



The Port Wheel

Weekly Bulletin of the Rotary Club of Port Macquarie Inc.

Vol. 72 - No.28 - Wednesday March 4th 2020

Club No.17940 Chartered May 22, 1948

Website - 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

Rotary Rescue with Insulin Pump

Information from President Bob Cleland

In December last, Elizabeth and Pres Bob met with Jodie Holland from Mission

Australia and were asked if Rotary could help by funding an Insulin Pump that was desperately needed for a young single mother who we will call Emily (not her real name). Government funding had been denied and as she not only suffered from Type 1 Diabetes but also Anorexia. As these 2 diseases are co-morbid her prospects of maintaining any quality of life were very low without this equipment. Bob has had an involvement with St Ives Rotary Club who have provided many disadvantaged young people with Insulin pumps in a joint venture with Diabetes Alive and the Variety Club.

The cost would be \$9,000 and a pump should last 5 years. However, the St Ives/Diabetes Alive team does not assist adults. Despite this, they offered advice and St Ives RC agreed to fund 1/3 of the cost. If we were able to find another third, Bob had agreement for a Rotary Compassionate Matching Grant of \$3,000 to be approved. Our club made up the extra 1/3 needed with funds raised from the BBQ at the rock concert a few weeks back, plus some club fund-raising money.

There were smiles all round when a team from St Ives RC met with Jodie and 'Emily' during their visit to Port Macquarie last month and could see what a life changing outcome this will produce.



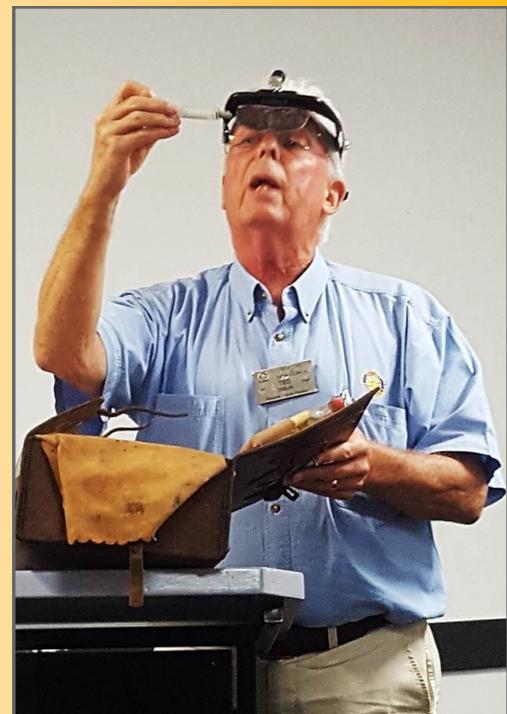
Doctor Giblin - I presume!

Last Wednesday Dr Ted Giblin gave a very amusing and also sobering 3 ON ME. Ted showed us the medical bag his father used to carry during home visits with young Ted aged five tagging along. Now at 75 Ted is about to 'pull the pin' on his medical career, seventy years after assisting his father on the Tamworth medical rounds.

Ted also spoke some sobering advise about how to avoid the corona virus with regular and proper hand-washing and not touching your face. Avoiding touching hand-rails, etc.

Some timely advice.

Well done Ted on your interesting medical career as a GP that has taken you to Darwin, the UK & finally here in PortMacquarie.



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

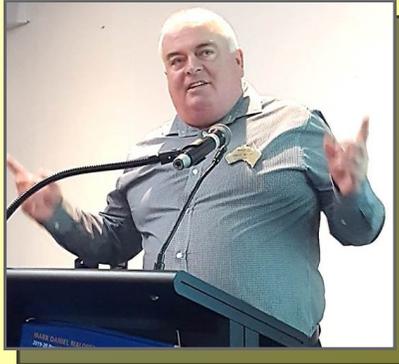
Date	Program	Speaker	Program chair	Welcomers	3 on Me	Inter. Toast	Sergeant
Mar. 11th	Club Assembly	_____	President Bob Cleland	Gil Padarin-Innes	Sam Openshaw	Diana Gammon	Sandra Adams
Mar. 18th	The Age Well Process	_____	John Oxley	Sam Openshaw	Ted Giblin	Neil Porter	Neil Porter
Mar. 25th	Social Evening.....	Visit to CAFÉ 66 (upstairs) RSVP to	Glenda Barber	_____	_____	_____	_____

March 27-28-29th GIANT ROTARY BOOK SALE @ Panthers.... Please book yourself in on the roster from Thurs 26

DGN David Mayne CONFLICT

RESOLUTION Part 2

At the conclusion of his talk David presented some actual conflicts within Rotary Clubs and asked us to consider how we would solve them using the tools he had shared. He gave us 10 basic steps towards Conflict Resolution - Ask questions; Analyse expectations; Recognise different perspectives; Identify & own up to mistakes; Watch out for emotional triggers; Focus on preventing escalation; Take action to resolve the situation; Commit to working it out;



De-escalate the conflict; Stay calm - Cooler heads prevail in most difficult conflicts.

Thanks David...some great 'food for thought' & to put into practise.



Note these Dates - in your diary -

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



- Tonight's **International Toast** was presented by **DGE Debbie Loveday to the R/C of Shillong in India**, the wettest town in the world.
- Last Saturday the **Rotary bookshop** had its record Saturday sales \$794-00. We also received boxes of more books. There will be an urgent **Book-Sort this Monday** at 9-30am. Please come & help for an hour or two.
- This Sunday **Pres-elect Elizabeth Fielding** will be attending PETS at CSU. Learning how to be a dynamic President for 2020-21.

- The **District Conference is on at South West Rocks March 20-22**. Don't miss it. Register NOW. Come for the weekend, or just for a day. Conferences are always inspiring.
- **Does our club have a candidate for RYLA?** David Mayne appealed again for candidates to raised up to attend at Lake Keepit - May 2nd - 9th.
- **Diana Gammon reported on MUNA** coming up in June and asked for assistance in backing this youth venture. She also spoke on an exciting venture into the schools STEM/Robotics. See Bulletin No. 26 for more info on this great innovation into the Hastings Campus.

MONSTER GARAGE SALE

FRIDAY 13TH MARCH 7:30AM TO 3PM
SATURDAY 14TH MARCH 7:30AM TO 1PM



FARMER JOE'S PANTRY
A helping hand for our farmers

NOTHING OVER \$5.00

Babies & Kids clothing & shoes \$1
Adult Clothing & shoes \$2
Bric a Brac \$1 • Linen \$1-\$5
Toys \$1-\$5 • Camping Gear • Suitcases
**Rear Shed at AQUASONIC
14 COMMERCE ST WAUCHOPE**



MAN SHOT 200 TIMES WITH UPHOLSTERY GUN
Surgeons revealed he is now 'fully recovered'



Thanks DGE David Mayne



BIRTHDAYS March 2020

- 05/03 - Elizabeth Fielding
- 18/03 - Ted Giblin
- 31/03 - John Oxley
- 31/03 - Helen Crossley

ANNIVERSARIES March 2020

- 13/03 - Phil & Helen Brown
- 14/03 - Terry & Helen Crossley
- 17/03 - Frank & Sue Gaukroger