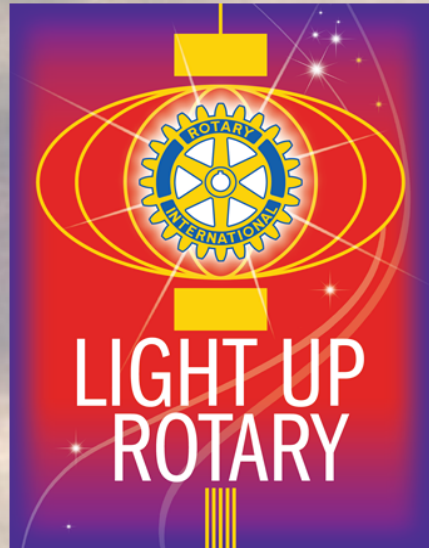


# Rotary Club of Tamworth - First Light 2014—2015

Rotary 





**President  
Diane Ford**

## Wednesday, 16<sup>th</sup> July, 2014 Meeting # 1219

Quote of the Week:

If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late. Henny Youngman

### **Di's Diary**

Well, my induction finally happened so this I my first report. It was great to see some partners there this morning and also to see Simon Chamberlain back visiting with us.

Another big thank you to the organising committee for their efforts running the change-over dinner. I did appreciate the pink and bling theme even though I wasn't there. I did, however, get to see a lot of photos and video of the night.

I would like to thank Jim and his outgoing board for all their effort over the past year. You have done a great job. I know my board and I will do all we can to keep First Light one of the best clubs in our district.

On a personal note, I again would like to thank you all for your well wishes over the past 3 weeks. It was a comfort for both Simon and myself over such a difficult time.

Well that's it from me, so see you all next week.

Cheers,

Diane.



**Congrats to President Di**





## MEETING NOTES



Our best wishes to Di's hubby Simon for a speedy recovery.



PDG Jane Bradford congratulating Phil Lyon on his term as Assistant Governor.



## DATES TO REMEMBER....

**Sun 3<sup>rd</sup> August: Gold Coast Golf Classic**

**Wed 6<sup>th</sup> August: New England Dementia Forum**

**October Long Weekend: Cobar Rotary "Billycan Bash"**

**Sun 12<sup>th</sup> October: Pedal the Peel** See Robbo for more details.

<b>Meeting Roster</b>	<b>Wed 16<sup>th</sup> July</b>	<b>Wed 23<sup>rd</sup> July</b>	
Guest Speaker	<b>Club Assembly</b>	<b>Terry Balla</b>	
Topic		<b>Natural Fertilizer for Farm and Garden</b>	
Door Team	Deb Barnes (Sue O'Connor swap) Phil Heffernan	Dennis Maunder Jenny Jackson	
Meeter & Greeter	David Hinwood	Barry Biffin	
Welcome	Maureen Thornton	John Toulmin	
President Assist	Ian Howle	Michael O'Connor	
Visitor Assist	Julian Smith	Phil Penman	
Corporal Assist	Graham Dooley	Max Cathcart	
Introduction		Chris Celovic	
Vote of Thanks		Richard Hardwick	
<b>Post Office Raffle Roster</b>			
<b>18 July</b>	<b>25 July</b>	<b>1 August</b>	<b>8 August</b>
Graham Dooley Vicki Cooper	Vicki Cooper Dave Baddams	Dave Baddams Brian Logan	Brian Logan Paul Stevenson
<b>15 August</b>	<b>22 August</b>	<b>29 August</b>	<b>5 September</b>
Paul Stevenson James Treloar	James Treloar Chris Celovic	Chris Celovic Peter Ryan	Peter Ryan D J Jones
<b>Corporals for July</b>		<b>Corporals for August</b>	
John Worldon, Anne Jacob		Graham Nuttall, Paul Stevenson	
<b>Birthdays, Anniversaries and Inductions</b>			
Members Birthdays			
Partners Birthdays	22/7 Philip Hood (Lesley)		
Anniversaries	21/7 Steve & Sarah Massey (30 years)		
Club Induction			
<b>Stats for last meeting</b>			
Attendance	74%		
Make-Ups	Nil		
Visiting Rotarians	Nil		
Visitors	Simon Chamberlain, Simon Ford, Debbie Brookes, Carmen Raymond, Pam Shields, Sue Robinson		
Heads & tails	John Glynn		
Raffle	Bob Baddams		

