

Rotary



SERVE TO CHANGE LIVES

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 59 19th July 2021

July is-

**Meeting Report ---
19th July 2021**

Apologies:

Fatu and Parehuia Enari, Bruce Murdoch,
.Derek Neutze.

Sergeant Sunshine Fund:

Acting Sergeant Alistair collected \$119.90

President Robin welcomed everyone to the meeting with special mention of our keynote Speakers Mathew Wallace and Anthony Petera from the Auckland District Health Board National Bowel Screening Programme. He thanked everyone for their assistance last week with the Club Strategy plan with special thanks to Iain McCrae. Mentioned our selections for 'Kids to Camp' were at camp as he spoke and the 'Sandpit Diggers' construction were well underway. Volunteers would be called for soon...watch this space!.

One-minute spots

Neil Reid advised we would have a number of **ex Epsom Club members** visiting us next week (future new members) and asked we extend a big warm welcome to them.

Bill Grayson advised the **Te Whakaora Tangata** programme, one of this year's key sponsorships, were having a dinner on 13 August at Eden Park. He has managed to secure a table and extended an invitation to join him. The cost has already been paid but some koha is expected. Please see Bill if you are interested in going.



Turning!



Peter Mayow stated the annual **Cancer Society Daffodil Day Collection** will be on 27 and 28 August to which our Club has been asked to help. He asked if we were prepared to support this worthy charity by collecting outside Countdown Onehunga over the 2 days. The general agreement was yes, we should. Peter has asked for members to email him with their date/s and time preferences.

Peter also mentioned the Cancer Society were looking for a Co-ordinator in our area...anyone interested ? if you are please email Cancer Society/see Peter.

Five Minute Speaker

Bede Brittenden told us he recently came across a periodical in a hospital waiting room in which there was an interesting article on Polio (which of course is a key programme of Rotary International and very personal to Bede). He regaled us on the history of the disease in NZ including a number of facts such as ...vaccination of every child; schools being shut; hospitals in Wellington being overrun; kids over 16 staying home; how it attacks the central nervous system and muscles; children being placed in 'iron lungs' which breathed for them; how in 1952 22,000 people were left paralyzed; the development of the Salk Vaccine and the attendant massive immunization programme. He finished by quoting in his inimitable style "vaccination in the right arm invariably made you tall dark and handsome"....really !!!

Guest Speaker



Our guest speakers **Mathew Wallace and Anthony Petera** from the Auckland District Health Board were introduced by **Derek Neutze**. They form a team established in December 2020 as community liaison managers for the National Bowel Screening Programme. Their function is to communicate and encourage the public in the Auckland region to have regular bowel checks to prevent Bowel Cancer.(BC). They mentioned that NZ sadly has one of the highest rates of BC mortality in the OECD countries with over 3081 deaths each year. This has escalated from 1267 deaths in 2015! Clearly an unacceptable statistic ! Some key facts are:-

- It's a silent killer
- Regular screening is very important
- Early treatment is critical
- There's a 90% survival chance with early detection
- **BC risk increases with age**
- Free screening is now available in all Auckland District Health Board areas for adults aged between 60 and 74 who are being sent invitations
- Since they introduced the programme late last year 23 cases of BC have been detected
- Self-Testing kits are being posted out. They described the contents and their usage.
- Colonoscopy wait list at public hospitals is very small. They advised us to stay on the public list as the procedure can be done very quickly
- Recommend you visit your GP if not sure and don't wait for an invitation/testing kit.
- Invitations will be sent approx. 1 month either side of your birthday if you are in the target group
- 74-year-olds + are not in the programme as they are likely to have already been screened
- The maximum time frame between tests is 5 years, but they recommend a test every 2 years
- Symptoms to look out for include a change in bowel habits and/or blood in stools

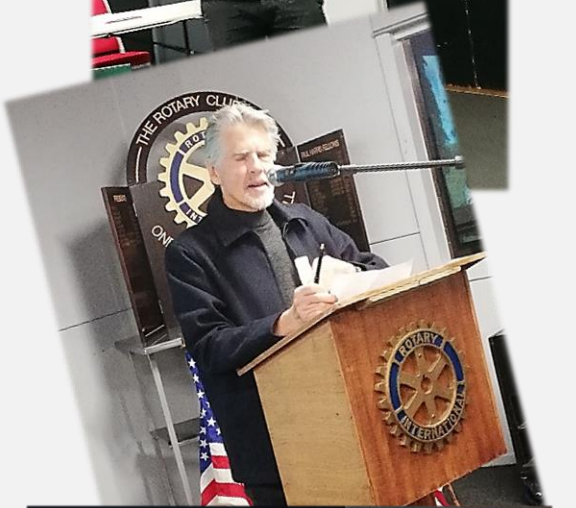
Mathew and Anthony concluded by saying common barriers to testing include the 'yuck' factor, being too busy, lost the test kit or I've already done it! Test kits can be ordered by **phoning 0800 924 434**. They are very happy to attend community events, schools etc. to promote the programme. Barry Stafford suggested we hand out brochures at the forthcoming Daffodil Day collection.....a general agreement on this!

Our guest speakers Anthony and Mathew were thanked by Peter Mayow for their time, and the most interesting and informative talk. He mentioned he's just received his test kit.

Thought for the Week from Iain McCrea.

“Every time you smile at someone it is an action of love, a gift to that person, a beautiful thing. Peace begins with a smile”

Saint Mother Teresa



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Duties

26th July

Equipment: George Arulanantham
Attendance: Rod Kestle
Hospitality: Alistair Grundy
5 Minute Speaker: Barry Stafford
Guest Speaker: Elliot Moka
Subject: New History Curriculum
Host: Neil Reid
Thanks: Duncan McDonald
Thought for the week : Derek Neutze

Scribe: *Barry Stafford*

2nd August

Meeting at “Everybody Eats”

306 The Mall Onehunga



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

Link to June 2021 District 9910 Newsletter

[June 2021 Newsletter](#)



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Touch of Humour!



"Yeah, that's my wife in the boat being carried out to sea. Don't put yourself at risk though-I can get a new boat."

The official sports drink when I was a kid...



Arguing with a women is like reading the Software License Agreement.

In the end, you ignore everything and click "I agree".



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