

**ROTARY CLUB OF TAMWORTH
FIRST LIGHT 2014-2015**



**President
Diane Ford**

Wednesday, 30th July, 2014 Meeting # 1221

Quote of the Week:

“Before you criticise a man you should walk a mile in his shoes; that way when you criticise him you are a mile away and you also have his shoes.” – Jack Handy

Di's Diary

Well, another week is over and it was good to have Terry Balla talk to us about natural fertilizer for farm and gardens. Looks like a great way to enrich our soil especially for those of us that have lots of clay! I did hear quite a lot of comments that Terry certainly came to the right place to give his talk about fertilisers!

RYAG is on again in August with Barry Biffin taking control. If anyone could please help Barry that would be terrific especially if you could help out by being a chaperone camping out (inside I might add) with the participants – especially the ladies please!

Pedal the Peel is also coming up in October and I'm sure Jim Raymond would love to hear from you if you could possibly help out on the day as a volunteer.

For those that heard the story from Rugby last Saturday, the gentleman Paul Barker is doing well and was transferred to Sydney for Bypass surgery. Its great it turned out so well.

Well that's it from me for another week.

Cheers,

Diane.



Louise thanking Terry.



MEETING NOTES

RYAG Equine: Barry Biffin would welcome donations for sample bags to suit Years 10, 11 and 12 students.

A reminder from Phil: When paying your membership subscription, please remember to identify your payment with your name and member number.

Please be advised that there has been a change to accessing the website for the **Working With Children Check**. The website below will direct you to the right place. Kind regards, Annette Mackay, District Secretary.

<http://www.kidsguardian.nsw.gov.au/Working-with-children/working-with-children-check>



Great shot of everyone enjoying the meeting.



DATES TO REMEMBER....

Sun 3rd August: Gold Coast Golf Classic

Sun 3rd August, 9.00am: Charity Bowls Day for Northcott Society (formerly Crippled Children), City Bowling Club, \$15. Bowls available, make a team or just come along. Contact Lesley Hood, 0402 470572.

Wed 6th August, 9.00am: NE Dementia Forum, Tamworth Town Hall

Fri 8th August, 7.00pm: Medical Cannabis Fighting Fund for the Haslam family. Tamworth Tennis Club, dress hippie style, tickets \$40, food included, lots of live entertainment. Tickets available Old Bell Tower, Tamworth Landscape Supplies, Tamworth Tennis Club, New England Mutual. Details from Louise.

15th, 16th, 17th August: RYAG Equine

October Long Weekend: Cobar Rotary “Billycan Bash”

Sun 12th October: Pedal the Peel



Twin boys with one proud grandad!

Meeting Roster	Wed 30th July	Wed 6th August	
Guest Speaker	Sandra Lambkin	Paul Stevenson	
Topic	RSL Sub-Branch Duties and Centenary of ANZAC	Working with People with a Disability	
Door Team	Jim Raymond Marilyn Curtis	Di Case Ross Lobsey	
Meeter & Greeter	Peter Hyde	David Rogerson	
Welcome	Dennis Johnson	Ron Allen	
President Assist	Graeme Kruger	Tom Hellmann	
Visitor Assist	Brian Yeo	Tim Coates	
Corporal Assist	DJ Jones	Brian Logan	
Introduction	Terry Robinson	Helen Tickle	
Vote of Thanks	Phil Lyon	Rob Clifton	
Post Office Raffle Roster			
1 August	8 August	15 August	22 August
Dave Baddams Brian Logan	Brian Logan Paul Stevenson	Paul Stevenson James Treloar	James Treloar Chris Celovic
29 August	5 September	12 September	19 September
Chris Celovic Peter Ryan	Peter Ryan D J Jones	DJ Jones Jane Bradford	Jane Bradford Brian Yeo
Corporals for July		Corporals for August	
John Worldon, Anne Jacob		Graham Nuttall, Paul Stevenson	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Brian Yeo 1/8, Lesley Hood 3/8		
Partners Birthdays	Janet (John Treloar) 30/7		
Anniversaries			
Club Induction	Phil Lyon 3/8 (9 years)		
Stats for last meeting			
Attendance	76%		
Make-Ups	Nil		
Visiting Rotarians	Nil		
Visitors	Lynne Sheather		
Heads & tails	Sue O'Connor		
Raffle	Narelle Langfield		

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

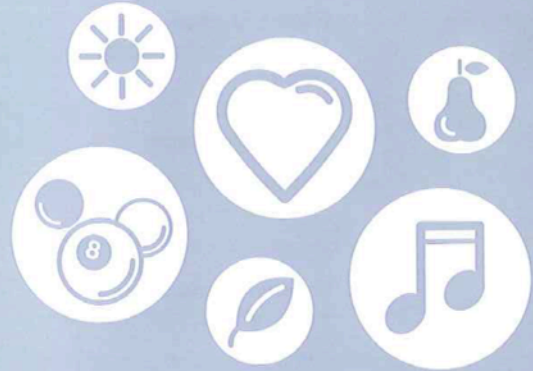
Joke of the Week (matches our feature on Dementia and Alzheimers!)

