

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



Turning!

NL 71 18th Oct 2021

October is-

18th October 2021 Zoom Meeting

Visitors:

Members:

Apologies: Gwynyth Carr, Alan Bannin, Trevor Mosley, Ernie Meyer, Bruce Clegg, Ant Martin, Fatu and Parehuia Enari, George Arulanantham, Barry Stafford.



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Presidents Announcements:

President Robin welcomed our many guests to the Meeting firstly Cat Levine and including, DG Grant Smith, Keith Day, PDG Peter Smith, PDG Lindsay Ford, Melanie Chandler-Winters, Keith Williams, Grant Hall, Doctor Helen Pritchard, Jan Hewitt, Ash Nayyar and Gary Bromley.

Robin passed the meeting over to Rod Kestle to introduce Cat Levine to the meeting.

Guest Speaker: Cat Levine introduced by Rod Kestle

. IT IS MY GREATEST PLEASURE TO INTRODUCE CAT LEVINE TO OUR ROTARY CLUB MEETING TONIGHT.

Cat is the senior director and lead presenter of "**Think and Be Me**". She is an Auckland mum of three, and has been a professional speaker for over 20 years

She is also the founder of "**Feelings for Life Charitable Trust**" which was created to fund the "**Think and Be Me**" programme for low decile and struggling rural schools

throughout New Zealand to meet the need to build emotional literacy into the school curriculum.

Last year Penny and I joined the **Tractor Trek** that Cat's dad, Phil Aish started in 2016. The trek was to travel from Bluff to Cape Reinga in five weeks for mental health and well-being awareness. We were joined on this trek in 2020 by Mike King and the Gumboot Friday team

Cat presented the mental health message to over 10,000 school children on the trek which was halted in New Plymouth last year due to covid 19. However, we continued with the northern segment in February this year between two Auckland lockdowns.

On our return in late February, I sat for about three weeks pondering if Rotary could help Cat with her wonderful and vital work. Cat can handle 200 junior school children with ease, where I struggle with three or four of our grandchildren.

I spoke with Lindsay Ford and Peter Garnett, of our district Rotary board. and this project, **Te Tai Tokerau Tamariki Mental Wellbeing** project was born.

Several events on our trek north stirred my inner being when children responded to Cat's talk. One little 7-year-old girl said she felt sad when daddy hits mommy. Another child asked if they could come to school in the school holidays, why you may ask, because it was their 'safe place'. The children call Cat the 'pink lady', which reminds me a little of the hamburger caravan that used to be in Newmarket 'the white lady'.

Suicides are another major problem for our tamariki, including our grandchildren with the number of suicides increasing during the covid pandemic which is now more than double our road toll. Road toll 320 in 2020, suicides 654-year 2020 to 2021 Covid deaths 28.

We do have one of the highest youth suicide rates in the OECD

When many of us were at school we had Superman, Batman and Robin, and Wonder-Woman as our heroes.

May I present to you tonight the modern **Wonder-Woman of Wellbeing, Cat Levine**.

The full recording of Cat's presentation is available at:

(Ctrl + click :to follow the link).

https://us02web.zoom.us/rec/share/_jrRPOWoTXjHKqVMI0qBA9nD416D61aaSt1RgT4LHbPeNs1cZeRUaJYBsqq4S.6BB9aQVs2j0ErlsZ

Passcode: **Z&m0&U3I**

Note from President Robin. Our club is nominally the sponsoring club, but we do not have the capacity to manage the whole project. Nevertheless, the District has taken it up and has developed the first stages of a Global Grant application.



How to donate to the club special account for this Project. Target \$50,000.00

Rotary Club of One Tree Hill Trust Account 02 0400 0009047 04
Code Tai Tokerau

To Receive a tax receipt: email Bruce Murdoch bbmurdoch@xtra.co.nz
Name Address Contact Number

Donations as of this week \$21,355.89

Cat was thanked by DG Grant Smith

Thought for the week from Alan Bannin:

Yesterday is experience ,Tomorrow is hope, and Today is getting from one to the other as best we can, remembering that Today is Yesterday Tomorrow.

Bill Grayson notice to Club

A great big box of reading glasses arrived on our doorstep this morning, from Norma Gaskell and her team of faithful Ladies at the Rotary Club of Napier/Ahuriri!

A huge thankyou from Onehunga One Tree Hill Rotary, and also on behalf of Pacifica Advance Secondary School where they will find many grateful homes!

Shirley will hand them over to PASS principals Falefatu and Parehuia Enari in the next few days!

Programme for balance of 2021

Date: 1st November **Guest Speaker** Judge Stan Thorburn **Subject :** Judging

Introduced by: Rod Kestle **Thanks:** Robin Hulford

5-Minute Speaker: George Arulanantham

Thought for the Week: . Peter Mayow

Date: 8th November **Guest Speaker** David Downs **Subject** A Mild Touch of Cancer

Introduced by: Barry Stafford **Thanks** Bede Brittenden.

5-Minute Speaker: Bill Grayson

Thought for the Week: Rod Kestle.

Date: 15th November **Guest Speaker:** Keith Quinn **Subject** 5 Minutes Each Way

Introduced by: Bede Brittenden **Thanks:** Iain McCrae

5-Minute Speaker: Barry Stafford

Thought for the Week: . Rob Lyons

Date: 22nd November **Guest Speaker** Dan Henry **Subject** Country Calendar

Introduced by: Alistair Grundy **Thanks:** Derek Neutze

5-Minute Speaker: David Taylor

Thought for the Week: . Tony Rayner

Date: 29th November **Guest Speaker** AGM **Subject**

Introduced by: President Robin Hulford **Thanks:**

5-Minute Speaker: n/a

Thought for the Week: Paul Jenner

Date: 6th December **Awards Night**

Introduced by: Robin Hulford / Ernie Meyer **Thanks:**

5-Minute Speaker: n/a

Thought for the Week: Neil Reid

Date: 13th December **Guest Speaker** **Christmas Function**

Host: President Robin Hulford

Thought for the Week: Iain McCrae

Date: 20th December **Guest Speaker** **Informal Meeting** Last for 2021

5-Minute Speaker: n/a

Thought for the Week: Lloyd Albiston



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Touch of Humour

And the winner is....



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