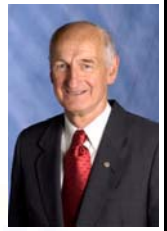


ROTARY CLUB OF SALE INC.

CHARTERED 1928



Club President
Grant Ellers
Secretary
Laurie Smyth

R.I. President
William (Bill) Boyd
District Governor
Dennis Heslin

WEEKLY BULLETIN OF THE ROTARY CLUB OF SALE.

Vol 79 No. 30 12th February 2007

February 2007 – World Understanding Month

Chairman: Ben Lancaster

PRESIDENTS' ANNOUNCEMENTS

Upon his return from his trip overseas, President Grant made the following announcements:

Something Blue. Even though I left the RAAF almost 2 years ago I still feel the need to wear something blue almost every day and when that blue also happens to be a Rotary shirt I feel all the more comfortable. I've got a few of these now so you'll be seeing more of them from now on, nothing like a bit of gratuitous advertising!

Thankyous. Thanks to Col for standing-in as President whilst I was away (well at least I know he did the duty last week) and to anyone else who also looked after the position. I haven't checked my emails yet so I don't know who they were exactly.

Australia Day celebrations. I understand that the Australia Day celebrations were very popular and well received. To Alan Lewis and all the helpers and organisers who made it a great day and a proud one for our Club a big thankyou to you.

David Tulloch. Congratulations to David on the award of an OAM. How humble is this man and I'm proud that he's a Rotarian and so should we be that he's also a member of our Club.

Daniel and Jodie. Congratulations to Jodie and Daniel on a boy, Hayden Peter, last Thursday.

Board Meeting. Board meeting this Wednesday at Daniels Boardroom.

My trip away. I will leave some of the details of my trip to International Assembly for a later date but I did meet some very focussed and committed Rotarians whilst there. One I met on the first morning in the lift actually bought Paul Harris's house. He explained that he had waited for 20 years for the house to come onto the market and he and his wife will, with the help of his club and his district, restore the house and turn it into a Rotary Museum. How's that for commitment!!

Treasurer Ian Jones also made some announcements. Firstly, as the coordinator for arranging the accommodation of the 75 participants in Ride to Conference, Ian pleaded with members to put up some of the riders for two nights on the 19th and 20th March. He then reminded Rotarians that the 6-monthly fees are now due if they have not already been paid.

Guest Speaker: David Oliver – Mind Your Mind

Chairman, Ben Lancaster, introduced guest speaker, David Oliver, whose subject for his address was “Mind Your Mind”.

David is from Alzheimer’s Australia Victorian Division and he commenced his talk by informing his audience that his father had died after suffering with dementia for three years. He explained that changes in our brains that result in dementia may start decades before symptoms appear and that there may be a number of causes apart from age and a genetic predisposition.



Guest speaker, David Oliver, at Relish to address the RC of Sale

A healthy brain is important for many aspects of your life – your thoughts, feelings and memories, your family life and work.

It is not yet known how you can prevent or cure dementia, but there is a lot you can do to keep your brain healthier as you age. And adopting the Mind your Mind lifestyle may reduce your risk of developing dementia.

The biggest risk factors for dementia are getting older and your genes - things you can't do anything about. So, it is important to do what you can with the things you can control - your lifestyle and habits.

Mind your Mind can't guarantee that you won't get dementia, even if you 'do everything right'. However, studies of large groups of people do show that those who adopt 'brain-healthy' lifestyles have a reduced risk of developing dementia.

The seven signposts to



Mind your
Body



Mind your
Diet



Mind your
Brain



Mind your
Health Checks



Mind your
Social Life



Mind your
Head



Mind your
Habits

David went on to say that for many years experts believed there was nothing that could be done to reduce the risk of developing dementia until Alzheimer’s Australia developed a risk reduction program called “Mind your Mind”. The program relies on the adoption of ‘brain-healthy’ lifestyles and because changes in the brain may start decades before symptoms appear, it is never too early to adopt these healthy lifestyle habits. In addition to reducing the risks of developing dementia, you are also reducing your risk of developing heart disease, stroke and diabetes.

David continued his talk by explaining that dementia is a general term for more than 70 conditions causing the progressive deterioration in thinking, memory and everyday abilities. Alzheimer’s disease is the most common cause of dementia. He also stressed that while it is more common as people age, dementia is not a normal part of aging.

There is an estimated 200,000 people in Australia with dementia and by 2050 this is expected to rise to 730,000. In 2006 there were expected to be 54,000 new cases of dementia.

