



The Port Wheel

Weekly Bulletin of the Rotary Club of Port Macquarie Inc.

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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



Sharon Sykes

Last weeks ZOOM speaker was Dr Sharon Sykes. Sharon is a local GP & a strong advocate on anti-domestic violence towards women.

Sharon was raised in a loving, stable & caring middle-class family. At school she experienced gender discrimination in mild & minor ways that culturally we have overlooked. After school, Sharon did Medical Laboratory Science at University. After Uni she joined the Royal Australian Airforce. She was employed in the health branch and worked in the Airforce's pathology laboratories. At age 21 Sharon was part of the 11.5% of females in the military forces. It was a man's world & women were required to do things in a man's way. Clothing was designed to fit men. They were told to wear up to six pairs of socks to make their oversize boots fit! They were required to do the same physical training as the men.



Sharon spent two years with the Airforce in Malaysia. She had lots of wonderful adventures in the Airforce & in Malaysia but sadly experienced many incidents of sexual discrimination and sexual harassment and she was intimidated by some senior officers and also assaulted by a pilot on one occasion. In November 2003 Sharon was deployed to East Timor as part of the UN peacekeeping force UNMISSET. On one occasion she was punched by a drunk Japanese pilot without any provocation. She was not supported by the

Australia Statistics

- On average one woman a week is killed by her intimate partner
- Approximately one quarter of women in Australia have experienced at least one incident of violence by an intimate partner
- 53% of women have experienced an episode of sexual harassment in their lifetime
- Intimate partner violence is the greatest health risk factor (greater than smoking, alcohol and obesity) for women in their reproductive years.
- In 2015-16, 38 percent of all people requesting assistance from specialist homelessness agencies were escaping domestic or family violence

Australian Colonel in charge & made to feel it was her fault & was made to feel she was to blame! Fortunately the Japanese command dealt with the perpetrator and he was sent back to Japan. After 19 years, Sharon left the RAAF & took up General Practice.

Unfortunately as a GP Sharon gets to witness the effects of violence against women. It is estimated that GPs on average in Australia see up to five women a week suffering from some form of domestic violence, whether its verbal, physical or sexual. Sharon also finds it distressing the way the media often portrays domestic violence.

THANKS SHARON FOR SHARING YOUR STORY & OPENING OUR EYES.

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	Speak-	er	Pro-
<div style="border: 2px solid black; padding: 10px; transform: rotate(-5deg); background-color: #e0f7fa;"> <p>Club meetings will be via ZOOM on internet in May.</p> <ul style="list-style-type: none"> No ZOOM club meeting this week due to Club Board meeting May 27th - Spkr Diana Reynolds - a light-hearted look at her career entitled - "A funny thing happened on the way to....." June 3rd - tba </div>				

Exchange Student Daniel Maxwell in Norway

Hi Kerry and all Rotary members, this weekend one of my exchange friends from Perth asked if I would like to go to her host family's apartment in a small coastal town called Risør. It's about 3 hours from where I stay in Oslo and we have to take a ferry across the Oslo fjord. We stayed from Thursday until Sunday and enjoyed some boating, nice weather and good views! We were also lucky enough to go the zoo and see some kangaroos!



DGE Debbie Loveday's note to Rotarians

The zoom assemblies are scheduled for 24 May all day. It will be available to any Rotarian on the day. Our club will be asked who would like to drop in and for what webinars. Neville Parsons will be sending out the invite and agenda very shortly. Meanwhile we have all the dates for the changeovers in June.

HA HA HA - Thanks DGE David Mayne



Mrs. Jones got a little too used to watching online worship from home.

Note these Dates - in your diary -

- August 15 - 22** - RYLA (new date)
- September 18** - Rotary Golf Day

Club NEWS

- On next weeks ZOOM meeting, Debbie Loveday will share an update on **DEBBIE'S DUNNIES in Nepal**.
- Secretary Geoff would like to know any club members intending to participate in the **LEARNING & DEVELOPMENT WEBINAR on Sunday 24th**. Please advise Geoff by Thursday if participating.
- Another David Mayner!!!!** - Tonight I burnt an Hawaiian Pizza. I should have set the oven on ALOHA instead!!!!

This week's Mystery Sayings ???

13.

CY CY

14.

PpOpD

Last week's MYSTERY SAYING ANSWERS

11.

Give Give Give
Get Get Get

11. Forgive & forget
12. Right up to the end

Ian Cropper wins

12.

**UP
THE END**

BIRTHDAYS

June 2020

- 01/06 - Valda Sturrock
- 04/06 - John Sheppard
- 11/06 - Fred O'Toole
- 13/06 - Robert Rutishauser
- 23/06 - June O'Toole

- 30/06 - Patricia Urban

ANNIVERSARIES

June 2020

- 06/06 - Doug & Jill Heagney
- 24/06 - Gai & Bill Nixon