

Rotary Club of Onehunga One Tree Hill Inc.

PO Box 29086 Greenwoods corner. Epsom President: Robin Hulford - Ph: 09 624 9102 mob: 021 228 8289 Email: robin@thehulfords.com Secretary: Iain McCrae Ph: 09 625 8035 (h) Mob 021 963 899 - E-mail: diainz.mc@gmail.com Web address: <u>https://www.rotaryonehungaonetreehill.co.nz/</u> 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 71 18th Oct 2021

October is-

18th October 2021 Zoom Meeting <u>Visitors</u>:

Members:

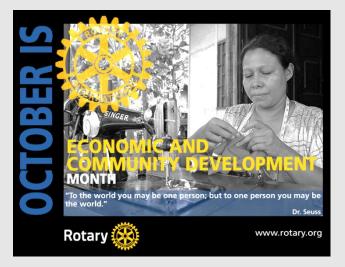
Apologies: Gwynyth Carr, Alan Bannin, Trevor Mosley, Ernie Meyer, Bruce Clegg, Ant Martin, Fatu and Parehuia Enari, George Arulanantham, Barry Stafford.



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.



Turning!

. IT IS MY GREATEST PLEASURE TO INTRODUCE $C \mbox{AT}$ 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 of 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.

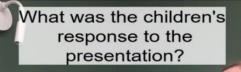
The full recording of Cat's presentation is available at:

(Ctrl + click :to follow the link).

https://us02web.zoom.us/rec/share/_jrJrRPOWoTXjHKqVMl0qBA9nD416D61aaSt1RgT4LHbPeN s1cZeRUaJYBsqzq4S.6BB9aQVs2j0ErlsZ

Passcode: Z&m0&U3I

<u>Note from President Robin</u>. 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.



Maree Lloyd Assistant Principal Huapai District School >>>>





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: 1 st November <u>Guest Speaker</u> Judge Stan Thorburn Subject :Judging
Introduced by: Rod Kestle Thanks: Robin Hulford
<u>5-Minute Speaker</u> : George Arulanantham Thought for the Week: . Peter Mayow
 Date: 8 th November <u>Guest Speaker</u> David Downs Subject A Mild Touch of Cance
Introduced by: Barry Stafford Thanks Bede Brittenden.
<u>5-Minute Speaker:</u> Bill Grayson Thought for the Week: Rod Kestle.
Date: 15 th November Guest Speaker: Keith Quinn Subject 5 Minutes Each Way Introduced by: Bede Brittenden Thanks: Iain McCrae
<u>5-Minute Speaker</u> :Barry Stafford Thought for the Week: . Rob Lyons
Date: 22 nd November <u>Guest Speaker</u> Dan Henry Subject Country Calendar Introduced by: Alistair Grundy Thanks: Derek Neutze
<u>5-Minute Speaker:</u> David Taylor
Thought for the Week: . Tony Rayner

Date: 29 th November	Guest Speaker	AGM		Subject
Introduced by: Presi	dent Robin Hulfor	ď	Thanks:	
5-Minute Speaker: n/a				
Thought for the Week: .	Paul Jenner			
Data: 6th December	Awards	Night		
Date: 6th December	Awalus	Night		
Introduced by:	Robin Hulford / I	Ernie Meyer	Thanks:	
<u>5-Minute Speaker:</u> n/a				
Thought for the Week: .	Neil Reid			
Date: 13 th December	Guest Speaker	Christma	s Function	,
	Host: President Robin Hulford			
Thought for the Week:	lain McCrae			
				-
Date: 20 th December	Guest Speaker	Informa	al Meeting	Last for 2021
<u></u>				
<u>5-Minute Speaker</u> : n/a				
Thought for the Week: .	Lloyd Albiston			



Touch of Humour



Pretend its

993!



And what new skills

Rotary Club of Onehunga One Tree Hill