

Rotary Club of WANGANUI NORTH



Bulletin



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Rotary Club of Wanganui North

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We Meet:

Every Wednesday 5.30pm

At the Cossie Club

Off Rutland Street

Wanganui

Other Wanganui

Rotary Clubs meet:

Club: Wanganui

Venue: The Avenue Motor Inn

Victoria Avenue

Time: Monday 12 noon

Club: Daybreak (fortnightly)

Venue: The Kingsgate Hotel

379 Victoria Avenue

Time: Monday 6:50am

Please note:

Apologies or additional guests
are to be phoned or emailed to

Brian.W.Smith@xtra.co.nz

or

Phone 344-3056

LEAVE OF ABSENCE

Des Wink	UFN
Garth Barlow	UFN
Matt McLay	UFN
John van Dalen	UFN
Robin Paul	until 7/10
Don Speirs	UFN
Bernie Thomas	UFN
Mike Miller	5/9 – 24/10
Dion Hazelhurst	until end Sept
Moni Collins	until 24/10
Karen Edlin	until 10/10

The meeting opened with grace said by
Graeme Carter.

Directors Announcements

- Evert gave an update on the trailer raffle-all in hand and ticket selling rosters will be made up shortly. All club members are urged to give up a few hours each weekend to make things go smoothly as in the past.
- Cranleigh Update on Bushy Park. They are currently doing up the old stables which are a Grade 2 Heritage building. The outside is finished and now the inside is being done. The foaling room has wooden cobbles, many of which need replacing. The stables will eventually become a museum, containing much of the old horse-drawn agricultural equipment used back in earlier times. In a few weeks' time another major project, requiring lots of manpower will get underway. The track from the homestead to the wetlands needs redoing, with wooden edging and shell rock. A club working bee one weekend will be organised.



Guest Speaker

Our guest speaker tonight was Bobbie Bryce, introduced by Jane Hickey.

Bobbie was born in the UK and ran a “memory clinic” in Takapuna/North Shore Hospital before coming to Whanganui. She once had a stroke and therefore understands perfectly the effects this has on memory.

Memory is based on cognition. Starting as a baby we learn more and more as we grow, then as we age the brain and our memories start to shrink and we slowly revert to childhood. Bobbie’s job is to help people maintain memory and neurone links as much as possible. So far, no effective drugs have been developed that reverse the effects of dementia or Alzheimer’s.

When it comes to memory, what goes in should come out, when it’s needed. The brain is a two-sided organ dependant on adequate blood flow for proper function. Minor strokes or TIA’s (Transient Ischaemic Attacks) last about 24 hours and cause no permanent damage. Major strokes are more serious and can have permanent effects.

The left brain is concerned with speech, language, planning, emotion etc while the right brain is more concerned with emotions, spiritual belief etc. This explains why music is such good therapy for stroke victims with speech loss- the two areas concerned are on opposite sides of the brain therefore new neural connections are stimulated.

The top of the brain is concerned with movement with the left brain controlling the right side and vice versa. The more complex the function of any given organ the greater the number of neural connections, e.g. the eye and the tongue have vastly greater numbers of neurones involved than say an arm or a leg.

Calendar

6th October

Rotariannes Coffee Morning.
at 10am at CUBAN
BELLE CAFE, 85 Glasgow St.

18th October

Foodbank Drive

24th October

World Polio Day

17th November

Rotary Rowing Stakes

9th December

Carols by Candlelight

Duties

Meeting	26 th September	3 rd October	10 th October
Speaker	Vanessa and Kylie	Committee Meetings	Cranleigh Chainey
Topic	“Shine” Interact Club		
Host	Tony Hodge		Lynn Larsen
Thanks	Bruce Kennedy		Deon Hazelhurst
Reception	Brian Smith	Brian Smith	Brian Smith
	Graeme Foster	Graeme Carey	Maree Langford
Grace	Brian Foley	Craig Cleveland	Leith Power
Sergeant	Rosemary Hovey	Rosemary Hovey	Rosemary Hovey
Bulletin Editor	Malcolm Jansen	Mark Kennedy	Mark Kennedy

If you are not able to attend please arrange a replacement

Guest Speaker continued

Strong memory can be created but it takes some work. First of all, pay attention & concentrate or the event will not be encoded into memory. For name recall, attach an object or adjective to the name-making; humour helps. Also attaching emotion to an event will aid recall.

False memory can be just as strong and “real” as genuine memories. Driving requires a lot of memory and attention and the brain can get overwhelmed when tired or attention is distracted. This is why texting while driving is so dangerous. Multitasking also becomes increasingly difficult as we age, which explains why we can walk out of a room and completely forget the reason for going next door. The brain can only cope with 7 items at one time with a minimum of 2 at a time.

The basic motto for memory is “Use it or lose it”. Therefore avoid smoking and excess alcohol, and do cross-over exercises such as reverse arm folding, putting on clothes starting with the opposite arm or leg from normal, do opposing direction hand movements or pat top of head & do circular tummy strokes, as well as mental exercises such as puzzles.

And finally, because the brain utilises 25% of our daily energy requirements, if you want to lose weight-THINK HARDER.

Thanks was given by Terry Coxon.



Work progressing at Bushy Park (as shown):

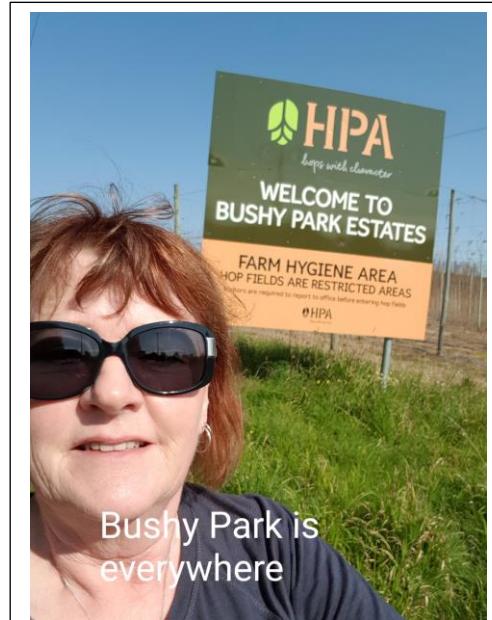
- restoration and decorating with Gerry Hardie**
- feeding time with Lynn Larsen**

More from the Meeting

Directors Announcements

- Brian Cadogan organising the foodbank drive is well under way with Terry Coxon organising drivers. The actual drive will be on Thursday October 18th. The city has been divided into 36 “regions” and 40 drivers are needed to give an adequate safety margin. Assembly and drop off will both be at Whanganui Farm Supplies not the Memorial Hall. Collegiate is all teed up and both Daybreak and Whanganui clubs are on board. Drivers will need to fill in an OSH plan and require a valid licence, Vehicle insurance, Vehicle rego. & WOF, minimum 3 seat belts and a reasonably large boot or storage space. City mission can also supply a number of helpers. All costs will be covered by the Whanganui Rotary Community Trust.
- DG Marion has been in Hobart for 10 days, 3 days holiday, 7 days attending Rotary Pacific Conference which is held 2 years in Australia, & 1 year in NZ. Next year it will be in Christchurch. The program has a host of interesting topics and Marion urges anyone who can, to attend next year.

"DG Marion discovers you
can't escape Bushy Park by
hiding in Hobart."



Members Announcements

- Lyn Couper brought the upcoming Zonta Fashion Parade to our attention. To be held at Girls College on 17th October with local firms and some Girls College students involved.
- Bryce Coneybeer has had knee surgery and will be out of action for a few more weeks.