



Peace Through Service

Guest Speaker: Verity Jackson - Alzheimer's Australia

Intro: Dave H

Thanks: Elaine M

Our guest speaker this week was Verity Jackson from Alzheimer's Australia (NSW). Alzheimer's Australia is the peak body for people with dementia. The organisation supports families and carers by providing advocacy, education and support services.

Verity is part of the Bega team and provides services to 3 shires. She can be contacted at the Werri Nina Centre on Tuesdays and Wednesdays. The information they provide includes advice about dementia and the ways it can manifest itself, as it is not a 'one size fits all condition'. They also provide counsel regarding risk reduction, living with someone who has dementia, memory change along with sharing current research. They also assist with linking clients with other services and support relevant to individual needs.

Another major task they undertake is a community awareness program to promote awareness of dementia. Brochures are available on topics like Your Brain Matters and What to do if you are worried about your Memory. They also hold talks on healthy aging and they have the Memory Van. She said that in Australia over 300,000 people are living with dementia and it is expected to increase by almost one third in 10 years.

With this condition on the increase we need to learn how to support our family member or friend by communicating clearly, by keeping in touch and by giving practical help, by doing these simple things you can make a huge difference. Verity provided a quote from a carer who said "although our lives are changed there is life after diagnosis. We need our friends and family to walk along side as we build a new life".

Verity had several help sheets which can be collected from the Werri Nina Centre or you can contact Alzheimer's Australia at the National Dementia Helpline on 1800 100 500 or visit the website at fightdementia.org.au



Verity & David H



Verity & Elaine M



Peter D, Katrin H & Verity

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PEACE THROUGH SERVICE

3 MINUTER

This week the 3 Minuter was presented by our outgoing GSE representative, Donna Saddler.

She told us that as a 5 year old she wanted to be a Nurse or a Check-out Chick and she has achieved both of these goals. After high school she focused on the sports industry by undertaking an Associate Diploma of Science in Canberra. She also spent 2 years at the Australian Institute of Sport where she assisted with swimmers and the Australian men's water polo team.

She stumbled in to aged care as an original member of staff at Yallambee, she had no experience but a genuine love of the elderly. She obtained her Enrolled Nursing degree at Bathurst Base Hospital and went on to gain her Registered Nursing degree while raising her kids.

It is with pride she says she acquired the privileged position of Manager at Yallambee in 2010. She is very proud of the achievements of the last 2 years and also of the vision for expansion of palliative care room to improve the care given as a person is nearing the end of their life.

The passion Donna feels for the elderly has been passed on to her children. This was demonstrated when her son Noah had an assignment which was to bring a family treasure to school - he took along his Uncle Jim.

She is really excited about the GSE trip and is looking forward to seeing how aged care is delivered in other countries along with sharing ideas she has gained over the last 18 years of working in the industry. These include residential changes, the profile of residents and funding structures.

While there she looking forward to experiencing the American lifestyle, hopes to see a Lakers game and take a trip on the Mississippi River. She expressed her thanks to Rotary for the opportunity and will make sure she spreads the good word about our town and the region as a whole.

Photo Gallery



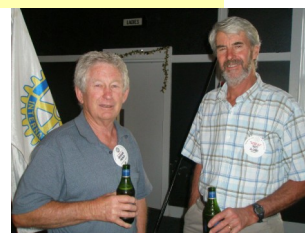
Happy Birthday
Maree



Out going GSE member
Donna Saddler



Roslyn & John K



Graham F & Tony S



Why is sergeant Peter looking
so cheerful?



Maybe our visitors Neil &
Kathryn Russell know.



Irene, Anne & Verity



The Sovereign Team

THOUGHT OF THE WEEK: Jim H

Education costs money but so does ignorance.

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PEACE THROUGH SERVICE

**WE MEET WEDNESDAYS 6.00PM FOR 6.30PM
AT DODDS HOTEL, COMMISSIONER ST. COOMA**

**Theme of the Month for Cooma Rotary:
Family**

THIS WEEK'S NEWS

ROTARY FRIENDSHIP EXCHANGE 2013

Here is an opportunity for Rotarians to travel to Indiana USA with Rotary Friendship Exchange:

As you know, D9710 Rotary Friendship Exchange group will be hosting a group of 10 to 12 Rotarians from D6540 Indiana USA after the International Conference in Sydney in June 2014. They would like our district to visit them in 2013. I am urgently seeking the names of any Rotarians who are interested in travelling to US next year, preferably late August to early September.

