



ECB celebrating its 50th year. The Club normally meets Monday at Pupuke Golf Club, 231 East Coast Rd, Mairangi Bay
www.ecbrotary.co.nz
 Apologies to Lynette
 0274 958 220 by 5pm Sunday. By **Text, phone or email.**



Rotary Opens Opportunities

This month's Rotary District 9910 area of focus is Maternal and Child Health.

No meeting
 26 April

**Next Meeting;
 Monday 04 May
 7.30pm
 Zoom meeting**

**Garage Sale
 916A East Coast Rd
 Warren would like donations of furniture and tools
 Saturday 01 May**

I hope everyone enjoys the long ANZAC weekend coming and I hope to see some of you join with Browns Bay Rotary at the Browns Bay ceremony at 8.15 am on Sunday.(See below) With next Monday being a holiday and it also being school holidays Vicky, Leah and I are taking a road trip down to New Plymouth and National Park. A lot of outdoor activities are planned so good weather will be appreciated. I hope others of you are taking the time to catch up with family or friends. Takapuna Rotary have organised another E waste day on the 8th of May. If you weren't able to make last year's one clear out yours your families or friends' e waste and bring it down to Abilities (\$10 for a boot load). For those who attended the visit in March it really opened my eyes to what a great organisation they are. Harbour Hospice are kicking off their rebuild and expansion of the premises in Takapuna to enable them to cope with increased numbers. Lucy and Martin are attending on behalf of the club. And lastly Browns Bay have a Sound of Music night on the 30th. I know Kumar is attending and hopefully a few others will too. Regards Sean--

	26 April	3 May	10 May	17 May
	No Meeting Anzac Day Observance	Committee Meetings Zoom Meeting	Speaker TBA	Inter-School Debate
Invocation			Monica Webb	Rod Fergusson
Reception			Lucy Anastasiadou-Hobbs	Robyn Young
Attendance	Lynette Miller	Lynette Miller	Lynette Miller	Lynette Miller
Cash Desk				
Fellowship			Ian Collard	Ian Collard
			Paul Asquith	Paul Asquith
			Warwick Moulton	Keith Young
Stewards			Jim Mayo	Bernie Woods
			Warren Patterson	Barry McLean
			Dave Pennycuik	John Shadbolt
3 Min. Talk			Keith Young	
Speakers Host			Bernie Woods	Alistair New
Thank Speaker			John Shadbolt	Martin Reiss
Parting Thought			Therese Leslie	Stephen Wheeler
Raffle Ticket Seller			Robyn Young	Fay Norman

If you cannot carry out your allocated duty, it is your responsibility to arrange for someone else to do that duty

East Coast Bays Civic Parade and Service

Parade assembly: 8.15am at Beachfront Lane.

Parade commences: 8.20am

Service: 8.45am at War Memorial, Manly Esp, Browns Bay

President Sean welcomed Jenny Grace from Birkenhead Club and Lucy both of whom spoke to us later. (Lucy's report next week)

As it is Paul Harris's birthday he reminded us that the club had community Paul Harris fellowships to award. There is a reward for the first person to name a suitable candidate.

1 June Milford Rotary are having a meeting about the motorway extension.

3 July Planting Day

On facebook and instagram please like/share the club's posts.

President Sean reported on the Gamble Reserve moth plant removal. In one patch they removed 300 pods and many baby plants. Another session is planned for May. There are four more patches!

Birkenhead President Jenny said she was walking in the shoes of great Rotarians like the Birkenhead President of 1971 who set up a health project which has now become "Cure Kids ". New Zealand wide Rotarians raised \$250,000 which is \$3 million today. There was a health need then and there is a need now particularly to fight rheumatic heart disease. The 'End it Now' campaign aims to raise \$2million for research, vaccine development and treatment . Each year 130 people die and 1100 have open heart surgery. A rugby player with concussion was found to have a heart twice the normal size. Donations and ideas are welcome.

Hello, I hope you don't mind me writing to you out of the blue. I am part of the research team on the ROAM (Researching Osteoarthritis and Greenshell™ Mussels) Study at Massey University in Albany, Auckland. We are investigating the effects of Greenshell™ mussels and other nutritional and lifestyle factors on early signs and symptoms of osteoarthritis. For further information please look at our website: www.massey.ac.nz/roamstudy. We are looking for 160 volunteers age 60-80 years to participate in the study. For giving up their time to come to Massey University in Albany and take part in the study they receive a \$200 voucher. I wondered if this might be something the members of East Coast Bays Rotary might be interested in getting involved in? Would it be possible to mention our study in a newsletter to your members or on your website? I have a flyer I could send you if that would be helpful. I wasn't entirely sure who to direct my email to, so please do point me in the right direction if there is someone more appropriate to contact. Many thanks for your help and I look forward to hearing from you, Cassie

Rotary Browns Bay would like to invite ECB Rotary Members to a social/fundraising event that we are running on **Friday 30th April** 6.30pm at Outram Hall, [478 Beach Road, Murrays Bay](#).

The evening is a **Sound of Music Sing-a-long**, Buffet Dinner, Dress up if you wish.

Funds raised will be for the benefit of the 24-7 Youthwork organisation which is supporting students at Long Bay College in Mental Health and Wellbeing, in conjunction with the Long Bay Baptist Church.

Cost for evening is \$30 a head. Children 10 years or under \$10.

There will be a prize for best Sound of Music costume. There will be a raffle also: tickets \$2.00 each or 3 for \$5.00 so some cash needed for this! Please advise names/numbers to Lynne

Taylor alantlynnet@gmail.com. Payments for ticket please to RBB a/c 12 3042 0026245

00. Mark deposits Music Night, with your name.