

The Port Wheel

The weekly bulletin of the Rotary Club of Port Macquarie Inc

Volume 76 - No.41 Monday 27th May 2024

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 - Neil Porter

Treasurer - Bob Cleland

Club Service Director -

Community Service

Director - Phil Perry

International Service Director -
Ray Hodgson

Vocational Service Director -

Youth Service Director -

Neil Porter

Environment Service Director -

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
kerrymedway1946@gmail.com

Assistant Editor -



Australian Rotary Health Raises \$2.291M for Grants & Scholarships to Combat Mental Health



Glenda Barber with ARH District Chair Betty Kitchener OAM

Tonight's guest speaker was the District Chair of ARH Betty Kitchener OAM who gave an inspiring talk on what Rotary is doing in Australia towards many research grants for mental health & rural health.

Rotary funded Research has resulted in an 80% reduction in babies dying from SIDS.

Betty showed us many facets of Rotary's support for mental health. The 2024 focus is on Mental Health for 0-12 year old's. 13 grants totalling \$885,112-00. Rotary also offers Post Doctoral Scholarships, three this year totalling \$450-000 for research into early cancer & Mental Health.

Rotary also provides Scholarships for Rural Medical incentives. Eight @ \$35,000 Also Rural Nursing Scholarships, eight @ \$100,000. And Indigenous Health Scholarships, 80 @ \$400,000.

Betty spoke about the LIFT THE LID for Mental Health walks & a school program & promotion of Hat Day.

Betty has put together an exciting program on Mental Health First Aid which is now used in 22 countries. Its aim is to recognise early symptoms for mental health issues.

Other researches are in Motor Neurone Disease, Diet & its effect on Mental Health, Lung Transplants Youth depression, Pancreatic Cancer, Alcohol on young children, PTSD & Bowel Cancer.

Thanks Betty

www.australianrotary-health.org.au

Congratulations
to Rotarian Andrew Hinton on Graduating with a Masters of Information & Computer Technology



RYLA (Rotary Youth Leadership Awards) starts this Saturday - June 1st - 8th @ Stuarts Point.

Our club's RYLarian is **BEN CAMPION** a youth leader @ Grace Church.

Goooooo Ben.



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	Captain Peter Gott & Becky from the Salvation Army	Program Chr	Sergeant
June 3rd	One hour meet at Panthers followed by bistro	Peter Gott		Frank Moxon	Glenda Barber
June 10th	One hour meet at Panthers followed by optional bistro tea		NO ROTARY MEETING THIS WEEK		
June 17th	One hour meet at Panthers followed by optional bistro tea	?????	???????		



Bioblitz

By Summer Baker

Coollest Animal:



Octopus

Several children from the schools who attended the Rotary BioBlitz wrote comments such as this one....

Interesting thing:

There are 3 different colours of Algae



About this Experience:

The Bioblitz was a 10/10 the Beach and microscope where so fun we saw octopus the beach

About this experience:

10 out of 10

TRY THIS... If you are into Biology!



A Response from last weeks feature on Women in Rotary

Lyn Meidling (Bowen) wrote - "Dear Kerry, Thank you for the kind words about the role of women in PMQ R/C. I remember that Anna Duncombe and I agreed that we should just roll-up our sleeves and get on with serving beside the other members. We didn't want special treatment. It worked....and the club took on a new viability, not from anything we did, but because we had collective vision and worked together."- Lyn was a Rotarian for 19 years & our 1st female President.... 2004-2005.

Club News

Stay in the Know!

- June 2nd - Tree Planting @ Dunbogan. Details below & will be sent out.
- July 5th (Friday evening) Club Changeover @ Panthers
- Our **Rotary Bookshop** has literally been swamped with books these last three Saturdays. Hundreds of second-hand books flooding in, including 50 Clive Cussler novels in good condition, knitting & embroidery books, plus two huge Henry Lawson & Banjo Patterson double volumes last Saturday.

<<< **BioBlitz** naturalist Thomas with a wasp on his shoulder!

Dunbogan Tree Planting this Sunday 2nd June @ 10-30am @ 54 Bell Street Dunbogan. Please RSVP Diana by Thursday.

Birthdays June '24

01/06 - Valda Sturrock
13/06 - Robert Rutishauser
25/06 - Lynn Slack

Wedding Anniversaries May/June '24

30/05 - Ross & Donna Nancarrow
24/06 - Bill & Gai Nixon