



Weekly Bulletin



President
SERVE TO CHANGE LIVES
 President Elect
 Immediate Past President
 Secretary
 Treasurer
 Bulletin/Rosters/Webpage
 District Governor
 Assistant Governor Group 1

News, Reports and Rosters

Lorraine Wilson
 Lyn Christie
 Bob Cadden
 Lorraine Wilson
 John Clue R Port Fairy
 Ian McKay RC Lakes

Vocational
 Youth
 Catering
 Program
 Rotary International President

Noel H
 Rose H
 Noel Howard
 James Dishon
 Heather Ward
 Bruce Warburton
 John Main
 Shekhar Mehta
 RC Calcutta-Mahanagar

Report from meeting 22 September 2021 on ZOOM

President Brian Jenkins

Chairman Murray Elliott introduced President Brian who welcomed all Rotarians (Faye and Betty) and guest speaker Cathy Roth to our weekly Club meeting.

Notices

Vale Anne Menzel - Anne passed away on Wednesday 15 September

Vale Graeme Bond - Graeme passed away on Monday 20 September, Graeme was a foundation member of the Hamilton North club.

Our thoughts and support go out to Mary and Murray

Marg Moffatt and Gerri Griffin and their Environmental Committee have organised a tree planting day for **9.30am on Wednesday 6 October 2021**. meet at the Portland Road bridge car park. Simon has created a roster in the Shared Drive for participants to fill in.



Barrie Aarons is going to Warrnambool on Thursday 30 September, and he will be taking items to Jenny and Peter King for Backpacks for Vic Kids. Rotarians who may have items to donate can drop them off at Barrie's house prior to then.

Casterton Rotary Club's unveiling of their Peace Pole has been postponed to a date to be advised in February 2022. As Hamilton now has several Tier 1 and Tier 2 COVID sites, please check if you need to get tested. Last call for footy tips which will be received up until game start.

Coming up

29: September: Guest Speaker Maggie Goodes World Trade Center and the aftermath of 9/11.

Club meeting roster Please organise a replacement if unable to attend.						
Meeting	Setup	Cashiers (2)	Bar (2)	Fellowship	Chairman	Scribe
29 Sept	ZOOM				Brian Jenkins	Lyn Christie

6 October: Club Event – Develop a Strategic Plan TBC

13 October: Maral – Life in Kazakhstan TBC

4 November Club AGM – Election of Board for 2022-23 WE NEED A PESIDENT ELECT.

17 November District Governor’s visit

OFFICIAL OPENING OF PLAYGROUND. Postponed until later in the year



Chairman Murray Elliott introduced Guest Speaker **Cathy Roth** Chairman (PALZ) Professionals with Alzheimer's and Dementia.

PALZ is a global Community for Professionals with Alzheimer's seeking to empower high achievers with Dementia through social and intellectual interaction.

- Dementia is the 2nd leading cause of death in Australia.
- Up to 472,000 Australians are living with Dementia
- The number of Australians with Dementia is projected to more than double by 2058.
- They are investing in aged care reform to better support people living with Dementia.

Past District 9780 Governor, Cathy Roth has always believed that Rotarians are primed to identify and meet Community needs.

When her fellow Rotarian and Surgeon husband John was diagnosed with Alzheimer's Disease in 2015, Cathy realised there was a need to support professional Alzheimer's sufferers such as John.

Cathy set up PALZ as an organisation to assist high achievers with Dementia to maintain dignity and respect through active participation and interaction within a socially and intellectually stimulating environment.

Diagnosis is often accompanied by social and intellectual deprivation, personal identity and self-worth challenges.

People living with Dementia often have different sensory perceptions and their immediate environment can have a large impact on their wellbeing and quality of life.

Creating a Dementia-friendly environment can go a long way to improving the lives of people with Dementia.

When/How does PALZ work?

- PALZ groups meet formally every 2 months.
- (Currently monthly on Zoom).
- High powered speakers e.g., CEO's
- Discussion group with guest speaker.
- Alternate months: Industry groups/ Zoom meetings/ Coffee.
- PALZ attendees – Those diagnosed with early Alzheimer's or related diseases.

Cathy answered several questions and was thanked by Brian.

Being brain healthy can reduce the risk of Dementia.


- Keep mentally stimulated.
- Maintain an active social life.
- Eat a healthy balanced diet.
- Stay physically active.
- Reduce your alcohol intake.
- Quit smoking.
- Maintain a healthy weight.
- Manage your other health conditions.



Hope you have all had your vaccinations.

Family of Rotary – all our members and their families are important to us.

Almoners Rose Howard and Bruce Wheeler

Birthdays	Anniversary	Inductions
Jenni Barke 24/09/2021.	 <p>Pam and Bruce Wheeler 22/09/21</p>	<p>Ian Black 23/09/1985, David Burow 28/09/1988, Murray Elliott 24/09/2003, Brian Jenkins 24/09/2003, Kim Joyce 17/09/1997, David Kennett 23/09/1992, Gerard Lucas 26/09/1990.</p>


Online meetings

It was great to see a couple of our members who have not been zooming join us online along with some Rotarians from other clubs. With limitations on numbers allowed at venues this is going to continue to be a way of keeping connected, so I urge members to **UPSKILL** themselves to take advantage of what President Brian and Program organiser John Main have endeavoured to secure. Simon can step you through the process.

Members dressed in their footy gear




AFL · Sat, 25 Sept, 7:15 pm



Melbourne Football Club

vs

Grand final



Western Bulldogs

District Notices

Some presentations from the Zone 8 Conference held last weekend will be available on-line.

- **Defying the Drift – Longerenong Ag College postponed until December**
- **October is Mental Health Month**
- **Public Image Workshop – Creating Graphics 5 October by ZOOM**
- **District Committee Meeting – Hamilton 17 October TBC**
- **RAWCS Annual Report is available**
- **RAM National Conference 13 & 14 November on ZOOM. Registrations open \$50 per person at ram.rawcs.com.au/2021 conference**

Check out the District Newsletter and webpage <https://rotary9780.org/>

SOCIAL

Bike Riders Thursday meet at Ansett Museum 9:00am
Coffee @The Roxburgh
Fridays 10:30am



Weekly Bulletin, Webpage and Facebook

The weekly bulletin will eventually be published through ClubRunner.

Our club webpage can be accessed on <http://portal.clubrunner.ca/1943> It is now live.

This will allow stories from our bulletins to be published on the webpage and information from the District and RI webpages (which also use ClubRunner) to be shared.

Our club also has a Facebook page which shares stories and events, and this page is also shared to other Facebook pages to get our message out. <https://www.facebook.com/rotaryhamiltonvicau>

Bringing this bulletin to you from sunny Mildura

