

THE ROTARY CLUB OF ELIZABETH INC

District 9500 - Charter granted 23 Nov 1966
PO Box 233, Elizabeth SA 5112



Rotary International President: Mark Daniel Maloney
District Governor 9500: Jane Owens
AG Group 4: Colin Willington
President Elizabeth Rotary: Eryn Halls

BULLETIN

MEETING 2633 – MONDAY 3 FEBRUARY 2019

Report from meeting held on Tuesday 21 January 2020 at the Playford Civic Centre

Meeting 2632 was our combined meeting with Rotary Club of Playford.

President Eryn in her opening of the meeting welcomed members – Elizabeth Adamson, David Adamson, Delwyn Watts, Anthony James, Shirley Halls, Liam Goodrich, and Piotr Salamon and honorary member Glenn Docherty, Mayor of Playford.

P George Shaw opened meeting 1032 for the Rotary Club of Playford and welcomed everyone including our guests, AG Colin Willington and our guest speaker Emily Aldridge, PhD Candidate, Clinical researcher and Associate Professor, Adelaide Medical School, University of Adelaide and Medical Researcher, Department of Cardiology, Lyell McEwin Hospital.



Emily Aldridge

After dinner Chairperson John Fischer introduced our guest speaker for the evening, Emily Aldridge who is a Clinical researcher and Associate Professor at the Adelaide Medical School, University of Adelaide and medical scientist at the Department of Cardiology, Lyell McEwin Hospital.

Emily spoke about Heart Disease and her research into women's heart health and pregnancy. There are three times as many heart disease deaths in women than deaths from breast cancer and younger women are increasingly at risk.

Risk factors include age, family history, smoking, high cholesterol, hypertension, being inactive and pregnancy complications.

Pregnancy is a stress test for a woman's heart. Complications occur in one in four pregnancies increase the risk of cardiovascular disease by between fifty and four hundred percent.

Emily also spoke about the difference between a heart attack and a cardiac arrest with the former being a blockage in the heart and the latter being when the heart stops beating.

They now see at risk women six months and five years after delivery of their babies.

Chairperson John thanked Emily for coming.

P Eryn and P George closed their respective meetings.

DUTIES	3 FEBRUARY	10 FEBRUARY	17 FEBRUARY	24 FEBRUARY
	2633	2634		2645
Dinner*	No	Yes (Soup and Sandwiches)	No Meeting	Yes
Chairperson	Committees and Board Meeting	David Adamson		Elizabeth Adamson
Cashier	Lions Den 6:30pm	Anthony James		Anthony James
Visitors' Host	For 7pm start	Delwyn Watts		Liam Goodrich
Regalia	Bring a plate to share	Anthony James		Anthony James
Speaker				

N.B. If you are unable to attend please arrange a replacement for your duties. Thank you.

* Dinner indicates whether we are having dinner at the Grenville Hub (Playford Civic Centre)

DIARY DATES:				
2019	DATE	EVENT	VENUE	TIME
MONDAY	24 FEBRUARY	Joint Meeting with Rotary Club of Playford	Playford Civic Centre	6:30pm for 7:00pm
WEDNESDAY	26 FEBRUARY	Northern Business Breakfast	Parafield Gardens Community Club	7:00am to 8:30am



Who is celebrating in February?

BIRTHDAYS: - None

WEDDING ANNIVERSARY: None

INDUCTION ANNIVERSARIES: Anthony James 15th

**CONTACT DETAILS:- RC of Elizabeth
PO Box 233 Elizabeth SA 5112**

<http://www.elizabeth.rotarvaust.org/>

<http://www.facebook.com/RotaryClubofElizabeth?ref=hl>

Meet at the Grenville Community Hub, Playford Boulevard, Elizabeth
2nd and 4th Monday of the Month 6:15 p.m. for 6:45 p.m. start

If not attending please send apology to Eryn Halls – Club President

Mobile – 0408 848 961 or Email – elizabethrotary9500@gmail.com

to assist with catering for meal numbers