



## BULLETIN

Number 2301    3 November 2021    Volume 49 Issue 17    [www.rotaryclublindisfarne.org.au](http://www.rotaryclublindisfarne.org.au)

### Last Meeting Louisa Marmion - Ageing Gracefully



Louisa talked about the musculoskeletal changes that occur with ageing & why these things happen, specifically: Osteoarthritis, Osteoporosis, Sarcopenia & age-related muscle tears and Balance deficit/increased falls risk.

She then focused on how to prevent & manage these conditions via:

- Physical activity (weightbearing for bone health)
- Strength Training including balance exercises.
- Healthy diet involving plenty of whole-grains, fruit/vegetables and calcium-rich foods.
- Avoid or quit smoking and reduce alcohol intake
- Absorb plenty of Vitamin D



The minimum recommended exercise guidelines are:

- 150 minutes of moderate activity per week, plus 75 minutes of vigorous intensity activity where the heart & breathing rates are raised
- 2-3 strengthening sessions per week

NB Exercise should be purposeful for the above recommendations – do not count incidental exercise.

Thank you very much Louisa for a very thought provoking presentation for a lot of our members, including the Bulletin Editor!

# Update from our President

Many thanks for the donations to Australian Rotary Health Hat Day fund raiser at the last meeting. We raised \$97 on the night.



Although it was pretty quiet (& wet!) at the Hobart Show, we did get \$75 in donations on the Friday which we will add to the Hat Day fund raiser.

Speaking of Hat Day, last Thursday myself, Mike and Margot attended the launch of Parliamentary Friends of Rotary at Parliament House. This was to celebrate the 100 Year of Australian Rotary Service in fellowship with Tasmanian Parliamentarians.

The event was hosted by Mark Shelton and Craig Farrell at the Parliament Reception room. Also in attendance was Rebecca White, Elise Archer, Kristie Johnstone and Guy Barnett. Attendance from Rotarians was not huge, but we did get a good representation from all over the State. For me it was also an advantage to have a conversation with someone as tall as me (Guy Barnett)!

The launch was to be followed by Hat Day on Parliament Lawns. At the time there were more than a few protesters out the front of Parliament House which may have made for an interesting photo shoot. However, the day was saved when a special decree from the Speaker of the House was made to allow hats to be donned inside.

Yours truly, maybe due to suffering from work distractions, forgot to bring a hat. Luckily, I was not alone (look for the photos in the next District newsletter). No one seems to know what the penalty is for hat wearing - Guy Barnett wore an Akubra hat at his inaugural speech and he is still there, so it can't be too bad! I know that at my golf club wearing a hat in the club house means you must buy everyone a drink!

Something that was read out during the launch was the names of the parliamentarians who are also Rotarians, there are quite a few and it includes our Premier.

Well done to DG Heather Chong and Penny Brewer for organizing a great day.

President Stephen

## MEETING ROSTER

<p><b>This Meeting</b></p> <p><b>3 November</b>  <b>Emily Marriott – Hobart City Mission Fundraising &amp; Events Officer</b></p> <p><b>Chair:</b> Peter M  <b>Reception:</b> Peter O  <b>Set Up:</b> Ted L, David L, Tim M</p>	<p><b>Next Meeting</b></p> <p><b>17 November</b>  <b>Greg Cooper – Macquarie Point Development Corporation</b></p> <p><b>Chair:</b> Mike P  <b>Reception:</b> Margot P  <b>Set Up:</b> TBA</p>	<p><b>Last Meeting</b></p> <p><b>20 October</b>  <b>Louisa Marmion – Physiotherapist – Ageing Gracefully</b></p>
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**Remember to advise the Club of your attendance & meal requirement before every meeting**

### PROGRAM - 2021 (Meetings to be held on first and third Wednesdays)

Date	Speaker	Topic
Nov 3	Emily Marriott - Hobart City Mission – Fundraising & Events Officer	The HCM programs and projects and how we as a Club might be able to assist
Nov 10	Board Meeting	
Nov 17	Greg Cooper - Macquarie Point Dev Corp	What's happening at Mac Point?
Dec 1	Kesh	Dentistry with the Flying Doctors on King Island
Dec 8	Board Meeting	
Dec 15	Club Christmas dinner	
Jan 19th	Historic Hobart walk followed by meal Details to be announced.	First social event of the year
Feb 2	Dan John -sponsored by club to attend RYLA	His RYLA experience

## Vale Christine Horswill



Members and friends of Rotary I would like to take this opportunity to thank everyone for their kind thoughts and wishes on the passing of my Chris. I new Chris for just over 50 years and were married for 48 of those. We did just about everything together so her passing has left a huge hole in my life. Your thoughts and offers of help have meant a great deal to me.

