



Newsletter to Keep the Wheel Turning



President: Jeanette Thorne

Secretary: Richard Ryan

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

Time: Monday evening 5:30pm for 6 p.m. start to 7:30pm, includes \$25 dinner

Mail: PO Box 29086, Greenwoods Corner, Epsom

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



APRIL ENVIRONMENT

"We owe it to ourselves and to the next generation to conserve the environment so that we can bequeath our children a sustainable world that benefits all"

Wangari Maathai



Newsletter 169, 22nd April 2024

Present: 30

Apologies: George Arulanantham, Shameen Hayatt, Criag Jones, Duncan Macdonald, Peter Mayow, Trevor Mosley, Tony Rayner, George Varghese.

Sergeant's fines: \$160.20

ANNOUNCEMENTS

President Jeanette welcomed all and Guests: Shirley Grayson, Anne Clegg, Bev Stafford, Paul Hulford and Wayne Levick from Rotary Half Moon Bay (friend of Cat Levine) and commented on the number of women present. Record numbers tonight - some wag thought there was nothing much on 'telly', one would highly suspect it was to catch up with Cat and Rod!

All that goodness unfortunately did not prevent Madame President from being fined for absenteeism last week which was gratefully received and contributed to a record amount not seen since 6th March 2023.

Sergeant Noel Carey will be away 12th May to 4th June and will be covered by the very able Lloyd Albiston.

Noel also wished to remind those on **Meals (duties)** to bring a container if they want to takeaway leftovers.

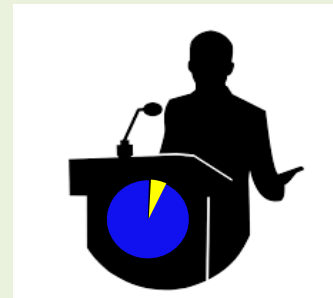
60 SECONDS

Mark Burgess, our RYLA delegate will give a report on the **13th May** on the course he'll be attending at the end of April.

Phil Aish put forward an idea producing a **booklet** about the clubs involvement with the Hawkes Bay recovery work and similarly one on the annual Tractor Treks. Phil is looking for advice on how to get this underway, subject to Club approval.

Ernie Meyer updated us on the successful installation of the last **Club Honours Board** in the Onehunga Community House.





5-minute Speaker

Cat Levine gave some feedback on her involvement at the **9910 District Conference** last weekend.

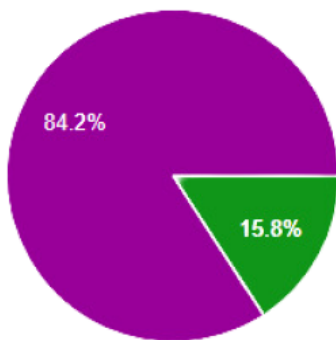
She also handed out copies of her Te Tai Tokerau Tamariki Mental Wellbeing Report 2024 and advised on the planned visit by **The Rotary Foundation Global Grant Cadre** for a **Global Grant Audit**.



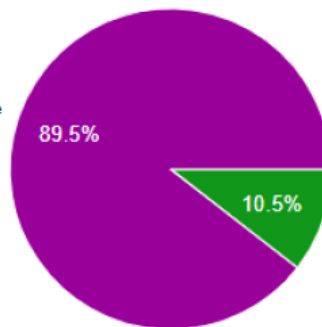
TEACHERS FEEDBACK

Teachers are asked to provide their feedback after training and shows. This continuous evaluation measures the quality of our teaching and how we meet teacher's and children's needs.

TBM provides students with **VALUABLE SKILLS** for the **FUTURE**



TBM topics are **RELEVANT** to the wellbeing needs of our children



- 1. Strongly disagree
- 2. Disagree
- 3. Neither agree nor disagree
- 4. Agree
- 5. Strongly agree

38 schools
6,700 students
335 teachers
Feb 2023 - Mar 2024

Thank you so much. This came at the perfect time in our class- lots of skills and information for not only the tamariki, but teachers too

The characters of TBM are definitely helping, particularly in our junior school with truancy and getting the children to school and managing their overwhelming emotions when they get here.

The Ministry of Education have provided a Mental Health Guide for us, but what you have provided is a practical, accessible resource that teachers can easily pick up and use in their classrooms"





guest
speaker

BILL GRAYSON

Reminiscences of an Old Sailor

Bill delivered an incredibly persuasive presentation, drawing parallels between how technology has not only impacted the way boats are sailed, but also how it has negatively impacted the behaviour of our kids.

From heads-up to heads-down

Bill opened with a slide presentation of his early sailing experiences and the enjoyment of the simpler, non-stressful days of no modern technology. He pointed out that as yachts had no electronics on board, they had to be sailed using a “heads-up” approach.

As time progressed and technology crept in and helper gadgets began to change sailing to a more “heads-down” approach - which would occasionally lead to shipwrecks.

During his sailing adventures Bill conveyed the enjoyment to be found in open, personal relationships - even when there is a language barrier. He demonstrated this with a story of arriving on an isolated Pacific Island where he couldn't speak their language and they couldn't speak his, however the universal basics of social interaction were still applied, such as the sharing of food, drink and a meal.

