



Rotary Club of Onehunga One Tree Hill Inc.

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Secretary: Iain McCrae Ph: 09 625 8035 (h) Mob 021 963 899 - E-mail: diainz.mc@gmail.com

Web address: <https://www.rotaryonehungaonetreehill.co.nz/>

Club Meets at Royal Oak Bowls 146 Selwyn Street, Onehunga, Auckland

Each Monday evening 5:30pm to 7:30pm, including dinner.

Newsletter to keep the Wheel

NL 52 24th May 2021

May is-

YOUTH SERVICE MONTH

Meeting Report --- 24th May 2021

Scribe Quentin Jay

Attendance

Members 23

Visitors: Shirley Grayson

Apologies: Deidre Shea, Ant Martin, Peter Mayow, Pat Aneley, Mark Burnett

Sergeant: Sunshine Fund Collection – \$117.90

President's announcements



President Bruce gave a welcome and announced that the Model United Nations would be meeting soon. Our club has sponsored two teams.

One-minute spots:

Noel asks if club members can help taxi kids to "Kids to Camp" which goes from 18 July till the 22nd. We are paying for two kids each from Onehunga Primary School and Te Papapa School, meeting the cost for them to stay.

Alan invites members of the club to the Bowling Club Quiz Night on the 18 of June. Cost is \$10 and a typical table would be 5 people.



Turning!



Duncan invites members to come to his house for a zoom meeting about the environment on June 4, (Queen's Birthday weekend) between 4:00 and 5:15pm. Bring your own food and drink.

5-Minute Speaker:



Lloyd was asked in a child's survey what life was like as a teenager in the 1960s. This was his response:

1. Interactive Technology? – Whakatane had phone service via party line. For black and white television viewing he went to the neighbours.
2. Education? – Not as important as today and it was standard to leave school at 15 and seek a trade. Varsity was not an option for most.
3. Clothing fashions? – more formal especially on social occasions. Clothes were all made in New Zealand and fashions were greatly influenced by overseas celebrities such as Elvis and the Beatles.
4. Punishment? - was mostly corporal though often included writing out lines.
5. Concern for Global warming and the environment? - virtually non-existent
6. Activities? – Beachgoing and travel – much as today.
7. Music? – Rock and Roll, though it was kept out of the house for as long as possible. Lloyds father was dead against it.
8. Health and Fitness? – Lots of outdoor sports, but also lots of smoking. There was no gym.
9. Cars? – great excitement when the automatic shifting came in, though it often broke down.
10. Job opportunities? – These were very limited for most: teaching, farm work and the board mills.

Guest Speaker



- Dr Simon Thornley

Duncan introduced Dr Thornley, a Senior Lecturer at Auckland University who, with expertise in Bio vascular systems, Immunology and Epidemiology, gave an eye-opening talk about what he calls “the confusing space of Nutrition”.

The question of what we should eat has been the subject of countless studies going back to the 60's and Simon pointed out how the food pyramid of the past has recently been discredited and possibly turned upside down. Previous advice from the likes of influential Physiologist Ancel Keys called for stripping fat from the diet and focusing on carbohydrates and sugar, with the point that ingested fat creates body fat. Eventually fibre was popular in sugary cereals and branded healthy. Fructose was considered healthy as “an apple a day...”

The recent past, however, has exonerated fat and shown both carbohydrates and sugar to be the villains, especially sugar and more especially sugary drinks. The science shows that:

Fat - slows digestion and gives a feeling of fullness.

Protein – maintains structure.

Carbohydrates – converts to sugar.

Sugar – is a problem in both forms, but especially fructose as it turns directly into fat, without giving the sense of fullness.

When sugar turns to fat it affects the liver with Triglycerides, which are a major cause of heart attacks. High sugar intake can increase one's risk by 300%. The World Health Organisation

recommends a maximum of 9 tsp/ day for men and 6 tsp/day for women. The actual average is 40 tsp/day.

In summary, Simon's diet recommendations are:

Fewer carbs, no fruit juice, more leafy vegies, meat, butter, fat and cream, nuts, cheese and avocados, limited starchy root vegetables, berries rather than bananas and other sweet fruits.

If you burn sugar, you store fat and if you spurn sugar, you burn fat.

Thought for the Week Neil Reid

"However difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up".

