

WAITAKERE ROTARY CLUB

MAKING A DIFFERENCE IN OUR WORLD

Normal Venue: Rex Davy Lounge, Lower Ground Floor, The Trusts Stadium, Central Park Drive, Henderson

RWC Temporary Venue: "The Den" Massey and Birdwood Settlers Hall - Corner Don Buck Road and Redhills Road

Time: 5:45pm for 6:10pm

Address: PO Box 104 017, Lincoln North, Auckland, 0654
www.rotarywaitakere.org.nz or www.soapboxderby.co.nz

OCTOBER: VOCATIONAL MONTH
NEXT WEEK:

TUESDAY MEETING!!

Fellowship Night at Graham's to meet his RWC guests

Time: 5:45 pm for 6pm

<No Meeting on Wednesday>

THIS WEEK: ST JOHN

Two Operations Team Managers – Patsy Carlyle from Manukau and Glenn Metcalfe from West Auckland came to talk to us.



Patsy is a Helensville resident and has been a member of St John for over 30 years. From 1992 to 2001 she was based at Helensville before being transferred to Manukau as a Manager. Glenn is a West Auckland Manager.

First off – motorbikes. These started as a good idea but tend to be more used in ceremonial parades these days rather than on the road due to their inability to carry patients. Generally an Advanced Paramedic attending an incident in support of an ambulance now uses a car.

We are all aware of the ambulance service – they turn up at times of dire need and the ambulance officers save lives. Other services St John provide include:



- Caring Caller Service – a daily phone call to an at risk person.
No response to call – an ambulance is dispatched to check all is well
- Life Link – A call button on a bracelet. Those at risk of falls can wear one and if they fall help can be summoned at the press of the button
- Volunteer helpers at the hospitals
- Outreach Pet Therapy Group – taking animals into Rest Homes
- Events. We, like many other event organizers, use St John at our Soapbox Derby.



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12TH OCTOBER 2011

CALENDAR

SUN 16TH OCT

Pot luck Lunch at Sheena's to meet her second set of Rugby visitors

18TH OCTOBER

Fellowship Night at Graham's to meet his RWC guests

19TH OCTOBER

No Meeting

26TH OCTOBER

Pupuke Rotoract - Wine Fundraiser

ROTARY 4 WAY TEST

Of the things we think, say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?



This last year has been one to test the processes. The Christchurch earthquake called on Auckland staff and the Rugby World Cup certainly kept them on their toes – on the opening night at least. The unexpected huge crowds and the “difficulties” with the transport system stretched their service to capacity. Since that night the RWC has run extremely smoothly and has been “brilliant”.

A small point on this one. If a VIP or Rugby Player is in need of an ambulance there is a code of secrecy – nothing can be said. Ever.

Last September they suffered a workshop fire that engulfed 3 ambulances. Oxygen cylinders ensured that the inferno was rather impressive but fortunately no one was injured. One million dollars worth of equipment went up in smoke.

<http://www.3news.co.nz/Ambulance-catches-fire-in-workshop/tabid/423/articleID/227371/Default.aspx>

Patsy told us of her first ambulance job in Helensville. She arrived on site, jumped nimbly out of the ambulance – and promptly fell into a deep drain. Luckily the local fire brigade was there to haul her out.

Despite this bad start she has thoroughly enjoyed her career with the service and has risen through the service to a senior role.



So who do the ambulances get called for? Anything from toothache at 2am to a life threatening emergency. Staff on the ambulances range from Ambulance Officers to Advanced Paramedics. When we dial 111 a few questions are asked to ensure that an Advanced Paramedic is sent if required. A call saying “My wife is having a baby!” can mean either transport to the hospital in early stages of labour or delivery en route. A big difference in skills required!

From our SBD Quote:

Primary Care Officer (trained volunteers):

- Oxygen therapy
- Entonox (pain management)
- Advisory defibrillation (cardiac arrest)

Ambulance Officer:

- All of the above plus
- Nasopharyngeal airways (unconsciousness)
- Aspirin (cardiac chest pain)
- Nebulised salbutamol (asthma)
- GTN spray for (cardiac chest pain)
- IM glucagon (diabetic collapse)

Paramedic:

- All of the above plus ...
- Manual defibrillation (cardiac rhythm disturbances)
- IV cannulation and IV fluid administration (trauma and shock)
- IV glucose (diabetic collapse)
- Laryngeal mask airway (unconsciousness)

Advanced Paramedic:

- All of the above plus ...
- Laryngoscopy (airway management)
- Endotracheal intubation (unconsciousness)
- Cricothyroidotomy (surgical airway access)
- Chest decompression (collapsed lung)
- Intraosseous needle access (paediatric trauma)
- Cardiac and other emergency drugs

<NOTE: For the SBD we hire a Primary Care Officer knowing that if something serious were to occur they would call for extra help. Talking to them at the derbies they have said that on the odd occasion when something serious has happened at an Event they have attended there was invariably a doctor somewhere in the crowd who could help out till an ambulance arrived if required. So far they have never needed to call for extra help at a Derby... touch wood!>

So... what to do in an emergency...

