

Cambridge Courier

Information about our next Rotary Meeting:

Wednesday 24th August 2022

Speakers: Jason Bloxsidge

Topic: How To Be Scam Fit Online

On Duty: Speaker Host, Introduction & thanks: Sue Brown

Set up/Pack up: Mike Graham

Coming up soon

Wednesday 31st August

There will be no regular meeting on this day, BUT there is a tour of the **Aviation Museum** in Bullcreek at 10.30 am. If you would like to go please RSVP to Frank by 24/08/2022 and let him know if you will be buying lunch at the Cafe. The tour costs \$5 per head. See Frank's email dated 5th Aug

GENERAL NEWS ITEMS

- Our condolences go to Peter Wagner & his Family on the loss of Peter's Mother recently.
- Suzanne the Exchange Student from France arrives in Perth very soon, and we'll meet her shortly.
- The Mt Lawley Club is having a Quiz Night on Friday 26th August to raise funds for providing potable drinking water in Zambia. Details from Pres. Frank.

NEWS FROM LAST WEEK

Assoc. Prof. Mel Ferguson and Audiologist Ellen Bothe from the Ear Science Institute came to address us on 'Learning to Listen', and Mel started by emphasising that knowledge of hearing loss must be disseminated throughout the community if we are to make progress in tackling the issue. Hearing loss ranges from mild to profound and it makes participation in groups very difficult, resulting in impaired social engagement and withdrawal due to lack of communication. Hearing loss not only affects the individual but also their circle of family and friends. It worsens with age, and by 70 years old individuals have a 70% chance of getting hearing difficulties. One in six people in Australia have hearing loss, and only 1 in 3 people who need a hearing aid actually have one. Mel referred us to the C2Hear website designed to help people with information about hearing aids which, over the last ten years or so, have become very sophisticated. On average people wait 9 years before they get a hearing aid, and Mel urged us to see an Audiologist sooner rather than later. She also recommended aids with smart phone connectivity. Ellen then explored the possible link between hearing loss in middle age and dementia, and concluded that it is a likely factor because reduced stimulation diminishes cognitive resources. Conversely, hearing aids probably improve brain health through stimulation. Hearing loss victims often say "I can hear but I can't understand" and Ellen told us about auditory-cognitive training (ACT) which teaches the brain to listen and is thought to minimise age-related sensory and cognitive decline. ACT seems to have a positive effect on auditory perception, memory, attention, and speed of processing. The talks were most relevant to our Members and many Guests – thank you Ladies!



His wife asked if he'd seen the dog bowl. He said he didn't know it plays cricket!

Birthdays: none this time

Wedding anniversaries: Jim & Mary Anne Berry (26 Aug); Mike & Yvonne Graham (31 Aug)

Rotary anniversaries: none this time