

Onehunga-One Tree Hill Rotary Club



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Web address: <https://www.rotaryonehungaonetreehill.co.nz/> PO Box 29086 Greenwoods corner. Epsom
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!

February is-

NL 81 24th January 2022

Apologies: Trevor Mosley, , Bruce Clegg, Ant Martin, Fatu and Parehuia Enari, , Duncan MacDonald, Derek Neutze, Derek Atkinson, Alistair Grundy, John Mamea Wilson, Bill Grayson.

Members: 21

Visitors: Guest Speaker Elizabeth Fahey

Sergeants Fines: \$88.20

Presidents Announcements

President Robin welcomed our guest speaker Elizabeth to the meeting, and commented that she would be more formally introduced later.

Robin advised that the proposed visit to Lex and Mavis has had to be cancelled on account of the changed status of Covid Omicron pandemic.

On the 29th March we have a membership meeting to be held in the Onehunga Community House and if we look around there are a few grey haired members, so we require every member to find their "successor", someone who is young and energetic, just like we used to be, and look forward to a very large gathering on the 29th March as we will all bring along our successors.

We have 2 weeks holiday and will be back on the 14th March. We will have a Club Forum on that night as we have a few things to sort out, and one of those is our strategic plan. A lot of work was done on that and then curtailed by covid, so we will have another look at that and see what we can do in the remainder of the year.

Robin advised that Duncan is still not back on track yet and it is unlikely he will be President next year. We hope that he will be able to continue as a member and wish him a speedy recovery.



Noel announced that Alistair was in hospital after experiencing a heart attack and is being successfully treated. Our best wishes to Alistair and Robyn.

(Ed: I spoke to Alistair yesterday at home and he is convalescing well).

1-Minute Noel has 2 applications for RYLA. Both great candidates.

Neil Reid advised re membership that as we have a break over the next couple of weeks, he will send out a form and remind us that he requires names and address and they will contact them. They will limit the numbers on the night to the first 10 new members proposed.

Cat Levine The Northland Project has been submitted to Rotary International and we wait for this to be signed off.

In a few weeks they will be starting on the Tractor Trek, this has been held in 2016, 2018 and 2020, and the beginning of 2021. They will be going from New Plymouth onto Napier and back to New Plymouth. Along the way they will be calling into Schools, if they will let them in, and fundraising along the way. They are very grateful for the Cub supporting them by providing the safety vests and Corflute signs for the back of the Tractors.



Barry Stafford related the background of the first passenger ferry services operated by Mr Bradford in 1847. He was renowned for collecting the fares midway on the journey.

Thomas Sharp, (1863), took over from Mr Bradford and James Neville followed 1870. Barry and his team are looking for Photos of these people. If anyone recognises the names and can help with information and pictures of the boats

Peter Mayow reminded us that only 6 members are filling all of the 2 hr slots over the 2 + 2-day collection periods for Child Cancer Appeal, (11th and 12th March) and Heart foundation.(25th and 26th February), Please contact **Peter** if you can help to spread the load. (Covid restrictions willing)



Rotary Club of Onehunga One Tree Hill

5-minute Speaker Peter Mayow provided an overview of the Onehunga High School House Building project started by Rotary, with Habitat for Humanity and the High School in 2013. This involved the construction of houses in 2013, 2014, 2015 and 2016. This was very successful with the students getting a lot out of the project. In 2016 Habitat was no longer able to get affordable land to site the Houses and that program stopped in 2017. The school was then left to determine a new path for the project. The School has a Charitable Trust and they decided that they would try to continue with the program. Peter was able to organise a grant from one of the Gaming Trusts to enable them to fund the build cost of another house and coordinated with a team of Architects in Tauranga, who had a similar scheme going with the local Polytech in Tauranga. The first house completed in 2017 with further houses in 2018, 2019 and 2021, despite covid.

To overcome the problems of selling the houses, conversations were held in 2021 with Kainga Ora, as they run a program with various trade academy's around the country to build relocatable houses. After many months of work by Peter he is still trying to make a much more simple process and rewrite a contract for a \$160,000 house as distinct from a 15 story apartment block.

Diedre acknowledged the huge amount of work that Peter and Ernie have undertaken for this new project formulae.

Tony introduced our Guest speaker Elizabeth with detail of her background as an Organisational Change expert who has a human resource and transitional change background. Elizabeth started a company called "The Next Chapter", focussing on individuals coping mechanisms for life's changes and what comes next.

Guest Speaker : Elizabeth Fahey - Global Change Management Institute (*Scribe Barry Stafford*)

The subtext to Elizabeth's address on "Change Management" was "to ensure that you are living your best life".



One term to emerge from the Covid experience so far is "**languishing**". Resort to the dictionary brings up a couple of definitions. "To lose or diminish in strength or energy" and "to be listless with desire; pine". With this term there is a notion of decay or negativity or no sense of purpose. To some degree all of these expressions could be used to describe the four-month pandemic lockdown experienced by everyone in Auckland up to 15 December 2021.

The same descriptions might be applied when one moves from work to retirement. This state occurs whether retirement comes early or later. And can "just kind of happen". The shortness of the process compares with the long time spent in one's youth responding to the question "so what are you going to be when you grow up?"

The point here is that in our lives we are constantly changing although the rate of change is not constant but variable and depends on many factors. Some of these just happen, and over which we have no influence, other than to respond or not.

Elizabeth's focus was on "The Intentional Life". The life you want to have rather than what comes upon you. To achieve this you need to have a plan and to help you develop a plan to suit you, consider what she called the "Seven Fs".

Facilities: what you need to live, i.e. a home.

Feelings: what you experience regularly/daily.

Finances: the resources available to you.

Fitness: your health.

Friends: those who are close to you and/ or important in your life.

