

## The Port Wheel

The weekly bulletin of the Rotary Club of Port Macquarie Inc

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## London International Youth Science Forum

NYSF Student Isaiah Monteleone, School Captain of Hastings Secondary College, has gained a place and is about to join the London International Youth Science Forum (LIYSF) held in the U.K. from 24<sup>th</sup> July to 7<sup>th</sup> August, 2024. This prestigious program brings together a limited number of what is described as “the young thinkers of the future” and will provide unique opportunities to mix with high profile scientists in an international setting.

We look forward to hearing about this experience on his return.

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## Guest Speaker 22nd July

Our speaker for 22<sup>nd</sup> July, 2024 will be Shawn Wilson, immediate Past President of The Rotary Club of Canberra. Many of you will have known Shawn during his long association with the Rotary Club of Port Macquarie.



## Kia ora from NZ!

Bulletin editor Andrew is currently escorting three Australian Air Force Cadets on an international exchange around New Zealand. Other countries attending this exchange include include France, United States of America and the Netherlands.

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**NEXT WEEK**

**15 July 2024**

**One Hour Meeting at Panthers followed by Bistro**

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## Weekly Brain Teaser

You can hold me,  
But I am nearly weightless.  
I can't run,  
But you can always catch me.  
I can be taken away,  
But it's ok, you can get me back.  
What am I?



### Catherine Vaara, CEO of Lifeline Midcoast

Last night Club members received a presentation from Catherine Vaara, CEO of Lifeline Midcoast. Catherine who has been CEO for over 20 years, spoke about Lifeline Midcoast's inception in 1988 and gave a summary of how Lifeline has evolved in the past 36 years. From the early days when Midcoast provided a minimal telephone counselling service to today where it answers almost 30,000 calls per annum.

Over the years, Midcoast has expanded the range of services that it provides to the local and national Lifeline network. It has been able to do so because Midcoast has stuck to its earliest pledge to prevent suicide in our community and remain a sustainable entity by raising funds to support these programs through seven Lifeline stores.

As well as suicide prevention and crisis counselling, over the years Midcoast has added many desperately needed programs to its arsenal.

The Eclipse program, started in Australia by Midcoast provides support for those people who have survived a suicide attempt and provides an opportunity to learn skills that help participants cope with feelings and thoughts of suicide.

Suicide Bereavement (Support after Suicide) helps loved ones cope with a very

complicated form of grief, caused by a combination of sudden shock and unanswered questions of Why? and feelings of what could I have done?

Hospital to Recovery program provides a support service to those mental health patients who are discharged from hospital and face the daunting task of easing back into the community. A Mental Health Peer Worker funded by Midcoast meets patients while they are in hospital and spends time with them, supporting, listening and advocating for their needs. This service often requires a visit to the patient's home, delivering meals and taking them to Doctors and Specialist appointments. This role often involves assisting the patient secure connections to the community including liaising with Centrelink, job agencies and homeless services.

In the past 5 years, Midcoast has provided for communities devastated by flood and busCoast hfires by providing crisis support to the community leaders who are often overwhelmed by the disaster and struggling to cope with the enormity of the devastation.

Lifeline Midcoast has for many years, provided enormous support for our local communities on the Mid North through crisis and suicide prevention and it is one of the crucial organisations that receives financial support from our Club, each year. Our Club, no doubt will hear from Catherine again as Lifeline Midcoast grows and evolves according to our Community needs.



## Wedding Anniversaries July 2024

14/7 - Neil and Sue Porter

27/7 - Lorryl and Glyn Rumble-Fuller

## Birthdays July 2024

8/07- Andrew Hinton

8/07 - Frank Gaukroger

10/07 - Mavis Wallace

15/07 - Phil Brown

16/07- Frank Moxon

20/07 - Barbara McMahon

22/07- Brittani Michelle

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*"Help others and give something back. I guarantee you will discover that while public service improves the lives and the world around you, its greatest reward is the enrichment and new meaning it will bring your own life."  
– Arnold Schwarzenegger*



### Rotary Club of Port Macquarie

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