



Rotary

Rotary Club of Port Macquarie

The Port Wheel

The weekly bulletin of the Rotary Club of Port Macquarie Inc

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Website: www.rotaryclubportmacquarie.com.au

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Rotary Club of Dhulikhel-Nepal Enhances School Facilities in Janakpurdham with Global Support





The Rotary Club of Dhulikhel-Nepal, with the support of international partners, including RAWCS (Rotary Australia World Community Service) and the Rotary Club of Port Macquarie, has successfully completed a vital project at Shree Rastriya Adharbut School in Janakpurdhm, Nepal.

The project focused on providing essential infrastructure improvements, including the construction of separate toilet facilities for boys and girls and the installation of a clean drinking water system. These upgrades are crucial in ensuring the health and well-being of the students and staff.

The Rotary Club of Dhulikhel-Nepal expressed its heartfelt thanks to all contributing partners, including Rotary District 3292 Nepal-Bhutan and the Rotary Club of Janakpurdhm, for their invaluable support. Special recognition was given to PDG Debbie Loveday, a past president and member of the Rotary Club of Port Macquarie whose efforts were instrumental in bringing this project to life.

This project exemplifies the collaborative spirit of Rotary, demonstrating how combined efforts can lead to meaningful and lasting improvements in communities across the globe.





NEXT WEEK

2 September 2024

General Meeting

Speaker/Special Presentation: TBA

Port Macquarie Panthers Club

5:30 for 6pm

Dinner in Bistro Following

Curry Night Fundraiser by Rotary Club of Port Macquarie West

Rotarians and friends are invited to a Curry Night fundraiser hosted by the Rotary Club of Port Macquarie West Inc. It promises to be a fantastic evening filled with delicious food and great company, all in support of the Rotary Foundation.

Event Details:

- **Date:** Saturday, September 7th
- **Time:** 6:00 PM
- **Location:** Rotary Community Centre
- **Cost:** \$30 per person (BYO drinks)

Menu:

- Beef Curry
- Chicken Curry
- Rice
- Pappadums
- Green Tossed Salad
- Fruit Platter
- Fruit Cake
- Tea / Coffee

RSVP: Please RSVP by Tuesday, September 3rd.

Payment Details:

Members are encouraged to make payment prior to the event via bank transfer:

- **BSB:** 082798
- **Account Number:** 647 727 104
- **Account Name:** Rotary Club of Port Macquarie West Inc.

Dietary Requirements: Please contact Helen at 0418 403 977 or via email at kittyhawk1@bigpond.com if you have any dietary restrictions.

Everyone is welcome—bring your family and friends for a night of curry and camaraderie, all for a good cause!

Weekly Brain Teaser

I am bound in a book but you cannot read me,
I am struck and played but not musically,
I am your equal in skill and also in stature,
I am used in heat and light manufacture.



Last Weeks Answer: An Echo



The Book Shop

As you know, Bob and Valda have very successfully run and grown our bookshop over many years, to the point where it is now our primary fundraising activity.

However, it is now time for them to take a well earned rest.

Accordingly, we need to find a new way to run the bookshop. I am looking for a small group of volunteers, say 4 or 5, each of who can commit to running the bookshop on a one Saturday per month basis.

If you are interested, please let me know by Friday 6 September as I would like to start a handover process to enable Bob and Valda to take their leave knowing that the bookshop will be in good hands.

My contact details are email, Davis.oldthomond@bigpond.com or mobile 0407 712 096.

Ian Davis

Pediatric Ward Port Base Hospital

As per the bulletin article on two weeks ago, see below the supporting Media Release from Mid North Coast Local Health District. A fantastic joint initiative, and its also nice for our members involved to be recognised for their efforts.

Media Release

Rotary appeal will enhance emergency care for children

26 August 2024

The Rotary Clubs of Port Macquarie-Hastings are calling on the community to help transform the newly opened Paediatric Emergency Department (ED) at Port Macquarie Base Hospital into a more welcoming and child-friendly environment.

The new Paediatric ED is located behind the hospital's existing ED, where, until recently, adults and children were cared for together.

Spokesman for the project, Rotarian Bob Cleland, said there was an urgent need to transform the new Paediatric ED into a space that children felt comfortable in.

"The sterile white walls of the emergency room are not child-friendly, and Rotary wants to do something about it. After reviewing other hospitals that have been suitably decorated, our Rotarians agreed to launch an appeal to fund this upgrade," Mr Cleland said.

"A grant of \$15,000 from the Rotary Australia Compassionate Grants program has been matched by club funds. However, an additional amount from the community is needed to fully fund the upgrade.

"We are looking to this community to help us fully fund the project and get the work done as soon as possible."

Network Director of Emergency Medicine Dr Dawn Martin thanked Rotary for its generosity.

"Rotary's initiative will enhance the care and experience of children requiring emergency medical attention," Dr Martin said.

"A dedicated Paediatric ED should be designed to be less intimidating for children. Child-friendly décor and toys can help reduce anxiety and stress during medical emergencies.

"Bright, colourful and engaging artwork helps reduce anxiety and stress for children, which in turn reduces stress for parents and healthcare professionals.

"It provides a visual distraction, helping to divert children's attention away from the medical procedures, making the experience less traumatic and more manageable.

"While we can take care of the specialised healthcare children need in emergency medicine, including the right staff and appropriate equipment, we need a helping hand to improve the visual amenity of the space," Dr Martin said.

"We are very grateful Rotary has offered to help."

Anyone wanting to help create a more comforting and healing environment for children in their time of need can contact Rotarian Bob Cleland at 0438 761 978 or email Bobcle43@gmail.com for details on how to help.

- ENDS -

Caption: Rotarians Steve Towle and Bob Cleland are driving the appeal to transform PMBH's Paediatric Emergency Department with the support of Emergency Nurse Unit Manager Scott Pomroy, Network Director of Emergency Medicine Dr Dawn Martin and Acting General Manager Jo Campbell.



Wedding Anniversaries August 2024



Birthdays August 2024

21/8 - Alastair and Joan Moss
28/8 - Robert and Josi Rutishauser

1/08 - Glenda Barber

***“We are here for a reason. I believe a
bit of the reason is to throw little
torches out to lead people through the
dark.”***

-Whoopi Goldberg



Rotary Club of Port Macquarie

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