



SERVE TO CHANGE LIVES

Rotary Club of Katikati

New Zealand

Bulletin

29 November 2021

Editors: [Nigel Williams](#)
& Martin Hawke



Programme:

6 December - Club AGM & club member autobiographies

13 December - Club Christmas party

Partner
Night

10 January - 1st of our Summer Barbeques

Greeter*

Toni Alexander

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*Duties of the Greeter: (if you cannot attend it is your responsibility to delegate)

1. Put out the Club Equipment*
2. Greet members as they arrive
3. Give the 5 minute talk
4. Assist the Sgt-at-Arms with fines
5. Introduce (& thank?) the speaker
6. Give the "Closing Thought"
7. Put away the Club Equipment*

* name badges, bell, gavel, computer, projector, "bear" microphone & stand, fines box, raffle box.

Club Notes:

1. Toni Alexander is coordinating the donation of **Covid masks for Fiji**. One of her business clients is buying 60 boxes. Details are available from Toni.
2. John Bothwell is looking for **more helpers** for the Waipuna Hospice event on December **8th and 9th**.
3. A number of **Covid vaccinations** have been achieved at a recent Community Breakfast.
4. Part of our **raffle proceeds** will now be directed to the local foodbank. (Project Generate has gone into recess)
5. The design of the proposed **Avocado Sculpture** is under review.

Apology ?

Members— If you are unable to attend a meeting please contact **Barry Denton** by 6pm the previous Sunday night.

