

BOARD MEMBERS

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|----------------|----------------------|----------------------|--|----------------|------------------------|
| President | <u>Noel Howard</u> | Environment | <u>Gerri Griffin & Marg Moffat</u> | Immediate Past | <u>Noel Howard</u> |
| Vice President | <u>Brian Jenkins</u> | Vocation | <u>James Dunn</u> | President | |
| Secretary | <u>Lyn Christie</u> | International | <u>Jenni Barke</u> | Membership | <u>Brian Jenkins</u> |
| Treasurer | <u>Bob Cadden</u> | Rotary Foundation | <u>Simon Wilson</u> | Catering | <u>Bruce Warburton</u> |
| Community | <u>James Dishon</u> | Bulletin & Publicity | <u>Lorraine Wilson</u> | | |

Published: Bob Cadden on behalf of Lorraine Wilson
– notes by Jennie Barke

President Noel welcomed all to the meeting, including guest speaker David Rendell & a welcome back from his travels to James Dishon.

Say No to Domestic Violence

Kevin Safe spoke of plans for the walk. The Shire Council is on board and there is a suggestion to have police and secondary school students involved.

Penshurst are keen to have an involvement; suggestion is their October Market.

Art Show Raffle

Roster for sales at Woolworths is on Shared Drive. Contact Meg Watson for logistics.

Environment Group.

Marg Moffatt and Gerri Griffin held a successful working bee was at Brumley Park on Tuesday. The park looks terrific. Nice to welcome Katrina Rainsford there.

Club Notes

Reminder – For those who have not yet paid, Club Member fees are now overdue,

\$250 for the year or \$125 for 6 months.

Please pay to account Hamilton Rotary
BSB .633 000

ACC 149 567 752

Please include member name for identification.

The AGM is scheduled for 6 November & Rotarians are asked to give serious consideration to stepping up for key roles that will become vacant 30 June 2025.

Those fairly new to Rotary are encouraged to nominate, there will be plenty of training & support available.

Celebrations:

Birthdays:

Gillian Jenkins

Wedding Anniversaries:

Non listed for this week

Induction into Rotary International

Simon Wilson (32 years)



Next Meeting 11 September

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| Chair | Noel Howard |
| Cashier | Geetha Yoga |
| Raffle | Bob Cadden |
| Computer | Simon Wilson |
| Bulletin | Jenny Barke |

If you are rostered & unavailable, please arrange for a replacement

Programme:

Sustainability Strategy - Shire of Southern Grampians
Melanie Russell

GUEST SPEAKER

David Rendell gave an excellent talk on Parkinsons Disease.

He was diagnosed 17 years ago after observed foot dragging and weakness in one hand, with an alert physio aiding diagnosis.

The likelihood of Parkinsons increases with age, can be related to herbicides and insecticides, particularly Paraquat, living in the country, and has low heritability.

Prevention includes drinking coffee, careful person protection if using herbicides or insecticides, washing or peeling fruit, and prompt use of anti-inflammatories for headaches.

Parkinsons Disease is managed with appropriate drugs and is greatly enhanced by regular exercise increasing heart rate, strength and balance, and social support.

David spoke of our successful support group in Hamilton which he has coordinated. They've raised \$10,000 by sponsored walks and bike rides.

President Noel thanked David & presented him with a certificate linking his presentation with a donation to Rotarians Against Malaria.



Forward Programme:

September 18 – Speckled Frog – Hamilton Pipe Band - Richard Murphy

September 25 – Speckled Frog – Social Night

October 2 – Speckled Frog – Art Show Update – Brian Jenkins

October 7 - 13 – Art Show - all hands at P A C

October 16 – Speckled Frog – Visit by District Governor Lesley Shelden

November 6 – Annual General Meeting

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

District Website: <https://www.rotary9780.org/>

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

Club Website: <https://www.facebook.com/rotaryhamiltonvic.au>