



Attendance (by Sunday 6pm) to Steve Jenkins
ph 478 8467

Pupuke Golf Club,
 231 East Coast Rd,
 Mairangi Bay.
www.ecbrotary.co.nz



Next meeting
19 September

5.30 for 6 pm

Mindfulness
Steve Quincey
 See page 2

Morgan's Message

The theme at last Monday's meeting was "Health and Wellness" and we were treated to an excellent presentation from Dr Rita Krishnamuthi and Kylie Head from AUT, talking about strokes. Rita is currently undertaking a research project with 400 participants and Kylie is working with at least "moderate risk" participants to strive to prevent strokes.

Last Monday also saw a new Club banner being used, the Rotary Foundation's six areas of focus. You will notice that three of the six areas of focus are directly concerned with "Health and Wellbeing". It could be argued that all six areas of focus are indeed linked to "Health and Wellbeing". Also notice how Rotary International have assigned a symbol for each area of focus, these are used commonly throughout the RI website and associated publications.

If you would like to learn more about these areas of focus then have a look at the following videos:-

<http://video.rotary.org/3TRE/no-limits/>

<http://video.rotary.org/NG4/rotarys-vision-for-a-better-world/>

<http://video.rotary.org/HuB/doing-good-in-the-world-introduction/>

I also encourage you all to sign into My Rotary, go to "Learning and Reference" and have a look at the information on Rotary's priorities and areas of focus. You can even take on on-line course! I have also attached the booklet which talks further on this topic. This is available at the bottom of the following page under "Resources and Reference"

<https://www.rotary.org/myrotary/en/learning-reference/about-rotary/areas-focus>

I think you will agree that this publication also lends itself to sending to any prospective new members as an introduction to what Rotary is all about.



	19 September	26 September	3 October	10 October
	Mindfulness Steve Quincey	District Governor Peter & Reo Smith DG Club Visit	Club Meeting Committee Meetings	Programme TBA
Grace	Amanda Chambers	Don Hall	John Pearson	Sherida Penman-Walters
Reception	Don Pratt	Alistair New	Don Hall	Lynette Miller
Attendance	Steve Jenkins	Steve Jenkins	Steve Jenkins	Steve Jenkins
Cash Desk		Bob Baird		
Fellowship	John Pearson	John Pearson	John Drake	John Drake
	Warwick Moulton	Warwick Moulton	Sue Yi	Sue Yi
	Paul Asquith	Sue Yi	Paul Asquith	Paul Asquith
Stewards	Monica Webb	Rod Fergusson	Warren Patterson	Jim Mayo
	Steve Goeldner	Jennifer Neads	David Aickin	Martin Reiss
	Warren Patterson	Barry Mclean	Graham Rice	Alan Astrop
3 Min. Talk			PG Stuart Batty CHEF	
Intro. Speaker	David Aickin	President Gary		Monica Webb
Thank Speaker	Martin Reiss	Keith Young		Bernie Woods
Parting Thought	Don Hall	Murray Thoms	Rod Fergusson	Alan Astrop
Tola	Keith Young	David Aickin	Doug Dempster	Kumar Naik
Sebastian	Lynette Miller	Amanda Chambers	Kumar Naik	John Drake
If you cannot carry out your allocated duty, it is your responsibility to arrange for someone else to do that duty				
Our Exchange Students Contact Details:				
Tola is now with; Dr.(Mr) Naseem Ali & Dr. (Mrs) Nazimah Hamid, 18 Kilear Close, Pinehill Ph. 476 8649				
Tola's direct contact; Mobile; 021 052 5120 or Email; sorntola.nfc@gmail.com				
Sebastian is now with; Steve & Sharyn Goeldner, 7 Denim Place, Albany. Ph. 414 4374				
Sebastian's direct contact; Mobile 021 1362256 or Email; sebastianholthusen@gmail.com				

Finally, don't forget that all of you have been assigned to one of 5 groups tasked with finding one new member per group. If you don't know which group you're in, ask Carol or Garv. President Garv

Next week, My name is Stephen de Quincey.
At present I do contract work for Man Alive and have my own practice : - QV Therapeutic Perspectives Ltd.
I do 1:1 work with youth and adults as well as couples, family and group work. I have written programmes for my own groups and other agency groups. I am a qualified Social Worker, Counsellor and also a qualified Tradesman Cabinetmaker.
I am presenting ; **'Mindfulness; Neuro-science, therapies, music, creativity and relaxation'**.

Notices. Indian Ride for Rotary see below

Bridget Jones Baby movie fundraiser 22nd September at the Bridgeway Cinema. Please let Murray know, as he would like to fill the theatre. See attached.

Golf – 17 November. Get golf and raffle prizes to Bruce. Entries and reference to the Bed Auction are on the club website. RotaryECB.club

A meeting of the proposed **Hobsonville satellite club** committee at Kumar's 3 pm on Sunday.

Marathon fundraiser please let Bernie know if you can help.

BBQ Saturday 1 October, Mitre 10, Oteha Valley Road – to raise funds for **Tola's SI trip**. Contact Robyn if you can help.

What is stroke?

