



Whangarei Rotary

(Chartered 1925)

District 9910



Chronicle for June 2017

Int President John Germ

President – Shirley Faber, Secretary- Alison Rossiter, Treasurer – Bill Rossiter, Chronicle - Andrew Bax, Community – Andrew Bax, International - Roger Barber, Programme –Mike Elrick, Almoner - George Wilson, Historian - Lloyd Morris, Website - Andrew Bax, Youth – Maurice Schicker,
District Governor – Peter Smith, Assistant Governor – Rosemary Meyer

Presidents Monthly Report

My last month as President for our Club.

Once again, I would like to thank all members for the help during my year as President. I had a few health problems but you all rallied together and the Club continued to help our community. It has been a busy year with the Trailer Raffle that earned about \$4,000, AK Franks Trust distribution of around \$30,000, The Speech Contest supported by the McCoy Trust. We hosted Carlos from Easter Islands, supported several street collections including the Blood Pressure Unit. We sponsored Latoya to RYLA and 3 colleges to MUNA. The list goes on we should all feel proud of our efforts as we put "Service above Self"

Guest Speakers – Deb and Deb (Jock)– Kamo Lion Park – 14 June 2017

The Lion Park was purchased in 2014 from an iteration of the Bush scenario after getting into a bit of a financial hole. One family, the Fultons, were very benevolent and wanted to help. An accountant from Auckland who is a successful self-made businessman having made several prudent investments etc. His wife is an animal lover and they had been frequenting the Park, under the Bush administration and just fell in love with the lions over a period of 12 years. It then got to the situation where no-one knew what to do with the lions and that's when the family said they would like to help. Unfortunately, MPI got involved and decided that the enclosures weren't up to scratch and closed the Park which left the full financial commitment onto the Fulton Family. This commitment is more than \$3m per year just to run the Park, and that's with free meat we get from our stock retrieval service. Deb came on board just over a year ago to get things rolling rather than just treading water. Deb comes from an accounting background and used to work for the family so after a stint overseas, returned to NZ and was asked to help manage the Park. The aim is to get the Park opened again and become a major tourist attraction. The reconstruction is massive and will cost several millions of dollars and hopefully open by the end of summer next year.



We are good at getting help from the likes of Fulton Hogan to sort out culverts, free rocks donated from Wilsonville Quarry etc.

There have been lots of staff changes lately and Jock came onboard a few weeks ago and the Park is very lucky to have her.

Jock is obviously from Scotland and comes from a farming background and went to university. Went to Africa and became a ranger and loved it. Went back to England and got a job in a small Zoo and

is well and truly imbedded into the wildlife world. Got involved in fundraising at the Zoo and loved running animal days etc.

Jock came to NZ after spending a bit of time in Australia which was too hot for her. Heard about this job in the winterless north and was happy to get away from earthquakes in Christchurch where she worked at the Orana Wildlife Park.

Jock is kept busy with 19 lions, 4 tigers, 2 cheetahs' and 1 black leopard. Zion is still there and is living the life of luxury with a wife half his age.

Jock looks after the animal welfare and wellbeing of all the cats. Toys are essential such as cones and large plastic containers that they can destroy in a day. Smell plays an important role in a cat's life so thinking of interesting smell games is essential to stimulate their brain.

Teeth has been another issue, and unfortunately the cats' teeth were in poor condition and it was very difficult to find a dentist to help due the poor past reputation. However, after a bit of persuasion an Auckland dentist agreed to help and after a few root canals etc the dental health is sorted and we noticed one cat that was grumpy, is much happier after a root canal.

The park has a free stock retrieval service and offers to collect dead stock up to 1 hour away. This has been a great source of meat for the cats and local farmers have been very helpful.

MPI have now allowed the park to take on volunteer workers. The park has lots of maintenance jobs to do so, if you have any ideas how to get volunteer workers on board, let them know.

A very interesting talk and to be updated on progress was well received by our members.

