



Rotary



## Rotary Club of Onehunga One Tree Hill Inc.

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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 53 31st May 2021



*Turning!*

*June is-*

**Meeting Report ---**

**31st May 2021**

Scribe Barry Stafford

**Attendance**

**Members 23**

**Visitors:** John-Paul Goulding Luke Taumihau

**Apologies:** Deidre Shea, Fatu and Parehuia Enari, Colin Tea, George Arulanantham, Neil Reid, Alistair Grundy

**Sergeant:** Sunshine Fund Collection – produced \$89.

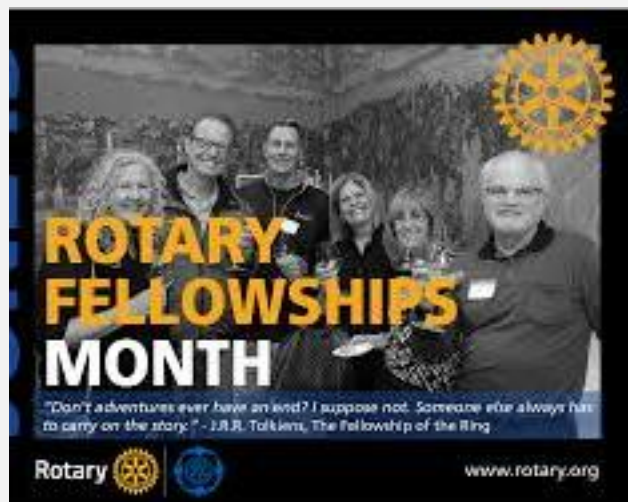
The sergeant welcomed visitors Min and Keith from Mt Roskill Club and prospective members Tony Rayner from Honiara, Rebecca Hayes and Mark Burnett, and our two attendees at RYLA, Luke Taumihau and J P Goulding.

**President's announcements** Bruce Murdoch reported that our sister club Epsom has voted to disband. Members in our club know some of the Epsom Club members and we will invite all the existing members to join us.

Bruce looked forward to meeting all members in Winter.

**One-minute spots**

**Robin Hulford** advised that a flyer containing details of our Changeover Night on Monday 28 June 2021 will out to members soon. The venue will be at Selwyn Heights Village. Please read the advice about parking. Robin asked for volunteers to help with the bar and two volunteers stepped up.



**Duncan MacDonald** said the District Zoom event on Friday 4 June was timed to be from 4-5:30 pm at his home. Members were welcome to attend and to bring drinks and nibbles for a short session afterwards. Because of the timing the plan for a potluck dinner had been shelved. Please tell Duncan if you will attend.

**Iain McCrae** asked any member or his or her partner who needed a new badge to advise him asap as he was about to place a badge order.

### **Five Minute Speakers**– Luke Tamihau and John-Paul Goulding our attendees at RYLA



Luke described himself as an introvert so approached the start of the programme with apprehension. The first session was an ice breaker with attendees in groups and tasked with writing a poem together. This made Luke feel more comfortable. He was able to experience the subsequent sessions with more confidence and to push himself outside of his comfort zone.

Luke said the speakers were very good as were the new experiences, such as the tree walks. He managed to overcome his fear of heights with the encouragement of the other attendees.

His presentation was good and in his delivery he showed us clearly how much he had benefitted.

John-Paul had prepared a slide presentation to outline his experiences and this was well done and presented with a relaxed sense of humour.

Some of his observations were as follows.

- He met people from all walks of life.
- Most attendees were involved in some type of social outreach.
- What it takes to lead a small group.
- A fixed mind set v a growth mind set-with the latter allowing you to pivot.
- That feeling vulnerable is felt by all and it's hard to admit when you are wrong.
- The importance of having a network of support.
- Having a sense of purpose is helpful as is a sense of perspective.

John-Paul got further inspiration from the final RYLA speaker Cam Calkoen. Cam was born with cerebral palsy but hasn't allowed that to stop him from leading an exceptional life and achieving many successes that others said he couldn't. For example, he has represented NZ at the para-Olympics as a runner. His main message was that if you want to achieve something seek advice from the people who know.

John-Paul's main lessons from the RYLA Week were these.

- Keep an open mind.
- It's OK to fail. You learn more.
- Seek advice.
- Seek self-knowledge and self-care.
- Honest constructive communication is required from good leaders.
- Develop good partnerships with others.