- ▶ A stroke occurs when a blood vessel in the brain is blocked or ruptured
- ▶ This causes the cells in the brain to get **damaged** or **die**
- ▶ The symptoms appear **suddenly**, usually on one side of the body, last at least 24 hours
- ▶ Stroke is a **medical emergency** because it can cause death or severe disability

Pres Gary showed us three videos outlining the six Rotary areas of focus.

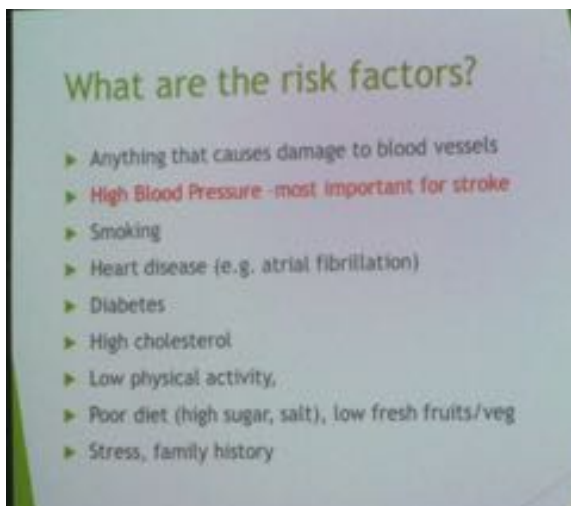
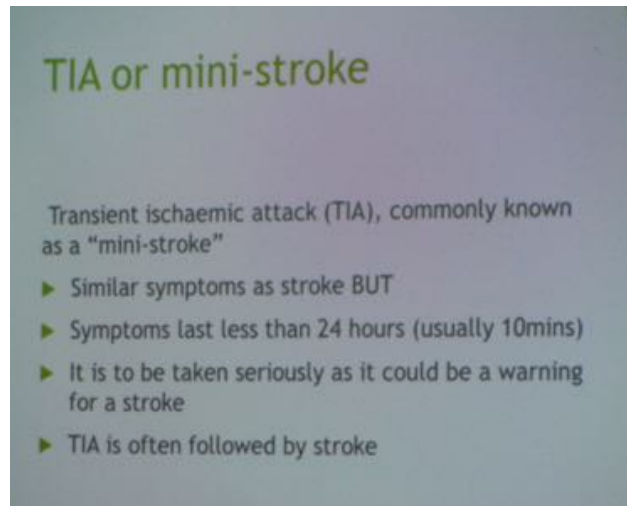
Health and Wellness – Kylie Head and Dr Rita Krishnamurthi .

Kylie is a health and wellness coach who works with people with a moderate risk of stroke to stop them from becoming a high risk.

Rita told us that stroke is the most common cause of death. It is not a heart problem but a brain problem. If in doubt call the ambulance!!

The FAST campaign is very important
 face – drooping or lopsided
 arms – can they raise them over their head
 speech – can they repeat a sentence
 time – get to hospital

Clot busting is available if a patient gets to hospital within 4 1/2 hours. There are 9000 new strokes every year and it is more prevalent in the Pacific Island and Maori communities. Strokes are preventable if



relevant factors like high blood pressure/smoking/physical activity/binge drinking are worked on.

There is a free mobile app – **Stroke Riskometer** that is excellent and easy-to-use. The data obtained will be used in a research study at AUT University. They are also running a trial with people who have not yet had a stroke and in particular they are looking for non-European patients. They hope to get the same number of people for each of the four main ethnic groups.

Good news from Cambodia: Sreychom has passed her national high school exam and is now preparing to study at Pannasasra University for a degree in tourism and hospitality. It is a 5-year degree. Her plan is to find work to pay for her own living expenses. NFC has a midway house where she can live with other NFC students while she studies. Michelle Parkinson has established an ANZ bank account to pay for Sreychom's



annual tuition and study costs which equal about US\$1,000 per year. If any club member would like to contribute occasionally or through a direct debit, their help would be greatly appreciated. There is no StudyLink or government help for tuition in Cambodia. All students either have family help or a sponsor. Her other setup costs are a laptop to enable her to do her work and a motorscooter to get to work and class (no reliable bus service available). If anyone would like to help, Michelle can be reached at michelle.parkinson@rangitoto.school.nz or you can contact Monica Webb.

Dear Rotarian

Greetings from Rotary District 3181, India.

Explore the royal and scenic beauty of South India like never before!. [Register Now! »](#)

TRF Centennial Motorcycle Expedition

We would like to invite you and members of your Rotary Club to participate in our event, to mark the 100th year of The Rotary Foundation, “Ride for Rotary-TRF Centennial Expedition”. This event blends 14 days of International Fellowship, trekking, incredible sightseeing, cultural evenings with Indian music and dance, with well thought off cuisines.

All these start off, with participants getting flagged off from the “Heritage city” of Mysore. Participants travel on motorcycles for next 14 days, with an average travel of 160kms per day. They touch the most beautiful and historically important places to complete the expedition. The expedition is open for all Rotarians and Rotractors. Proceeds from this event will go to “The Rotary Foundation”.

We are very much eager to hear from you and your members.

Awaiting your reply,
Rtn Vinayak Prabhu

Connect with Us:

Contact Info:

Phone/WhatsApp: **+91 9880701051 or +91 98455 22020.**

Email: info@rideforrotary.in