



Bulletin 8 of 24th of August 2023

Guest Speaker Ash Prasher Audiologist

Discussion of Hearing health as part of overall Health



Ash would encourage everyone to consider hearing health as part of their overall health, as we might consider for dental or optical care. Hearing loss is generally a gradual change, and because of this, people are not as likely to take action. It has been described as a hidden handicap, where people press on needing to have things repeated in conversation, and leading them to avoid social interaction.

Hearing loss might also have serious consequences. There is a link between dementia and hearing loss. Hearing loss might also lead people to depression. Imbalances in the ear might also cause people to be more prone to falls. Hearing is also a way we sense danger and when this is taken away, the risk of harm increases. Also without auditory stimulation coming to the inner ear, called auditory deprivation, there is an increased rate in the decline of the hearing sense. A lack of auditory input might lead to memory impairment, and ultimately mental decline.

Some causes of hearing loss include:

1. Ageing, 2 Wax Build Up, 3. Ear infections, 4. Industrial noise. In general if you are over 55 you should consider having a hearing test annually. Some types of hearing loss is treatable, but most are not and will require a hearing aid. The hearing aids have rechargeable batteries now, and bluetooth to allow phone calls to be answered hands free. The cost of hearing aids varies considerably, and the most expensive are not always required. Ash also has a program to treat tinnitus or ringing in the ears. Despite the advertisements we see showing devices to blast wax out of the ear Ash would suggest caution, as this could still cause damage to the tympanic membrane.

Ash's business is Port Stephens Audiology in Stockton Street, Nelson Bay.
www.portstephensaudiology.com

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Details for week following our next weeks meeting

Birthdays

Phil McIver on 18th of August

Anniversaries

None this week

Heads & Tails: John Stumcke

Raffle: Geoff Diemer

I was able to shuffle the pack for Treasurer Geoff to draw from but still the joker was not found.

Jackpot of \$340 is continuing to build.

Next meeting 31st of August

Next weekend will already be a big day for club members as we set up and manage the science discovery day for local primary schools.

We are also catering to a family night at Bunnings. In view of this we are not having a meeting at the NBBC on this night. Members are welcome to attend Bunnings for some fellowship with a Sausage sandwich.

7th of September Christian Hernandez "The Evolution of Community Pharmacy"

Important Dates

31 August: Science Discovery Day at Tomaree HS

8th of September; This is the 70th Anniversary Dinner for Raymond Terrace Rotary Club who was our sponsor club.

9th of September: BBQ for Suicide Prevention Group.

23rd Of September
Official opening of the Tomaree Hospital Garden.

SCIENCE & ENGINEERING CHALLENGE STATE FINAL

The Rotary supported Science & Engineering State Final was held at Newcastle University from Tuesday August 22 to Thursday August 24.

Club Members Lesley Freeman and Chris Bartlett attended on Tuesday with 9 teams from the top 24 regional finalists. Over 270 Year 10 and 11 students, plus a good number of teachers, coupled with around 30 mostly Rotary Club volunteers witnessed some fierce competition throughout the day. Youth Director Lesley Freeman and Chris Bartlett were assigned Back to Mars for the day. Students had to construct a lunar landing machine, stable enough to carry a rocket over a very rocky surface.

The day was a great success and an enjoyable one for both students and volunteers.

The national Final will be held at Newcastle University in 2025 to mark 25 years of the challenge and Rotary's involvement.

Pictures 1. Students watching the bridge building final 2. Chris, Lesley and Jacqueline Harrison from Maitland Sunrise at the Challenge. 3. Lesley supervising at the Challenge. 4. Students testing their machines on the undulating surface.



GARDEN IN BLOOM

This week saw a number of small tasks completed including the painting of the solar panel pole for the water feature, a tidy up of the panels near the air conditioners and laying another strip of turf. The garden and lawn has been regularly watered to ensure good growth and hopefully be in full bloom for the opening next month.

Tomaree Hospital Maintenance Manager Brian has assisted us with watering. Brian also shared a great story of 11 children visiting their grandmother a patient in the hospital spending a number of hours playing in the garden...

It is great to see the garden being so well utilised in this way.

Some of the plants are proving to be early bloomers as the photos show, and will look great for the opening in 3 weeks time.



Report and pictures
by Chris Bartlett



Garden Opening

All members and partners have received an invitation to the Hospital Reflective Garden official opening on Saturday 23rd of September at 10.30am with the attendance of Meryl Swanson, Federal Member for Patterson.

This will be a great moment for the club, and it is hoped as many members as possible can attend. Please RSVP to Secretary Don by 15th of September.

There are a few jobs to do on the day which will be coordinated by Doug Craike so please contact him to advise of your assistance.

Otherwise the Tomaree Hospital is continuing to operate, and this will limit what can be done on the day. Doug has advised plans for live music and a PA system might be curtailed.

Parking at the hospital is limited, and it is advised to park away from the hospital in neighbouring streets. One of the jobs required on the day will be for parking assistance and directions to the garden.

Some one liners courtesy of a Probus Newsletter

I have started telling everyone about the benefits of eating dried grapes. It all about raisin awareness.

I thought I would come up with a carpentry pun that woodwork. I thought I nailed it but nobody saw it.

Six cows were smoking joints and playing poker. That's right the steaks were pretty high. How much does a chimney cost. Nothing it's on the house.

Someone said they wouldn't eat cow's tongue because it came out of a cow's mouth. It made me wonder what about an Egg?