

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/>



76 YEARS
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 - Debbie Loveday

Treasurer - Bob Cleland

Club Service Director -

PDG Debbie Loveday

Community Service Director -

Phil Perry

International Service Director -

Ray Hodgson

Vocational Service Director -

Youth Service Director -

Neil Porter

Environment Service Director -

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Membership & Public Image - 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

Bulletin Editor - Kerry Medway

kerryedway1946@gmail.com

Assistant Editor - PDG Debbie Loveday

dloveday@hdl.com.au



Rotary Club of Port Macquarie

GIANT BOOK SALE

3 DAYS ONLY!

Fiction, Non-Fiction & Antiquarian Books

Friday April 5
 9:30am to 6:00pm

Saturday April 6
 9:30am to 6:00pm

Sunday April 7
 9:30am to 3:00pm

PANTHERS AUDITORIUM

PANTHERS PORT MACQUARIE

SAVE THE DATE—watch this space, roster coming out soon. You can really make a difference if you can help during the book sale.

Tonight's guest speaker was Alison Harman. She is an Audiology Partner with Specsavers Port Macquarie

Alison was supported by her colleague optometrist Sophie Dillon. It was all about the eyes and ears.

Since 1863, audiology and optometry have been intertwined in the Australian healthcare system to some degree. Specsavers launched audiology services in existing op-



tometry practices in Australia at the end of 2017, and 2019 in New Zealand. Generally speaking, people start losing their hearing in their mid-20's, but it is a slow deterioration, which people begin to notice in their late 50's or early 60's. Brendon Gardner CEO The Royal Victorian Eye and Ear Hospital says that, "It is well known that hearing impairment can be associated with a greater risk of cognitive decline in the elderly, so optimising both eye and ear care is extremely important, especially within an ageing population."

Sophia spoke about the three main causes of eye problems, those being Glaucoma, cataracts and Macular Degeneration. We learnt about how we see and what the main structures in the eye are and what can go wrong. She spoke about how these can be helped or fixed, some with glasses and others with surgery. Alison spoke about audiology and the importance of early intervention. Common conditions of the ear were wax, infection, perforation, glue ear and problems involving the cochlear.

Alison said that when we have hearing loss it is the higher pitch sounds that we lose first. She spoke about the symptoms of hearing loss and how it can affect both physical and mental health. It is the hidden disability.

YHS (YOUTH HOMELESSNESS MATTERS) and PORT MACQUARIE DISTRICT COUNCIL

YOUTH HOMELESSNESS MATTERS DAY EVENT

17 April 2024
 10-2pm
 TOWN BEACH AMPHITHEATRE

FREE EVENT RAFFLE

SAUSAGE SIZZLE COLOUR BOMB GOODY BAGS STALLS

We need 300 people to be a part of a large scale colour bomb to represent the 300 children and young people experiencing homelessness every night in Port Macquarie - Kempsey.

Booking essential

MORE INFO: deb@yhsps.org.au

Rotary Club of Port Macquarie Inc, Uniform Solutions, Rotary Club of Port Macquarie, M.A.B.



Deb Tougher presenting President Ray with a certificate of appreciation for our ongoing support of young people and children experiencing homelessness in Port Macquarie. Our club will also be supporting the Youth Homelessness Matters Day Event on Town Beach on 17th April 2024 by providing a BBQ for hundreds of participants. If you can help on this day please let Debbie Loveday know and we will put you on the roster. Shifts are 2 hours only from 10 to 12 noon and from 12 noon to 2pm.