Duties

7th June Queen's Birthday Holiday

31st May

Equipment: Paul Jenner
Attendance: Bruce Clegg
Hospitality: Alan Bannin
5 Minute Speaker: Pat Anelay
Guest Speaker: Linda Walls- Consultant
Subject: Business and Stress
Host: Trevor Mosley
Thanks: Quentin Jay
Thought for the week: Deidre Shea.
Scribe: Barry Stafford

14th June

Equipment: Barry Stafford
Attendance: Ernie Meyer
Hospitality: Bede Brittenden
5 Minute Speaker: Parehuia Enari
Guest Speaker: Karen Chhour MP
Subject: Act Political Party
Host: Peter Mayow
Thanks: Derek Neutze
Thought for the week Colin Tea.
Scribe: Lloyd Albiston

(Remember, if you are **not available for a duty, **please organise a replacement** and advise Alan and Noel.)**

Onehunga One Tree Hill Rotary Facebook page Link: (ctrl and click to follow link)
<https://www.facebook.com/rcooth/>

Program for the balance of this Rotary year

7-Jun-21 **Queens Birthday**
14-Jun-21 Karen Chhour MP Act Political Party
21-Jun-21 Joseph Mayes IHC Consultant / IHC in the Community
28-Jun-21 **Changeover Meeting**



Environment Area of Focus Launch

Friday June 4th: 6:00pm - 7:15pm AEST

Interviews, Project Videos and Speed Networking from around the Australia, New Zealand and Pacific Islands region



Prof. Lesley Hughes

Lesley is Professor and Pro Vice-Chancellor at Macquarie University. Her research has mainly focused on climate change and its impact.



Ian & Juliet Riseley

Ian was Rotary Intl. Past President 2017/18.

Juliet is a PDG of D9810



Dr. Roger Blakeley

In 2015 Roger was the chief architect of the Auckland City Plan Blueprint. He is currently a councillor at Greater Wellington Regional Council.

Register Today for this free Zoom Forum: <https://events.humanitix.com/environment-aof>

More info on the programme: www.esraganzpi.org/environment-aof



YOUR INVITATION TO District 9910 Governor ChangeOver

Rotarians, family & friends are warmly invited to attend this special celebration



- DATE:** Saturday 26th June 2021
- TIME:** 10.00am to 12.30pm
- VENUE:** Orewa Arts & Events Centre
80 Riverside Road, Orewa
- COST:** \$15 per person
- PAY TO:** Acct #: 03-1322-0011559-00 Please use your surname and club name as reference when paying online.
- RSVP:** E-mail: china.blue@me.com by Friday 19th June



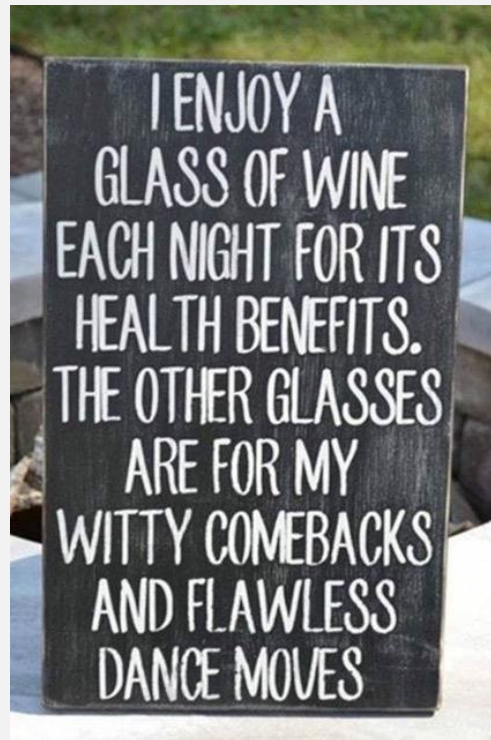
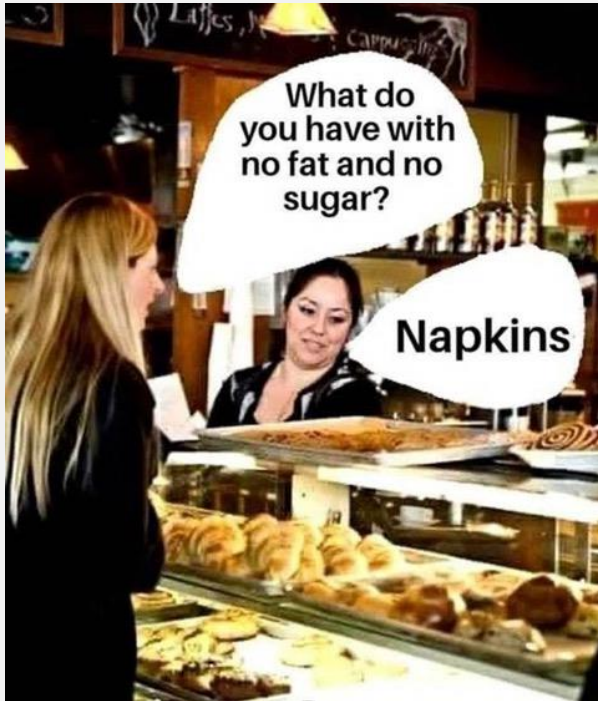
Bubbles, tea, coffee, juice and a light morning tea will be provided.

'Support Local'

Local beachside cafes, shops and Orewa Beach are nearby to enjoy with your friends in the afternoon.



Bede's 'Touch of Humour'



This is the first year I'm not going to Fiji due to COVID-19.
I usually don't go because I'm poor.



Day 12 of Coronavirus quarantine... I found a new hobby "toilet paper art."

