



Rotary Club of Maungakiekie
Bulletin / Newsletter NL 275
12th October 2026
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**CREATE
LASTING
IMPACT**



October

**ECONOMIC AND COMMUNITY
DEVELOPMENT MONTH**

*I am of the opinion that my life belongs to the whole community
and as long as I live, it is my privilege to do for it whatever I can"*
George Bernard Shaw

Monday 12th October 2026

Visitors:

LOA: Paul Jenner, Rod Kestle

Apologies: Lloyd Albiston, Tony Bradley,
Peter Mayow, Richard Ryan, Rob Lyons,
Heather Latham.

Sergeant Noel Carey welcomed everyone
to the meeting. A special mention for the 2 Georges and Mavis and Guest Speaker
Toni Foster.

Noel ran a successful Sergeant fining session with several Birthdays in the mix.

President Tony Rayner.

Tony covered Rotary's contribution to world peace, preparations for the End Polio
campaign, club communications, catering arrangements, fundraising activities, and
upcoming club events. Members also received updates on the annual book fair and
future meeting dates.

World peace and Rotary's role

President Tony shared a presentation from Steve Killelea, founder of the Institute for
Economics and Peace.

The presentation highlighted the high number of global conflicts and the economic
cost of violence.

The speaker argued that investment in peacebuilding is only a small fraction of
military expenditure.

Military action may stop conflict, but sustainable peace requires investment in
institutions, education, wellbeing and social development.

Members were encouraged to contribute to peace through their time, energy and
everyday actions.

Club communications

President Tony proposed establishing a WhatsApp group for club members.

The purpose is to share urgent announcements and information more quickly than
email.

WhatsApp was the preferred option discussed at the meeting.

End Polio fundraising event

The Auckland Rotary End Polio train collection is scheduled for Friday, 16 October 2026.

- Rotarians from Districts 9910, 9920 and 9930, along with members from Waikato, are expected to participate.
- The event will raise awareness and funds for Rotary's End Polio campaign.
- Participants can join for the whole day or part of it.
- Donations will be made digitally using QR codes; cash collections will not be accepted.
- The planned meeting point is Waitemata (Britomart} at 9:15 am, with train travel beginning at 9:42 am.
- The route covers Auckland's rail network, with a lunch stop at Papakura.

Catering arrangements

Odette, who operates Let's Eat, is retiring and will cease providing club dinners. The club is investigating a replacement caterer.

Catering will be particularly important for the upcoming McKee Rewards event, which is expected to attract approximately 60 people.

5. Prostate awareness event

Nazia Patel from the Hillsborough Rotary Club is planning a prostate awareness event at Epic Brewery.

The club board will discuss whether and how the club can support the initiative.

Annual book fair

Preparations for the book fair are progressing well.

Pamphlets and maps are being prepared for distribution.

Delivering these materials to letterboxes, preferably in the week after Labour Weekend, is considered important to the event's success.

Members were reminded to prepare for the collection and sorting activities.

Book sorting is planned at Onehunga Community House on 9 and 16 November, with food arrangements to be organised.

Upcoming meetings and events

Date	Event or activity
16 October	Auckland End Polio train collection
8 November, 9:30 am	Breakfast meeting at Cornwall Park kiosk; \$35 per person
9 November	Book sorting at Onehunga Community House
16 November	Book sorting at Onehunga Community House
23 November	Club meeting planned; details to be confirmed
7 December	McKee Awards event: catering required
14 December	Annual General Meeting (AGM)
21 December	Christmas party: venue being considered

Guest Speaker: Toni Foster – Motor Neurone Disease New Zealand

Trevor Mosley introduced Toni with details of her medical experience.

Toni is a registered physiotherapist who worked as a clinician for many years in neurological rehabilitation, predominantly with adults following traumatic or acquired brain injury.

Toni has worked in the acute hospital setting, inpatient rehabilitation centres and community rehabilitation centres. Over her clinical career, Toni has also worked with adults with long-term neurological disabilities, and more recently with neurodiverse children and children with physical disabilities at Anbury Parks, where the movement of horses is used to promote physical functions.

