

Rotary Club of Onehunga One Tree Hill Inc.

PO Box 13271, Onehunga, AUCKLAND 1643

Club meets: Monday 5.30 pm for 6.00 pm at

Royal Oaks Bowls Clubrooms at 146 Selwyn Street, Onehunga, Auckland

President: Bill Grayson - Ph: 09 571 2444 Email: bgrayson@graysonwagner.co.nz

Secretary: Gwynyth Carr - Ph: 09-5797 426 (h) - E-mail: gwynythcarr@hotmail.com

9910 District Web Page: www.rotary.org.nz/information.cfm?ID=1364

9910 DG's Newsletter: <http://www.rotary.org.nz/newsletter.cfm?District=10>

Club Website: <https://www.rotaryonehungaonetreehill.co.nz/>

PARTNERS, FRIENDS & VISITORS ALWAYS WELCOME



BULLETIN NO: 192015

Thursday 10th October 2019

PROGRAM

14th October: 2019

Attendance: Peter Mayow
Hospitality: Robin Hulford
Equipment: Rex Wood
5 Minute Speaker: Colin Tea
Host: Quentin Jay
Speaker: Peter Bossley
Subject: Architecture
Thanks: John Tapu
Thought for the Week:
George Arulanantham

21th October 2019

Attendance: John Tapu
Hospitality: Quentin Jay
Equipment: Ant Martin
5 Minute Speaker:
Bede Brittenden
Host: David Eastwood
Speaker: Dr Tam
(Past Dux of OHS)
Subject: Skin Care
Thanks: Colin Tea
Thought for the Week :
Alan Bannin

APOLOGIES

If you can't make it, or, wish to bring a partner &/or visitor to our meeting, please advise

Alan Bannin

abannin2013@gmail.com

09 624 9020

Before Noon of the Friday preceding the meeting so our caterers can provide.

Failure Will Incur a Meal Cost!!!

DUTIES: If you can't perform your duty, please arrange a substitute & advise Secretary Gwynyth & Sergeant Noel

CLUB ALMONER is Robin Hulford. Please ring him if any member (past or present) or their families are suffering illness, injury, bereavement or having a happy event

LAST MEETING : 7th October 2019

Attendance: 20

Visitors: Rotarian Geoff Pownall

Apologies: Parehuia & Fatu Enari, Bruce Murdoch, Robin Hulford, Iain McCrae, Bill Grayson, Bruce Clegg, Duncan McDonald, John Tapu, Bruce Passau, Trevor Mosley.

Sgt. Raised

This Week \$136.30

October
Economic and
Community
Development Month



Monday 7th October 2019 Meeting report

On behalf of the club, Ian Devereux presented \$2000 to our guest speaker Karim, towards the eradication of polio. A special thank you to Ian for his generous sponsorship, adding to the club's fundraising efforts.

One-minute speaker Noel Carey said that the club is looking for two candidates for RYLA - anyone who aspires to be a leader and is aged between 20 and 28 as at 1 April. They will have an outstanding week at Muriwai Surf Club, previous participants have reported immeasurable benefits.

Noel reminded everyone to do the club duty assigned to you in the bulletin – or if you are not able to do so, please let Noel know in a timely fashion of your replacement person.

Noel gave an update on the translocation of kokako into different parts of New Zealand. Keeping the rat population under control is an ongoing challenge.

One-minute speaker Lloyd Albiston reminded us of the Dolphin Theatre's production of *The Flint Street Nativity* on Wednesday 13 November. We are considering having no meeting on Monday 11 November, perhaps have a meal at the club prior to the show on 13 November. Lloyd shared a review of the play - all about adults playing the parts of children - very positively and humorously reviewed!

One-minute speaker Derek Neutze reported on the blood pressure checking. Between 120 and 130 people went through the testing on the day. St John's folk were great and Pak'n'Save supported this well.

