



**Club of
Gawler Light**

District 9510 | Chartered 10 July 1996

Bulletin Edition #1215 : 1 September 2020

President: Dick Milner | **Secretary:** David Cockshell | **District Governor:** David Jones | **RI President:** Holger Knaack

President's Message: Dick Milner

- What a great guest speaker Saran turned out to be. Who would have guessed it was her maiden outing as a speaker for the Stroke Foundation.
- Hope you have all had a look at the new Rotary Club Constitution to be ratified at our meeting on the 15th.
- Hope to see you all on Tuesday this week

Community Service: Steve McLachlan

- Thank you to those that volunteered for the Bunnings BBQ. Roster is full. Possibility of more BBQs in the future. Will email roster with roles and COVID protocols. No need for COVID Marshall.
- The Board has approved to scope assistance for an Evanston Gardens resident
- Gawler Suicide Prevention Community Group – AGM— from Darryl Matthews
 - Sunday 13th September – 2pm Salvation Army Riverside Centre – 13 Edith Street Gawler East. FREE EVENT
 - Guest Speaker – Nathan Bolton – Ex Special Service Soldier
 - Talking on his tours to Afghanistan and subsequent battle with Mental Health.
 - RSVP – karen.mccoll@sa.gov.au or 0433222874 by close of business Wednesday 9th September.
 - *Due to COVID – 19 restrictions you must be registered to attend to avoid being turned away on the day.
 - Members have been emailed a copy of the Flyer and is shared on Rotary club of Gawler Light Facebook page

ATTENDANCE

All apologies: contact **Susan Clift-Bowden (0438 067 894 or cliftsusan@gmail.com)**

Non-attendance must be notified by **10am Monday**.

Given the current situation please advise your intention to eat a meal.

If you are intending on being away for a lengthy period of time, please also notify the Bulletin Editor

*The Rotary Club of Gawler Light aims to
provide enjoyment and foster fellowship between
Rotarians and others through projects to
improve our local and international community.*

PO Box 1577, Gawler SA 5118

Meetings: Most Tuesdays 6.15pm for 6.30pm meal, (Optional)
7.15pm for 7.30pm meeting

Venue: Gawler Arms; 102 Murray St, Gawler SA 5118.

Email: president@gawlerlightrotary.org

Website : www.gawlerlightrotary.org

Facebook: www.facebook.com/gawlerlightrotary

Instagram: [@gawlerlightrotary](https://www.instagram.com/gawlerlightrotary)

Guest Speaker: Saran Chamberlain—The Stroke Foundation

- In Australia stroke kills more women than breast cancer and more men than prostate cancer.
- What is stroke? A stroke is a medical emergency, a brain attack – the brain equivalent of a heart attack. It occurs if the blood supply to the brain is blocked (ischemic stroke), or if a blood vessel in the brain is ruptured (haemorrhagic stroke). When either of these things happen brain cells begin to die or are at risk of damage.
- The severity of the after effects depends on the area of the brain affected and the amount of damage which occurs.
- Stroke can affect anyone at any time.
- Every year around 17 million people suffer a stroke worldwide.
- It is estimated that 1 in 4 persons will have a stroke during their lifetime and although stroke can affect anyone at any time, two-thirds of all strokes occur in people aged over 65 years as an uncontrollable factor is cardiac arrhythmia which sometimes comes as one gets older,
- many people in their seventies have some form of intermittent or permanent arrhythmia.
- The impact depends on the area of the brain where the blood supply is interrupted and can be physical, mental or both.
- Stroke can rob people of their identity and independence.
- Stroke is the leading cause of adult disability in industrialized countries.



- Saran had a stroke as a young adult, the mother of three young children has rebuilt her life despite being partially paralyzed down her left side.
- The factors increasing the chances of stroke are 80% preventable.
- Lower your cholesterol, keep sugar and salt intake under control, don't smoke, regulate alcohol intake and be active.
- A milder attack known as a transient ischaemic attack (TIA) the affects of which are only temporary can serve as a warning.
- If stroke is suspected, call the medical emergency services URGENTLY!
- Stroke can cause
 - Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
 - Sudden trouble speaking or understanding
 - Sudden trouble seeing in one or both eyes
 - Sudden trouble walking, dizziness, loss of balance or coordination
 - Sudden confusion
 - Sudden, severe headache with no known cause
- The sooner a patient receives medical attention, the better the chance of their recovery.
- Think F.A.S.T. Is the patients **F**ace drooped, can they lift both **A**rms, is their **S**peech slurred and do they understand you? If these symptoms are present call 000, **T**ime is critical.

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Club Admin: Dave Perry

- Christmas Display working bee on Friday night 4Sep20



Members' Corner:

- Steve Redden: eldest daughter who was born premature at 28 weeks recently gave birth to a boy at 24 weeks premature;

Cookie Dough Fundraiser:

- 38 tubs sold to date

Ute Relay:

- The Ute will most likely be in Gawler 22-27Oct20 complete with raffle tickets

MEETING ROSTER

	01-Sep-20	08-Sep-20	15-Sep-20	22-Sep-20
Meeting Type	Partners Welcome	Partners Welcome	Partners Welcome	Partners Welcome
Chairperson	David Cockshell	Greg Morris	Rob Eley	Roger Freeman
Rotary Information	Ian Curtis	Rob Eley	Roger Freeman	David Giles
Thought for the Week	Rob Eley	Roger Freeman	David Giles	Stephen Arthur
Vote of Thanks	Roger Freeman	David Giles	Stephen Arthur	Greg Morris
Fellowship	David Giles	Stephen Arthur	Greg Morris	Peter Harper
Setup & Packup	Stephen Arthur	Greg Morris	Peter Harper	David Perry
Cashier	Peter Harper	Greg Morris	David Perry	Stephen Arthur
Guest Speaker	Saran Chamberlain	Rob Eley	Susan Clift Bowden	TBA
Subject	Stroke Safe	The Lost Boys	Dental Hygiene	

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