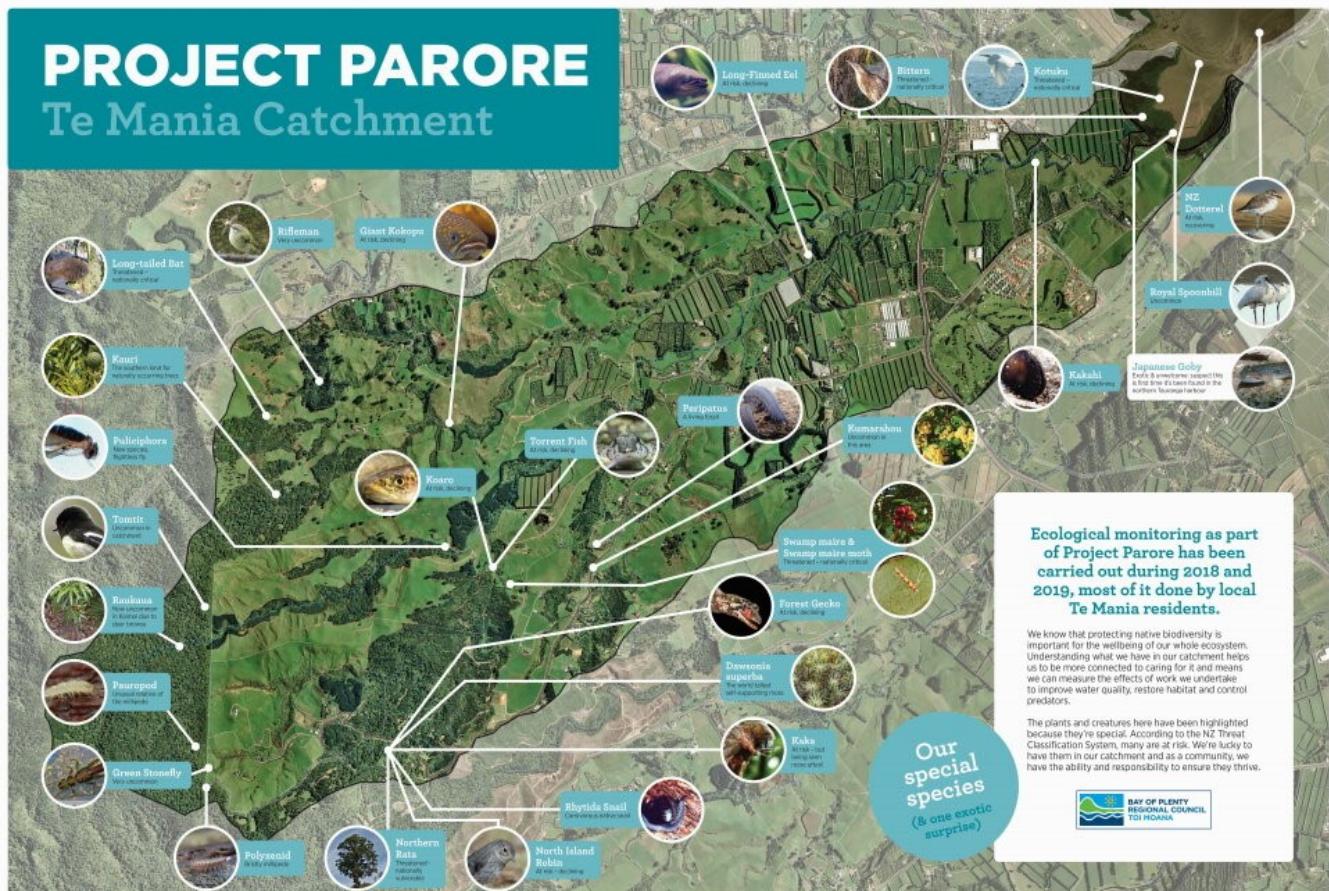
Tel : **07 863 4597**

Email : barryjoyd@kinect.co.nz

Speakers

Lawrie Donald and Sharon Strong gave us an update on [Project Parore](#).

The project aims to regenerate the natural health of some eight major waterways in the region between Waihi Beach and Matahui Road. It is steadily grown, over some 15 years, from a small local project (Uretara Estuary Managers) centered on the Uretara to a major programme with a million dollar annual budget supported by some 8 major funders.



Activities include ecological assessment & monitoring, clearing weed species, planting native species and pest control.

Five Minute Talk

David Owen listed the 11 pet dogs he has enjoyed

(most with Ann). The list included 5 Golden Retrievers, 2 Cairn Terriers, and the huge 2 Saint Bernards.

Parting Thought

from David Owen

You are not required to set yourself alight to keep others warm

A Doctor's Advice On How To Manage A Mild Case Of Covid-19 At Home

- a way people can help themselves if they do not want to, or cannot access medical treatment.

Dr Sandhya Ramanathan is an Auckland-based GP who published an 18-minute [YouTube](#) video guide to managing mild cases of Covid-19.

This article should not replace medical treatment or advice. If you experience mild symptoms, this information may help you cope with it while isolating at home.

1. Prime the Immune System

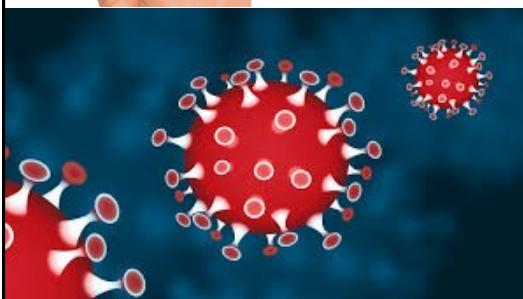
- Eat healthy whole foods and **keep hydrated**.
- Get quality sleep and stay calm and keep a positive mindset.
- Take daily immune supplements including Zinc, vitamin C and vitamin D.

2. Reduce the 'viral load' in the nose

- Use **saline gargles**, with a couple of drops of an antiseptic solution twice daily, combined with saline nasal sprays.
- Make a **steam inhalation** with Vicks, especially if you have lost your sense of smell.
- Use a **nasal decongestant** such as *Otrivine* nasal spray, and antihistamine tablets.

3. Monitor your Blood Oxygen

- Avoid "hypoxia" (low levels of oxygen saturation in the blood) by using a **pulse oximeter**. This should be available from your doctor.



4. Breathing and Sleeping

- Keep airways open by:
 - ◊ Blowing up a **balloon** while seated
 - ◊ Blowing bubbles through a **straw** into a glass
 - ◊ **Proning** (sleeping on the stomach) can help avoid the collapse of air spaces at the base of the lungs. Position pillows along the torso and up to the head rather than just under the head.
- Box breathing - **breathe out for three seconds**, then hold for three seconds followed by a second three-second inhale and a second hold for three seconds. This will produce a deep inhalation reflex, optimising oxygen intake.