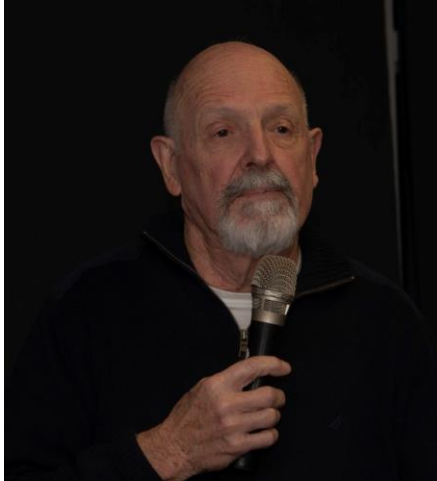




Bulletin # 42 – 16th June 2022

Guest speaker Robin Oxborrow from TOFF



Robin is the current president of the TOFF club (Tomaree Over Fifties Fitness Inc) He pointed out the importance of regular physical activity, especially as we get older. Regular physical activity will help you to stay fit for as long as possible, reduce your risk of a fall and help to prevent chronic diseases such as cancer, diabetes and heart disease etc.

Research shows that any exercise, at any age, is worth the effort and can improve your health and well-being. Regular physical activity and exercise can help to improve your strength and fitness, keep your independence and able to do the activities of everyday life, improve your balance and prevent falls, prevent or reduce the impact of chronic diseases, reduce stress, anxiety and depression, improve your concentration, confidence and general wellbeing.

According to the census 2019 male life expectancy is 85 and female is 88yrs. Here comes the question, is it the number of years or is it the quality we have left? We can influence the quality through exercise. Due to his study & research programme of exercise effect with the over 60s the S/Bay Dr. Arn Sprogis can be seen as the father of this organisation. Loraine Dunn was the first qualified trainer that designed the exercises for the age group. After the 6 mo programme some remarkable results have been achieved: reduced pharma costs, hospital time reduced by 1/3, improved flexibility, better sleep pattern etc. This became the foundation of the current TOFF. Currently, from approx.100 members 80% are females. Men tend to think golf is adequate for their fitness. Proper exercise should be a combination of cardio (raise heart rate) resistance (weights) and stretch exercises. TOFF employ 5 qualified trainers specialized in over 50s. Cost is currently \$7.- per class.

*PCYC classes are Mo. & Fri. 8:00 – 9:00am; Wed. 7:30 – 8:30am
S/Point bowlo classes are Tue and Fri. 8:00 - 9:00am*

In this Bulletin:

- Pg.2:** RoadWhyz, EndTrachoma, BBQ,
- Pg.3:** Visitor, Bino news, Next Guest speaker, Philosophers corner
- Pg.4:** Changeover invitation

Heads & Tails

- Pres. Doug
- Raffle:**
R.Oxborrow (guest Speaker)

Birthdays & Anniversaries in week 25
none

Duties 23rd June:

- Door:**
Lesley Freeman
- Intro Speaker:**
tba
- Thank Speaker:**
tba
- Photos:**
Phill Smith
- Bulletin editor:**
Chris Bartlett
- Binos:**
n.a.

Next meeting – 23rd June with Brian Comley

Dinner: mystery Menu

Apologies/Extras to Club Phone by noon on Wednesday Ph.: 0401 450 239

RoadWhyz



After a Covid enforced two-year break, Nelson Bay Rotary was delighted to sponsor the presentation of the driver awareness program Roadwhyz to Year 11 and 12 students from St Phillips Christian School and Tomaree High. The students had a very confronting, but valuable experience. Michelle Davis, who this week received an OAM for her work in road safety education, and Highway Patrolman Rodney kept the students enthralled, and concerned throughout the presentation.

Who's is this mystery hand indulging in the scones

The contribution by our local CWA of genuine CWA scones with tea and coffee for all staff involved was a very welcome addition to the day.

End Trachoma



President Doug accepted on behalf of the club the Thank you Certificate for the \$2,456 donated to this cause by RCs N/Bay and S/Bay, presented by Helen.

This funded the purchase of 495 mirrors to 100 homes and 75 for the Alekareng School in Ali Curung NT

60 mirrors went to the Murray Downs' School.

