



(As of 1 July 2022, the Rotary Club of Onehunga – One Tree Hill was renamed the Rotary Club of Maungakiekie)

Newsletter to keep the Wheel Turning



President: Quentin Jay

Secretary: Iain McCrae (Hm) 09 625 8035, (Mb) 021 963 899, email: diainz.mc@gmail.com

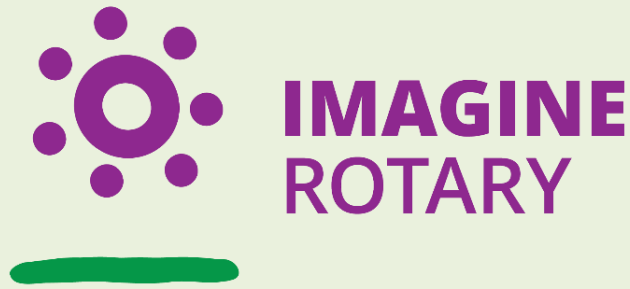
Club Meeting location: Royal Oak Bowls, 146 Selwyn Street, Onehunga, Auckland

Time: Monday evening 5:30pm for 6 p.m. start to 7:30pm, includes \$20 dinner

Mail: PO Box 29086 Greenwoods Corner, Epsom

Web: <https://www.rotarymaungakiekie.org.nz/>





NL 108, 5th September 2022

Present: 29

Apologies: Bruce Clegg, Iain McCrae, John Mamea-Wilson, Trevor Mosley, Tony Rayner, Rhett Stephens, Colin Tea

Sergeant's Fines: \$119.70

PRESIDENT'S ANNOUNCEMENTS

Upcoming Projects

The President confirmed that there are two hands-on projects in the offing.



Planting Day: Sunday afternoon 18th September

This will be with the members of the Peoples Gardening Group of Onehunga in the gully that runs into Arthur Street in Onehunga. **Paul Jenner** will be providing more information next meeting.

Ellerslie Spring Clean Day: Saturday midday, 1st October

Will be for about 2 hours in the middle of the day. It is similar to the Beach Clean Up we participated in last year.

The Ellerslie and Westhaven club members are also involved along with our **MP for Maungakiekie, and former member Priyanca Radhakrishnan** will be present.

Priyanca official description is the **Minister for Community & Voluntary Sector, Diversity, Inclusion and Ethnic Communities and Youth** and also **Associate Minister for Social Development & Employment and Workplace Relations and Safety**. Now there's a mouthful and a lot of responsibility!



This is a project to align with the Rotary Day of Action which is 24th September 2022.

Committee Meetings

Next Membership Meeting (updated): Wednesday 12th October

CLUB ANNOUNCEMENTS



SUMMER SCIENCE AND TECHNOLOGY FORUM: JANUARY 2023

Bill Grayson reported that all four nominees have been interviewed.

Because of the very good quality of the applicants and also because our two accepted candidates for last year's Forum were unable to attend due to the cancellation caused by Covid, the Club is nominating all four applicants this year.

In addition, acting on a late request from the DG, the Club will nominate a fifth person proposed by the Westhaven Club.

As in past years, any members wishing support this project are asked to make their contributions to the Club's Charitable trust. The cost per successful applicant is \$1,965 with the Club providing \$1,600 and the attendees paying the balance.

Based on our previous experience this continues to be one of the best Rotary Projects for youth with the attendees getting an unrivalled opportunity to see what the future may hold for them.

More information can be found [here](https://rotarysciencetechforum.wordpress.com/about/):
<https://rotarysciencetechforum.wordpress.com/about/>

KIDS TO CAMP

Noel Carey advised that we have received eight nominees from the four primary schools in our area to attend Kids to Camp being at Willow Park during the October School Holidays.

Noel will be seeking drivers to take these primary school children to and from the Camp closer to the time.

CLUB SHIRT ORDERS

Lloyd Albiston asked for all members who have yet to confirm their size and order for a new Club shirt to do so by inspecting the sample shirts available at the meeting.

guest speaker



Rob Bloch

Rob Bloch: Motor Neurone Disease

Gwyneth Carr, a former secretary with the Motor Neurone Disease Association NZ, introduced our guest speaker **Rob Bloch** the present CEO.

Rob, a US citizen, has worked with other charities including Greenpeace before coming to MND NZ.

Motor Neurone Disease (MND) is the name given to a group of related disorders that affect the motor neurones. Motor neurones are nerve cells that control the voluntary control of muscles. Upper motor neurones run from the brain to the brain stem or spinal cord to connect with lower motor neurones.

Lower motor neurones then travel out to connect with the muscles for swallowing, chewing, tongue movement, facial expression, breathing, coughs and limb movement. Degeneration of the motor neurones result in progressive muscle wasting and weakness because the nerve supply to the muscles is impaired.

MND is an uncommon but not rare disease. One person in 15,000 has MND and about 400 New Zealanders suffer from it. MND can affect adults of any age but more commonly those over the age of 40 with the highest incidence in people aged between 50 and 70-yrs. Slightly more men than women get MND.

A person's lifetime risk of getting MND is one in three hundred. Most people with MND live 20-48 months from when symptoms first appear; 5-10% live ten years or more.

Stephen Hawking a world-renowned physicist, academic and author lived for more than 50-yrs after he was first diagnosed. The 2014 film, *The Theory of Everything*, was a biography of his life. Eddie Redmayne, who played Hawking, won an Academy Award for best actor.

In 90% of cases there is no known family history, in 10% the disease is known to be inherited.

It is not known why the rate of MND in New Zealand is higher than the international average. There could be genetic reasons, environmental factors, or our health system could be better at diagnosing people with MND – or some combination of these factors.

There are 8 people in the New Zealand MND Support Team providing free personalised support and advocacy countrywide to almost every person suffering with MND in New Zealand. They work together with people living with MND, and their families to enable them to have the best quality of life possible.

The Association also is involved in research, data collection and trials to improve knowledge about the disease. **The Fulton Hogan MND New Zealand Support Fund** is also able to provide additional support to people suffering from the disease, and their families.

More information about MND is on their [website](https://mnd.org.nz/) <https://mnd.org.nz/>

Bede Brittenden, whose late wife Mary died from MND, and could attest to the suffering experienced by people who get the disease, moved a vote of thanks for our speaker.



THOUGHT FOR THE WEEK

- provided by Phil Aish -

You can't go back and change the beginning, but you can start where you are and change the ending.

(C S Lewis)

DUTIES

Unable to attend?

Email apologies to Noel Carey: noelcarey@hotmail.com

Unable for a duty?

Please arrange your own replacement and advise Noel Mb: **0274 509 845**

<p>Meeting: Mon, 12th Sept 2022</p> <p>Sergeant: Noel Carey Attendance: Lloyd Albiston Hospitality: Brian Williams Equipment: Bill Appleton Scribe: Tony Rayner</p> <p>Host: Rob Lyons Guest: Paul Janman: Onehunga Peoples Garden - Tree Planting Thanks: Gwynth Carr</p> <p>5-Min Talk: tbc Thought: Gary Hays</p>	<p>Meeting: Mon, 19th Sept 2022</p> <p>Sergeant: Noel Carey Attendance: George Arulanantham Hospitality: Alan Bannin Equipment: Bill Appleton Scribe: Tony Rayner</p> <p>Host: Peter Mayow Guest: Helen Charles: Tripping the South Island Thanks: Robin Hulford</p> <p>5-Min Talk: tbc Thought: Rod Kestle</p>
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