The exchange involves travelling to Indiana at own cost where the Rotarians will then host our group for 2 weeks in home hosting arrangements with lots of sightseeing etc as well as attending some Rotary meetings. Most people would make the trip as part of a longer trip, perhaps to the US.

Contact Steve Shirvington or Ross Power on rossp@iken.com.au to give names or seek further details.

Margaret E reminded us to save up our 5 cents to contribute to the 5 cent challenge.

Elaine S advised that there is a Country Music Muster to be held on Easter Sunday 2013. She will need volunteers to person the BBQ.

Chris A advised that the next trip to Kemabolo PNG, will be on 18 May 2013. He will be going up earlier to check things out.

Steve S has new flash drives with the Cooma Rotary logo on them, you can pick one up for \$8. They will also be presented to guest speakers as a token of thanks.

Dave H advised that the millionaires garage sale bbq put on by the Club raised \$178.00. Thanks to all who assisted on the day.

We would like to express our thanks to Kevin and Sharon McLachland and Paula Burns at the Sovereign for hosting the meetings while we were seeking another permanent venue.

This Weeks Attendance: 37 + 2 make-ups 39 out of 42 - 92.8% (Port please Pres Richard)

Visiting Rotarians: Neil Russell - South Port, Queensland

Guests: Verity Jackson, Donna Saddler & Lea (Club), Roslyn (Rob S), Maree (Kevin D), Kathryn (Neil R), Irene S and Anne Fabry (Steve S).

Apologies: Margaret H, Lou M, Peter A.

Leave: Joe V.

We Also Missed: None

Make-ups: Richard L, Elaine S.

**The Rotary Club of Cooma
The Secretary
PO Box 14
Cooma NSW 2630
Phone: 042 138 150
E-Mail: coomarotary@home.netspeed.com.au**

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PEACE THROUGH SERVICE

ROSTERS	December	January
Attendance	Lou Chris	Tom Elaine M
Property	John V Mark C	Lou Patrick
Fellowship	Margaret E Clair N	Margaret E Clair N
Markets	David H - Co-ord Alyson H-J - PA Peter D - MR Dave L- V Les Tony Elaine M Brian J	David H - Co-ord Alyson H-J - PA

SOME SIMPLE RULES ABOUT ROSTERS

GENERAL

Members rostered on and not able to attend are to make arrangements with another member to take their place.

MARKETS

Those nominated to tow the caravan or chuck wagon are to be at the Rotary shed no later than 8am. Ensure you get the key to the shed from David Holgate PRIOR TO THE EVENT so the equipment can be set up early. If you are unable to tow the van or chuck wagon PLEASE ASK SOMEONE WHO CAN, or advise David Holgate before the event. Others nominated should be at the park by 8.30am.

Next Weeks Program	Three Minuter	Thought of the Week
Chris Adams - Scotland Trip Intro - John C Thanks - Brenda C-B	Margaret E	Matt T

MEMBER HAPPENINGS

ANNIVERSARIES	BIRTHDAYS	YEARS OF SERVICE
Mark & Janine John-Natley - 15 years on 14 December Tony & Carol Slater - 43 years on 20 December Chris & Kim Adams - 12 years on 24 December Brian & Alyson Hulley-Jeffries - 38 years on 28 December Darrell & Marilyn Gaukroger - 12 years on 30 December Lou & Elaine Moore - 5 years on 31 December	Les S - 4 December Mark J-N - 9 December John C - 10 December Judy Trute wife of Des - 5 December Jeannette Clarke wife of John - 8 December Elaine Moore wife of Lou - 18 December Carol Slater wife of Tony - 21 December Lainie Lawson wife of Richard - 30 December	Matt T - 2 years on 1 December Richard L - 14 years on 7 December Elaine M - 8 years on 16 December

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