

Rotary Club of Bairnsdale



BE THE INSPIRATION

Tuesday Meetings

5:45pm for 6:15pm

The Bairnsdale Club

68 Nicholson Street

BULLETIN 29
12 FEBRUARY 2019

If you want to build a better world,
you have to awaken your Rotarians
to their own abilities.

- Barry Rassin (2018/19 RI President)

EVENT OF THE WEEK

Health Care Packs

All members needed at Tuesday's
meeting for sorting and packing

FARMERS RELIEF

On Wednesday 40 bales of hay arrived in Bairnsdale and are now stored at Donald Motors, ready for pickup by the farmers. Rex has been on the phone again to our contacts in the various areas, identifying those in need. As time has passed even the farmers that thought they were well prepared and might get through it, are experiencing hardship.

We are in the process of trying to access more money from funds that might be available to us, so keep your fingers crossed that something comes of it. We know that the good we have accomplished is becoming known by people outside of our area and they are impressed with what we are achieving and the depth of our aid.

We will keep you updated about the fundraiser that Michelle has started planning.



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Barry Rassin

D9820 Governor

Janne Speirs

D9820 EG Ass. Gov.

Judy van der Vlugt

2018/19 EXECUTIVE

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EVENT CALENDAR

FEB 12: MEETING

FEB 15-17: 2019 Victorian

Multi-District Conference

Melbourne Convention Centre

FEB 19: MEETING

Speaker Tim

Leprosy Foundation Melb.

FEB 26: BOARD MEETING

MAR 05: MEETING

Speaker to be confirmed

APR 09: GOLF & BOWLS DAY

APR 10: CENTENARY HOUSE

BREAKFAST

Rotary



2019 Victorian Multi-District Conference

15 -17 February 2019
Melbourne Convention Centre



D9790
D9800
D9810
D9820

www.rotaryconference.org.au



rcbairnsdale



rcbairnsdale.org



PO Box 287, Bairnsdale VIC 3875



Diane Scott
Dementia Australia

On Tuesday we had a very interesting and information talk from Diane Scott, from Dementia Australia, who was obviously very passionate about her work, helping people who have been diagnosed with this incurable disease, where she has worked for 12 years. She also reminded us that support is not only required for sufferers but carers as well.

Dementia has over 100 causes, with Alzheimer's being the most well-known, but no two types of dementia are the same and Diane emphasised that they are trying to destigmatise the disease and raise awareness.

- One person every three seconds, in the world, is diagnosed with dementia
- Over 65, 1 in 10 will develop dementia
- Over 85, 3 in 10
- Over 92, 1 in 2
- There are 26,000 experiencing younger onset, being as young as 38 years of age
- The instance of dementia will increase by 2.4% next year

Early symptoms can vary, short term memory loss being the most common, memories from years back will be OK but what happened yesterday could be a struggle to remember. Some other triggers as to the fact that something might be wrong are:

- Misplacing things, then finding them in strange places
- Forgetting names, when you always used to be good at remembering
- Forgetting appointments
- Forgetting directions
- Difficulty following conversations
- Difficulty in remembering familiar routes home

Although incurable, there is treatment out there which is achieving good results. Sufferers can help themselves in their every day life by using memory crutches, always putting things in the same place and training your memory. If the early signs are not recognised and goes untreated it could cause long term depression. If you take action now and follow these five steps you could postpone the onset of dementia:

- Step 1** Look after your heart
- Step 2** Do some kind of physical activity
- Step 3** Mentally challenge your brain
- Step 4** Follow a healthy diet
- Step 5** Enjoy social activity

It was interesting that Diane told us that being part of Rotary and meeting every week, we are looking after step 5. Also as far as step 3 is concerned, keep trying new things that will make the cells work harder.

At our age (some of us anyway) it was food for thought and could give us the tools to keep ourselves mentally active for longer, we need to do that so that we can work in Rotary for many more years to come.



DAYS FOR GIRLS



It looks as if Ula, Ken and friend Vicki are making the most of the cancelled National Immunisation Day and have been in Kathmandu, liaising with Days for Girls there. A post from her FB page is below:

Today Vicki, Ken and I went with Meen from LEARN visited the Days for Girls Office in Kathmandu. We met lovely Anjana and Maha Laxmi who discussed with us the possibility of setting up a new enterprise in Myagdi District and Lamjung village. The ladies showed us the workshops and storage areas which are full of huge white bags of kits ready for distribution to girls in need in Nepal. We met volunteers from Beijing who were lending a hand as well. These ladies work in a tiny space but make hundreds and hundreds of kits.

Ula & Ken Sheather

Welcome & Door Roster

February: John B & Margaret
March: Tony M & Martin

Marquee Erection Dates

Marquee available for hire

DISTRICT 9820 - East Gippsland Cluster Clubs



RC Mitchell River (Bairnsdale)
Bairnsdale RSL
Monday 5:45 for 6:00pm
Leave message (03) 9517 1220



RC Bairnsdale Sunrise
Bairnsdale International Hotel
Wednesday 6:45 for 7:00am
Call Sue 0428 278 258



RC Lakes Entrance
Central Hotel
Wednesday 6:00 for 6:30pm
Call Lesley 0419 871 197



RC Orbost
Orbost Club
Thursday 6:00 for 6:30pm
Call Gillian (03) 5154 3051