Fun: some of this makes life bearable and provides relaxation.

Function: one's purpose in life, i.e. to have a career, to have a family.

From work to retirement is a period of transition. "Who am I without my work?" one needs to deal with this issue in a day-to-day context.

At this point Elizabeth introduced the Japanese term **IKIGAI** and provided a diagram. The diagram is a pictorial way of explaining IKIGAI.

I was attracted to what I found on the internet about IKIGAI. The following is a summary of the more relevant comments which I hope will provide a better understanding or feel for IKIGAI which may help members appreciate and relate to their own lives.

With no direct English translation IKIGAI is a term that embodies the idea of happiness in living.

Essentially IKIGAI is the reason you get up in the morning.

IKIGAI is composed of two words: "iki" which means life and "gai" which describes value or worth.

The origin of the word goes back to a period in Japanese history between about 800 – 1100 AD. "Gai" comes from the word "kai" ("shell" in Japanese) which were deemed highly valuable and from there IKIGAI derives as a word that means value in living.

"Japanese believe that the sum of small joys in everyday life results in a more fulfilling life as a whole

Japan has some of the longest-living citizens in the world – **87 years for women and 81 for men**, according to the country's Ministry of Health, Labour and Welfare. Could this concept of ikigai contribute to longevity?

Author Dan Buettner believes it does. He's the author of Blue Zones: Lessons on Living Longer from the People Who've Lived the Longest and has travelled the globe exploring long-lived communities around the world, which he calls "**blue zones**".



One such zone is Okinawa, a remote island with a remarkably high number of centenarians. While [a unique diet](#) likely has a lot to do with residents' longevity, Buettner says ikigai also plays a part.

"Older people are celebrated, they feel obligated to pass on their wisdom to younger generations," he says. This gives them a purpose in life outside of themselves, in service to their communities.

According to Buettner, the concept of ikigai is not exclusive to Okinawans: "there might not be a word for it but in all four blue zones such as Sardinia and Nicoya Peninsula, the same concept exists among people living long lives."

Buettner suggests making three lists: your values, things you like to do, and things you are good at. The cross section of the three lists is your ikigai.

But, knowing your ikigai alone is not enough. Simply put, you need an outlet. Ikigai is "purpose in action," he says."

All the above provides food for thought for all Rotarians.

Elizabeth was thanked for her address by Barry Stafford and referenced his own retirement and the change in life's experiences he is now involved with providing him with, never before experienced, personal fulfilment.

Thought for the week Rob Lyons.

The eyes see only what the mind is prepared to comprehend.



The theme of this year's conference is "IT STARTS WITH US"

where we aim to have inspiring speakers who have made an impact on their community and the world.

In preparation can you please register for the conference and also book your accommodation.

The Conference will be held from Friday 8th to Sunday 10th April 2022 at the urban waterfront retreat Trinity Wharf Hotel in Tauranga.

A Vaccine Pass is a venue requirement to attend this conference.

To reserve your accommodation click here: <https://bit.ly/3zajffD>

To register for the conference click here:

<https://docs.google.com/.../1nASSYs5dgmPIjgbC.../viewform...>

More information available at <https://www.rotaryconference9910.org.nz/>

Duties

Date: 14th February

Attendance 1 Rob Lyons

Attendance 2 Verifier and Vaccination List Ticker Off Rod Kestle

Equipment: Tony Rayner

Hospitality: Lloyd Albiston

5-Minute Speaker: Bruce Murdoch

Guest speaker Club FORUM night Subject: Future Change Decisions

Host N/A

Thanks: N/A

Thought for the Week: Quentin Jay

Date: 21st February

Attendance 1 Colin Tea

Attendance 2 Verifier and Vaccination List Ticker Off: Gwynyth Carr

Equipment: Paul Jenner

Hospitality: George Arulanantham

5-Minute Speaker Ernie Meyer

Guest speaker: TBA

Subject:

Host: Lloyd Albiston

Thanks: Gary Hays

Thought for the Week: David Taylor

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



Rotary Club of Onehunga One Tree Hill

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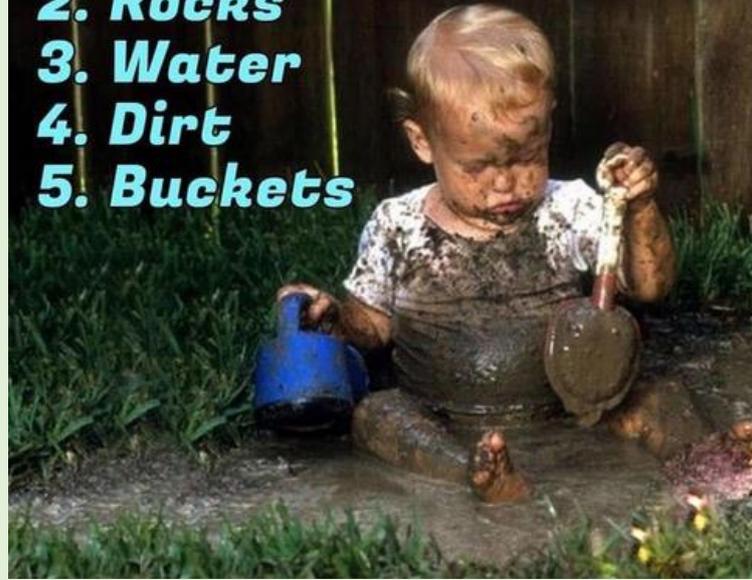


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TIP NUMBER 22

'WHEN UNABLE TO LOCATE STAFF.'

ENTER GARDEN SECTION AND START ONE OF THE CHAINSAWS... THEY WILL FIND YOU.

Wireless Doorbells



Pieces of Soul

Sitting on their Chargers