



The Port Wheel

The weekly bulletin of the Rotary Club of Port Macquarie Inc
 Volume 74 - No.17 Wednesday 13th October, 2021

Club No. 17940 Chartered May 22nd, 1948

Website www.rotaryclubportmacquarie.com.au

Facebook - <https://www.facebook.com/RotaryClubPortMacquarie/>

The Rotary Club of Port Macquarie

P.O. Box 136, Port Macquarie
 NSW 2444 Australia

President - Frank Moxon

President-elect - PDG Debbie Loveday

Immediate Past President - Elizabeth Fielding

Vice President - Gai Nixon

Secretary - Geoff Slack

Treasurer - Bob Cleland

Club Service Director - PDG Debbie Loveday

Community Service Director - Phil Perry

International Service Director - Ray Hodgson

Vocational Service Director - Neil Porter

Youth Service Director - Diana Gammon

Club Meetings each Wednesday @ Port Panthers 5-30pm for 6pm start.

Apologies for Week's Meet to -

Frank Moxon

Email: pamox@gmail.com
 or 0413 349 144 & text - "Rotary YES" or "Rotary, NO"

Club bank details - BSB 932-000
 a/c 500 186 792

Past/Present District Governors

Roger Dulhunty 1969-70

Ivan Meldrum 1975-76

Laurie Barber 2006-07

Debbie Loveday 2020-21

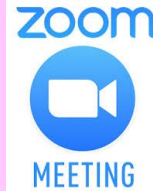
David Mayne 2021-22

Bulletin Editor - Kerry Medway
kerryedway1946@gmail.com

Assistant Editor - PDG Debbie Loveday
dloveday@hdl.com.au



Hat Day 40th Anniversary of Australian Rotary Health



One in five Australians are effected by a mental illness every year, but its not something we tend to talk about. These illnesses include anxiety, depression, eating disorders, dementia, schizophrenia and many more. During the past two years of Covid 19, some peoples mental struggles have increased. This is why it's so important that we LIFT THE LID on MENTAL ILLNESS by funding mental health research.

By supporting Hat Day we will be making a real difference by helping raising funds for important research focusing on early intervention and prevention of mental illness in young people aged 0-25.

Tonight we heard from Dr Bree Hobden via Zoom, one of the recipients of an ARH fellowship. This coming Saturday, all the proceeds from sales at our Rotary Book Shop will be donated to Australian Rotary Health.

Hat Day on Zoom



THE HOME OF OUR DISTRICT GOVERNOR

In Our 74th Year



Club program - If you are unable to fulfil your role, swap with someone & advise Port Wheel Editor Kerry.

Date	Program	Speaker	Program Chr	Welcomer	Community Spotlight	InterToast	Sergeant
Oct 20th	Zoom - Cotton Australia	Adam Kay CEO Cotton Australia	Neil Porter			Mavis Wallace	Glenda Barber
Oct 27th	Zoom - ROMAC	Rosie Lotawa ROMAC patient	Ted Giblin			Phil Perry	Neil Porter
Nov 3rd	Business Meet No meal. Panthers	6pm-7pm Mix & Match					



Club News

Stay in the Know!

Tonight's club speaker was Dr Bree Hobden (pictured) coming to us via Zoom.

Dr Hobden is an early career research fellow funded by the Australian Rotary Health Colin Dodd's Postdoctoral Fellowship. Dr Hobden's PhD research includes some of the first comprehensive Australian-based studies to examine co-occurring alcohol misuse and depression within general practice and alcohol or other drug services. This work led to the development of her post-doctoral fellowship project which looks to explore comorbid (diseases or medical conditions that are simultaneously present in a patient) mental health and alcohol or other drug use among Aboriginal and Torres Strait Islander Australians. Dr Hobden has published 30 peer-reviewed publications and a commissioned report.

What a privilege to hear from Dr Hobson in person on Zoom outlining her research. She is a young Mum and works collaboratively with other behavioural scientists and an Aboriginal Advisory Board. Studies have revealed that there are 760,000 Australians who have comorbid mental health conditions.

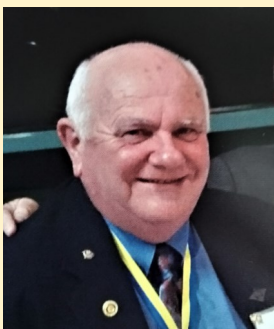
Dr Hobson's research has focused on Aboriginal and Torres Strait Islanders and their comorbid struggles with depression and alcohol and drug abuse. Surprisingly, there has been little research in this area. Dr Hobson's research as well as in this area will also be looking at the incidence of comorbidity in the general community. She has looked at various age groups and found a higher incidence in the young people. Whilst Dr Hobson's research has not got results yet for publication, it is impressive what she has been doing. We hope she may be able to return one day in the future and share with us her results.

Doctor Ted, suggested that Dr Hobson may like to also look in a future research about the incidence of Comorbidity in the prison population. THANKYOU DR BREE.

- Tonight's **International Toast** was made by **Geoff Slack** to the **R/C of East Honolulu**. Geoff visited there for a Law Conference some years ago.
- **The Wauchope R/C Book Sale** saw \$4800 worth of books sold. Well done. Last Saturday our bookshop had one of its busiest days with \$840 in sales. This coming Saturday all sales will go to HAT DAY for Australian Rotary Health.

I ♥ BOOKS!
 The Rotary Club of Port Macquarie
BOOK SALE
 Sat 16th October 9am - 1pm
 Rotary Community Centre, 198 Hastings River Drive
 All proceeds from the sale of books on Saturday to
Australian Rotary Health Lift the Lid on Mental Health Research
 Rotary

Phil's Inspirational Quote of the Week



"The older you get, the more you realise that it isn't about the material things, or pride or ego. It's about our hearts and who they beat for."

- J. Stirling

Submitted by Phil Perry

Birthdays - October 2021

15/10 - Josi Rutishauser
 24/10 - Donna Wearne

Anniversaries October 2021

16/10 - David & Heather Mayne

