



Weekly Bulletin of the Rotary Club of Port Macquarie Inc.

The PORT WHEEL

Volume 69 No.13 Wednesday 20th Sept. 2016

Club No.17940 Chartered May 22, 1948

Website - www.rotaryclubportmacquarie.com.au

Meeting notes

- Tonight's we toasted Rotary International instead...that's international enough, isn't it!
- The fish must have stopped biting...Graham and Val Wiggins have returned home. When asked where Val was, he said something about cooking for the granddaughter. She must have starved for the last four months. Good to see you home, Graham.
- It was good to see Col Pickering at our meeting. For those who don't know Col, he is a past member of the club and is still active in supporting all the golf day activities.
- Was also good to see lots of partners at the meeting.
- Just in case you missed it, PP Phil Perry won the first prize in the Charity Golf Day raffle. It is a voucher for travel, so this week's bull.ed think we should take bets on his destination.
- The next four club bulletins will be produced by sub-editors - **Dr Lyn Bowen** (Sept.20th; Sept. 27th; & Oct. 5th) & **PDG Laurie Barber** (October 12th). Please send any info for the bulletin to Lyn & Laurie. Lyn says don't panic if the bulletin doesn't come your way until the weekend, with her work-commitments & Kerry sending the P/W out via New Zealand !!!!

Our Charity Golf Day: another great success

Last Friday, September 16 saw a bunch of Rotarians up early to put all the signs out on the golf course. It was wet when Terry, Chris & Ray got on with the preparations. However, as the day unfolded, the rain was replaced with beautiful sunshine. The funds raised at this year's Golf Day have been allocated to Endeavour Clubhouse, a community initiative to provide a venue for folks with mental health issues to meet, support each other and develop social and life skills.

The Golf Day is not possible without the support of some great local businesses. Each year they return to support the day, both with sponsorship and some interesting, well, some would say excellent golf skills. Firstly, to Port Macquarie Golf Club who have supported the event for over 50 years. Other sponsors were Andrew Miedecke Motors, Apollo Blinds, Better Homes, Design Carpets, Fast Plast Building Supplies, Golden Chain Motels, Growers Market, Hastings Macleay Community Transport, John Patrick Prestige Cars, KFC, Laing & Simmons Real Estate, Mid Coast Windows, Muras Steel, NBN TV, Newstate Finance, Newton Constructions, PHBrown fabrications, Port Macquarie Subaru, Port Macquarie Travel, Port Pro shop, Pycon constructions, Rydges Hotel, Sheng Chi Pain Relief Clinic, Sunset Gallery, Tooheys, Watson's Caravans. The list is included as we have been encouraged to support these business who support us.

Pictured right is Daniel Constable, Golf club manager giving Associate Professor Anthony Harris, President of the Schizophrenia Fellowship of NSW, a cheque with the fundraising proceeds of the Charity golf day.



Shawn is off to NYSF in Canberra

Student Shawn Wilson from the Hastings Secondary College Campus Year 11 has been selected to attend the National Youth Science Forum in Canberra in January 2017.

The NYSF is a special program for NSW Year 11 students who are considering a career in science & engineering & other scientific disciplines. The students will meet leaders in the scientific fields and be encouraged in their pursuit of science. Shawn & the school are thankful to Rotary & to our club & especially to Diana Gammon for assisting Shawn to achieve this honour.



Shawn Wilson

President: Gil Padarin-Innes **Secretary:** Terry Crossley

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

CLUB MEETINGS, EACH WEDNESDAY @ Port Panthers,

5-30pm for 6pm start.

Apologies or bookings to Keith Innes...

Email - rpmclubsvcs@outlook.com

President - Gil Padarin-Innes; **President-elect & Treasurer** - Frank Beukers; **Vice-President** - Lyn Bowen
Secretary - Terry Crossley;

Directors - **Club** - Keith Innes, **Vocational** - Kerry Medway/Vern Allen, **Past-President & Community** - Phil Perry - **International** - Gai Nixon, **Youth** - Diana Gammon. **Membership** - Chris Whitton.