In addition, 15 Toiletry bags for Indigenous students in the Alice Springs region.

End Trachoma is an initiative started by RC Melbourne and working with RCs in Districts of Australia.

We are the world's only developed country with trachoma, an infectious eye disease that can be prevented with good hygiene practices.



The Gan Gan Lookout binoculars recently severely vandalized have been repaired to working order again by John St. with the able assistance Geoff D. and will be reinstalled shortly. This is currently our major money income and unfortunately these vandals cause more damage than the coins they are able to steal.

Our QE birthday long weekend Sat. Bunnings BBQ was a very busy affair. Despite the very cold and windy day our team was kept extremely busy, with queues reaching into the entrance area, probably the busiest Sat. some of our members experienced. We realised some \$1400 takings for the day. A big thank you goes out to the volunteers Milton, Phill, Kathy & Bob (picture), Chris, Lesley Richard & Peter who offered to help and braved wind & weather.

The following Monday, Pres. Doug & Chris spent a few hours helping the CWA with their Bunnings BBQ.



Our guest visitor this week was Geoff Robinson, former member of the club and well-known local personality

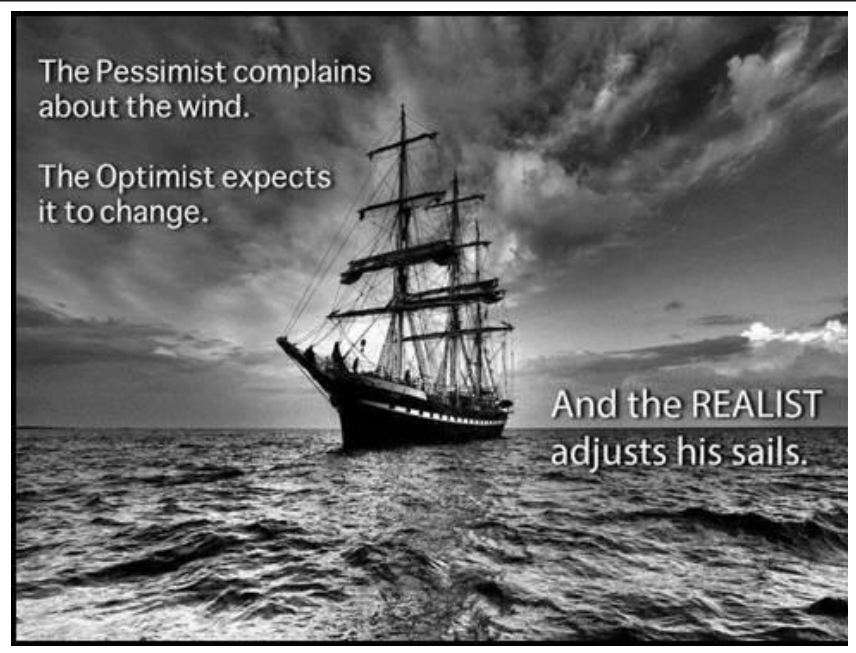


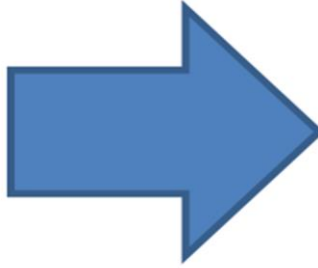
By the current price of vegetables, the salads of the fish and chips meals must have been at least \$5.- worth.

Guest Speaker next meeting will be our member Brian Comley. The subject of his talk is “Voluntary Assisted Dying” or “Dying with Dignity” from his personal experience with his father’s recent passing.

This has been a hot debated subject over many years and has passed NSW legislation to take effect on 28th Nov. 2023

Philosophers Corner





**Rotary Club of Nelson Bay
Changeover Dinner 2021/2022**

**Nelson Bay Bowling Club
Crows Nest Room
30th June 2022
6 pm for 6.30 pm**

Cost \$45 per person includes 2 course meal
Payment in advance required to the following bank account:

**Greater Bank BSB 637000
Account number 781017418**

*Please add your name with payment
(e.g.: Smith x 2)*

Final numbers by 20th June 2022

To: Ph.: 0401 450 239

Dress code: Semi Formal

Please advise of any special meal requirements

**It appears that some members have
transferred the money without name or
reference**