



Rotary Opens Opportunities



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

- **President** - Elizabeth Fielding
- **President-Elect** - Frank Moxon
- **Immediate Past President** - Bob Cleland
- **Vice President** - Glenda Barber
- **Secretary** - Geoff Slack
- **Treasurer** - Frank Moxon
- **Club Service Director** - John Oxley
- **Community Service Director** - Phil Perry
- **International Service Director** - Ray Hodgson
- **Vocational Service Director** - Neil Porter
- **Youth Service Director** - Diana Gammon
- **Membership Director** -
- Club Meetings each Wednesday @ Port Panthers 5-30pm for 6pm start.
- **Apologies or bookings to - Frank Moxon**
- **Phone 0413 349 144**
 - **Email - pamoxy@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 - 2020-21
Debbie Loveday
District Governor Elect - 2021-22
David Mayne
- **Bulletin Editor**
- Kerry Medway
kerry@kerrymedway.org

THE PORT WHEEL

Weekly Bulletin of the Rotary Club of Port Macquarie Inc.

Vol. 73 - No.16 - Wednesday October 21st, 2020

Club No.17940 Chartered May 22, 1948

Website - www.rotaryclubportmacquarie.com.au

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



Speaker - Sam (Sheila) Openshaw

Hat Day for Mental Health

Tonight's Hat Day guest speaker was Sam Openshaw. Sam gave us a brief history of how Australian Rotary Health began to combat SIDs & then in 2000 ARH focused on the problem of Mental Health and its increase in the community. One in five Australians (20%) will experience a mental illness in a 12-month period. Nearly half (45%) of the population will experience mental illness at some stage in their lives. The problem is of epidemic proportion and Covid-19 this year has increased the struggles for

many with mental health, especially amongst our young people. ARH is providing grants for research & treatment for depression, anxiety, bipolar disorders & schizophrenia.

Sam shared some personal struggles she has had with a son with mental health. What a champion she & Alan have been.

Moving us to tears & laughter Sam told some great stories. Picture Sam confronting the Bandidos & demanding they give back her son's possessions. They did! Thanks Sam.



Frank Moxon

River Cruise - Social Outing

Last Sunday several members & partners enjoyed a cruise on the Hastings organised by Sam Openshaw.. Pictured clockwise - Brian & Bett Calford, Gil Padarin-Innes, Diana Gammon, Frank & Narelle Moxon, Gerald & Hazel Haynes. Pics by Sam.



In our 73rd Year

THE HOME OF OUR DISTRICT GOVERNOR



Club program

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

Date	Program	Speaker	Program Chair	Welcomer	My Story	Inter.Toast	Fascinating Fact	Sergeant
Oct. 28th	Dorothea McKellar POETRY	Poet - Bessie Jennings	Diana Gamon/ Frank Urban	Robert Rutishauser	Induction of Honorary Rotarian			Kerry Medway
Nov. 4th	ZOOM & Directors Reports	Ted Giblin ?	Elizabeth Fielding	-----				
Nov. 11th	International - Germany	Axel Luzius - East Germany	Ray Hodgson	Robert Rutishauser		Ray Hodgson		Sandra Adams
Nov 18th	Domestic Violence	Kelly Lamb - Liberty D/V	Phil Perry	Geoff Slack	Diana Gammon	Frank Gaukroger		Neil Porter



Gil Padarin-Innes & Elizabeth Fielding

Pictured - Rotarians Gil Padarin-Innes & Club President Elizabeth Fielding helping out with the OZHARVEST van. OzHarvest is Australia's leading food rescue organisation, collecting quality excess food from commercial outlets and delivering it directly to more than 1300 charities supporting people in need across the country. OzHarvest rescues more than 180 tonnes of food each week from hotels, supermarkets, etc. As well as delivering food, Ozharvest provides EDUCATION to enable positive change to vulnerable people - *Info from website.* Locally OzHarvest is seeking for volunteers to assist. Its great that Gil & Elizabeth could help with this local service. They deliver food on Thursdays to the Neighbourhood Centre, Salvation Army & the Hope Shop, etc.

Note these Dates - in your diary -

- **November 28-29th 2020 - Rotary Showcase at Tamworth**
- **March 12 - 14 , 2021 - District 9650 Conference in Port Macquarie**

Club NEWS

- Great news - **Frank Moxon** will be our next Club President in 2021-22.
- **Brittani Michelle** a former member of our club has recently graduated from Charles Sturt University with a post-graduate degree in Emergency Management - Majoring in Intelligence. Congrats Brittani..... Maybe a few of us could do with a degree like that!!!!
- Next week our club will be hosting the **Dorothea Mackellar Poetry Awards**. Hopefully we will hear from some of the students here their winning poems read & also some poetry from special guest poet Bessie Jennings.
- President Elizabeth is updating our **Club Assets Register**. Anyone with any club items, please advise Elizabeth.
 - **Working Bee at the Rotary Community Centre** on Saturday 31st October. See Phil Perry.
 - Next **Bunnings BBQ** is on Sunday 8th November. Three shifts from 9am - 4pm..see Phil Perry.
 - Sam Openshaw did a great job organising tonight's meeting with all funds going to ARH. **John Oxley won the Silent Auction** for a beautiful bushfire painting donated by Sue Saunders. Beanies were also on sale with funds to ARH, Thanks Sam for a great night.



Members rented one of the late Keith Innes hats with funds to ARH. Pictured top left - Neil Porter, John Oxley, Mavis Wallace, Robert Rutishauser, Laurie Barber & Gil Padarin-Innes



BIRTHDAYS Oct/Nov 2020

- 22/11 - Terry Crossley
- 25/11 - Ray Hodgson
- 24/10 - Donna Wearne
- 01/11 - Hazel Haynes
- 08/11 - Robbie Giblin
- 10/11 - Sue Porter
- 10/11 - Brian Calford
- 17/11 - Gerald Haynes
- 22/11 - Bill Nixon

ANNIVERSARIES October 2020

- 03/11 - Brian & Bett Calford
- 17/11 - Adam & Tamara Rumble
- 25/11 - Frank & Narelle Moxon