One-minute speaker Quentin Jay presented a copy of Pete Bossley's book *One Year Drawn*. Quentin said he attended a book signing to buy a copy and it was madness, as Pete is so well regarded, and the book is excellent. It is \$55 a copy and includes a year of sketches from the 1980's. Pete is our guest speaker next week.

Five-minute speaker Rex Wood talked about bullies in society.

Racism is a form of bullying e.g. on the weekend Rex and Chalita were at their club and things were made difficult for Chalita, something Rex has observed many times. Jackie Robinson faced many barriers including trying to break into baseball. Concerns about the impact of social media are evident. We hear about things more. One of the reasons is because people are standing up to this behaviour e.g. at Rex's work another person wanted to argue over a fence. He endeavoured to bully Rex and his team. Rex and the team stood up to him. Rex's message - do not accept bullying behaviour, speak up and stand up to it.

Guest speaker Karim Rostami talked about fundraising for the eradication of polio.

Karim is an Afghan refugee, a polio survivor and a New Zealand citizen. In December this year, Karim plans to complete the Taupo Ironman to raise funds for polio eradication.

Karim was born in 1980 and arrived in New Zealand in 1998 as an asylum seeker. He could not speak English, had no family or friends with him, and no money. He was, however, very grateful to have a second chance. Life was very difficult; there was no refugee settlement support in those days. After arriving, by the time Karim had finished going through immigration with the extra delays because of the language barrier, it was 2am. Nothing was open. The back door of the airport was opened, and he was released into the darkness of night. Karim found a hostel in Sandringham where he waited until the hostel opened that day, and then stayed 2 weeks.

Karim contracted polio when he was 2 years old. Afterwards, Karim's Mum noticed that his legs were not working properly. The doctor said that Karim would not be able to walk again. Karim's Mum did not accept this and massaged his legs repeatedly to counter the effects of polio. This has made a difference, but Karim still has limited and involuntarily variable use of his legs; approximately 25-30% the capacity of a normal person. Karim's legs give way, anywhere and everywhere. It is sometimes embarrassing but he has to live with it and does not let this define what he can achieve.

2005 was a wonderful year for Karim, when 5 members of his family were allowed to join him in New Zealand, including his Mum and Dad.

All of Karim's life has been about building himself and trying to achieve things. He was unemployed for about 3 weeks, and subsequently has never worked only a 40 hour week. He has a big cafe in Pt Chevalier that is nominated as one of the top 50 cafes in Auckland. The business supports 24 families.

In Afghanistan, water is a luxury; in New Zealand it is so much fun to go to beaches. In 2014, Karim talked with his girlfriend, and said that he would like to learn how to swim. Further to this, he said he would like to swim from the North Shore to Auckland. Karim's girlfriend said OK ...? she put up a Give-A-Little page. Karim started going to the public pools and learned to swim, as well as dog paddle. He slowly achieved more and more. One day a man swimming beside Karim asked why Karim didn't move his legs so he could go faster. Karim shared his story. The next day, the man arrived with a band to put around Karim's ankles. This meant that Karim was more streamlined and went much faster. Karim continues to use a band once he is in water that is above chest height, and then removes it so he can walk once in shallower water and out of the water. The news media picked up Karim's story. He managed to swim North Shore to Auckland in 56 minutes and raised \$3000 for Surf Life Saving NZ.



Two days later Karim agreed to swim side by side with Tracey, a total of 21 km each. Karim modified the programme of a person who had completed the 20km swim, using his Kiwi brain to devise a plan. On the day of the swim, the kayaker in support was Greg Gunning, a Rotarian who lives in Whangarei. Tracey said “we love you, but we are not going to wait for you”. Karim said that he was “done” after 2 hours 15 minutes when he was half-way. He was very sick about 5 km out of St Heliers. He was inexperienced, having drunk too much en-route - with swimming, the liquid stays and you need to be careful. He pushed through and kept going and completed the 21 km swim in 5 hours 25 minutes, raising \$6000 for charity. And beating everyone!

