



Bulletin # 32 – 17th March 2022

Guest speaker David Creenaune



David gave us some details of the activities and interesting and concerning facts about the suicide occurrences in our community. The Suicide Prevention Network is a registered charity founded 10 years ago and is funded by community donations. Their focus is to bring our community

together and to inspire love, hope, healing and remember lives lost.

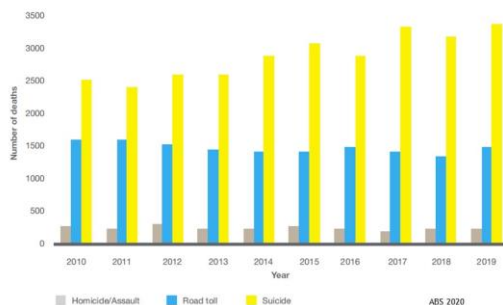
Statistics:

- 9 Australians die every day to suicide (2x the road toll)
- 75% are male
- >65,000 suicide attempts ea. year
- The leading cause of death for Australians between 15 – 44
- Each life lost affects 135 people, such as family members, work mates, friends & first responders at the time of death.
- Males at 85+ have the highest suicide rate

Crisis Interventions:

Lifeline 13 11 14
Suicide Call Back Service 1300 659 467
Mental Health Line 1800 011 511
Bereavement Support

External causes of death in Australia 2010-2019



The graph clearly shows that the suicide rate is steadily increasing. The Covid pandemic will cause a substantial increase of this rate for the years 2020/21

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Heads & Tails

Jim Booth

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Helen Ryan

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21st March Maggie Jenkins

26th March Sheila Sully

Duties 24th March:

Door:

Lesley Freeman

Intro Speaker:

Richard Turner

Thank Speaker:

Helen Ryan

Photos:

Phill Smith

Bulletin editor:

Chris Bartlett

Binos:

Dieter Greiter

Next meeting – 24th March with Guest-Speaker Mel Turner

Dinner: mystery Menu

Apologies/Extras to Club Phone by noon on Wednesday Ph.: 0401 450 239

Remembrance Walk - September 10



The PSSPN Remembrance Walk held each year in September will feature our Clive's cooker BBQ

Guest speaker next meeting is Mel Turner



Ms Turner, the business development manager at Moonshadow-TQC Cruises and vice chair on Destination Port Stephens' board, returned to a leadership role with Business Port Stephens

Where is Fred??



BINOCULAR REPAIRS AT GAN GAN LOOKOUT

Our ever-giving Binoculars at Gan Gan Lookout were in need of some minor repairs last weekend with the specially designed locking system needing a bit of TLC.

Our chief maintenance officer John Stuhmcke was quickly on the job and after delivering our catering trailer to Bunnings, headed straight up to the lookout to carry out the necessary repairs.

A special thanks to John for the maintenance and collecting the money from the top set of binos.

Port Stephens Council have started repairing the fence in the carpark, replacement signs are being made for the Larry McGrath directional sign and the lower lookout sign destroyed by vandals recently.

Labyrinth by PSSPN



Labyrinth is a pattern of pathways that weave in a circle around a central point. You walk through the pathway to get to the centre. They can be calming, as they slow you down while you wind your way through the path.

Labyrinths are a tool for reflection or meditation.

A labyrinth walk can activate the intuitive, imaginative & creative side of your brain.

There is evidence of a mentally calming & meditative state post-labyrinth walk. Several have been built around the country, above I/h Bunbury Community Labyrinth, r/h Centennial Park Sydney Labyrinth.

PSSPN is planning one for the Neil Carroll Rotary Park.

Change is the New Normal

Pres. Doug and Chris attended a presentation by Michael McQueen. Michael is a multi-award-winning speaker, book author and trend forecaster. He was Keynote speaker at the Rotary conference in Atlanta.

He demonstrated a Remote-controlled EV, functioning as delivery vehicle that he transported in a horse float. Chris was most impressed by the VR (virtual reality) headset demo that gave a very detailed sightseeing tour of the Jim Beam factory with virtual tasting!! of the produce. Generation Y/Z is buying and selling cyber real-estate with crypto currency of course.