**WHY City To Surf???**

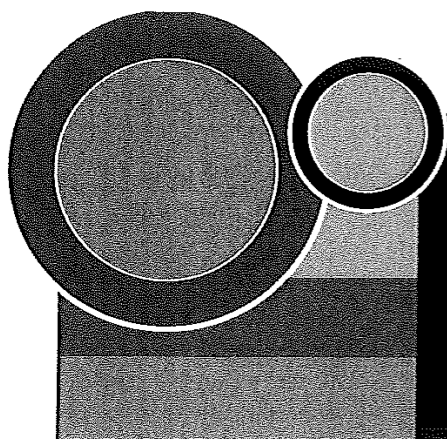
**WHY Alzheimers????**

- I am running the City to Surf (14kms) this year to raise money for Alzheimers Australia
- I last ran in this event 38 years ago (only yesterday....ha ha!) with a special school friend.
- Last year she was diagnosed with Early Onset Alzheimers at the young age of 53.
- Sadly in a couple of years she won't know her two sons (now 18 and 16) or husband and will more than likely be in the same nursing home as her Mum.
- Please help me reach my fundraising GOAL! Every little bit counts so I would really appreciate whatever you can afford.
- Our official Team is called the 'Memory Joggers' and you can sponsor me direct on <https://city2surf2014.everydayhero.com/au/genevieve>

Many thanks

Genevieve Gittoes





**New England Dementia Forum**  
**Tamworth Town Hall, Fitzroy Street**  
**Wednesday August 6, 2014**

**Dementia: Tears, fears and practicalities**

**Registration Form for Carers and Interested Public**

Name: \_\_\_\_\_

Are you a carer of someone living with dementia? Yes  No

Phone: \_\_\_\_\_ Email \_\_\_\_\_

***Morning Tea will be provided on arrival*** (please note lunch is not provided)

**Venue:** Tamworth War Memorial Town Hall  
Fitzroy Street, Tamworth

**Time:** 9.00am - 9.30am – sign in and morning tea  
Start at 9.30am with opening/Welcome to Country (day will finish by 3.15 pm)

**There is no fee for attending this Forum.**

**Please note, as places are limited, you must formally register to attend the Forum**

**Registrations close 25 July, 2014.**

**Send Registrations to McLean Care — phone: 02 6722 2655 fax: 02 6722 2025**

Note: for further information about the forum please contact Viki Brummell, HNE Local Health District, phone: 02 6739 0131 or Cate Doyle/Sally Henry, NEML, phone: 02 6771 1146

Please note there is limited paid parking available behind the Tamworth Town Hall.



Connecting health to meet local needs



UNDERSTAND ALZHEIMER'S  
EDUCATE AUSTRALIA  
FIGHTDEMENTIA.ORG.AU



McLean Care



Health  
Hunter New England  
Local Health District



Family &  
Community  
Services



# MEMORY CHANGES

This Help Sheet describes some of the differences between memory loss as a part of normal ageing and as a symptom of dementia. It provides some tips for keeping your memory sharp.

One of the main symptoms of dementia is memory loss. We all forget things from time to time, but the loss of memory with dementia, particularly Alzheimer’s disease, is very different. It is persistent and progressive, not just occasional. It may affect the ability to continue to work, or carry out familiar tasks. It may mean having difficulty finding the way home. Eventually it may mean forgetting how to dress or how to bathe.

An example of normal forgetfulness is walking into the kitchen and forgetting what you went in there for, or misplacing the car keys. A person with dementia however, may lose the car keys and then forget what they are used for.