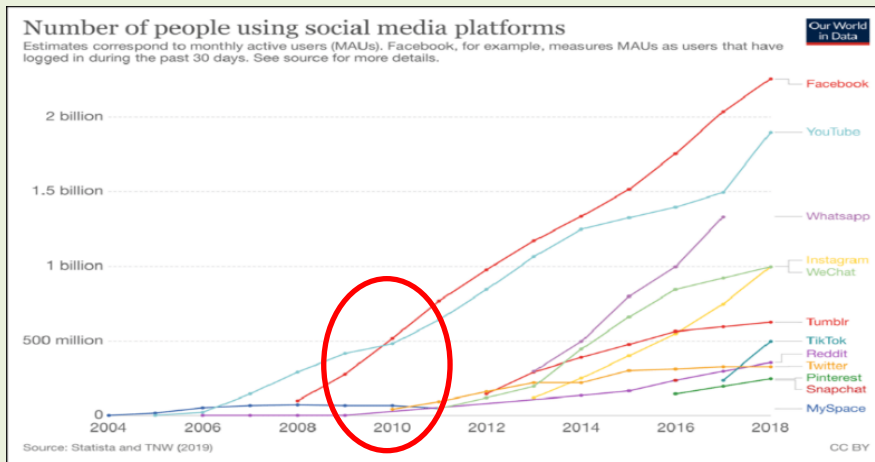
Extending universal basics to all living creatures, Bill related how his rehabilitation of a rescue dog by applying love and attention, food and shelter, resulted in a happy and contented family pet.

The Anxious Generation

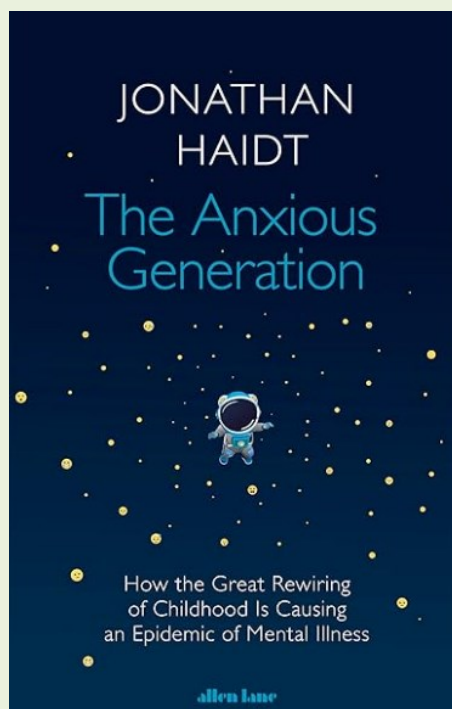
Bill then introduced how since 2010 kids have developed to be more “heads-down” and have become “the anxious generation”.

He referenced this change to a recent article in the [NZ Herald](#) concerning the findings of research performed by **Dr Jonathan Haidt**, Social Psychologist and Professor at the NYU Stern School of Business.

Dr Haidt's research found a direct correlation between the sharp increase in youth anxiety problems (and self-harm and suicide attempts) which started in 2010 **when the combined use of smartphones and social media began overloading the lives of young people.**



Bill recommended a newly published (April, 2024) book by Dr Jonathan Haidt, titled: ***The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness.***



Dr Haidt says, “The book and the [website](http://www.anxiousgeneration.com) (www.anxiousgeneration.com) are designed to facilitate discussion among friends, family, book clubs, and communities, in order to change norms and *reclaim* human life for all generations.

He noted that since around the 1980’s there has been a gradual change in the behaviour of children which he attributes to two main factors:

1. **Decline of play-based childhood** since 1980’s:
 - a. Rise of continual adult supervision due to media-fed fear for child safety.
 - b. Decline of child/child contact to develop relationships and shared adventures.
 - c. Decline in learning how to judge risks for themselves.
2. **Rise in phone-based childhood** which began in the late 2000s:
 - a. Increase in social media platforms since 2008.
 - b. The increase in smart phones since the 2010s.
 - c. Faster, cheaper internet access that enabled live video.

= Resulted in:

1. **Over-protection of children in the real world**
2. **Under-protection of children in the virtual world.**

Children nowadays often lack the “heads up” free-play necessary to wire their brains and prepare them for adulthood. Since the advent of smartphones and mobile technology around the 2010s, children have become more “heads down” and to a greater extent, anxiety filled.

So, what action can we take for our kids?

Adopt the following:



Thought and Action Starters for Parents can be found [here](#) to do on their own, or with a few friends.

Bill recommends ***The Anxious Generation*** by Jonathan Haidt to all concerned parents and grandparents.

THOUGHT FOR THE WEEK provided by Bruce Murdoch

At this time, we pay tribute to the men and women who served our country with unwavering strength, and to those who continue to do so.
ANZAC DAY 25th April, 2024.

DUTIES

Unable to attend > apologies to Noel: noelcarey@hotmail.com

Unable for a duty > arrange own replacement & text Noel: Mb: 0274 509 845

Meeting: 6pm Mon. 29th Apr 2024

President: Jeanette Thorne
Vice President: Barry Stafford
Sergeant: Noel Carey
Attendance: Phil Aish
Hospitality: Ernie Meyer
Equipment & Scribe: Bill Appleton
Meals1: Barry Stafford
Meals2: Rhett Stevens
Host: Trevor Mosley
5-Min: Cat Levin: 9910 Conference
Guest: Sheree Tiatia: ASB Scamming Prevention (Partners Night)
Thanks: Bruce Murdoch
Thought: Derek Neutze

Meeting: 6pm Mon. 6th May 2024

President: Jeanette Thorne
Vice President: Barry Stafford
Sergeant: Noel Carey
Attendance: Ernie Meyer
Hospitality: Trevor Mosley
Equipment & Scribe: Bill Appleton
Meals1: Rhett Stevens
Meals2: Brian Williams
Host: Bruce Murdoch
5-Min: Paul Jenner: Trip to Tasmania
Guest: Andrea Gaskin: Director, Connect the Dots Charitable Trust
Thanks: Derek Neutze
Thought: Barry Stafford



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