



# MEADOWS MATTERS

Weekly bulletin of Greenmeadows Rotary Club



No. 2021-33		12 March 2021
<p><b>OFFICE HOLDERS 2020-21</b></p> <p>President Frank Heuser          Secretary Ken Hunt          Treasurer Graeme Ryan          Directors:          Club Service Jenny Robertson          Art-x Brian Mathews          Community Mark Dickerson          International Helen Tattersall          Vocational Gill Scarlet          Youth Penny Park</p>	<p><b>MEETINGS</b></p> <p><b>Weekly:</b>          Taradale Town Hall          Wednesday 6.00pm          Fellowship 5.30pm</p> <p><b>Firesides:</b>          First Wednesday of month</p> <p><b>Directors:</b>          Second Wednesday of Month</p> <p><b>Apologies to:</b>  <a href="mailto:GR.apologies@gmail.com">GR.apologies@gmail.com</a>          (before 8.00am on Wednesday)</p>	<p><b>UPCOMING EVENTS</b></p> <p>RYPEN – 9-11 April          District 9930 Conference – 21-23 May</p> <p><b>Leave of Absences:</b>          Bill Brown – Ongoing          Edwin Brown – 10 Mar to 31 Mar          Bruce Martin – 10 Mar to 31 Mar          Ian McKelvie – Ongoing          Mort Nikolaison - Ongoing          Alan White – 27 Jan to 8 Apr</p>

### Meeting held 10 March 2021

President Frank opened the meeting welcoming guest Steve Gillum and speaker Donna Congalton.

**Welfare** - Stuart reported Mort is in Auckland for reassessment, advised Bill Brown continues to struggle but is keen to have visitors and welcomed Stew Skeet and Colin Clark back.

**Visit to Regional Sports Park** – Curly advised that we will dine to Shani’s Eatery and Bar after the visit. If you are carpooling, be ready to leave Taradale Town Hall at 5:00 pm.

### DUTY ROSTER (\* denotes change from previous roster)

Date	March 17th	March 24th	March 31st	April 7th
Programme: Guest Speaker	Visit to Regional Sports Park	Garth Eyles Waitangi Regional Park	Keriana Brooking, CEO HBDHB	Firesides
Opening thought Top Table (introduce Speaker) Vote of Thanks Cashier Club Host & Closing Thought Three Minute Speaker Sergeant	Community Committee	Fred Staples Wal Drayton Hayley Gibson Gill Scarlett Wim Snijders Peter Turnbull Brian Anstis	Noel Mann Kevin McCormack Wal Drayton* Trevor Powell Les Mockford Helen Tattersall Bob Morrison	Vocational Committee
Stewards	N/A	Geoff Bennett John Hanlen Jenny Robertson Neil Smith Kelvin Winnie	Curly Carpenter Stuart Cheyne Bryan Matthews Penny Park Robert Pearson	Geoff Bibby Gail Kelly Doug Neilson Brian Peplow Dennis Thetford

**NB If you are unable to perform your duty YOU must arrange a substitute and notify President Frank of the change**

## Alan White update

As at evening of 12 March, Alan is in Murchison and has raised \$34,900 for his charities. He is an estimated 14 days from the finish. To follow Alan online, search for 'givealittle cycling rotarian' to get his page. Click on 'read more' and part way down the page you'll see Other page links. Click on the link to see the map tracking his progress.

**Aramex Kiwi Walk and Run** (Hawkes Bay Western Vista) are seeking volunteers for 10<sup>th</sup> April (3 at 7am, 22 at 9am, all finished by 1pm). The club will get \$30 for each volunteer and the volunteer gets a goodie bag.

**Greenmeadows Rotary Facebook page.** President Frank has challenged members to visit our Facebook page – especially the new Artex content. Don't forget to click 'like' and to share the link with family and friends.

**Guest speaker Donna Congalton; Heart Foundation.** Donna gave a very informative (and sometimes scary) presentation on heart attacks and took full advantage of Stuart Cheyne's personal experience to get the messages home to those present.

About 170,000 New Zealanders are living with heart disease and the Heart Foundation undertake research, provide care and support for those suffering a heart-related illness, runs prevention programmes and develops and delivers education services. It is the largest charitable organisation working in this area in New Zealand.

One example of their services is the online heart check (<https://myheartcheck.org.nz/>) in which you enter your age, gender, height, weight and answer a few simple questions (do you smoke?). It will tell you (statistically) what your heart age is. Changing the answers (e.g. increase or decrease your weight) will give you an idea of what impact weight has as a risk factor.

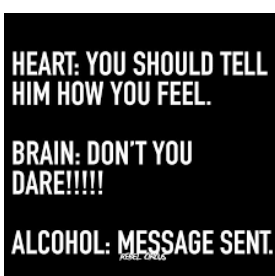


Cholesterol and blood pressure are common indicators of heart issues but heart attacks can happen even if both of these indicators are reading normal.

An important lesson from Donna's presentation was in how variable the list of potential symptoms are if you're having a heart attack. As illustrated in the well-known TV advertisement (Who is doing the best imitation of a heart attack?) they don't all look the same. If you aren't sure whether you're having a heart attack or not, don't risk it – call 111 or contact your GP, practice nurse or Healthline.

Hawkes Bay District Health Board have been struggling to fully resource its Cardiology department. Donna suggested this was, in part, because we send patients to Wellington when heart surgery is required. The DHB strategy is to develop a heart surgery capability with the expectation that it will create a couple of additional positions and be more attractive to cardiologists because they prefer doing operations themselves to sending patients elsewhere.

Donna's parting invitation was a general invitation to attend the inaugural meeting of the Atrial Fibrillation Support Group. The meetings will be fortnightly from 1:30 to 2:30 pm on Tuesdays beginning on the 23<sup>rd</sup> March in the Taradale Town Hall. Please pass the invitation on to anyone who might be interested.



## 7 REASONS POSITIVE EMOTIONS ARE GOOD FOR YOUR HEART:

- Laughter makes blood flow more freely**
- Hugs release Oxytocin and remove stress from the body**
- When you meet someone that your heart goes crazy for, your heart gets a workout**
- Spending time with a loved one lowers blood pressure**
- Love letters may lower blood cholesterol**
- Holding hands calms nerves**
- A positive attitude lowers the risk of heart attack**