Bill thanked them for their talk and thought we may be able to help in some way, actually he has a source of large plastic containers that he will look into.

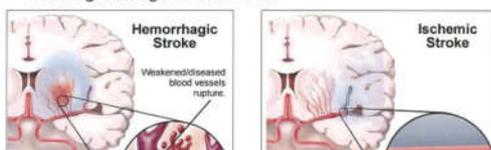
Guest Speakers – Chloe Hollows- Stroke Foundation – 28 June 2017

Chloe is the Community Stroke Advisor for Northland and showed a power point presentation and answered questions while informing the members about STROKES.

What is a Stroke?

A stroke is a Brain Attack

A sudden interruption of blood flow to parts of the brain causing damage to brain cells



Effects of Stroke

- Loss of consciousness
- Paralysis involving face, arm, or leg on one side
- Difficulty with speech
- Inability to communicate
- Difficulty eating or swallowing
- Memory loss
- Partial loss of vision in one eye
- Depression, fatigue, frustration

Reducing Risk, Improving Outcomes



What causes strokes?

- High blood pressure
- Smoking
- Lack of regular exercise
- Alcohol intake is excessive
- Poor diet
- Elevated blood cholesterol
- Atrial fibrillation (rapid irregular heartbeat)

Stroke Stats



Every day 24 Kiwis will have a stroke and out of them 8 will die, 8 will make a full recovery and 8 will be left with life changing disabilities.

Would you recognize a stroke – use the table below to make an assessment.

Check it out the F.A.S.T. way

F		A		S		T	
Face	Smile – is one side drooping?	Arms	Raise both arms – is one side weak?	Speech	Speak – unable to? Words jumbled, slurred?	Time	Act fast and call 111 Time lost may mean brain lost.

How to reduce your risk

- Get your blood pressure checked and if necessary treated
- Don't smoke
- Exercise regularly
- Limit your intake of alcohol
- Eat a healthy balanced diet, and reduce your salt intake
- Get your cholesterol checked and if necessary treated
- Find out if you have atrial fibrillation (rapid irregular heartbeat) and if necessary have it treated.
- Control your weight

Reducing Risk, Improving Outcomes



Stroke Foundation

- Only organisation in New Zealand dedicated to
 - reducing the incidence of stroke
 - improving treatment outcomes
 - supporting those affected by stroke
- A charity that supports more than 40 Community Stroke Advisors and 70 stroke clubs throughout New Zealand.

Reducing Risk, Improving Outcomes



The Stroke Foundations primary purpose is to **Save Lives** by:-

1. Promoting public awareness of strokes
 - Factors that increase the risk
 - How to recognize
 - How to reduce

2. Improve outcomes by:-
 - Working with Health services
 - Produce NZ Clinical guidelines
 - Support Research

3. Enhance life after a stroke by:-
 - Providing support to survivors and families
 - Stroke Club
 - Carer support
 - Rehabilitation Support
 - Funding assistance

Chloe's talk was most informative and raised lots of questions.

Alison thanked Chloe and has noticed over the past few years that awareness has improved so the stroke foundation must be doing something right.

A Blast From The Recent Past



Can anyone remember where this was taken and what event we were holding?

Hint



Jonty Hooson, winner of our 50th Speech contest in 2011 with Wallace Whihongi, winner of our 1st speech contest in 1961.



July Duty Roster (a.m – noon for 12:30, p.m. – 5:30 for 6:00pm) R.S.A.					
Lunch first, dinner second – 1st Wed lunch 2nd dinner etc					
Duties	5 Jul (pm)	12 June (pm)	19 Jun – (am)	26 Jun – (pm)	
Speaker	Changeover Dinner	To be advised	Lunch forum	To be advised	
Host	None	Bill	Everyone	John	
Thanks	None	Bill	None	John	
Reception	Everyone	Bill	Everyone	John	
Parting Thought	Maurice	Bill	Andrew	John	

Parting thought