## Guest Speaker – Linda Wells

Host Trevor Mosley said Linda was a motivational speaker and personal coach intent on encouraging people being at their best more often.

Linda started with some stats.

64% of workers are working harder than they were. 22% of the population are suffering from/exposed to domestic violence. 1 out of 3 people are obese with New Zealand having the third highest obesity level in the developed world. One third of the nation are concerned by their finances.

Linda distinguished acute stress from chronic stress.

Those suffering from acute stress often quickly returned to normal, to their resting state. They are usually aware that stress can cause the body to adapt to cope, allowing one to achieve more.

Chronic stress is destructive. It is present every day in mind and body and keeps one on high alert. The body and mind do not revert to normal. There is no clear beginning, no clear ending and no exit strategy.

Linda described a circle starting with a high-pressure job taken to provide a good income producing social and relationship pressures, which then produced more job pressure.

What can be done about chronic pressure? The numbers experiencing it has increased in the last 18 months. It is the 21<sup>st</sup> century killer.

What should we be looking for? It is hard to pinpoint. We often look at others to see how they cope and conclude “It’s me”. Chronic stress usually means we can’t sleep and then become exhausted. There is a need to break the cycle.

We start self-medicating and become aware that things are happening to our insides, in our gut and bowels, and some begin losing hair.

Linda provided two examples of people she had worked with who were suffering from chronic stress. To break out of their circles of stress they had to recognise that it is the brain’s response to stress which needs to alter. We need to interrupt the agitation being felt.

There were three things each needed to do.

- Accept that each had to change.
- Each have a plan of action to make change - the strategies.
- And that in each case there had to be some form of accountability – possibly to a third party.

To learn more about Linda’s approach you can buy her book, “How to turn the Stress in your life to success in your Business”,

or go to her website [www.outcomesunlimited.co.nz](http://www.outcomesunlimited.co.nz)



## Duties

### 7th June Queen's Birthday

#### Holiday

### 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*

### 21st June

**Equipment:** Colin Tea  
**Attendance:** Fatu Enari  
**Hospitality:** Gwynyth Carr  
**5 Minute Speaker:** Pat Aneley  
**Guest Speaker:** Joseph Mayes  
**Subject:** IHC in the Community  
**Host:** Rod Kestle  
**Thanks:** Duncan McDonald  
**Thought for the week** Trevor Mosley  
**Scribe:** *Quentin Jay*

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

#### Program for the balance of this Rotary year

7-Jun-21 **Queens Birthday -- No Meeting**  
14-Jun-21 Karen Chhour MP Act Political Party  
21-Jun-21 Joseph Mayes IHC Consultant / IHC in the Community  
28-Jun-21

## **INVITATION TO THE ONEHUNGA ONE TREE HILL ROTARY CLUB CHANGEOVER DINNER**

**When:** Monday 28th June 2021  
**Where:** Selwyn Heights Retirement Village  
42 Herd Road, Hillsborough 1042  
**Where to Park:** At the road entrance, turn left and then right into the car park. Walk to the main entrance where you will be met, signed in and directed to the café. Passengers can be dropped at the main entrance before parking.  
**Where do you go to:** The Café and Dining Room  
**What Time:** 6.15pm for 6.50pm  
**Why:** Welcome Robin as our new President  
**What is it going to cost:** Only \$40 per head (includes wine and juice) paid in advance please to either Gwynyth or D/C to Club bank account 02 0208 0417745 00  
Please put in reference/or code your name and changeover  
**What do we get:** Buffet meal with wine and juice throughout the evening.  
**What to Wear:** Semi-Formal (PHF Pins please)



*Rotary Club of Onehunga One Tree Hill*

## Bede's 'Touch of Humour'

"Lexophile" describes those that have a love for words, such as "you can tune a piano, but you can't tuna fish", "To write with a broken pencil is pointless."

An annual competition is held by the New York Times to see who can create the best original lexophile.

This year's submissions: I changed my iPod's name to Titanic. It's syncing now.

England has no kidney bank, but it does have a Liverpool.

Haunted French pancakes give me the crepes.

This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles U.C.L.A.

I got some batteries that were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.

## Plus 1



*Rotary Club of Onehunga One Tree Hill*

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