

# 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!**

**March is-**

**NL 86 14th March 2022**

### **Apologies:**

This week: Trevor Mosley, Bruce Clegg, Ant Martin, Fatu and Parehuia Enari, Derek Atkinson, Ernie Meyer, Duncan McDonald, Deidre Shea, Deiter Dyck.

**Members: 24**

**Visitors: DG Grant and Sarah Smith,  
Keith Day**

**Sergeants Fines:**

*(Scribe, Barry Stafford)*

### **Presidents Announcements**

**President Robin** welcomed everyone to the Zoom meeting

**Peter Mayow** updated us with the arrangements for the Child Cancer pamphlet delivery and the arrangements for photo opportunity. Child Cancer will have a feature on their Facebook page highlighting Rotary's practical contribution.

**Neil Reid** advised that the new member meeting will be in May. Currently 10 attendees.

### **Guest Speakers.**

**Rod Kestle and Cat Levine.**

**Subject** Te Tai Tokerau Mental Wellbeing Project

Today's meeting provided the opportunity for Rod Kestle and Cat Levine to report to members about the recent Tractor Trek in which they both participated. In Cat's case she was instrumental in its organisation as she has been in previous Treks. More significantly the occasion was to provide an update on our Rotary District's Mental Wellbeing Project in Te Tai Tokerau. The challenges of Northlands, one of New Zealand's most historic, beautiful and less fortunate areas.



The ambitions of the Trek and the Project are to make a contribution to the area and its youngsters at the grassroots for a long time into the future.

In a pictorial entrée Rod led us through scenes from the very recent Tractor Trek through the central North Island. The treks are largely made up of tractor enthusiasts whose love for these machines, which helped in the development of New Zealand's pastoral landscape, has to be seen to be believed.

The treks are clearly, from the telling, fun experiences, and an opportunity to fund raise and to spread the word about the importance of mental wellbeing for young children, in some of our more remote primary schools.



This year's Trek travelled from New Plymouth via the Saddle Road in the Manawatu to Woodville and then onto Napier. On the return the route followed the Gentle Annie road through the Kawekas to Taihape. And then to Ohakune, Taumaranui, Whangamona and the "Forgotten Highway", Inglewood and finally the lower slopes of Mount Taranaki. Apart from day one, participants enjoyed the scenery in beautiful sunny weather.

Visits to primary schools along the way added to the experience for both the pupils and staff and also for the trekkers.

Over three years The Te Tai Tokerau Mental Wellbeing Project is to deliver to the children and staff of 60 Primary Schools in Northland, via the programme developed by Cat, called "Think and Be Me". The purpose is to provide a course in emotional literacy and self-regulation so that children can overcome anxiety and learn to manage their feelings.

The first step is to provide vocational training to the trainers, who will in turn teach the teachers in workshops. The school programme for the students comprises some student presentations by Cat and her trainers, classroom video series, student work sheets, unit plans and lesson guides.

The current school curriculum makes provision for this teaching but does not actually provide the wherewithal. This project is designed to equip teachers with the training and the resources to do it, and to make it interesting and engaging for them.

There will be involvement from the local Rotary clubs especially in the reporting and collection of data.

This is a District 9910 project which will cost \$591,000 over three years. The money has been raised in our district with many clubs involved, and internationally from Rotary clubs and three districts in Australia and three Korea clubs, and also with a grant from Rotary International. Many people have worked on the project over the last nine months. The application for the RI Grant was lodged in December 2021 and approved in late February 2022. Before approval it was peer reviewed at RI Foundation and such was the quality of the presentation no questions were asked. Those most closely involved in this successful process were Cat, Rod, Lindsay Ford, Keith Day and Grant Smith.

Cat and Rod outlined six features necessary for projects to attract financial support from District Designation Funds and the Rotary Foundation.

1. Sustainability, which involves establishing a need and a solution. This arose out of Cat touring schools in the area.
2. The encouragement of local ownership by the Rotarians of our District which started with our Club's initiative.
3. The provision of training for a lasting effect. Thus, the training of teachers and the provision of resources.
4. Involvement of local people, in this case school staff and Rotarians in the school areas.
5. The provision of local funding being contributions from local people both Rotarians and others.

6. Measuring the success of the project by evaluating the data collection and reporting of all involved.

District Governor Grant Smith and his wife Sarah, together with Keith Day were in attendance on the Zoom meeting. Grant paid tribute to the success of the project so far. He said the outcome for it was likely to be monumental for the children of Northland and it should also be a legacy project for Rotary. He congratulated and thanked our Club.



