

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 73 8th Nov 2021

November is-

8th November 2021 Zoom Meeting

Visitors:

Members:

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



SERVE TO CHANGE LIVES



NOVEMBER IS

ROTARY FOUNDATION MONTH

EVERY ROTARIAN EVERY YEAR

"Clean water, the essence of life and a birthright for everyone, must become available to all people now"
Jean-Michel Cousteau

BECAUSE WE CARE
MAKE A CONTRIBUTION, BE THE DIFFERENCE

Rotary  

TAKE ACTION: rotary.org/contribute

Presidents Announcements:

Robin welcomed David and said it was great to have him address the club and share his story and appreciated his preparation for the meeting.

Robin advised that the Target of \$50,000.00 for the Te Tai Tokerau Wellbeing project has been reached with \$155.00 over the top. That is attributable to some very generous contributions from members of the club, and in addition to that the District target is \$550,000.00 and is now sitting at \$413,000.00. They have had contributions from South Korea and Queensland so the program is rolling quite quickly there but a big success for us.

The other thing is the Covid announcement at 4.00pm on the 8th is starting to look like we may be able to hold our Christmas party on the 13th of December so we will start working towards that and just hope that fits into place. It will depend on venue availability and what restrictions are in place.

Coincidentally, regarding our guest speaker for the night, Noel read out a text from one of our oldest club members, Trevor Mosely. with some sad news:

"Dear Noel, I thought I should update the club on my situation now that I am home. I have an aggressive cancer in the lymph glands. I have started chemo and that will go on for several months. My tests so far have been good. I hope you all enjoy Rotary tonight.
Kind regards to all Trevor"

We are sure that all best wishes and prayers are with Trevor and Bev.

One-minute Spot Peter Mayow. Christmas Puddings orders are a bit slow.

He has had a few volunteers for the Heart Foundation collection scheduled for February 2022. The Onehunga Christmas Parade has been cancelled

Robin then invited Bede to Introduce our guest speaker David Downs.

David has had a successful career in the private and public sector with senior roles in organisations such as Microsoft and NZ Trade and Enterprise.

David is a published author on NZ innovation with some highly successful books. N° 8 Rewired and N° 8 Recharged. He is an ex-comedian, if that is possible, and has documented his battle with cancer, entitled “A Mild Touch of The Cancer” David co-founded “So Business.NZ” a not for profit initiative selling vouchers to help Cafes and other small businesses during Covid-19 lock downs It soon became a huge hit and today it has sold over 2 million vouchers for 2500 small businesses. David has launched a new book entitled “Silver Linings” in March 2021 and continues to act as consultant for the government and industry. David is now CEO of A New Story Marketing NZ to the World.

Guest Speaker:

David said he was busy working as COO for Trade and Enterprise and having lots of meetings and running around the world doing all sorts of important things and then started to feel I bit under the weather,

About 2018/19 his wife, Catherine, started telling him he should go and see a doctor, and of course he did what all good husbands do and completely ignored her, because men are a bit stupid like that, we don't look after our health and sometimes it takes our better halves to remind us.

He finally conceded that he would see the doctor and a brief description of his symptoms the doctor had him in hospital to do some tests. So, after what he thought was just a Flu symptom, he was told he had a major dose of Lymph node cancer. He was told that this was a good cancer and was treatable with an 80% chance of a successful outcome.

David thought this was OK . 80% rounded up a bit was nearly 100% and all he had to do was put up with a few months of Chemotherapy. He said that the first time he was really scared was when he saw the hospital food. That's when you know things were going to be really different.

While in hospital further diagnosis showed that his cancer was a more aggressive type and would require a much stronger chemotherapy treatment requiring him to stay in hospital, and by the way the odds of beating this now dropped to 20%. He decided that he would just have to face up to the



reality of this and found that he was getting weepy and depressed and remembered saying to his wife that he could not be like this for the next 6 months and he had to rewire his brain.