Past District Governors - Roger Dulhunty 1969-70, Ivan Meldrum 1975-76, Laurie Barber 2006-07.



Club program

If you are unable to fulfil your role, please swap with someone & advise

Date	Program	Speaker	Program chair	Welcomer	3 on Me	Inter. Toast	Sergeant
Sep 28	Ethics in Rotary	John Oxley	Ted Giblin	Alastair Moss	Nil	Mavis Wallace	Neil Porter
Oct 5	HAT Day for AR Mental Health		Gil Padarin-Innes	Keith Innes	Nil	Chris Whitton	Neil Porter
Oct 12	Pres. Gil's Night		Gil Padarin-Innes		David Mayne	Phil Perry	Kerry Medway
Friday 14th October - RED & BLUE BALL see details in red book.							
Oct 19	Dorothea McKellar Poetry Competition	Students from High School	Dian Gammon	Frank Urban	nil	nil	Neil Porter

Allison Returns to Rotary



The following story is via the Port Sunrise Rotary Club's Bulletin.
Thanks to Editor—Alec Brown
Allison Massey spoke 2 weeks ago at the Sunrise Club.

Allison talked about her connection with Rotary beginning some 30 years ago as an outbound student to South Africa with Port Macquarie Club and what was then District 965. From beach mermaid – discos at the Civic Centre – working in the family business 'Schnitzel House' to Macquarie Uni studying a Bachelor of Arts and Communications.

Earning a bursary with the CBA enabled Allison to work in internal communications, giving her a passion for investing in an internal culture which gives energy and allows the team to do their best. Working at AMP, St George Bank and now the NAB, Allison feels she is proud to be a banker.

Allison too, has a connection with Nepal and in 2005 returned to Port Macquarie raising her sons. In 2015, Allison took a position in Melbourne but soon felt Port pulling her back.

When President of the P&C at Tacking Point Public School, Allison worked in partnership with Rotary Club of Port Macquarie West to build cricket nets, so on her return in 2016, it was the right time to return to the Rotary fold.

Endeavour clubhouse provides innovative approaches to mental health

Our speaker, Associate Professor Anthony Harris is a consultant psychiatrist and co-chair of Sydney Medical School's Neuroscience and Mental Health Research area. He is familiar with some of Rotary's work, having been a recipient of an Australian Rotary Health research grant.



He reminded us that people with mental illnesses die 15 years earlier than the rest of the population, using the result of not accessing proper care or not having adequate care provided. They often struggle socially, with men living apart and most women having children removed.

The benefit of Endeavour Clubhouse is that it tries to take people isolated by mental illness and give them a community who understands the isolating effects, that includes shyness and social skills. It attempts to construct building blocks of regular life with involvement in activities including cooking and preparation of the program. This gives responsibility back to them, returning ideas of work, structure, nurture and encouragement to reach standards. Clubhouse members look after clubhouse members.

Ultimately, the clubhouse supports the recovery process.

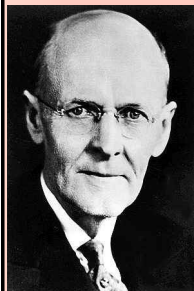
Rotary's Founder

PAUL HARRIS

Quote - No.12

"It is just as easy to acquire the habit of speaking kindly as it is to acquire the habit of speaking unkindly."

- Message to the 1935 R/I Convention in Mexico City, Mexico



BIRTHDAYS Sept/Oct. 2016

- 22/09 - Doug Heagney
- 26/09 - Paul Trevillion
- 28/09—Tamara Rumble
- 30/09 - Margaret Allen.
- 01/10 - Diana Gammon

- 01/10 - Bob Cleland
- 11/10 - Julie Medway

ANNIVERSARIES Sept/Oct 2016

- 19/09 - Paul & Kerry Trevillion
- 16/10 - David & Heather Mayne