

Rotary Club of Fern Tree Gully Inc.

INCORPORATED REG. NO. A0023463V
DISTRICT 9810 VICTORIA AUSTRALIA

CHARTERED: 16-May-1963

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27th August 2020

WEEKLY BULLETIN

Date & Time:	Thursday 27th August [Kick off at 6.30]	Thursday 3rd September [Kick off at 6.30]	Thursday 10th September [Kick off at 6.30]	Thursday 17th September [Kick off at 6.30]
Venue:				
Program:	STROKE SAFE TALK	CLUB ASSEMBLY	Women in Information Technologies	“Club Runner” Program
Speaker:	Kevin English	N/A	Anita Wadhwa	Peter Dalwood
Partners' Night	Yes	Welcome	Yes	Yes

DATES TO DIARISE

2020		Event
31-Aug		Monday-Social Media workshop at 7.00pm
3-Sep		CLUB ASSEMBLY
10-Sep		Women in Information Technologies - Anita Wadhwa
17-Sep		Club Runner Program - Peter Dalwood
		District event
		Club event

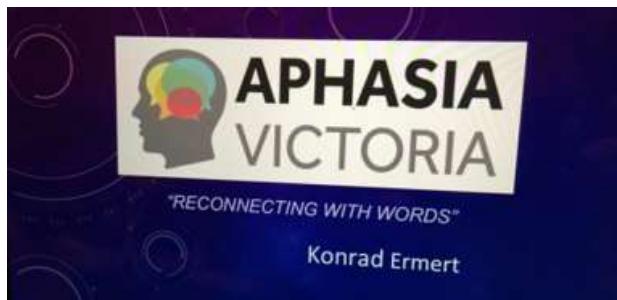
<i>Birthdays:</i>	None
<i>Anniversaries:</i>	None
<i>Induction to RC of Fern Tree Gully</i>	None

PRESIDENT'S REPORT



AUGUST IS MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH

Our guest speakers last week Mimi and Konrad Ermert spoke on understanding Aphasia. Aphasia is a difficulty caused by a brain injury usually a stroke and can be caused by other neurological disorders affecting the part of the brain that is important for language e.g. tumours, aneurysms and head injuries. Over 120,000 Australians are affected by Aphasia with a 1/3 of those from having a stroke.



People with Aphasia have difficulty with talking, understanding what others say, reading, writing and social situations. There are no existing medications or therapies that can cure Aphasia. In Mimi's case it took six months following her stroke to be able to communicate again. Depending on the size of the brain injury this can be much longer.

Konrad spoke on the work of the advocacy group that has been established to support people with Aphasia. Its aims being to provide awareness, information and educate the public of the extent of Aphasia in our community.

I'm sure we are all now aware of a consequence of a brain injury that was unknown to us before this presentation.

Community Kitchen

By now the ingredients have been purchased, the soup has been made and delivered to the Ferntree Gully Community Kitchen. I would like to say thank you to our members who provided this first batch of soup to the Community Kitchen. Christine and Alan were busy over the weekend preparing the Father's Day gifts for Steve. I'm sure Christine will display her presentation skills.

STAY SAFE

Graeme Aspinall

President 2020/2021



THE WEEK THAT WAS

Thursday 20th August, 2020

Following on from President Graeme's summary of last week's meeting:

Aphasia Victoria - <https://www.aphasiavic.org.au/>

The Aphasia group was created in Victoria 4 years ago.

How can we help?



AREAS WHERE HELP IS NEEDED

Mimi mentioned the importance of the use of Apps in the recovery process.

Apps are available for Aphasia – e.g. “Apple Voice Over”; many sufferers may not have the finances to purchase the technology required.

A Medicare item number is needed in order for sufferers to purchase Ipad or tablet to access the apps.

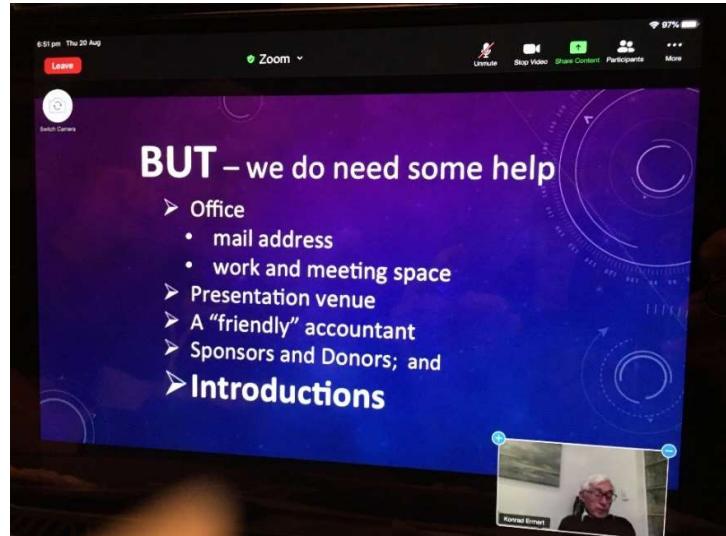
With 30,000 sufferers in Victoria an advocate is needed.