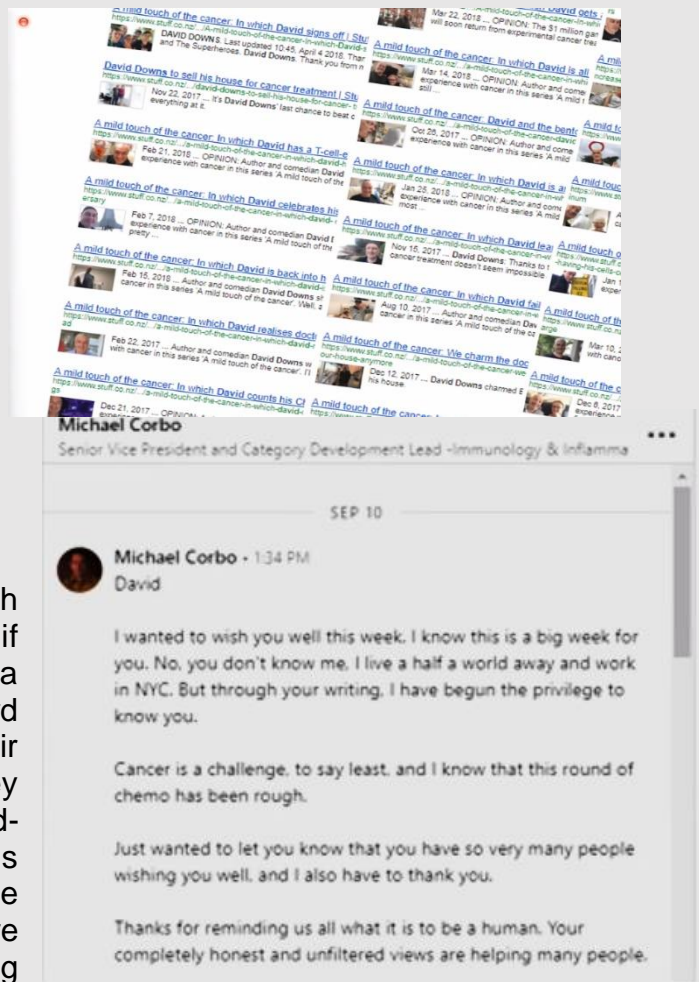
Catherine and David decided that instead of saying he was going into hospital they would say he was going on holiday. He would say to the kids that he was on holiday and every week would pick a different destination. With the help of props and costumes he went to Fiji, Mexico, an Island getaway as well as Ireland, and would get the doctors and nurses to dress up and get into the swing of it, which became a joking way of dealing with the illness. This helped change his perspective and that it was still him underneath all the traumas. This was taking charge and not being a victim but being in control of the situation.

Research has been done on this and patients who have been given responsibility,(control), of something have far better health outcomes. After the doctors advised him of the side effects of the stronger chemotherapy, he decided that he would not wait for his hair to fall out he would have it shaved off himself, again asserting control. This decision coincided with the Leukaemia and Blood Cancer appeal that week, called Shave for a Cure and he joined up and raised a substantial amount of money. After nearly a year of unsuccessful treatment during which he had been really sick, the doctors advised that he should think about a quality of life and he should go home and get his affairs in order. David said that would be difficult because he really hadn't had any affairs.

So, he had a decision to make, and this was a really bad time. They had decided at the outset that they wanted to be participants in his rescue and not just turn it over to the Doctors to do everything. At the beginning of this journey David and Catherine researched everything about his particular cancer had started writing a column about his progress which was published by Stuff media. This continued for 18 months and was included in his LinkedIn blog and read all over the world. This was to ultimately save his life.

Out of the blue he was contacted by someone from America who said he had been reading his blog and asked if there was anything he could do to help. He turned out to be head of Immunology at Pfizer who put him in touch with friends of his who were researchers at Harvard University in Boston. After an immediate phone call to Boston, he was offered the possibility of taking part in a trial and after consultation David was accepted into the trial and faced the hurdle of the US \$1 million cost.