## Key points about normal forgetfulness

- As we get older, the most common change that we complain about is memory change
  - Knowledge about how memory changes as we get older is a lot more positive than in the past. Memory change with healthy ageing certainly doesn’t interfere with everyday life in a dramatic way
  - Everyone is different, and the effect of getting older on memory is different for each person
  - Recent research describes the effect of getting older on attention processes, on the ability to get new information into storage, on the time it takes to recall things and “on the tip of the tongue” experiences
  - Research also suggests that immediate memory and lifetime memory do not change as we get older
- Based on *Remembering Well*, by Delys Sergeant and Anne Unkenstein

DESCRIPTION	PERSON WITH DEMENTIA	OLDER PERSON
Events	May forget part or all of an event	Memory may <b>sometimes</b> be vague
Words or names for things or objects	Progressively forgets	Sometimes may forget; words or names are on the tip of the tongue
Written and verbal directions	Increasingly unable to follow	Able to follow
Stories on TV, in movies or books	Progressively loses ability to follow	Able to follow
Stored knowledge	Over time loses known information such as historical or political information	Although recall may be slower, information is essentially retained
Everyday skills such as dressing and cooking	Progressively loses capacity to perform tasks	Retains ability, unless physically impaired

[FIGHTDEMENTIA.ORG.AU](http://FIGHTDEMENTIA.ORG.AU) NATIONAL DEMENTIA HELPLINE 1800 100 500

**UNDERSTAND ALZHEIMER'S  
EDUCATE AUSTRALIA**

This help sheet is funded by the Australian Government under the National Dementia Support Program

## Debunking memory myths

### Myth One

Forgetfulness is a sign that something is wrong with your brain.

#### Fact

If we didn't possess the capacity to forget we'd all go crazy. The ability to remember what is important and discard the rest is a skill to be treasured.

### Myth Two

You lose 10,000 brain cells a day, and one day you just run out.

#### Fact

This is an exaggerated fear. Some parts of the brain do lose nerve cells, but not where the process of thinking takes place. You lose some nerve connections, but it's possible to grow new ones, or maintain the connections you have, by exercising your mind.

### Myth Three

Compare yourself to others to tell if your memory is normal.

#### Fact

A huge range of ability exists across the general population. Even a single individual experiences variations in memory over the course of a lifetime. Just as certain people have a talent for music and others do not, some of us are naturally gifted at various types of remembering.

From Memory: *Remembering and forgetting in everyday life*, by Dr Barry Gordon.

## Tips for keeping your memory sharp

As yet, there is no prevention or cure for dementia. However, here are a few tips for keeping your brain fit and memory sharp:

- Avoid harmful substances. Excessive drinking and drug abuse damages brain cells
- Challenge yourself. Reading widely, keeping mentally active and learning new skills strengthens brain connections and promotes new ones
- Trust yourself more. If people feel they have control over their lives, their brain chemistry actually improves
- Relax. Tension may prolong a memory loss
- Make sure you get regular and adequate sleep
- Eat a well balanced diet
- Pay attention. Concentrate on what you want to remember
- Minimise and resist distractions
- Use a notepad and carry a calendar. This may not keep your memory sharp, but does compensate for any memory lapses
- Take your time
- Organise belongings. Use a special place for unforgettables such as car keys and glasses
- Repeat names of new acquaintances in conversation

## FURTHER INFORMATION

Alzheimer's Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at [fightdementia.org.au](http://fightdementia.org.au)



For language assistance phone the Translating and Interpreting Service on **131 450**



## The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- **FIRST.** The development of acquaintance as an opportunity for service;
- **SECOND.** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- **THIRD.** The application of the ideal of service in each Rotarian's personal, business, and community life;
- **FOURTH.** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

### Rotary Grace

O Lord and giver of all good  
We thank Thee for our daily food  
May Rotary Friends and Rotary ways  
Help us to serve Thee all our days

### The Four-Way Test

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

### Tamworth—First Light

Meets Wednesday morning,  
6:30 for 7:00 am at  
Frog & Toad Function Centre  
236 Goonoo Goonoo Rd  
TAMWORTH NSW 2340

Phone: 6765 7022

### Club Officers and contact details

#### President—Diane Ford

president@tamworthfirstlight.org.au

#### Secretary—Vicki Cooper

secretary@tamworthfirstlight.org.au

#### Treasurer—Phil Penman

treasurer@tamworthfirstlight.org.au

### Other Clubs meet:

Monday  
Tuesday  
Wednesday  
Friday

Tamworth West, West Tamworth Bowling Club, 6:30pm  
Tamworth Rotary Club, Service Club, 6:15pm  
Tamworth on Peel, Calala Inn, 6:30pm  
Tamworth Sunrise, Sanctuary Inn, 7:am