Two elderly gents had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately their activities had been limited to meeting a few times a week to play cards.

One day, they were playing cards when one looked at the other and said, "Now, don't get mad at me....., I know we've been friends for a long time but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is?"

His friend glared at him. For at least three minutes, he just stared and glared at him. Finally he said, "How soon do you need to know?"

KEEPING YOUR BRAIN FIT



Have fun keeping your brain fit.
Enjoy the social and health benefits of
physical exercise and exercises for the brain.

Just as using your muscles develops strength in the body, so the brain develops new connections between brain cells with exercise, both mental and physical. The brain uses senses: tastes, smells, sounds, touch, sight and emotions to record, learn and recall memories of people, places, skills and events.

Physical exercise maintains good blood flow to the brain and people who are fit have a slower decline in brain tissue as they age. Mental stimulation helps nerve cell receivers stay younger and stronger.

ACTIVITIES

EXAMPLES



**Walk with a friend
in the park ... or in the street
or in the garden ... or Sit and close
your eyes ... Use senses of smell,
hearing and touch**

Identify:
sights: trees, dogs, houses
sounds: motor vehicle sounds, bird songs, instruments
in a symphony, animal calls on a TV nature program
smells: sea, flowers, grass, fresh fish or bread
sensations: wind, sunshine, water drops



Play:
Puzzles ... Bingo ... Scrabble ...
Crosswords ... Board games ...
Cards ... Word games ...
Sudoku ... Charades

Computer links to games and memory exercises:

- www.exploratorium.edu/memory/
- www.braingle.com
- www.gamesforthebrain.com
- www.nationalmemorytest.net.au



Play:
Imagination and Association games

Name 10 Things to: eat or laugh at or green things to eat
or to use as flower pots in the room.
Name 10 Things that *feel or sound or look or taste* like
something else



Close your eyes:
Use only sense of **touch** and/or **smell***
*Use 'Scent Jars' - plastic camera
film containers with lids. Fill with
small amounts of unmixed whole
spices, herbs, aromatic leaves,
a piece of sponge sprinkled with
vinegar, rum essence etc.
Close the lid after use.

Identify: *fresh flowers, fresh leaves, fresh herbs,
whole spices, vinegar, butter, coffee, soap or onion,
vegetables, fruits.*
Identify: *textures, leather, coins, tissue, paper clips,
rice grains, sugar crystals, tools, tea leaves, coins*
Select: *buttons or coins or paper clips, or small objects
from a 'mixture' on a tray*
Find: a container of *vinegar/vanilla /melon/onion* hidden
in the house (with a friend to guide you).



Learn new skills
The brain connects muscle
movements with brain cells to
learn new skills

Touch type, computer, camera, read numbers in Braille,
musical instrument, sculpture, craft, dance, t'ai chi,
gardening, kite flying, bird watching, fishing, swimming

ACTIVITIES	EXAMPLES
 <p>Sing and read aloud The brain cells develop new connections</p>	Songs, poems, novels and plays. Create your own sound effects <i>or</i> rhythm <i>or</i> your own running commentaries to accompany muted TV programs
 <p>Do it differently</p>	Listen to a different program on the radio <i>or</i> to different music: romantic, military, dance, religious, rock and roll, ethnic. Go to a new place you do not know <i>or</i> take a different route home <i>or</i> walk the dog to a different park
 <p>Combine new senses to remember <i>Build up associations over time</i></p>	Smell with a sound : a special smell with your favourite song <i>or</i> smell with sight/image : a special smell with your 'home' bus stop
 <p>Picnic and travel with friends and family</p>	Prepare simple food from raw ingredients. Travel to unfamiliar places for a day; explore new neighbourhoods on foot
 <p>Change your view of familiar things</p>	Move a picture from its familiar position <i>or</i> turn the calendar sideways <i>or</i> upside down
 <p>Group effort: with friends <i>or</i> family</p>	Each member separately contributes to an ongoing activity: art work <i>or</i> chess game <i>or</i> garden layout <i>or</i> flower arrangement
 <p>Close one eye</p>	Pour a glass of water <i>or</i> put a key into the lock <i>or</i> pick up a small coin, <i>or</i> write your name
 <p>Close both eyes</p>	Dress <i>or</i> brush your teeth, find the front door keys in a bag of many things, unlock the door, switch on the hall light.
 <p>Do unfamiliar things at meal times</p>	Eat something unfamiliar <i>or</i> eat in a different room <i>or</i> in a different place at the table <i>or</i> change the order of courses <i>or</i> use chopsticks
 <p>Use the 'wrong' hand to</p>	Write your name <i>or</i> eat spaghetti <i>or</i> brush your teeth and hair

And Best Of All: Invent Your Own Brain Exercises!

For more information, go to www.alzheimers.org.au and click on **Mind your Mind** – keep your brain healthier as you age.

This activity sheet has been created with a grant from the New South Wales Government Department of Ageing, Disability and Home Care.



Alzheimer's Australia nsw
Living with dementia



New South Wales Government



DADHC Department of Ageing, Disability & Home Care

Call the National Dementia Helpline
1800 100 500

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