



President Noel welcomed members and guests John Barke, Dawn Cay, Cheryl Sandow and Dianne Carrol a Rotarian visiting from Chelsea (she has family connections to Hamilton (Storer)

Reports

Domestic Violence Committee—

- Hamilton College—Cup Cake Day involving the students Message chosen by the students “Power of Kindness” This will take place at the other secondary schools next term.
- Football DV Round July 19 Kangaroos V Cobden Members encouraged to be involved.
- Behind the Toilet Door message to be rolled out next.



Alexandra House Raffle

Friday 20th— Meg and Margy

Preparation for Sheepvention

Sunday 3rd Monday 4th August—Only 6 weeks to go—Simon has the roster out. All hands needed to please make sure you keep that time free.

BBQ—Bruce Warburton.

Club catered on Saturday at the opening of the All Abilities playground at Lakes Edge (Bruce/Simon)

Also catering at the same place next Tuesday for opening of the lights around the lake 5- 5:30pm

District/Club Notices

- New RI President- Francesco Arezzo from RC Ragusa, Italy appointed.
- Western District Drought Relief fund meeting.
- Noel attended the New Residents event
- Casterton changeover next Thursday 26 June

District Changeover

Nhill Bowling Club 6th July

<https://www.trybooking.com/events/landing/1402684>

Christine Dufty is our incoming DG

DG's (FINAL) Monthly Newsletter has good reading about many of the clubs in our District and their key projects

Congratulations Glenn Howell Glenn competed in the Iron Man event in Cairns

180km bike ride, 3.8km swim, 42.2km run

12hrs, 34m, 31 sec

19th out of 61 in the 55yrs to 59yrs class

495th out of 924 competitors

Happy Birthday Glenn



BOARD MEMBERS

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Membership
Brian Jenkins
Catering
Bruce Warburton
District Governor
Lesley Shedden

Celebrations

Birthdays

Glenn Howell 22/6

Wedding Anniversaries

None

Induction Anniversaries

None

These members are on extended leave—Heather Ward, Murray Menzel, Sandy Vanrenan and Jenny Hurse (all travelling to various parts of the globe)

Get well - Damien Meagher broke his ankle a few weeks ago and will be in a moon boot

Coming club events

2025

25 June Club Changeover Dinner see your invitation for details.

2 July NO MEETING

9 July Club Night

16 July WDHS Medical Student Tanatswa

3-4 August Sheepvention

Weekly social events

Bike Riders: meet each Thursday morning, 09:00 at the Ansett Museum, finishing for coffee at Tosca Browns, around 09:35

Friday Coffee: meet each Friday Morning, 10:30 at the Roxburgh, all welcome

The Rotary theme for June is Rotary Fellowships.

This theme celebrates the importance of fellowship and goodwill among Rotarians who share similar interests, whether they be recreational, vocational, or health-related

There are many Fellowships that would be of interest to our members, and they are detailed on <http://www.rotary.org/fellowship>

Guest Speaker: Jenny Barke – *Dementia: Understanding the Journey*

Member Jenny Barke delivered an informative, heartfelt, and thought-provoking presentation on the complex and often misunderstood condition of dementia. With her husband John playfully standing up as “Exhibit A,” Jenny drew on both personal experience and extensive research to shed light on the realities of living with or caring for someone affected by dementia.

She began by defining dementia as a progressive, fatal neurodegenerative disease that impairs brain function and disrupts daily life. There are many different types of dementia, she explained, including Alzheimer’s disease, Lewy Body dementia, vascular dementia, and frontotemporal dementia—each presenting with slightly different symptoms and progression patterns.

Jenny outlined some of the key symptoms, such as memory loss that interferes with everyday tasks, difficulty completing familiar activities, confusion about time and place, poor judgement, and significant personality or mood changes. She also discussed the challenges of accurate diagnosis, especially in the early stages, and the limited—but important—role of current treatments in slowing progression or managing symptoms.

A major focus of her presentation was on the importance of early diagnosis, which allows individuals and families time to plan for the future and make informed choices.

Jenny also spoke passionately about strategies that may help reduce the risk of developing dementia. These included maintaining good cardiovascular health, staying physically active, keeping mentally stimulated, and fostering strong social connections—all key pillars in promoting brain health and quality of life.

Her presentation was warmly received, raising awareness and deepening understanding of a condition that increasingly affects families and communities across the country.



Australian Rotary Districts RAWCS

Support Drought-affected Communities in Western Victoria

Farming families are facing unimaginable hardships - parched land, dwindling water supplies, and a desperate shortage of livestock feed.

CAN YOU HELP?

RAWCS is raising funds to deliver humanitarian relief to those doing it toughest.

Donate now
<https://directory.rawcs.com.au/54-2024-25>

Scan to Donate

Feedback -Editor

If you have seen this then you must have been looking at the **Weekly Bulletin**.

Does it give you enough/too much information?
What else would you like to see or learn about?

Have you looked at our club website?

<https://portal.clubrunner.ca/1943>



We have a Facebook page that you can like, follow and share

<https://www.facebook.com/rotaryhamiltonvicau>