There are a dozen or so support groups in Melbourne with a speech pathologist attending – it is more difficult now with the Covid-19 restrictions as communication is difficult

Community – Christine outlined details for soup preparation for the Foothills Community Group also the progress on the Father's Day gifts.

Membership – Paul Mc encouraged members to invite any interested persons to join in on our Zoom meetings, give their details to Christine so that she can send and invite.

Meeting closed.



**IT'S GREAT AUNT ETHEL HERE AGAIN, TO
IMPROVE YOUR LIVES AND ADD SOME
EXCITEMENT TO THOSE DAILY, UNENDING
CHORES !**



This week it's THAT MIRACLE LIQUID - VINEGAR

1. TO soften towels when washing, instead of fabric softener, which contains nasty chemicals, add 120 ml white vinegar to the rinse. This breaks down the fibres and will leave your towels soft and fluffy.

In fact, you can use around 40ml of white vinegar as softener for all your wash – cheaper than those expensive brands, with the large containers taking up a large portion of your recycling bin!
2. Want to remove the names you have written on your frozen food containers (or any container for that matter) with black markers? Just drizzle some vinegar over the writing, leave for approximately 30 minutes – the names should then be easily removed by rubbing with a sponge or soft scrubber.
3. Cloudy glassware coming out of your dishwasher after the cycle is complete? Add a little vinegar to the rinse aid dispenser, and they will come out sparkling clean !

Ready to be refilled with the liquid refreshment that sends your "spirits" soaring and makes even Covid temporarily disappear, your love for human kind fill every little pore of your being and gratitude to the wonderful politicians that only live to make our plebeian lives easier!
4. General cleaning - pour some on a cloth and wipe your kitchen sink, draining board, and other areas. Water can dull your surfaces because evaporation leads to limescale deposits, but white vinegar will keep your kitchen surfaces shining.

These are just a few of the innumerable magic powers unleashed when you remove the lid from that innocuous looking, nondescript bottle stashed away at the very back of the top shelf of our pantries, too high to reach for some of us – and far away from the other goods promising to take us to new culinary heights!

*So, bring that bottle down, son, bring that bottle down,
And you'll have the most sparkling home in town!
Use it high and use it low, there's no limit to where you can go
In the house, in the car, in the loo or wherever you are,
Vinegar will save the day, wipe it on or use a spray!
You'll be happy, you'll be glad, vinegar, vinegar all the way!*

**PS If you have any questions (polite only, please!) you can send them to Ms Margaret, the intrepid bulletin editor, who will pass them on without fear or favour (I hope!)
And, to steal a line from a current ad, if I can't "fix it" you DON'T PAY !**

Great (of course!) Aunt Ethel.

Member's Memories

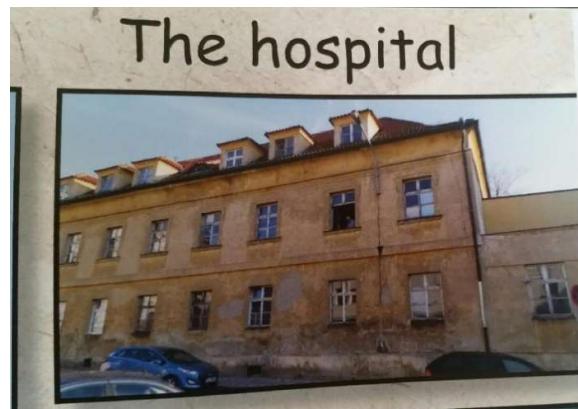
Following a most enlightening topic from our speakers last week on Aphasia and in view of this week's topic - Stroke Safe, here is my contribution to the memories page.

In 2015, together with the McAloney's and the Mandergeddes' we enjoyed a fantastic holiday and river cruise in Europe, ending in Budapest where we then travelled by train to Prague.

On our second day in Prague I had a TIA (Transient Ischaemic Attack) and ended up in hospital for 4 days. Whilst the medical treatment I received was excellent (fortunately the doctors spoke English) the accommodation left a lot to be desired. Below are photos of me in my hospital bed in my "salubrious" surroundings and the exterior of hospital.



As the food provided by the hospital was inedible, fortunately my good friends, Kay and Fran, raided the hotel breakfast buffet



and supplied me with plenty of edible food. I was very fortunate to have such wonderful friends and husband to supply me with food and more importantly support (both emotional and practical) whilst I lay in my lonely room. They were busy contacting embassies, airlines, our travel agent back home to assist with my travel insurance cover. After checking out of the hospital I then was not allowed to travel for another 3 days, so Bob and I managed to get some sightseeing done. Needless to say, I do not have fond memories of my visit to Prague. Having never experienced anything like this before, I was very fortunate that my "mini-stroke" was not severe and had no lasting consequences except to say that it was a bit of a wake-up call.
Do not take your health for granted.

Marg Hurst

