



ROTARY CLUB OF ASCOT

Chartered 26 February 1969 District 9465



Meeting Venue: Ingot Hotel

Address: 285 Great Eastern Hwy

Belmont Western Australia, 6104

Meets 2nd and 4th Tuesday's at 7.00 am for 7.30 - 8.30 am

BULLETIN 2019 - 20

Volume 51-16 January 28th, 2020

Ascot Rotary Club Meeting January 28th, 2020

Louise Hancock and Normand Bourque, our guest speakers for today were welcomed by President Hugh. Our host Chair Mike Bermann would formally introduce them later.

Ascot Club Birthday Celebration

Reminder members, the Ascot Club Birthday Celebration is on **Sunday 23rd February at 4.pm** at Ros and Gerry McLernon's place.

Victoria Park Swap Meet

Peter Richardson reminded club members that the Victoria Park Markets would recommence on Sunday 9th February. A roster will be circulated for members to find a suitable date to support this project.

Guest Speakers

In introducing Louise, Mike explained that she is a physiotherapist trained in Cape Town, South Africa and after moving to the West has an extensive experience working in allied health care including aged care and Fetal Alcohol Syndrome disorder. Louise is also a member of the Osborne Park Rotary Club.

Mike is a neighbour of Normand, and while Mike and Ann were away, Normand had a major stroke ending up lying under the kitchen table for 36 hours. Fortunately, Mike's son Stuart went to see how he was going and found him.

Louise spoke first and stressed the impact that stroke is a major health issue in Australia and worldwide. Four to five years ago working with Dr Chan at Osborne Park hospital, a Community Support Group for stroke victims was set up. The program started to bring in a rehabilitation support group to visit stroke survivors in hospital. The aim was to explain what you could do after stroke. The staff at the Hospital was often unable to find the time to deal with the after-effects and discuss the range of possible rehabilitation activities that could follow a stroke.

Four to six people volunteered to take on the role of being a support group. Training in communication skills, background on what allied health staff as speech pathology, occupational therapy and physiotherapy could offer in support of the stroke victim also included. A ward nurse also communicated to the support worker which people would benefit from a visit. Finding time was often tricky; 1 pm was found to be suitable after treatments and before an afternoon sleep. Additionally, the stroke victim family members were included in the meeting.

At present, an Edith Cowan University research team is doing a quantitative study on the effectiveness of Community Stroke Groups. An academic paper on this study will be released in six to eight months.

Louise feels the program is working well and Sir Charles Gairdner Hospital is putting money into a similar program to that of Osborne Park. Generally, in health settings, there is not a lot of help in the area of psychosocial support.

Normand then spoke about his experience as a 'survivor of stroke'. In the USA, four million people suffer strokes each year while in Australia it is around 400,000. That is, 100 strokes a day occur with 15- 30 % of victims disabled following their stroke.

The frustration he felt when he found he couldn't lace his shoes, button his shirt and couldn't lift a frying pan to fry an egg was overwhelming. The frustration impacts on a carer or partner and Normand expressed the view that often the carers become the victim.

There is no easy answer to the question of whether a stroke victim can repair fully.

After 36 hours following the stroke Normand, in theory, should have had a very slim chance of a full recovery. He found that the effects of tiredness, stiffness of limbs and a general feeling of depression was part of a long and slow recovery process. For example, to regain his driving license took six months and two attempts. He loved playing the piano but at first could only strike one note, but with persistence, he retained his ability to play again.

Normand's message of prevention to all was to monitor your blood pressure, maintain an active lifestyle and eat well!

He and Mike often enjoy the taste of a good wine, but it took a long while for his taste buds to recover! The blood thinners needed for the rest of his life means every little bump leaves a bruise. The persistence and strength of purpose of Normand's efforts to recover from his stroke, highlights the importance of follow up support.

Congratulations and thanks to Louise and Normand for the inspiring talk.

PROGRAM 2019-2020 CLUB ROSTER

Please note the following dates and advise Ron Alexander of your Guest Speaker and Topic and promptly if dates are unsuitable

Date	Welcoming	Venue	Host Chair	Speaker and Topic
11 th February	Ron Alexander	Ingot hotel	Ros McLernon	A.G. Ric Sneeuwjagt - Emergency Services.
25 th February	Michelle Kendall	Ingot Hotel	Michael Metcalf	Cassie Rowe ML Belmont
10 th March	Gerry McLernon	Ingot Hotel	Ron Alexander	Steve Rushforth The Fathering Project
24 th March	Alan Thomson	Ingot Hotel	Hugh Langridge	

MORE DIARY DATES

23 rd February	Club Birthday at Ros and Gerry's Place 4 pm
20 th -22 nd March	District Conference Rockingham

Guest Speaker Roster

Please Note: If you are unable to arrange a guest speaker or will be away on that date please arrange to change your allocated date.

Date 2020	Host Chair	Guest Speaker and Topic
11 th February	Ros McLernon	A.G. Ric Sneeuwjagt - Emergency Services.
25 th February	Michael Metcalf	Cassie Rowe - MLA for Belmont
10 th March	Ron Alexander	Steve Rushforth - The Fathering Project"
24 th March	Hugh Langridge	
7 th April	Ngala (Fiona Beermier)	Brian Smith - Growing Strong Brains Program"
21 st April	Gren Courtland	
5 th May	Joanna Kendall	Paul Hetherington - Girl guides
19 th May	Dianne Reed	
2 nd June	Starick (Leeanne Barron)	
16 th June	Stephen Kendall	
30 th June	Alan Thomson	
14 th July	Michelle Kendall	
28 th July	Gerry McLernon	
11 th August	Bev Poor	
25 th August	Jeff Stephenson	

Information Day ***Rotary Youth Exchange***

for all interested High School students and families wishing to find out more about Rotary Youth Exchange and the countries that are our exchange partners.

Sunday 23 FEBRUARY 2020

1.30pm – 3.30pm

Information presentation at 2pm by Rotary and past exchange students.

**Venue: John McGrath Pavilion
97 Hensman Street, South Perth**

Applications close 31 March 2020 for exchanges in 2021



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