Toni returned to support service manager role at Motor Neurone Disease New Zealand in mid-2024, having worked previously in this role from 2018 to 2022. Toni says it is a privilege to be allowed into the lives of those who have been diagnosed with motor neurone disease, and to be allowed to travel alongside of them on their MND journey. Being able to make a positive difference in the lives of those dealing with this devastating diagnosis is truly rewarding.

Toni Foster delivered a presentation explaining the impact of motor neurone disease, the challenges faced by people diagnosed with it and their families, and the support services provided by the organisation.

MND is a progressive neurological condition that affects the nerves controlling movement, speech, swallowing and breathing. There is currently no cure, and life expectancy is often limited, although the rate of progression varies considerably between individuals.

The central message of Toni's presentation was that people living with MND need practical, personal, and compassionate support to make the most of the time they have. MND New Zealand provides guidance, advocacy, education and connections for people with MND, their families and healthcare professionals, while also supporting research and raising public awareness.

MND is a group of progressive neurological diseases affecting the nerve cells that control muscle movement.

There are four main forms discussed in the presentation: amyotrophic lateral sclerosis (ALS), progressive bulbar palsy, primary lateral sclerosis (PLS) and progressive muscular atrophy.

Symptoms may begin in the arms, legs or muscles responsible for speech and swallowing.

The exact cause of MND remains unknown. Toni described it as a multifactorial disease involving a combination of genetic and potentially environmental factors.

Certain genes are associated with increased risk, but having a related gene does not necessarily mean a person will develop the disease.

MND can affect younger adults as well as older people, although the median age of onset is approximately 67.

Diagnosis can be difficult and may take around a year in New Zealand and Australia because early symptoms can resemble other conditions.

One of the strongest messages was the emotional and social impact of losing independence and communication.

People who lose their ability to speak can become isolated when others mistakenly assume they cannot understand conversations. Toni stressed that healthcare professionals and carers should continue speaking directly to the person with MND rather than addressing only their companion.

Recognising possible cognitive and behavioural changes is also important in helping families understand difficult situations and receive appropriate support.

The New Zealand MND Registry collects information, with participants' consent, about diagnosis, treatment, occupation, and other factors to improve understanding of the disease.

- Researchers at the University of Otago and the University of Auckland's Centre for Brain Research contribute to research into MND, including its genetic basis.
- MND New Zealand supports practical research that can improve quality of life, such as research into powered wheelchairs and equipment.
- At the time of the presentation, there were no clinical trials in New Zealand, and the organisation was encouraging researchers to bring studies here.

MND New Zealand relies largely on fundraising, grants, and community support. A small contract with the Ministry of Social Development contributes approximately 5% of its running costs, according to Toni.

Key fundraising and awareness activities include:

- Walk to Defeat MND: Accessible, family-friendly walks held in Auckland, Wellington, and Christchurch.
- MND Action Month: Campaigns and fundraising activities during June, including ice bucket challenges and community morning teas.
- Community fundraising initiatives, including sausage sizzles, and sponsored trekking events.
- Volunteers who assist with events and awareness campaigns.

The organisation's fundraising supports both services for people living with MND today and research intended to improve future outcomes.

Toni was thanked for her presentation by Bruce Murdoch.

Thought for the week: Rhett Stephens

You don't have to see the whole staircase, just the first step.

Duties: 19th of October Iain Hooker Meeting at Royal Oak Bowls

President: Tony Rayner

Sergeant: Noel Carey

Attendance: Rob Lyons

Hospitality: Anthony Martin

Meals: Trevor Mosley – Ernie Meyer

Scribe: Bill Appleton

5 Minute Speaker: tba

Host: Peter Mayow

Guest Speaker: **Iain Hooker**

Subject: Bird Sanctuary

Thanks: Iain Mc Crae

Thought for the Week: Robin Hulford

.Apologies to Noel by 5.00pm Friday .

Book Fair.

Bill Grayson would really love members to advise him or Peter Mayow as to where they might know of temporary storage facilities for the books prior to the availability of the Onehunga Community House.



ROTARY CLUB OF MAUNGAKIEKIE

WANTED...

