

The Port Wheel

The weekly bulletin of the Rotary Club of Port Macquarie Inc
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Club No. 17940 Chartered May 22nd, 1948

Website www.rotaryclubportmacquarie.com.au

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



Of ROTARY in Port Macquarie
1948 - 2024

The Rotary Club of Port Macquarie

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

President - Ray Hodgson

President-elect - PDG Debbie Loveday

Vice President - Neil Porter

Secretary - Frank Moxon

Treasurer - Bob Cleland

Club Service Director -

PDG Debbie Loveday

Community Service Director -

Phil Perry

International Service Director -

Ray Hodgson

Vocational Service Director -

David Mayne

Youth Service Director -

Neil Porter

Environment Service Director -

Ted Giblin

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 Dulhunty 1969-70

Ivan Meldrum 1975-76

Laurie Barber 2006-07

Debbie Loveday 2020-21

David Mayne 2021-22

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Introducing our Newest Rotarians

Getting to Know Andrew and Georgia Hinton

Georgia Hinton moved to Port Macquarie in 2019 from Gloucester. As an NDIS support worker, she plays a pivotal role while also managing Caring Care's operations in Taree and Port Macquarie.

Georgia's academic background is highlighted by a Bachelor of Criminal Justice and Law Theory, forming a solid foundation for her career. Beyond work, she's also been actively involved in the Rotary Youth Leadership Award and is slated to return as a leader in the coming year.

Andrew Hinton, having transitioned to Port Macquarie from Goulburn in 2020, is an educator at heart. With a Bachelor of Education and a Masters of Information Technology, he's currently serving the community as a primary school teacher with NSW Distance Education, ensuring students from diverse backgrounds get the quality education they deserve.

In a significant personal milestone, Andrew and Georgia tied the knot in October 2022, marking a new chapter in their journey together.

On the business front, they co-founded Hinton IT. Situated on the Mid North Coast, this venture offers a range of technology solutions, catering to individuals, businesses, and government entities.

Outside of work, the Hinton family are keen community contributors. Both volunteer with the 317 Squadron in Taree as part of the Australian Air Force Cadets program.

When not working or volunteering, Andrew can be found piloting aircraft, while Georgia's downtime often resonates with the chords of her guitar. Adventure calls them frequently, and they respond with trips in their beloved caravan. Presently based in Thrumster, they're anticipating a move to their new home in Wauchope once it's completed. Amidst all the hustle and bustle, Pepper, their 10-month-old Groodle, ensures there's always a touch of playful mischief in the air.

In essence, Andrew and Georgia Hinton embody a mix of professional dedication, community service, and personal passion, making them notable figures in our community.

Kind Regards, Andrew



CREATE HOPE
in the WORLD

RI Theme 2023-24

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

Date	Program	Speaker	Program	Program Chr	Sergeant
Nov. 8th	One hour meeting with optional meal @ Bistro	Ross Nancarrow	Update on recent trip to Nepal - Stopping Human Trafficking of Young Girls	Debbie Loveday	Kerry Medway
Nov. 15th	One hour meeting with optional meal at Bistro	Dr Penny Figtree	Is Your Low Fat Diet Killing You?		Glenda Barber
Nov. 22nd	One hour meeting with optional meal at Bistro		?????????		Neil Porter

Meeting Welcomers - Attendance tonight -



Our speaker tonight via ZOOM was Rotarian Catherine Eagleson (P/P & PHF) Catherine is a member of the R/C of Glenferrie in Melbourne & currently holds the position of Secretary of District 9860 Committee of Australian Rotary Health.

Catherine suffered from bipolar and at the age of 14 went into a deep black depression. This could have led to her suicide, but Catherine had a fascination for solving puzzles and this led her to rise from her depression and also her building a small business which is now called the Clue Detective Puzzle Agency. This has led to creating a niche that Catherine calls puzzling for mindfulness/mental health.



Suicide for depression is the second largest means of suicide with young people aged from 15-29 years. Catherine's aim is to demonstrate how the enjoyment of solving puzzles can alleviate anxiety.

After forming the Clue Detective Puzzle Agency, Catherine began to get her puzzle books in print and also put the puzzles on line via a website.

The library format on-line has been taken-up by many libraries across Australia. The puzzles have been called an 'aversion technique' Self-administering first aid for mental health.

Catherine came up with an acronym - CUSP (Catch Up to Solve Puzzles)

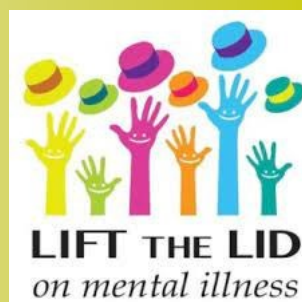
Catherine's mental health solving has been taken up by two mental health groups in the UK - the Jordan Legacy & Baton of Hope.

Her puzzles have also been taken up by Australian Rotary Mental Health >>>>>

It was interesting that most of our club members on ZOOM tonight do puzzles each day.

To know more about Catherine's puzzles go to -

www.cluedetectivepuzzleagency.com



Club News

Stay in the Know!

- Please note - our clubs AGM is on 6th December. Please note the date.
- Incoming President PDG Debbie Loveday is seeking members to join her team for 2024-25. See Deb if you would be willing to step-up and lead our R/C into the future. You may wish to share a position (two directors???)*
Thanks.
- Bob & Valda are heading to Tasmania for a well-earned holiday break. Over the next three Saturdays our Rotary bookshop will be in the hands of Kerry & Julie Medway (4th) & Tony Moore (11th & 18th).
- As the bookshop & sale of second-hand books is about 80% of our clubs income, it would be good for ALL our members to get involved. One way is to come to the bookshop for one or two hours of a Saturday Or to assist with the regular booksorts.

Birthdays November 2023

6/11 - Rob Della Costa
8/11 - Robyn Giblin
10/11 - Sue Porter
10/11 - Brian Calford
22/11 - Bill Nixon
22/11 - Terry Crossley
25/11 - Ray Hodgson

Wedding Anniversaries November 2023

3/11 - Brian & Bett Calford
21/11 - Ian & Gail Davis
25/11 - Frank & Narelle Moxon