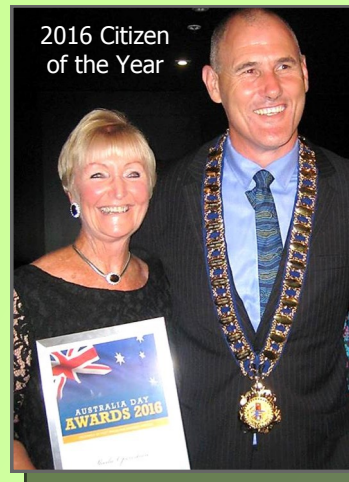
Club No.17940 Chartered May 22, 1948

Website - [www.rotaryclubportmacquarie.com.au](http://www.rotaryclubportmacquarie.com.au)

See us on facebook - <https://www.facebook.com/RotaryClubPortMacquarie/>

**The Rotary Club of Port Macquarie**  
**P.O. Box 136, Port Macquarie NSW 2444**

- **President** - Bob Cleland
- **President-Elect** - Elizabeth Fielding
- **Vice President** - Glenda Barber
  - **Secretary** - Geoff Slack
  - **Treasurer** - Frank Moxon
  - **Club Service Director** - Debbie Loveday (acting)
- **Community Service Director** - Elizabeth Fielding
- **International Service Director** - Ray Hodgson
- **Vocational Service Director** - Neil Porter
- **Youth Service Director** - Gil Padarin-Innes
- **Membership Director** - vacant
  - Club Meetings each Wednesday @ Port Panthers 6pm for 6-30pm start.
- **Apologies or bookings to - Elizabeth Fielding**  
**Phone - 0407 369 512**
  - **Email - fielding.ej@gmail.com**
- **Club Bank Details**  
**BSB 932-000**  
**a/c 500 186 792**
- **Past District Governors -**  
 Roger Dulhunty 1969-70;  
 Ivan Meldrum 1975-76;  
 Laurie Barber 2006-07;  
**District Governor Elect -**  
 2020-21 Debbie Loveday  
**District Governor Nominee -**  
 2021-22 David Mayne
  - **Bulletin Editor -**  
 Kerry Medway



2016 Citizen of the Year

Three-On-Me

## Sheila (Sam) Openshaw

*Sam shared her remarkable story last week (here is an edited version) - I was one of eight children. We had a very humble upbringing, Mum and Dad had a 2 bedroom flat in Hewlett Street Bronte Sydney. We moved to Merrylands. Back in those days Merrylands was a great place to grow up, lots of fields and paddocks, certainly not like it is today.*

*I had a good education, attended Holy Trinity Girls School Granville where I completed my schooling and also became an Irish Dancer. I went in many Eisteddfods and won many medals for my Dancing. After completing High School I went on to further education at St. Patrick's Business College right in the heart of Sydney. I stayed at St. Pat's*

*for 2 years where I met some lovely girls, one of them being Margaret Hyde, Daughter of Frank Hyde. Frank Hyde MBE OAM was an Australian Rugby League Footballer, coach and radio caller. I did extremely well at St. Pat's topping Australasia in Shorthand and Typing both in the Advanced Grades. I left Merrylands when I was 18 and moved out to Bronte Beach in the East to live with my Grandmother as my Grandfather had passed away and my Nan was on her own. I looked after Nan until she passed at the age of 98. In 1995 Alan and I relocated to Port Macquarie from the Eastern Suburbs of Sydney, I took up singing here in Port which I really loved and continued to do so for 2 years. During those 2 years my teacher and I started up a group of singers called the Rainbow Singers, it mainly was for children with disabilities.*

*Over the years I have taken away many people who experience mental ill health on camps down at Broken Bay on the Hawkesbury River, I did this on my own but once I arrived at the camp I had a lot of help. I manage an on-line news service, regularly posting information about mental health Research, events and services via broadcast email and Facebook. I have been featured in a book of inspirational stories called "Turning Points" published by One Door Mental Health. A presentation was made to me by Australian of the Year 2010, Prof. Patrick McGorry and Founder of Headspace.*