Complete island resorts are traded this way.

Coles in Canberra and Logan City Qld. currently have pilot trails to deliver approx. 250 grocery items (limit 1.5kg) per delivery, by drones.

Click [HERE](#)

BALLINA ON RICHMOND ROTARY CLUB FLOOD RELIEF REPORT-



Col Lee, President of Ballina-on-Richmond Rotary, spoke to *The Echo* about his club's recovery work across the region in the wake of the flood emergency. Ballina Rotary is one of the recipients of [The Echo's flood relief fundraiser](#), which is going directly to community groups working in the disaster zone, and has now raised over \$41,000. Col Lee's busy weekend started in Wardell, where his group was up early preparing all-day hot meals to be supplied to this community, which was cut off and hit hard by flooding. He explained that he and his club have not stopped since the floods hit. Their initial work was in Ballina, assisting with evacuations. 'Yes, we did a couple of evacuations in the river around West Ballina, predominantly Riverside Drive,' he said. 'Initially, we worked on demand, just by word of mouth.' The next few days were mostly spent assisting people in West Ballina who had been flooded, with six teams of 2-3 members. 'Every day we've had at least 20 to 25 people on the ground,' he said.

Local Rotary teams then diversified into catering roles as well as cleaning out flooded homes. So we did catering for the Evacuation Centre, at Southern Cross School. And for the Ballina Indoor Sports Centre, we were cooking up meals for that and doing takeaways.' More cooking was happening at the nearby Hot Meal Centre, which didn't quite go underwater, although surrounding streets did. The following week was mainly devoted to cleaning out houses and caravan parks.

In Wardell, Ballina-on-Richmond Rotary has been cooking meals all day from outside the Catholic Church (diagonally across from the hotel) since the water started receding. Col Lee said they've been averaging 1,000 meals a day. I think the best day we did was about 1,200. We're just lucky that we've got some wonderful people around supplying sausages and eggs and bacon and bread, particularly. Some fantastic organizations,' he said. Col Lee told *The Echo*, 'Ballina's had some terrible devastation, particularly the caravan parks. The damage is just amazing. I don't know what's going to happen there.' The scale of the flood has taken many across the region surprise, including elderly people with extensive flood experience. Do you think people who weren't here understand the magnitude of what happened? 'I saw the '54 flood, and the '74 flood, and they were nothing like this,' said Mr Lee. You can't prepare for something that's never happened before, can you? 'Not at all.' Mr Lee remembers being able to drive his tractor through floodwater in previous floods to pick up his car to get to work in Ballina. With the latest flood more than two metres higher, that would have been impossible. Col Lee says that if people want to help, the best thing they can do is donate to the fund which has been established by his club, which will disburse money via the same model used after the Rappville bushfire crisis, by giving vouchers directly to those in need.

Nelson Bay Rotary Club sent Ballina on Richmond Rotary Club \$5,000 initial payment on Friday and the Club's own appeal to additional funds to be sent to Ballina, at the completion of the appeal on 14th April 2022.

We have already received \$1000 from club members and friends.

A special thank you to Northern rivers local newspaper The Echo who kindly gave us permission to use their story and photos. President Doug thanks all members for endorsing this initiative and District 9670 for endorsing the program.

FLOOD APPEAL DONATIONS ACCOUNT

Bank: Greater BSB 637000; A/c Number 781017418; Reference Your Surname (i.e Craike)

Vocational visit to Angophora Paddock 31st March



On Thursday 31st March we will be visiting Angophora Paddock - a small burgeoning farm set in beautiful bushland.

Partners and children (grandchildren) are invited to join us for this “Vocational” visit to the farm stay run by member Craig Paroissien and Tanya Martin.

Usual cost of \$25 for adults – kids free.

For catering purposes, we will need to know numbers next Thursday.
So please consider and discuss.

With daylight saving drawing to a close members might like to arrive a little earlier than usual to have a look around – from 5:30.

As with last Vocational. Please bring your own drinks, plates, cutlery, chairs