In answering a question from Col, David informed us that a drug will be available in the next 5 to 10 years to treat Alzheimer’s disease. David also answered questions from Chris in which he spoke about validation therapy and from Emu who asked about treatments derived from stem cells. David said there was no evidence of retrospective repair.

Ben then thanked David and asked President Grant to thank him on behalf of the Club. The meeting was then called to a close.

David gave a prize to Louise for working out the most Brain Teasers.

Sergeants-at-Arms: Leo O'Brien

- The observant sergeant noticed Noel was not wearing a name badge and for this omission Noel paid the cost.
- While he was with the Langleys, Leo also fined Betty for still being married to Noel.
- Chris's long absence from the meetings incurred a fine.
- Leo thought the marriage line was a good money spinner and fined Louise for still being married to Adrian.
- Col copped a fine because Leo did not ring him back (ed. sounds back to front but lack of shorthand skills may be responsible for this).
- Squeaky clean Carmel incurred a fine because there is never any dirt on her.
- Rod did not run over Leo but collected a fine anyway for driving too fast in the mall.
- Brian paid up for doing something to the hall.
- Ben wore his skull and cross bones shirt and paid for the privilege.
- Leo fined himself because he cannot put up any of the Ride to Conference participants unless they share the kids' beds, which he thought is not appropriate.
- Alida contributed to the sergeant's collection for allowing Graeme to spend 9 weeks in Sale
- Laurie's beard earned him a fine.
- Other members who the sergeant collared were Emu, Bob and Graeme before fines from the floor saw Keith gleefully pay up for a measure of success by Collingwood. As a final fine Leo collected from David for the impossible brain teasers he set.

NEXT MEETING Monday 19th Feb

Guest Speaker: Fred Sunderman - Local Inventor
Chair: Ian Jones
Sergeant: Mike Smith
Attendance: Noel Langley
Set up: Bob Davis
Venue: Relish

Meeting Monday 26th Feb

Club Night:
Chair: Daniel Smolenaars
Sergeant: Col Counsell
Attendance: Noel Langley
Set up: Neil Ross
Venue: Relish

ON THE RADAR

Mon 5th Mar – Mechanics Institute
Briagolong – Partners Night.
Mon 12th Mar - No meeting
Mon 19th Mar – Richard Crook –
Sale Show Organisation.

Relish Contact Details

Hosts: Tania Jones & Robert Wood
Phone/Fax: (03) 5144 5044
E-mail: relish8@westnet.com.au
Rotarians, please remember to notify Relish if you'll be absent by 12:00 midday on the Monday of the meeting.

NOTICES

Attendance: 16 Rotarians.
Visiting Rotarians: None
Guests: Alida, Betty, Louise, Margaret
Make-Ups: None reported
Raffle: Chris drew Laurie's ticket and didn't need to ward off a kiss

If you are away from home you will find friends at all Rotary Clubs. You can make up for missed meetings of the Sale Club with any of the following local Clubs:

Bairnsdale: Tuesday 6:00pm Bairnsdale Club

Bairnsdale Sunrise: Friday 6:45am Main Hotel

Heyfield: Monday 6:30 Railway Hotel

Lakes Entrance: Wednesday 6:00pm Bellevue Motel

Maffra: Thursday 6:00pm Duart Receptions

Mitchell River: Monday 5:45pm Italian Club

Sale Central: Tuesday 6:00pm Princeton

Traralgon: Tuesday 6:00pm Traralgon Golf Club

Traralgon Central: Monday 6:00pm Latrobe Convention Centre

Yarram: Wednesday 6:00pm Yarram Club

For more information about Rotary check the following websites

Rotary Club of Sale:

<http://home.vicnet.net.au/~rcsale/>

Rotary District 9820:

www.district9820.org

Rotary International:

<http://www.rotary.org>

Just for Fun

Couples who have lived together a long time have their own way of communicating.

A woman overheard her aunt and uncle one day, "What are you looking for in that closet?" she asked.

"Nothing," he answered.

"Well, it's not in there. Look under the bed."

A blonde decided to commit suicide by hanging herself from a tree in the park. A few days later, a man was walking his dog and spotted her hanging from the tree.

He asked the blonde what she was doing and she replied, "I'm hanging myself.

"Your supposed to put the noose around your neck not your waist." said the onlooker.

"I already tried that," replied the blonde "but I couldn't breathe"