### Some of my Achievements over the years:

*In 1972 I was awarded Charity Queen in a quest for raising the most money for the Deaf & Blind Children, I raised over \$6,000 which was a lot of money back in those days. I am a Life Member of One Door Mental Health in Sydney, formerly known as the Schizophrenia Fellowship of NSW.*

*I am a Founding Member of Endeavour Clubhouse here in Port Macquarie which is a Rehabilitation and Recovery Centre for people experiencing mental ill health.*

*In 2012, I became a Hastings Heroine at the International Women's Day Awards in appreciation of my contribution to the Hastings Community.*

*In 2015 I was Awarded NSW Carer of the Year Also in 2015 I was made a Paul Harris Fellow, I am also a Companion of Australian Rotary Health and a Silver Friend.*

*In 2016 I was Awarded PMHC Citizen of the Year, this Award was mentioned in the State Parliament by Mrs Leslie Williams MP of which I have a copy of the speech. WELL DONE SAM.*



Sam's Natty Knitter's suggestion for something to do whilst in isolation during the corona virus!

**Winner of the PDG Barrie Titcume (1971-72) Trophy for best club bulletin in 2018-2019 in Rotary District 9650, Australia.**

# Club program

If you are unable to fulfil your role, swap with someone & advise & Bull Editor - Kerry Medway

Date	Program	Speaker	Program chair	Welcomers	3 on Me	Inter. Toast	Sergeant
Mar. 25th	The Age Well Process	John Oxley	Ted Giblin	Sam Openshaw	none	Neil Porter	Neil Porter
Note - change of venue for club meetings - see below							
Apr. 1st	Youth Exchange in New Orleans	Glen Freeman	Elizabeth Fielding	Diana Gammon	Gil Padarin-Innes	Debbie Loveday	Sandra Adams
Apr. 8th	Tidal Pool	Kathryn Butler	Sheila Openshaw	Mavis Wallace	Darryl McMahon	Geoff Slack	Kerry Medway & PRE-EASTER MINUTE

## STEM Robotic Support from Rotary



Pictured above - President Bob Cleland presenting the final cheque of three to the Principal of the Port Macquarie Campus of Hastings Secondary College Meaghan Cook. Looking on is Ian Ross, Executive Principal of the Hastings Secondary College and our club's driving force in the STEM/Robotic support Dianna Gammon.

This cheque was a Designated District Grant of \$5750 which has been added to the two grants already given - \$5000 from the school's P&C Association and \$5000 from our Rotary Club. The funds are a major contribution to the school's Hub No.1 STEM/Robotic program.

This project has attracted interest from the Editor of ROTARY DOWN UNDER and may be a future feature in this national (& NZ) Rotary magazine. Watch any future issues!

## Note these Dates - in your diary -

- **March District South** **cancelled** **20-22, 2020 - Conference at West Rocks**
- **March 26 - 29th, 2020. Rotary Book Sale**
  - May 2nd - 9th - RYLA
- **June 12-14 - District MUNA @ Bonny Hills**

\*The **STAR PORT EXPO** scheduled for April 4 has been cancelled.

- Sadly our **social evening** tonight was cancelled.
- **Next weeks meeting** and all future meetings at Panthers will be downstairs in the room next to the TAPPAS Bar. Enter through the outside Tappas door from the club.
- Hopefully our meetings will continue.



### BIRTHDAYS

#### March/April 2020

- 18/03 - Ted Giblin
- 31/03 - John Oxley
- 31/03 - Helen Crosslley
- 09/04 - Gai Nixon
- 18/04 - Mary Oxley
- 28/04 - Sheila Openshaw

- 29/04 - Debbie Loveday

### ANNIVERSARIES

#### April 2020

- 11/04 - Frank & Patricia Urban
- 19/04 - John & Mary Oxley