Last year, Karim ran out of time to do much fundraising. This year, he wants to raise money for polio and do something different. So, he is going to do the Taupo Ironman. The swimming will be OK (35-40 minutes), the running and biking will be a challenge. Karim is training very hard. Last Saturday, he came off his bike in the wet coming out of the Waitakere Ranges. Karim’s helmet was broken into 4 pieces - and saving his life. He was bruised and bloodied, people stopped to help. He has eight more weeks to train as hard as can.



Karim does these challenges as a thank you for his new life in New Zealand. He is grateful to Rotary for the help he has received and is seeks to pay it forward. The Ironman is almost unachievable because of Karim’s polio - he will most likely have to wear artificial kneecaps in order to manage the bike ride and running/walking. While training for this run, Karim has been swimming through winter without a wetsuit in the ocean. He is conditioning his body, as he may take on the Cook Strait or the English Channel in the future watch this space!

Karim’s message is that everything is achievable. Give everything all that you have. He says, “If I can make a difference in one person’s life, this will be worth it.”

Thought for the week: Bill Appleton

Persistence even overshadows talent, as a path to success.

Albert Einstein





Ian and Karim!
Polio eradication action!



Standing up against Bullying!



Derek's successful Blood Pressure testing day



Is this the real Paul, or an apology?
Check with the Sergeant!



Reminder from Lloyd

One-minute speaker Lloyd Albiston reminded us of the Dolphin Theatre's production of *The Flint Street Nativity* on Wednesday 13 November.

Noel Carey: reminder that the club is looking for two candidates for RYLA - anyone who aspires to be a leader and is aged between 20 and 28 as at 1 April. We ask that Rotary Clubs and Rotarians in our District put forward high-calibre candidates for selection to attend RYLA. The week is extremely challenging, and all candidates must be mentally alert and physically fit.

"The RYLA course was life changing for me. I have never been happier and more confident. I am able to move forward and do better for my life and the people around me." Kathie

Programme

A varied programme is being prepared. It will include lectures, activities and group discussions. A wide range of topics and presenters is a feature and high quality presentations and relevance to leadership development is assured throughout the week.

The programme topics will be based on the following themes:

- Leadership and You - Hopes and expectations
- Leadership in the Work place
- Leadership in the Outdoors
- Leadership through understanding
 - Wisdom and perspectives
- Leadership in the Community
- Leadership in Business
- Leadership in the Family
- Leadership through Communication
 - Planning and Organisation
- Leadership through Team Work
 - Group Dynamics

Time will be allocated for recreation and organised trips to places of special interest.

The Club based selection ensures delegates cover a wide cross section of vocations and backgrounds. The common denominator is all delegates are selected because they have leadership qualities and / or skills.

RYLA is a wonderful opportunity for all clubs in our district to collectively recognise, inform and inspire worthy young people from our local district community and to enhance their futures.

"If you think your already the best, RYLA can make you better." Jason

"A week full of energy, inspiration and eye-openers. Absolutely incredible and life changing." Olivia

Rotary 

Rotary International District 9910

RYLA
2020

Organiser: Fay Norman
Rotary East Coast Bays
100 Becroft Drive
Forrest Hill, Auckland 0620
Mob 021 0271 4540
Email: ryla9910@gmail.com
www.rotary.org.nz



"Simply the best, most varied, challenging, innovative leadership forum I've ever had the privilege to attend. Incredible speakers, seamlessly organised, I have cherished every moment." Lauren

"RYLA will expand possibilities and opportunities beyond what your mind can fathom." Jasmine

Rotary Club / Company: _____

Contact: _____

Telephone, Email, etc.: _____

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Information 2020

RYLA

DISTRICT 9910

Sunday 3 May 2020 to
Saturday 9 May 2020

Muriwai Beach Surf Club
Muriwai Beach, Auckland

"I'm leaving RYLA with an increased focus on my goals and what I want to achieve. I have developed as a leader, personally, and made life-long friendships." Rez Gardi

2017 Young New Zealander of the Year

Contact Noel for more information.