Friends organised the fundraising and with \$200,000.00 raised he asked in true Kiwi fashion if there was a discount for cash. 25% was offered and a further deal was pursued where he would pay one third deposit with the balance when he was cured. Their response was to get himself over to Boston and they would pursue it from there. This trial involved ground-breaking technology called CAR T therapy which is almost like science fiction material. It involves the collection of "T" cells from the patient's blood, that are part of the immune system, and genetically modifying



them to recognise the cancer cells and destroy them. This process takes about 3 weeks at the lab to do the re-engineering and genetic modification and returned as 2.5 mls of highly concentrated T cells that are returned to the body and then wait. After about a week he felt as though he had the flu which lasted about a week and then he went back into the doctor said it is the best possible outcome, you have no sign of cancer left in your body, you are in complete remission. Three weeks earlier he had weeks to live. This was followed with 12 trips to Boston over two years, every month for six months, and then the final trip was in February 2020 just before the borders were closed due to Covid. These trips were for testing only as the treatment had been 100% successful.

On returning to NZ David found that The Malaghan Institute in Wellington is now working in the same area of CAR T treatments, and he was asked to be their ambassador and fundraise for them which is what he now does. They now have the same trial running in NZ and have treated 80 patients in the last year with really good results. This means that people do not have to travel to the other side of the world for treatment. An incredible breakthrough having this available in NZ is quite remarkable. The money he makes from his Book sales of "A Little Touch of Cancer", and the 'Cancer Cards' goes to charities. David thanked the club for inviting him to share his journey.



"If there's anything to be learned... it's that you should never give up. I was laughing in the pain of fate at his arms."
 PAUL KROOKHAM, host of *The Amazing Race*

A MILD TOUCH OF THE MAN FLU
 Cancer

DAVID DOWNS

www.mildtouch.nz

David Downs
 Down With Cancer

linkedin.com/in/daviddowns/





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M MALAGHAN INSTITUTE OF MEDICAL RESEARCH

Cancer research Asthma & allergy research Nutrition & Microbiome research More research

 **Down with Cancer**

"CAR T-cell therapy saved my life. I know I got the fairytale outcome – but this is possible for others too. Let's raise \$1 million to help fund the Malaghan Institute's CAR T-cell therapy programme, and get this breakthrough technology to other Kiwis that need it."

Barry thanked David for the excellent presentation illustrating the kind of things he had been through in participating in his own recovery and the change in his outlook on life in realising what is important. This is a wonderful story and, in this day and age we need to hear these stories as often as we can hear them, and Barry is sure we will all be uplifted by what you David has presented

Five minutes Bill Grayson referred to his past interest in the values Political Party and his experience in the Politics of the day during the David Lange era and learned a lot about how the Labour Party is organised and his concern for the procedures used today when it comes to the coverage of the He PuaPua report which is the Labour government's response to a UN declaration signed by John Key at the tail end of his term as Prime Minister. In May this year Bill came across an article in the NZ Herald by Richard Prebble that refers to the Treaty of Waitangi and goes to the heart of where we are in the discussions in New Zealand now, and he feels it bears a lot of careful thought about Government and Sovereignty. You can have an elected government or a sovereign government but not both. The article is attached for reference.

Thought for the week from Rod Kestle. He referred to David's use of a picture of Mother Theresa who is acknowledged as one of the most famous ladies of our world and partly relates to the Tractor Trip up North.

Many years ago she said:

“Loneliness and the feeling of being uncared for and unwanted is one of the greatest problems facing humanity today”

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 Speakers Barry Stafford, Quentin Jay, Tony Rayner, John Tapu

Subject . **The Mangere Bridges Project** by Rotary

Introduced by: President Robin Hulford. **Thanks:** Neil Reid

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** ~~Event at Royal Oak Bowls Cancelled~~

Introduced by: Robin Hulford / Ernie Meyer/Diedre Shea (Zoom Meeting format TBA)

