



(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: djainz.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 \$21 dinner

Mail: PO Box 29086 Greenwoods Corner, Epsom

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



Newsletter 131, 15th May 2023

Present: 23

Apologies: Phil Aish, Derek Atkinson, Bill Appleton, Alan Bannin, Bede Brittenden, Gwynyth Carr, Bruce Clegg, David Eastwood, Rod Kestle, Ant Martin, Rhett Stephens, Colin Tea, Sharlene Wagner

Sergeant's fines: \$80.50

PRESIDENT'S ANNOUNCEMENTS

President Quentin warned everyone they may be receiving phishing (fake) emails disguised as his email e.g.

From: Quentin Jay <co.president491@gmail.com>
Tony, are you free at the moment?
Quentin Jay

The secret is to look past the familiar From:(name) and study the **email address**. **If the email address doesn't look familiar (or you've sent to before) then delete the email.**

George is getting his application ready seeking funding from his employers parent company to fund school text books for Vanuatu.

Please keep in mind one of the goals for our club this Rotary year is to raise \$2,000 for The Rotary Foundation Polio Plus fund.

Members are encouraged to donate through the Trust Fund to help achieve this goal. All donations attract a \$2-for\$1 matching grant from the Bill & Melinda Gates Foundation.

Donate to:
Club Trust account: 02-0400-0009047-00
Reference: Polio
(The Trust will issue a receipt for your donation Tax claim)

Ctrl click to play the 1'45" explainer video.
<https://www.youtube.com/watch?v=8apFzMoS8Ws>
Thank you for your support.



If anyone knows of a family who can host a Youth Exchange Student, please let Quentin know.

Derek Atkinson's health is making it difficult for him to attend regular meetings and will give his valedictory speech next week.

Our thoughts also go out to dear members who recently faced the loss of young ones and to those facing personal health challenges.

Lloyd Albiston Lloyd has ordered 6x branded hi-vis vests which will be kept in the 'box'. These can be used by anyone working on a project.

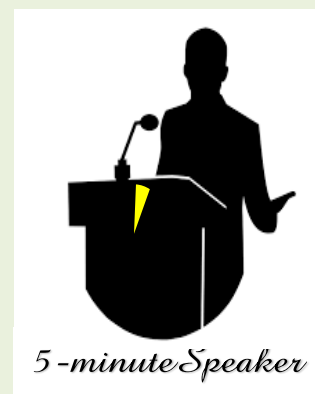
Gary Hays advised that the Change Over dinner is approaching and the cost will be \$45 per head.

**60
SECOND
SPOTS**

TONY RAYNER
Bonus Bond bonanza!



Out of the blue Tony received a phone call from a nice lady who asked if he'd ever owned Bonus Bonds. Immediately on the alert due to copious phishing and scams going round, he cautiously enquired further.



Tony did in fact own Bonus Bonds as a young adult but too long ago to remember what he did with them.

To recap, Post Office Bonus Bonds were a unit trust founded in 1970. It paid out about \$8m a month in random tax paid cash prizes. ANZ wound the trust up in October 2020. Since then, nice little old ladies in Dunedin have been tracking down bond owners to hand their deposits back along with a \$1.1248 per Bonus Bond bonus. As of 25 July 2022 there were over 700,000 undiscovered Bondholders - could you be one?

After verifying ID and past addresses, a few days later Tony got a welcome surprise by means of a 4-figure sum deposited into his bank account. So the story is, it might be worthwhile giving Bonus Bonds a call - tell your buddies too!

Bonus Bonds hrs: Mon-Fri, 8am-6pm

Tel: 0800 266 374 or 03 374 1299

Web: <https://www.bonusbonds.co.nz/index.html>





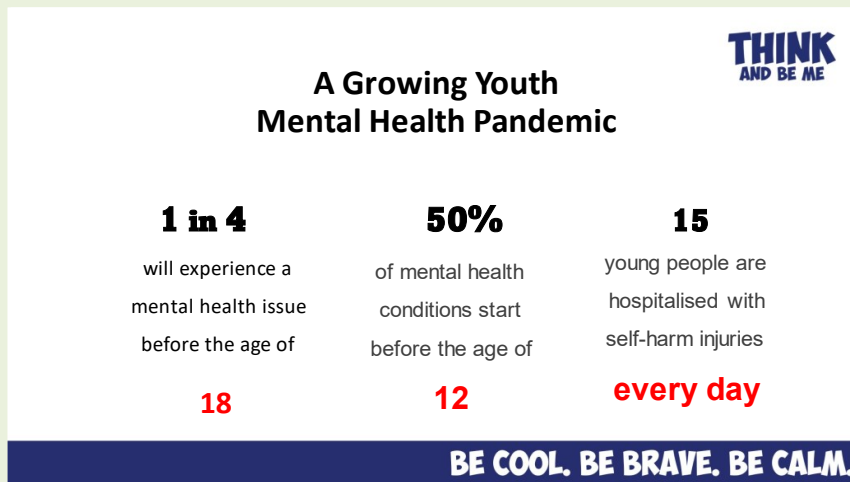
guest speaker

CAT LEVINE

Te Tai Tokerau Tamariki – Northland Wellbeing project

Cat is not just a conveyer of a message on how to attain better mental wellbeing, she has experienced it firsthand when her daughter started to self-harm during COVID. While some see this as a difficult topic to comprehend yet alone know how to manage it, Cat has lived it and seen the positive results of applying Cognitive Behavioral Therapy (CBT) as an intervention technique.