**Charitable Trust**

**Tractor Trek**



**Promotional**



**Programme**

Emotional literacy  
and self regulation



**Project**

3 years, 60 schools  
450 teachers, 5,000 students



## Vocational Training



Train the Trainer  
Teacher Professional Development

## School Programme



Student Presentations  
Classroom Video Series  
Student Worksheets  
Unit Plans and Lesson Guides

## Rotary Involvement



Reporting and Data Collection  
Jerry Norman – Māori Advisor  
Peter Smith – School Co-Ordinator  
Local Clubs – School Partnerships

## Vocational Training



### Head Trainers



Cat Levine



Becky Overeem



Dr Helen Pritchard



## School Programme



Emotional Literacy and Self Regulation  
Overcoming Anxiety - Managing Anger

## Student Presentations



## Videos and Worksheets



## Unit Plans and Lesson Guides

Think and Be Brave	
--- PE & Health Unit Plan, Level 2 ---	
Year	Year Level
Year 2	Year 2
Topic: Think and Be Brave	
Author: [Name]	
Date: [Date]	
Version: [Version]	
<p>Unit Plan Overview</p> <p>This unit plan is designed to provide a comprehensive overview of the 'Think and Be Brave' unit. It includes a list of learning objectives, a list of resources, and a list of activities. The unit is designed to be completed over a period of [Duration].</p>	
<p>Learning Objectives</p> <p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> <li>Identify and describe their own emotions and feelings.</li> <li>Recognize and understand the emotions and feelings of others.</li> <li>Use appropriate strategies to manage their own emotions and feelings.</li> <li>Use appropriate strategies to help others manage their emotions and feelings.</li> </ul>	
<p>Resources</p> <p>This unit includes the following resources:</p> <ul style="list-style-type: none"> <li>Video: [Video Title]</li> <li>Worksheet: [Worksheet Title]</li> <li>Activity: [Activity Title]</li> </ul>	
<p>Activities</p> <p>This unit includes the following activities:</p> <ul style="list-style-type: none"> <li>Activity 1: [Activity Title]</li> <li>Activity 2: [Activity Title]</li> <li>Activity 3: [Activity Title]</li> </ul>	
<p>Assessment</p> <p>This unit includes the following assessment tasks:</p> <ul style="list-style-type: none"> <li>Assessment 1: [Assessment Title]</li> <li>Assessment 2: [Assessment Title]</li> </ul>	
<p>Notes</p> <p>This unit plan is designed to be used as a guide. Teachers may wish to adapt the unit to suit their own needs and the needs of their students.</p>	
<p>Approval</p> <p>This unit plan has been approved by the [Approval Authority].</p>	

# SUSTAINABILITY

For Rotary, sustainability means providing long-term solutions to community problems that community members themselves can support after the grant funding ends.



## Start with the community

Identify a need and develop a solution that builds on community strengths and aligns with local values and culture.



## Encourage local ownership

Identify key community members who can help pioneer lasting improvements.



## Provide training

A project's success depends on people.



## Buy local

Purchase equipment and technology from local sources.



## Find local funding

Get local funding through governments, hospitals, companies, and other organizations.



## Measure your success

Develop clear and measurable project outcomes and determine how you will collect your data.







**Thought for the week** from Bruce Murdoch

***“Behind every good man, is a good RED Tractor”.***



***Rotary Club of Onehunga One Tree Hill***



## Duties for - March

Date: 21st March

**ZOOM MEETING**

Attendance 1 N/A

Attendance 2 Verifier and Vaccination List Ticker Off N/A

Equipment: N/A

Hospitality: N/A

5-Minute Speaker N/A

Guest speaker: George Arulanantham

Subject: "This is my Life"

Host: Lloyd Albiston

Thanks: Paul Jenner .

Thought for the Week Neil Reid

Date: 26th March

**ZOOM MEETING**

Attendance 1 N/A

Attendance 2 Verifier and Vaccination List Ticker Off: N/A

Equipment: N/A

Hospitality: N/A

5-Minute Speaker N/A

Guest speaker: TBA

Subject:

Host: Rod Kestle

Thanks: . Peter Mayow

Thought for the Week: Brian Williams

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

Note: Noel is away for the next three weeks



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*Rotary Club of Onehunga One Tree Hill*

## *A Touch of Humour!*

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"Wisdom doesn't necessarily come with age. Sometimes age just shows up all by itself." - Tom Wilson



The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.

Happiness is not having to set the alarm clock.

"The starting pay is \$40,000. Later it can go up to \$80,000." Great. I'll start later."

Trust science. Studies show that if your parents didn't have children there's a high probability you won't either.

If you're not called crazy when you start something new, then you're not thinking big enough.

Only in maths problems can you buy 60 cantaloupe melons, and no one asks, "What the heck is wrong with you?"

When the pool re-opens, due to social distancing rules, there will be no water in lanes 1, 3, and 5".



***Rotary Club of Onehunga One Tree Hill***

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