If someone suffers a heart attack or stops breathing then **Chest compressions** till an ambulance arrives is **CRITICAL!** If you don't know Mouth to Mouth – don't worry. Just do the chest compression. Without these the chances of survival are low, with them the chances are dramatically higher.

The ratio is 100 compressions per minute

(As Patsy said, Remember the Bee Gees song "Staying Alive".

"Duh, duh, duh, Staying A L I V E..." (Time it to the duh, duh, duh not the A L I V E...).

Also, if in doubt, call an ambulance!

ROTARY RUGBY WORLD CUP HOSTING

The party has started.

Sheena had her first Rugby visitor, Chris Sumner from Southport Links in the UK, last week and celebrated with a pot luck dinner on Friday night. A few of our Rotarians turned up for a pleasant evening and to meet him.

Apparently the train service to Eden Park worked extremely well for the Quarter Finals. Chris took Sheena's car to the station and caught the train from Waitakere to Mt Eden and had a very smooth trip both there and back. The remainder of the weekend was spent touring parts of West Auckland – like a walk on Bethells Beach and meeting one of Sheena's rugby mad friends for lunch at a cafe in Piha.



Sheena's next visitors arrive this weekend and she will be having a pot luck lunch on Sunday.

Alan and Heather also have Rugby visitors arriving on Friday. Not being quite as organized as Sheena we will wait to Friday to see what plans they have for the weekend before making commitments on their behalf.

Graham is currently touring Paihia with his Rugby guests. Dinner next week is on Tuesday at Graham's house.

CECILE

The Coopers have started the holidays with a family trip to Paihia that included parasailing



Linda's email on Monday said:

Parasailing in sunny Paihia before it started raining today. Also saw masses of dolphins in the Bay on the way to Hole In the Rock.

Cecile will be at Marae weekend from Friday then with Patrick and Jo next mon tues wed further north.

STRAY NEWS

From the Waitakere Ladies Probus Club Newsletter:

Breaking News: Hugh Heffner has just witnessed the birth of his next wife.

| | |
|------------------------|-------------------------------------------------------------------------------------------|
| PARTING THOUGHT | Jim: Enjoy the little things in life as one day they could turn out to be the big things. |
|------------------------|-------------------------------------------------------------------------------------------|

| RAFFLE WINNER | STATISTICS | RAFFLE TOTAL | FINES |
|---------------|------------|--------------|---------|
| David | T, T, T, T | \$30.10 | \$18.60 |

Note: Kerry's back - 1 washer and a 5 cent coin from America

APOLOGIES:

apology@details.co.nz or ph 8109 589 no later than **12 noon on the Monday** prior to the meeting. Late Apologies and No shows will, of course, be charged for their meal as it has been booked and paid for!

BOARD MEMBERS

| | |
|----------------------------|----------------------|
| President | Craiger Hargesheimer |
| President Elect / Sergeant | Patrick Howard |
| Vice President | Derek Gee |
| Secretary | Bob Benzie |
| Treasurer | Alan Pattison |
| Community Director | Phyllis Ancombe |
| International Director | Kerry McMillan |
| Vocational Director | John Riddell |
| Youth Director | Sheena Spittles |

ATTENDANCE

| | |
|--------------------|----------------------------------------------------------------------------------------------------------------|
| Present: | Mike A, Jim A, David B, Roger F, Derek G, Craiger H, Terry H, Patrick H, Kerry M, Alan P, Heather P, Sheena S, |
| Apologies: | Phyllis A, Bob B, Linda C, Monique M, Graham N, Jack R, John R, Cecile Struvay, Domenic W |
| Guests: | St John - Patsy Carlyle and Glenn Metcalfe |
| Missing in Action: | Peter S |
| Make Ups | Linda C, Cecile Struvay, (both at Kerikeri) |
| Attendance: | 13/21 62% |

NEXT WEEK'S MEETING DUTIES

| | |
|-----------------|--|
| Squire | |
| Squire | |
| Greeter | |
| Grace | |
| Introduction | |
| Thanks | |
| Parting Thought | |
| Dealer | |
| Joker | |
| Joker | |

WEBSITE ADDRESSES

Waitakere Rotary
<http://www.rotarywaitakere.org.nz/>
 Rotary International
<http://www.rotary.org/>
 Rotary NZ
<http://www.rotary.org.nz>
 District Governor's newsletter
<http://www..rotary.org.nz/newsletter.cfm?District=10>
 Rotary Downunder Magazine
www.rotarydownunder.com.au
 Rotary NZ Promotions and Information
www.rotary.org.nz/information.cfm?ID=1364
 Admin page and information
<http://www.rotary.org.nz/information.cfm?ID=180>
 Future Vision
www.rotary.org/future_vision
 Rotary E Club (for make ups)
<http://www.rotaryclubone.org/>
 Dare West
<http://darewest.org.nz/>



COUSIN GEORGE:

Is there life before coffee? Yes, but not intelligent life

BULLETIN & WEBSITE EDITOR

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