In September 2020 a study titled [Youth Mental Health in Aotearoa New Zealand: Greater Urgency Required](#), was published by three academics, Rochelle Menzies, Sir Peter Gluckman and Richie Poulton from The University of Auckland. One of their key findings was “**development of emotional self-regulation in childhood is a core determinate of adolescent mental health**”.



(Cognitive Behavioral Therapy (CBT) is an evidence-based treatment option for people with mental illness. CBT focuses on the relationship between: Thoughts, Feelings, Beliefs and Behaviors and is one of the most effective means of treatment as it is “problem focused” unlike traditional psychotherapy which seeks an “unconscious meaning” behind the behavior. – Ed)

Along with her lectures, Cat has also created a toolbox of resources such as mood cubes, characters, and videos, to reinforce the CBT message.



Cartoon characters represent the various emotions for children to relate to...

HOW TO THINK AND BE ME

STEP 1
Notice it
Me rongō
Name it
Me tautōhu

STEP 2
Calm your body
Kia tau tō tinana
Calm your brain
Kia tau tō hinengaro

STEP 3
Catch it
Kapohia
Check it
Whakaarohia
Change it
Panonihia

THINK AND BE ME www.thinkandbe.me

Our Angry Dragon keeps us safe from harm, but he also makes us feel like we want to explode. Let's keep it under control and not let it take over.

ANGRY DRAGON

Our Worry Watchdog is like an alarm for our body and makes our hearts race and our palms sweaty. Sometimes, there are false alarms and we feel afraid and scared when we don't need to be.

WORRY WATCHDOG

BE COOL. BE BRAVE. BE CALM.

... and now drawing...

Deighton
ANGRY DRAGON
DEIGHTON

Harley
WORRY WATCHDOG
HARLEY

Kiani
COOL CAT
KIANI

BE COOL. BE BRAVE. BE CALM.

... there is even a mascot.



Cat has met with Community Mental Health Nurses, Min. of Education and Min. Health at a hui and is getting excellent feedback from parents of kids at schools visited this year.

Incoming President of Rotary International, **Gordon McNally** has experienced firsthand the impact mental illness has had on a very close family member and will make mention of Cat's project at the upcoming Rotary International Convention in Melbourne, 26-19 May.



Key to Cat's school presentations are the videos she produced which reinforce the CBT message. Eleven videos have been produced to date and can be found, free-to-view, on [YouTube](#) by searching **thinkandbe.me** and have been shown to 65,000 children. The series cost **\$100,000 and was funded by private donors and Rotarians** into the [Feelings for Life Charitable Trust](#). The Trust's board members consists of Rotarians and private businesspeople. The 2024 Tractor Trek will take place in Tauranga where it is proposed it will need to raise \$50,000. Funds raised go into the Trust.

Cat sees an upcoming challenge is maintaining ongoing engagement of parents and children in watching the videos due to other distractions in their lives and so the videos need to be kept fresh. The next series will be on resilience, loneliness and bullying and the project is looking for a further \$200,000 to cover production costs.

To measure the project's success, the budget has \$25,000 set aside to fund an evaluation of its effectiveness and impact in the community. The evaluation will be conducted by The University of Auckland this October.

Next steps will be to seek Rotary Program of Scale funding which is a two-year application process.

THOUGHT FOR THE WEEK

You don't have to control your thoughts.
You just have to stop them letting them control you.
– Dan Millman



DUTIES

Unable to attend? Apologies to Noel Carey: noelcarey@hotmail.com

Unable for a duty? Arrange your own replacement & text Noel Mb: **0274 509 845**

<p>Meeting: 6pm, Mon. 22nd May 2023</p> <p>President: Quentin Jay Sergeant: Noel Carey Attendance & Hosp.: Gary Hays Equipment: Peter Mayow Scribe/Photos: Lloyd Albiston Laptop: Iain McCrea Host: Paul Jenner Guest speaker: Derek Ions: Education in Tonga Thanks: Paul Jenner Thought: Richard Ryan</p>	<p>Meeting: 6pm, Mon. 29th May 2023</p> <p>President: Quentin Jay Sergeant: Noel Carey Attendance: Robin Hulford Hospitality: Ernie Meyer Equipment: Rhett Stephens Scribe/Photos: Barry Stafford Laptop: Iain McCrea Host: Trevor Mosley Guest speaker: Joyce Deng: Outward Bound Course Thanks: Rob Lyons Thought: Derek Neutz</p>
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toUch of huMoUr

A man walks into a pet store and asks for a dozen bees. The clerk carefully counts 13 bees out onto the counter.

“That’s one too many!” says the customer. The clerk replies, “It’s a freebie.”



RIP, boiled water.

You will be mist.



Yesterday I saw a guy spill all his Scrabble letters on the road.

I asked him, “What’s the word on the street?”

What did the janitor say when he jumped out of the closet?

“Supplies!”