Richard



# OPERATIONS UPDATE

## Tommy & BBQ Bookings

Location	Date	Time	What	Confirmed
Dodgers Ferry Primary	5/11/2021	1600-1900	Tommy	TBC
Tarrumurrah school	7/11/2021	1030- 1400	Tommy	Confirmed
Glass House	9/11/2021	All Day	Construction Job	
Bothwell	20 - 21/11/2021	1000-1400	Tommy	TBC
Tassal Xmas Party	21/11/2021		Tommy	TBC
Bridgewater Xmas	27/11/2021	1100-1400	Tommy	Confirmed
Medical Practice Xmas Party - Ouse	5/12/2021		Tommy	Confirmed
Brierley	8/12/2021 - 10/12/2021	1000-1400	BBQ	Confirmed
Steve Swim School	12/12/2021	1200-1500	Tommy	Confirmed
Vandermania	26/12 - 02/01	1200-1800	Tommy	TBC
SB Regatta	26/01/2022		Tommy	TBC
Bunnings	12/02/2022	0900-1600	BBQ	Confirmed
Bunnings	16/04/2022	0900-1600	BBQ	Confirmed

Date	Dodgers Ferry
5/11/2021	1600 - 1900
	Henry Finnis
	John Cole
	Ted K
	Kathy Hancock
	Richard

TruckDriver

Date	Medical Practice
5/12/2021	1600 - 1900
	Peter Morgan
	Neville Willson
	Phil Headlam
	Beth
	Maragret Congram

Truck Driver

Date	Tarrumurrah school
7/11/2021	10:30 - 14:00
	Henry Finnis
	John Cole
	Chris Woodwood
	Catherine Nicholson
	Margot Patten

TruckDriver

Date	Steve Swim School
12/12/2021	1200-1800
	Henry
	John Cole
	Chris Woodwood
	Perter Morgan
	Daniel Hulme

Truck Driver

Date	Bothwell
20-21/11/2021	1600 - 1900
	<b>TBC</b>

Date	Brierley Hose
8-10/12/21	1000-1400
BBQ	

Date	Tassal Xmas
21/11/2021	1600 - 1900
	Henry Finnis
	Neville
	Chris Woodwood
	Allan Marshall
	Beth Kennelly

TruckDriver

Date	Bridgewater Xmas
27/11/2021	100-1400
	Peter Morgan
	Richard
	Chris Woodwood
	Vacant
	vacant

TruckDriver



## RCOL Members & Friends in Action



### Barbeque trailer...

The small trailer is taking shape and has had a fresh lick of paint. It is about to be assembled into a functioning trailer again, with a large slide out barbeque plate. We hope to “test” it out very soon. Thanks to those in the operations team for the labour to date.



The Patten's at the Deloraine Craft Fair

### **TOMATO PLANTS FOR SALE**

Some time ago Peter M mentioned that a club up North has been selling tomato



plants in the spring flush as a fundraiser. I have been talking to a local commercial nursery to get an idea of the costs for such a project for us for next spring, and they have generously given us some 10 trays of oversize or surplus plants as a “taster” to gauge interest for such an exercise. All plants are very

healthy, some up to 400mm high, so ready for a garden bed.

These plants will be for sale at a very fair price at our dinner meeting on Wednesday, at \$2.50 each. There are many varieties of large and small, some 10 packs in trays, so quite a few to choose from. IT IS NOW POST-SHOW, SO IS OK TO PLANT!!!

**See Ted Kulinski at the meeting this Wednesday**

# THEY SAY THAT LAUGHTER IS THE BEST MEDICINE!

(with thanks to Members of the Club for sharing these via social media or email)

## "I've finally reached The Wonder Years"

**Wonder** where I parked the car?

**Wonder** where I left my phone?

**Wonder** where my glasses are?

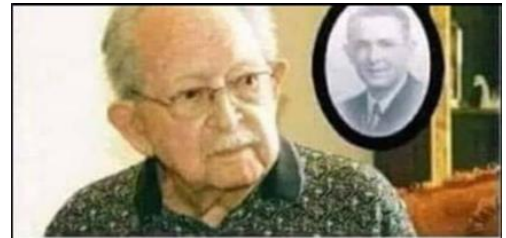
**Wonder** what day it is?

## How to Negotiate With Your Cat



STEP ONE: Give your cat whatever they want.

STEP TWO: End negotiation.



"I've often been asked, 'What do you old folks do now that you're retired?' Well...I'm fortunate to have a chemical engineering background and one of the things I enjoy most is converting beer, wine and vodka into urine. I do it every day and I really enjoy it."  
LARRY'S FUNNY POSTINGS

In my defense...the flight attendant said please familiarize yourself with all the safety features aboard the aircraft.



"You put a round thing on a spinning plate with a needle and then you play with buttons and knobs ... only old people know how to do it!"



Past Rotarian Geoff N out and about in Adelaide come rain, hail or shine - thanks for sharing these Elise (Although I am a bit worried seeing Geoff coming out of a Vintage Cellars with an empty shopping basket - I hope everything is Ok? ED)