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



Rotary Club of Onehunga One Tree Hill

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your Charity of Choice!*



CHARITY NAVIGATOR

RECOGNIZES

THE ROTARY FOUNDATION

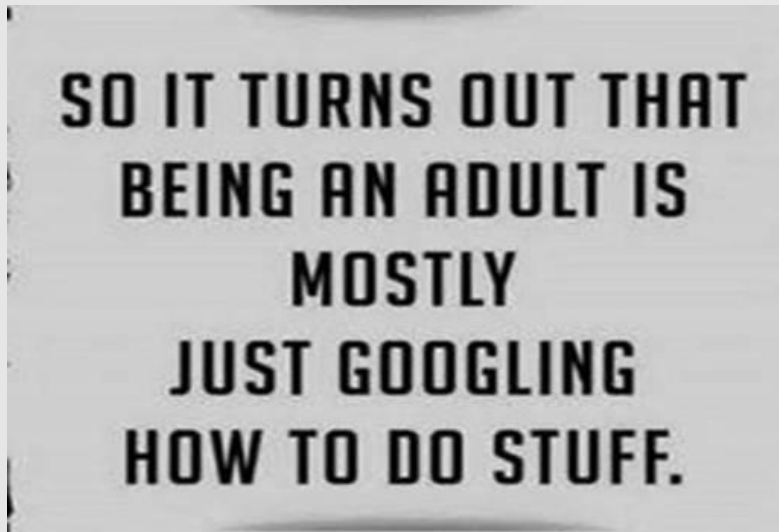
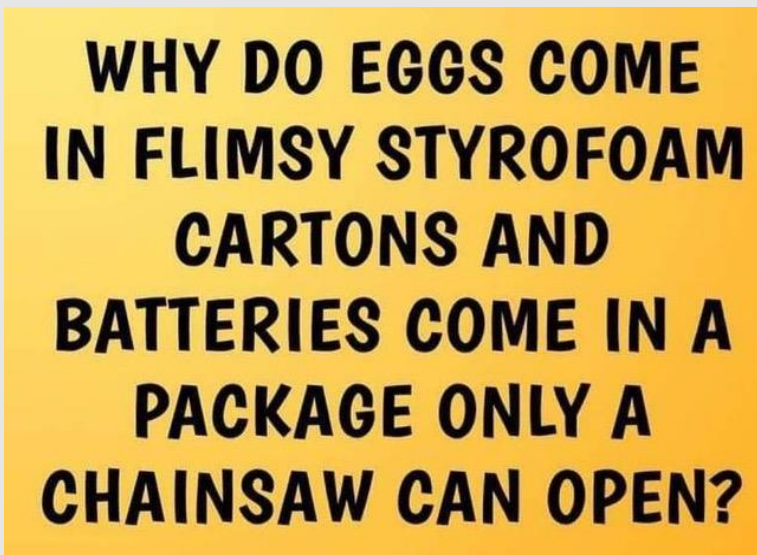
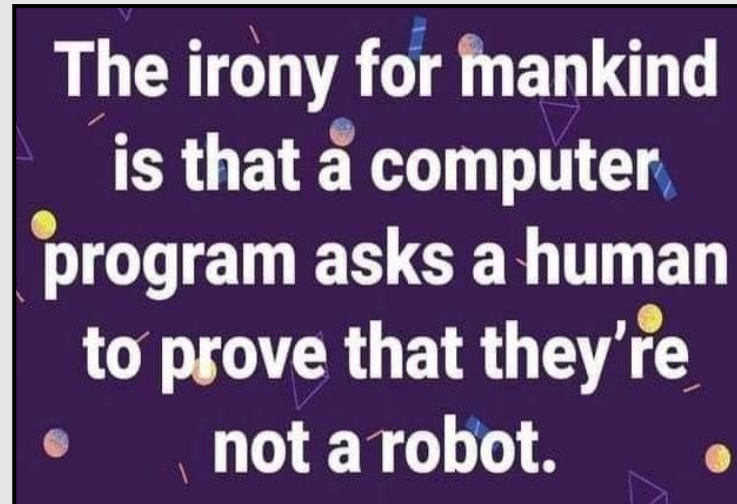
AS A 4-STAR RATED CHARITY



The
Rotary
Foundation



Touch of Humour



Rotary Club of Onehunga One Tree Hill