

ROTARY RAMBLE

Light Up Rotary | Change Lives

Meetings

Weekly meetings are held on Thursday, 5.30pm at Rotary House, 12 Story Place, Taupo
Visitors Welcome

Thursday 21 May

Club Forum/Board Meeting

Thursday 28 May

Community Awards Night

Thursday 4 June

Inter-Club Indoor Bowls Challenge

Officers

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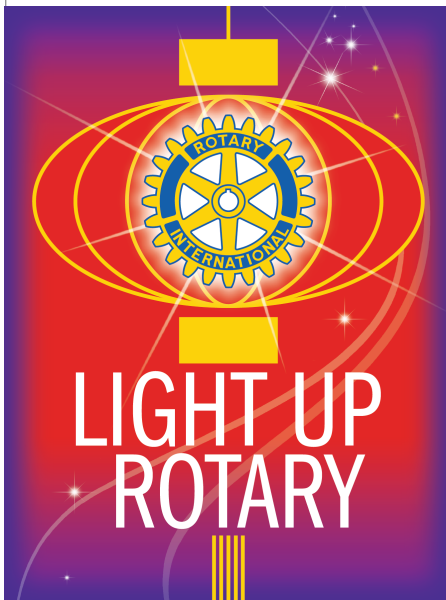
this week

Memory Matters!

Dr Allison Lamont is a Director of the Rotary Club of Auckland East. Allison chairs the membership committee and is actively involved in community activities such as Top Schools, book fairs, and other fund-raisers for local and international projects.

Outside of Rotary, Dr Allison Lamont is founder and clinician at the Auckland Memory Clinic, www.memoryclinic.co.nz.

In this month's Rotary Down Under, Dr Allison Lamont wrote a small article about staying mentally active, while promoting her book '7-Day Brain Boost Plan'. Memory lapses are something we are all familiar with and perhaps consider it an inevitable result of age and something we just have to accept! Not so according to Dr Lamont. Below are just a few of her tips for a healthy brain. Visit www.memory.foundation to test your memory!!



Duty Roster

Thursday 21 May

Hospitality: RoseMary Crisp
Sergeant: Chris Wallis
Grace/PT: Nath Chilukuri

Thursday 28 May

Hospitality: RoseMary Crisp
Sergeant: Chris Wallis
Grace/PT: Mary Legg

Thursday 4 June

Hospitality: RoseMary Crisp
Sergeant: Chris Wallis
Grace/PT: Bob Pettigrew

Thursday 12 June

Hospitality: RoseMary Crisp
Sergeant: Chris Wallis
Introduction: Dave McAlley
Grace/PT: Ann Robertson

Apologies

Please phone **RoseMary Crisp**
on **07 3787286** by 9am
Wednesday or email.

facebook.com/rotaryhousetaupo
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1. Find out about your brain and you can make the most of your brain powers. Knowing that your brain is a constantly developing miracle with billions of neurons and synapses will encourage you to take important steps to keep it flourishing.
2. Take care of your nutrition. Although your brain weighs only 2 per cent of your body mass, it needs over 20 per cent of the oxygen and nutrients you take in. Eat plenty of wholegrains, berries, broccoli and other greens, eggs, oily fish, nuts and protein.
3. Remember that your brain is part of the body and it needs exercise. Exercising your body helps to sharpen your brain: physical exercise enhances the regeneration of new brain connections and blood vessels that bring oxygen and nutrients to the brain.
4. Make a determined effort to focus on positive aspects of your day. Looking forward to every new day in a constructive way that reduces stress and anxiety. Both of these are the enemy of memory and brain growth.
5. Seek out mental challenges. Adapting to challenging new environments, learning new computer programs or a challenging range of puzzles stimulates the growth of new neurons.

Sisters Growing Old

Once upon a time there were three sisters, ages 92, 94 and 96, and they all lived together.

One night the 96 year old ran a bath. She put one foot in and paused. "Was I getting in the tub or out?" she yelled. The 94 year old hollered back, "I don't know. I'll come and see." She started up the stairs and stopped. She shouted, "Was I going up or coming down?"

The 92 year old sitting at the kitchen table having tea, listening to her sisters, she shook her head and said, "I sure hope I never get that forgetful," and knocked on wood for good measure. Then she yelled, "I'll come up and help both of you as soon as I see who's at the door."

President's round-up

We had a great meeting last week with Mick Pearce as our thoroughly interesting speaker informing us on the role of the MFO-Multinational Force of Observers. It was a real eye-opener, and it makes one appreciate how lucky we are to be born in NZ.

Visitors, Frederick and Pamela Frank joined us, having recently moved to Taupo from Adelaide, Australia. They are great company and we do look forward to seeing them again at Rotary. Ahuriri Honorary member, Gordon Gibson also joined as again, he is becoming quite a regular who we love to see. However, he is off to Australia to celebrate his 90th birthday so we won't see him for a few weeks.

Vera has formally been voted on to The Charitable Trust Board as Treasurer. It makes sense to have one Treasurer for the Club and Trust. With Zero now up and running, Rotary moves into a new era. Congratulations Vera on your new role!

Next week is our much anticipated Community Awards Night and we have a good line up of worthy recipients. Partners and friends welcome, with normal start time at 5.30pm.