



# Rotary Club of Cooma

## Meeting - 7 August 2013

### **GUEST SPEAKER** – Jacinta Perram

Jacinta, a doctor at a Sydney hospital, spoke about Stroke Awareness. A member of the foundation whose mission is to increase public knowledge, she has spoken at a number of venues, her visit to Cooma being her first country location for the talk.

The causes of stroke, either a clot or a bleed in the brain, were described and she went on to discuss the impact on the patient's brain and the impact on the people associated with the stroke victim.

The acronym, FAST, referring to face, arms, speech and time, is a vital element in having a stroke treated as soon as possible: face - looking for signs that a person's mouth has drooped to one side; arms – whether the person can raise their arms; speech – is the speech slurred at all; time – the need for immediate action to try to avoid permanent damage.

The risk factors are overweight, smoking, high blood pressure, diabetes, high cholesterol, and irregular heartbeat, these being tied in with healthy eating (with little salt) and exercise.

Jacinta mentioned TIAs, transient ischaemic attacks or ministrokes, which are signs that must be acted on as they can be precursors to major strokes. One in six people will have a stroke within their lifetime and as strokes are the second major cause of death in Australia, such warning signs must not be ignored.



### **THREE MINUTER** – Graham French

Graham spoke about his working life which was centred around building. He studied architecture at uni but never practised as an architect. He also studied at the Conservatorium of Music. He worked for Leighton, setting up a number of sections within the company, but became a consultant as he likes being his own boss. He studied at five universities, the most important being the University of Life.



## THOUGHT OF THE WEEK – John K

Silence makes a woman beautiful. (Socrates)



## ATTENDANCE

27 members with apologies from Patrick, Les, and Mark John-Natley

**Visitors:** Rebecca Wuersch (Club), Jacinta Perram (Club), Carol Slater (Tony), Jeannette Bailey (John C), Ken Lister, Pauline Lister, Christina Laub (all guests of Wolfgang), Fiona Cooper (Mark C), Mary Walters, Sid Walters (Hass).

**Leave of absence:** Peter A, Neil, John V and Tom



## NOTICES

- Due to a sudden death in Mark and Jan John-Natley's family, the bulletin is not in its usual format this week
- There are still some members who have to complete the NSW Working with Children Check.
- Thanks to Steve Shirvington, the club has been awarded a grant of \$4,890. This is to cover items such as a new computer and software.
- The 5c collection is now over \$190.
- Because some members are on leave, such as Darrell, John K, Jim, and John V, there is a shortage of people for the market roster for August. Darrell is keen to find someone to replace him

## ROSTERS for AUGUST

Markets	Attendance	Property
Mark J-N	Ken D	Patrick K
Alyson H-J - PA	Claire N	Geoff B
Brian J - Res		
Wolfgang L - Van		
Claire N		
John C		
Patrick K		



## ROSTER for 14 AUGUST MEETING

3 Minuter	Thought of the Week	Introduction	Thank you
David B	Elaine M	Kevin D	David H