



KOONGGA

Bulletin of the Rotary Club of Ku-ring-gai
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18 July 2016 — Rotary monthly theme: Changeover Month

Last week guest speaker



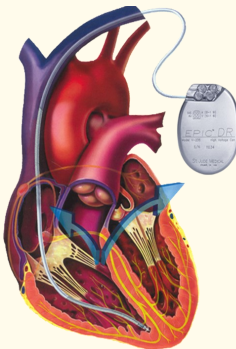
Joanne Marando.

Who would have thought that a presentation on Pacemakers would be fun and interesting? Joanne was interesting and fun and generated many questions.

She started comparing a heart beat to a Mexican wave, but for some, when their heart is beating, not all the participants stand for their turn when the wave is in progress—these people need a Pacemaker to keep their heart beating at a regular rate.

- Approximately 3 million pacemaker patients worldwide and approximately 600,000 implanted yearly

- 1958 saw the first fully implantable pacemaker inserted (Arnie Larsson).



A Pacemaker, left, comprises Header, Battery, Hybrid circuit (brains)

Tiny cables are inserted. Methods are - Epicardial - Endocardial (Transvenous) these are needed to conduct current to the heart

The battery is made of a lithium-iodine compound and lasts from 6 to 10 years when the Pacemaker needs to be replaced

In this issue <http://www.kuringgairotary.org.au/>

Guest Speaker	Next Speaker	Guests	Book Fair
Wendy Carver	Bowelscan	Peter Lorsch	

Sick parade • Anniversaries • Door team • Gordon Market roster

Commonly asked questions

Can I drive?

Catastrophic consequences could result from loss of consciousness while driving

Most Traffic Authorities now have laws pertaining to ICD patients

Decisions about driving are made on an individual basis by the doctor in combination with the RTA

Can I go near a microwave oven?

Two factors allow patients to be near ovens without concern

The shielding and filtering in ICDs has been significantly improved

Leakage levels of the new microwave ovens are much lower than the allowable limit

Do I have to take precautions when using a mobile phone?

Yes and No

A filter in the device will remove mobile phone frequencies so will not affect the device.

There is a magnet in the speaker, so don't carry it in a pocket over the device

Will I have to slow down with a pacemaker? **NO!**

There are patients who play sports such as golf, tennis, basketball, marathons or scuba diving after consultation with their cardiologists.

Any activity restrictions usually result from other medical problems and not from the pacemaker

Is sexual activity safe?

Some people fear that the increase in heart rate will trigger a shock

Some people fear that a shock during sex will be passed to their partner

the energy felt by the partner is only a minor tingling similar to that of static electricity and is not harmful

Is it safe to walk through anti-theft security systems in shops?

It is safe

However, it is best not to linger within a surveillance system

Can I travel? YES!

- Always carrying the identification card given at the time of implant.
- Devices are implanted and checked globally. Patients can have their pacemaker evaluated in almost any part of the world if needed.

Will the pacemaker or defibrillator prevent me from having a heart attack?

-The device does not protect against blockages in blood vessels that cause heart attacks.

Vote of Thanks—John Kenny Aitken. John said it was most interesting and related the presentation to his activity in Sea rescue where he needs to be aware of pacemakers when using a deliberator.

Guests

Guest	Gest of
Joyce Cribb	Ivan Cribb
Laurel Jackson	Tom Jackson
Peter Lorsch	Michael Midlam
Harold Morgan	Michael Midlam
Jayne Mote	Linda Lam-Rohlf
David Newling	Joy Newling
Jo Newling	Rob Hall
Sarah Newling	Joy Newling

Lifeline Book Fair



Our club helped load and unload books on Saturday last 9th July

at Lindfield
Roger Desmarchelier, Bob Ivey, Geoff Hungerford

and at Knox Bob Elsworth and John Aitken.

Lifeline will also appreciate further help at 5.00 pm Sunday 17th July at Knox.

From Wendy Carver—Lifeline Shop opening



With further appreciation from Wendy

Bowelscan Roger Desmarchelier

President Michael thanked Roger for his organising and execution of Bowelscan this year

Peter Lorsch Bobbo

Peter is promoting sponsorship for Bobbo and is looking for contacts in large companies that he can phone.

It is vital to have a company contact, Peter will do the work but he needs contact names

We have a current list of sponsors and Peter is looking to increase our funding with new sponsors

Guest speaker this week from Shine for Kids

CEO, Gloria Larman and Dennis van Someren from Shine for kids are addressing our meeting next Monday.

Shine for kids is largely a volunteer based organisation focussed on the rights and needs of innocent children with a parent in prison.

It has been operating for over 30 years with Gloria serving the organisation for most of that time.

Calendar of events

Jul	17	(Sunday) Pack up Lifeline Book Fair
	18	Right to the heart: Jo Marano talks about pacemakers and defibrillators
	18	Shine for Kids: Dennis Van Someren puts the focus on this charity

Board of directors

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Immediate Past President	Graham Timms
President Elect	Malcolm Braid
Secretary	Lindsay Forrest
Treasurer	Chris Lewis
Director - Membership	Tony McClelland
Director - Service Projects	Michael Midlam
Director - Rotary Foundation	Chris Hoch

Service committee chairpersons and committees

Administration (Club Service)	Gary Keating
Vocational Service	Lou Coenen
Community Service	Roger Desmarchelier
International Service	Georgina Manning
Youth Service	Linda Lam-Rohlfs
Social events	Joy Newling
Bobbin Head Cycle Classic	Tony McClelland
Sergeant-at-Arms	Graham Timms

Club committees

Administration: Gary Keating, Geoff Hungerford, Rob Hall (Program), Bob Ivey (Web and social media), Graham Maslen, Tony McClelland (Koonga)

Bobbin Head Cycle Classic: Tony McClelland, John Aitken, Ross Egan, Bob Elsworth, Peter Kipps, Michael Midlam, Gary Keating

Club History: Malcolm Braid, Tom Jackson

Community: Roger Desmarchelier, Gary Dawson, Ross Egan (Daffodil Day), Chris Hoch (Red Shield), Nick Kenyon, Ted Price, Anil Fulwaria

International: Georgina Manning, Roger Desmarchelier, Emyr Evans, Dilys Geddes, Rob Hall, Graham Maslen, Greg Newling

Membership: Tony McClelland, Ken Sackville

Public Relations: Emyr Evans, Linda Lam-Rohlfs, Georgina Manning,

Rotary Foundation: Peter Tang, Lindsay Forrest, Chris Hoch, Greg Newling

Social Events: Joy Newling, Ross Egan, Dilys Geddes, Georgina Manning,

Vocational: Lindsay Forrest, Lou Coenen, David Forsythe, Peter Kipps, M Tyler

Youth: Linda Lam-Rohlfs, Anil Fulwaria, Cathy Jackson, Gary Keating, Chris Lewis, Matt Mahjoub, Andrew Marselos, Joy Newling, Don Riddell

Bank Details

General account	BSB: 032 089 Account no.: 253 341	Please include your name
Project account	BSB: 032 089 Account no.: 253 333	Please include your name