SECOND HAND BOOKS

CDS, DVDS, JIGSAWS & CHILDRENS GAMES WELCOME
(No magazines or encyclopedias please)

For the annual book fair at the Onehunga Community House (83 Selwyn Street, Onehunga) on 20-22nd November 2026

For collection of items:

Phone Robin Hulford (09) 624 9102 or 021 228 8289
Derek Neutze (09) 624 9151 or 021 266 2057

Email robin@thehulfords.com or dandmneutze@extra.co.nz

Drop-off 9-19th November
Sunhill Market, 317 Saint Johns Rd, Kohimarama in the trailer, parked at the south side of the car park

BENEFICIARIES:
Youth Leadership Award; Kids to Camp; Onehunga High School; Pacific Advance Secondary School; Royal Oak Intermediate School; Local Primary Schools; Local Kindergartens

SPONSORED BY:
Stafford Klaassen, Solicitors
1 Kimberley Road, Epsom
Email: geoff@sklaw.co.nz



3 DAYS

ROTARY CLUB OF MAUNGAKIEKIE

BOOK FAIR!

2026

ALL PROCEEDS TO CHARITY

FREE ENTRY*

*Earlybird entry 7-9am Friday 20th November \$30 per person

FRIDAY, 20TH NOVEMBER (9-5PM)
SATURDAY, 21ST NOVEMBER (9-5PM)
SUNDAY, 22ND NOVEMBER (9-2PM)

ONEHUNGA COMMUNITY HOUSE
83 Selwyn Street, Onehunga

ROTARYMAUNGAKIEKIE.ORG.NZ

Please turn over...

the
delicious
way
to give



Rotary Traditional Christmas Puddings make the best gifts for family, friends, clients and staff

Using only the best fruit, spices and wholesome ingredients to a time-proven recipe Rotary Traditional Christmas Puddings are the most delicious and easy way to turn meals into celebrations.

Baked here in New Zealand, they're ready to eat hot or cold - you just can't beat them. Simply serve with custard, brandy butter, caramel sauce, cream, ice cream, yoghurt or try our quick serving ideas at right or on our website.

Gift them, share them or hide them until you're alone - they're just so good!

Whatever you do, make sure you order yours today. Each one you buy includes a substantial donation to Rotary projects and community projects in your area. Proceeds from sales, shared with participating Rotary clubs throughout New Zealand, exceed \$2 million since the project began.

EXCLUSIVE GIFT PACKAGING AND RECIPE BAKED IN NEW ZEALAND

Enquiries and orders to:
your local Rotary Club or
enquiries@rotarypuddings.co.nz

**Fabulous gifts
vacuum packed
for superb
freshness**

Rotary Christmas Puddings (700g) are already cooked ... just heat in the microwave. Due to the brandy content, they last well past their Best Before date - in fact, like good wines, they improve with age. They freeze well too.

There are a range of recipes on the Rotary Puddings website but here are a few ideas.

**Quick Serving
Ideas**

**Christmas Pudding
Ice Cream**

Cut pudding in half (freeze remainder). Roughly fork-mix with equal parts of vanilla ice cream. Press ice cream mix back into original container, cover with cling wrap and freeze. Serve frozen with berries, yoghurt or decorate as you please. Perfect for Christmas dinner or summer BBQs.

Rum Balls

Mix Christmas Pudding with a bit more than half as much of any fruit cake. Add chopped glazed cherries, ginger and rum, stirring until the mixture is moist but not wet. Roll firmly into small balls and coat with desiccated coconut. Freeze until needed.

All-Seasons Cake

Cut in small pieces, fruit, yoghurt, cream or ice cream on the side. Try it with aged cheddar or blue cheese - fantastic!

**Lazy Lady's
Brandy Sauce**

Serve your hot pudding with homemade custard containing a good dollop of cream and 1/4 cup of brandy.

Contact Peter Mayow to order your **CHRISTMAS PUDDING**



Smile!

It makes people wonder what you have been up to!

SURVIVE 250 MPH CRASH



SHIRT GETS PULLED

**IF WE WANTED TO BOLDLY SEND
BILLIONAIRES WHERE
NO BILLIONAIRES HAVE
BEEN BEFORE, WE
COULD HAVE JUST
SENT THEM TO
THE TAX OFFICE**



**It's another hot day, so
I've taken all my
clothes off and opened
every window...**

**I feel so much better,
although the other
people on the bus don't
seem so pleased!**



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End note:

The best time to plant a tree was 20 years ago.

The second-best time is now.” — Chinese Proverb