



ECB celebrating its 50<sup>th</sup> year. The Club normally meets Monday at Pupuke Golf Club, 231 East Coast Rd, Mairangi Bay  
[www.ecbrotary.co.nz](http://www.ecbrotary.co.nz)

[Apologies to Lynette](#)  
 0274 958 220 by 4pm. Sunday. Text, phone or email



This month's Rotary District 9910 area of focus is Economic and Community Development

No meeting Labour Day.

**Next Meeting;**  
**02 November**  
**5.30 for 6pm**

**Club night Committees.**

27 October pick up Marathon info from Golf Club

29 October Golf

01 November

Marathon Marshalling

Golf Rod needs two extra helpers on the BBQ 11am to 4pm. Also a draft of the auction items is attached. If you are interested-contact a golf committee member.

President Sean welcomed Vicky and Sharon (Parnell club). Jennifer reminded us of the Miranda trip on 8 November see below.

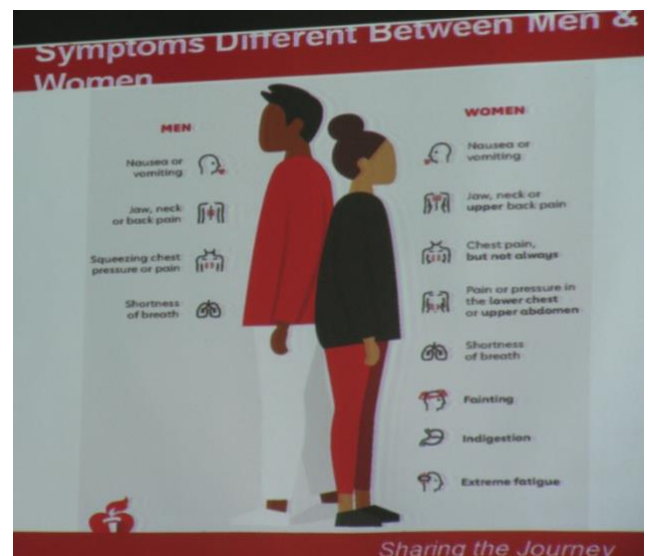
Marathon Marshall pick up your gear/instructions 5.30 on Tuesday. We are once again doing the Smales Farm area. Robyn via Lynette reminded us of the knitting of 100 items for Starship as part of the hundred years of Rotary.

Golf- we now have 30 teams and 17 hole sponsors. Keep the prizes coming in. **The duty list and auction list are attached.** Early donations will be used to buy prizes. Matilda Towns has been selected as our representative for Sci/Tec 2021. As bulletin editor I was very pleased to see how many people had read the bulletin as well as the four non-members who communicate to say thank you or tell me what I've got wrong.

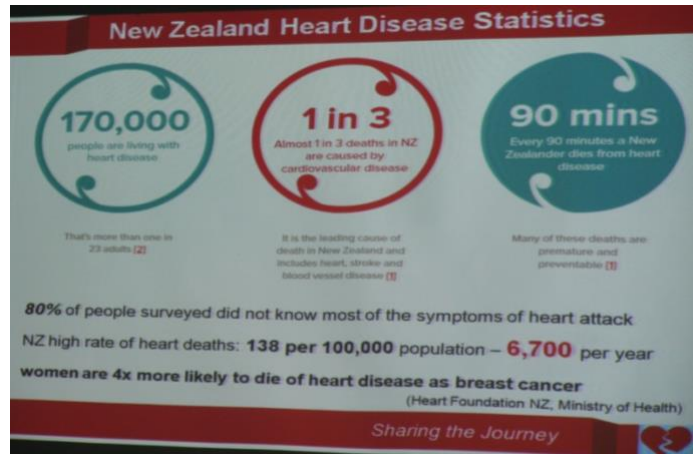
**Trent Lash** is an Auckland engineer who has spent time in Canada and was part of Youth Line while at Otago University. As a relatively young man he survived a heart attack and has made it his mission to talk about heart disease.

One person dies

from a heart attack every 90 minutes. People divide into two main groups- those in denial and those who wish to learn more. The latter group have a three times better chance of surviving. Stories and conversation are particularly helpful as we have a high death rate in New Zealand 139/100 000. Lifestyle, age and family history are all important factors.



Currently there are 50/day Angioplasties resulting in stents being put in. When an artery is 80% blocked sometimes a natural stent goes round that which quickly disappears when a physical a stent is put in. Men and women often have different indicators of heart attack- see slide. There are two main types – to do with pumping or blocking of arteries. Symptoms often start to appear one and a half years before an attack and provide a crescendo affect. With more knowledge 2000 people a year could be saved. He told



us about Heartbeats, a support group he set up in Orewa last year and they now have 130 members and expect this to increase by 80 by the end of the year. One of their members is on to her fifth pacemaker the current one keeps her heart beating. His group has been supported by Waitemata DHB and the Heart Foundation. A very useful speech.

**Types of heart disease and heart Conditions**

- Angina** – chest pain or tightness due to coronary heart disease
- Atrial fibrillation (AF)** - an irregular heart rhythm
- Cardiac arrest** – electrical malfunction stops the heart
- Coronary artery disease (CAD)** - blockage of the coronary arteries, supplying blood to the heart and the major cause of heart attacks
- Congenital heart disease** – the heart hasn't developed properly at birth
- Heart attack** - blood flow to a section of heart muscle becomes blocked
- Heart failure** – the heart can't pump as well as it needs to
- Heart valve disease** – damaged heart valves
- Cardiovascular disease** – broad term for narrowing of the arteries resulting in coronary artery disease and stroke.

No.1. cause of death in New Zealand and most countries around the world.

**Signs and Symptoms**

- Chest pain, pressure or tightness
- Breathlessness
- Ache along jawline
- Neck or back pain
- Nausea, indigestion, heartburn
- Pins & needles, in arm and fingers
- Unusual sweats, particularly at rest
- Extreme fatigue (feeling 'wasted')

Sharing the Journey

**JOIN US TO CELEBRATE**



**END POLIO NOW**

The Aotea Centre will be lit up RED and emblazoned with the END POLIO NOW logo for one night - so join us for a photo!

PLEASE WEAR YOUR END POLIO NOW OR ROTARY T-SHIRTS OR JACKETS

WHEN: Saturday, 24 October  
 TIME: Sunset (approx 7.30pm)  
 WHERE: Aotea Centre, Aotea Square, Auckland CBD

TAKE A SELFIE FOR YOUR CLUB'S SOCIAL MEDIA TOO!