



**IMAGINE  
ROTARY**



# The Port Wheel

The weekly bulletin of the Rotary Club of Port Macquarie Inc  
Volume 75 - No.07 Wednesday 10th August 2022

Club No. 17940 Chartered May 22nd, 1948

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

## The Rotary Club of Port Macquarie

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

**President** - PDG Debbie Loveday

**President-elect** - Dr Ray Hodgson

**Immediate Past President** -  
Frank Moxon

**Vice President** - Phil Perry

**Secretary** - Frank Moxon

**Treasurer** - Bob Cleland

**Club Service Director** -  
PDG Debbie Loveday

**Community Service Director** -  
Bob Cleland

**International Service Director** -  
Ray Hodgson

**Vocational Service Director** -  
Diana Gammon

**Youth Service Director** -  
TBC

**Membership & Public Image** -  
PDG David Mayne

**Rotary Foundation** -  
Phil Perry

Club Meetings Wednesdays @ Port  
Panthers 5-30pm for 6pm start. BUT  
check program on page 2 for what is  
happening.

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

### Past District Governors

Roger Delahanty 1969-70

Ivan Meldrum 1975-76

Laurie Barber 2006-07

Debbie Loveday 2020-21



More good news from the Book Shop team. They raised \$750.50 this week with the help of John and Marlene.



Tonight's guest speaker was Julie Jamieson who is the Headspace Community Engagement Officer Coordinator.

Jules has been working at headspace Port Macquarie since 2013, 6 months after the centre opened its doors. With a background in Community Services, Jules is also a qualified yoga teacher providing classes too all ages and abilities with a focus on mindfulness. Jules is passionate about wellbeing and understands the importance of connection, and volunteers for local commu-

nity group Port Macquarie Women Connect . Better still, Jules has connections with Rotary in the past. She was involved with Interact and was a Youth Exchange Student. I think she would make a great Rotarian.

**HEADSPACE** is the National Youth Mental Health Foundation providing early intervention mental health. They began in 2006, and ever since we've provided early intervention mental health services to 12-25-year-olds. Each year, we help thousands of young people, and their family and friends, access vital support through our headspace services in over 145 communities[1] across Australia, our online and phone counselling services, our vocational services, and our presence in schools.

We support young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. With a focus on early intervention, we work with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.

In everything we do, we aim to meet the evolving and unique needs of young people and those who support them. That's why our youth reference groups are at the heart of our work, and they play an active role in designing, developing and evaluating our programs. As they look to the future, our priorities, principles and enablers have been detailed out in the headspace strategy 2021-2024. The strategy ensures we're well-placed to:

- support young people to be mentally healthy in their communities and
- actively contribute to and shape the whole of mental health system reforms needed to achieve better outcomes for them.

**75** YEARS  
Making a difference.

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

<u>Date</u>	<u>Program</u>	<u>Speaker</u>	<u>Program Chr</u>	<u>Welcomer</u>	<u>3 ON ME</u>	<u>InterToast</u>	<u>Sergeant</u>
Aug17	Uni NSW Highfields Circuit	Prof John	Ray Hodgson				
Aug24	1 hr meeting				Ray Hodgson		Kerry
Aug31	Vocational Visit	Michael Ward	Diana Gammon				

Rotary International's recent member survey reveals where Rotary is today, while suggesting where it needs to go tomorrow. The motive power of Rotary is friendship," said Paul Harris in his address to the Rotary convention held in Edinburgh, Scotland, in 1921. His remarks were greeted with a round of applause — and were endorsed 100 years later by current members of Rotary.

## Club News

Stay in the Know!

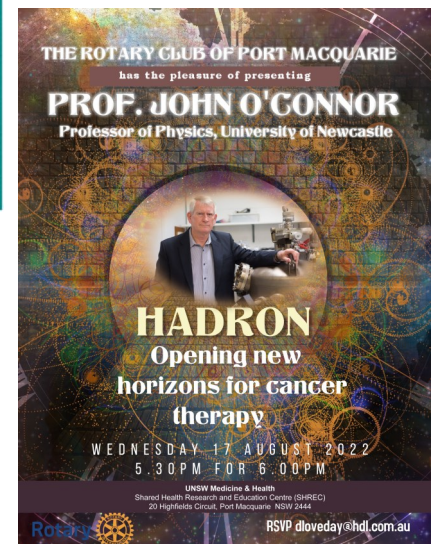
### What members like about their clubs . . .

- Friendship and fellowship
- Learning new things from guest speakers
- Interesting discussion topics
- Opportunities to get involved in the local community
- Hybrid meetings that allow clubs to host different speakers and allow members who have difficulty attending in person to participate

### . . . and what they don't like

- Virtual meetings without in-person interaction
- Weak, unresponsive club leadership
- Irrelevant, uninteresting guest speakers
- Poor time management (starting or ending meetings late)
- Cliques
- Exclusivity and lack of diversity
- Rituals and unneeded formalities like prayers and songs

AUG 17 Prof John O'Connor—  
Hadron Therapy for cancer  
**Urgent RSVP**  
[dloveday@hdl.com.au](mailto:dloveday@hdl.com.au)



**NB. Venue—Uni NSW Highfields Circuit**

AUG 24 Business Meeting

AUG 31 Vocational Meeting SES 9  
Central Road Port Mac. 5.45 for  
6pm SES providing us some dinner :-)

RSVP: [dianagammon@hotmail.com](mailto:dianagammon@hotmail.com)



### Stephanie A. Urchick is selected to be the 2024-25 president of Rotary International

Stephanie A. Urchick, of the Rotary Club of McMurray, Pennsylvania, USA, is the selection of the Nominating Committee for President of Rotary International for 2024-25, a decision that would make her only the second woman to hold that position. She will be declared the president-nominee on 1 October if no challenging candidates have been suggested. With the world facing incredible challenges, including the COVID-19 pandemic, disasters driven by climate change, and conflict in many regions, Urchick says Rotary's leaders can offer a vision and a plan for overcoming these challenges.

"Measures taken by Rotary leadership to survive and end critical challenges often make our organization stronger and more resilient for future events," Urchick says. "This kind of essential leadership also creates new levels of cooperation, even among rivals, when Rotarians pull together as people of action to serve and solve a crisis."

Making regionalization a priority is crucial, says Urchick. "Because Rotary operates in more than 200 countries and regions, it is vital to recognize that the organization has the potential to become more efficient and effective by understanding and reacting to how regional differences affect the way Rotarians work together to address providing service, promoting integrity, and advancing world understanding, goodwill, and peace," Urchick says.

Urchick is partner and chief operating officer of Doctors at Work LLC, a consulting and training company. She holds a doctorate in leadership studies from Indiana University of Pennsylvania. She is active on numerous community boards and committees, and has been honoured by organizations including Zonta International and the Sons of the American Revolution.

A Rotary member since 1991, Urchick has travelled to Vietnam to help build a primary school and to the Dominican Republic to install water filters. She studies

### Birthdays July 2022

12/8 Joan Moss

### Anniversaries July 2022

21/8 Alastair &  
Joan Moss  
28/8 Robert & Jose