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
Mar. 6th	Dinner Meet @ Panthers		SCIENCE NIGHT with staff & students from Hastings Secondary College	Diana Gammon	Neil Porter
Mar. 13th	ZOOM	Dr Nischal Pandi	From Delhi, India - Paediatric Heart Surgery & the Rotary Foundation	Debbie Loveday	Kerry Medway
Mar. 20th	Vocational		Vocational Visit to St Thomas Church Historical interest & optional dinner at Westport Club afterwards	Lorryl Rumble	



Hope For Young Mother's Project is off to a good start. The District Governor wants to be personally involved with our project and made his official visit on February 23rd, which we know is Rotary's 119th birthday. PP Henry Nsamba has sent some pictures from that day. You can see the ladies with all of the children running around are being taught to sew and make clothes. They have instructors and sewing machines to enable them to receive a recognised certificate at the end of their 6 month training.

WHO grants as key approval to the innovative polio vaccine nOPV2

Countries will soon have easier access to the novel oral vaccine type 2, also known as nOPV2, a crucial new tool for stopping outbreaks caused by variant poliovirus. The World Health Organization made this possible by issuing a key approval for nOPV2 in December. This is the first approval of its kind for a vaccine being used under the WHO's Emergency Use Listing.



and in protecting millions of children against illness and paralysis.



Nearly **1 Billion doses** administered already, this next generation vaccine will continue to play an important role in tackling type 2 circulating vaccine-derived poliovirus, also known as type 2 variant poliovirus,

Club News

INVITATION

Science Night

Dinner Meeting 5.30 for 6.00 pm

Wednesday 6th March 2024

At Panthers Club

RSVP dloveday@hdl.com.au no later than 28th February

Price \$35pp

Raffle

Club Bank Details BSB 932 000

A/C 500 186 792 Please mention surname

Or pay at entry

- **Mar 13 ZOOM meeting**
Dr Nischal Pandi, Delhi
- **Mar 20 Vocational Visit**
St Thomas Church Port Macquarie
- **Mar 27 Brittani Michelle—**
My Chicken Project
- **Mar 29—Apr 1 EASTER**
- **APRIL 4-7 BOOK SALE**
- **Monday April 8—Club Service Night**
- **April 15—ZOOM Henry Nsamba Uganda**

STOP the VIOLENCE
END the SILENCE

IT STARTS WITH RESPECT

JOIN THE MARCH, HEAR THE SPEAKERS,
HELP THE CAUSE

2 MARCH 2024 5PM MEET AT BAIN PARK

RYLA rotary youth leadership awards

SAT 1st - SAT 8th JUNE 2024
YARRA ADVENTURE PARK, STUARTS POINT NSW

DISCOVER Meet and discover with mentors and role models in a supportive environment FREE FROM DISTRACTION

EXCHANGE Meet and discover with mentors and role models in a supportive environment FREE FROM DISTRACTION

DEVELOP Build and develop your leadership skills and confidence in your community

RYLA IS A POWERFUL AND VALUABLE LEADERSHIP PROGRAM DESIGNED TO ENCOURAGE AND DEVELOP SKILLS THAT PARTICIPANTS CAN POSITIVELY CONTRIBUTE TO THEIR COMMUNITIES.

The objective of RYLA is to empower participants with self-awareness, confidence and leadership skills to assist them in becoming more effective leaders. Many former RYLA Awarders have benefited in ways far beyond the course objective. Past RYLAers are part of the leadership team and many go on to become more involved in community activities.

The program provides skills in many areas including understanding human behaviour, social interaction skills, committee functions, human values, leadership, presentation skills & public speaking, lifestyle issues, communication and organisation.

Participants must be 19 - 27 years of age and ideally involved in some form of leadership within their workplace. Other relevant information is in the application form based on the website. Personal details must be provided as part of the application process and must undergo a formal screening process, which will include reference checks.

QUERIES & APPLICATIONS:
Louise Matthews 0420 743 083 | ljm@wibbigpond.com
(applications close Monday 26th April 2024)
Program cost: \$1450 (all inclusive) | Formal dinner Wed 6th June, Macksville

Birthdays
Feb/March '24

nil

Wedding
Anniversaries
Feb/March '24

- 13/03 - Phil & Helen Brown
- 14/03 - Terry & Helen Crossley
- 17/03 - Frank & Sue Gaukroger