



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 170, 29th April 2024

Present: 36

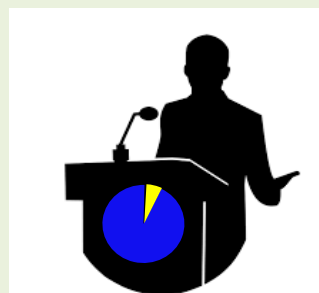
Apologies: George Arulanantham, Alan Bannin, Shameen Hayatt, Duncan Macdonald, Ant Martin, Peter Mayow, Trevor Mosley, Tony Rayner, George Varghese.

Sergeant's fines: \$116.90

ANNOUNCEMENTS

President Jeanette welcomed Members and partners: Bev Stafford, Diane McRea, Penny Kestle, Leanne Jenner, Shirley Grayson, Anne Clegg, Jenny Carey, Sharyn Williams, Kelly Stephens, visiting Rotarian: Geoff Pownell and Guest Speaker from the ASB: Sheree Tiatia.

Also a FIFO (fly-in, fly-out) visit from George freshly arrived from Dubai for two weeks in NZ before off again to resume his overseas work in Senegal, South West Africa



5-minute Speaker

Cat Levine played a [Q&A Session](#) recorded at the recent Rotary 9910 Conference in Paihia last month. **Ellen Rhodes** a dedicated teacher from Riverview Primary School, Kerikeri, spoke to attendees about the effectiveness of the Te Tai Tokerau Tamariki Northland Project.

Ellen's journey from studying psychology and philosophy to becoming a teacher has provided her with a unique perspective on the challenges faced by today's students. Drawing from her experience as a social worker supporting adolescents with mental health issues, Ellen highlighted the alarming trend of increasing behavioural and emotional difficulties among students.

Teachers have said they have noted an increase in child mental health issues in the classroom with children struggling to regulate their emotions. Teachers also recognise they feel ill equipped to help children manage their feelings.

Ellen expressed gratitude for the Think and Be Me (TABM) programme which has, "Given teachers practical, easy, usable tools to teach the skills that the tamariki (children) need." Ellen also noted that, "The kids love it, they run with it, could relate to it and they can own it."

She's also noted the programme resonated with the children and noted changes in them as they applied what they learnt, on themselves. They are verbalising their feelings more "which is massive." Ellen related one example of a boy who hated spelling tests but managed to regulate his

high anxiety, which resulted in an improved spelling score.

The long-term impact of this early intervention is like a “fence at the **top** of the cliff,” as the TABM skills are so much easier to learn as a child than as an adult, and these children will take what they learn into adulthood as they will have time to practice using those skills thereby breaking that inter-generational cycle to promote healthier family dynamics.

When adults are regulated, children feel safe.

With heartfelt gratitude Cat thanked all those who got the Global Grant under way and others who have supported the project to empower communities and foster a positive change.

On a practical note, between July to February Cat won't be earning as she will not be presenting up north. Meantime there is still a demand for more video content as previous explained. The Feelings For Life Trust has received \$30,000 from the Auckland Council to run teacher wellbeing days. Other Grants applied for weren't as successful however. It should be noted quite a few hours go into writing these applications.

An ongoing challenge is that Grant doners aren't funding 'overheads' like video content (which explains the process to kids). The character video clips Cat made last year (Worry Watchdog, Cool Cat, Angry Dragon) are essential elements to the message Cat is delivering. It remains a challenge to find a doner to fund a second series.

Noel Carey announced he and four companions will be present at the **RYLA dinner** on Friday.

The dinner marks the culmination of the one-week course at Muriwai Beach, which began 28th April and was attended by club nominee **Mark Burgess**.



Mark will present to us on 13th May.





guest
speaker

SHEREE BURKE (TIATIA)
ASB Community Banker, West Auckland

Better Banking Workshop: Protecting Against Scams

In our recent Better Banking Workshop on Detecting Scams, led by Sheree Burke from the ASB, we delved into the evolving landscape of financial fraud and how to safeguard ourselves against it. Members brought their partners along to learn about this troublesome topic.

Following are key points and insights shared during the session:

Introduction to Community Banking Role:

Sheree Tiatia introduced the workshop by shedding light on the role of community bankers, emphasizing their focus on educating rather than profit-making. Originating as a 12-month pilot three years ago with just five members, the program has now expanded to include 11 community bankers nationwide. Its primary objective is to empower individuals with financial literacy and awareness, particularly regarding the detection and prevention of scams.

Impact of COVID-19 and Branch Closures:

The COVID-19 pandemic has significantly accelerated the shift towards digital banking, leading to numerous branch closures. Attendees shared their experiences, with many expressing frustration over the loss of physical banking facilities. The closure of branches also highlighted the importance of internet banking and the need for increased awareness of online security measures.

Transition Away from Cheque Usage:

Cheque usage has seen a sharp decline in recent years, with most banks phasing out this traditional payment method. ASB was noted as one of the last banks to discontinue cheque services, indicating a broader industry trend towards digital transactions. Attendees recounted their adaptation to online banking, reflecting a widespread acceptance of digital alternatives.

Types of Scams and Their Warning Signs:

Sheree provided valuable insights into various types of scams, including phishing, remote access scams, romance scams, and investment scams. Attendees learned about the warning signs to look out for, such as unsolicited requests for personal information, urgency in financial transactions, and offers that seem too good to be true.

Real-Life Scam Stories:

Sheree and members shared bank and personal encounters with scams, highlighting the emotional and financial toll of falling victim to fraudulent schemes. From romance scams to investment fraud, these stories underscored the importance of scepticism and due diligence in financial transactions. The workshop served as a platform for individuals to learn from each other's experiences and strengthen their defences against scams.

Practical Tips for Protection:

Throughout the workshop, practical tips were shared to help attendees protect themselves against scams. These included:

- Never share personal information with unknown callers or online entities.
- Be cautious of unsolicited requests for remote access to your devices.
- Verify the legitimacy of websites and emails before entering sensitive information.
- If in doubt, ask the caller the company they are representing and you call the company back using the publicly listed number.
- Regularly monitor bank statements for any unusual transactions.
- Use strong and unique passwords for online accounts and avoid saving them in browsers.
- Be wary of offers or investments that promise unusually high returns.
- Don't click on links (blue underlined text) from suspicious sources.
- Don't send money to strangers or recent relationships/dates who ask for short term loans.
- Banks and Telecom companies never want to connect to and look into your computer.

Engagement and Interaction:

The workshop fostered active engagement and interaction among attendees, creating a supportive environment for learning and sharing. Attendees openly discussed their experiences and concerns, enriching the session with diverse perspectives and insights. Sheree's interactive approach encouraged participation and made complex topics more accessible to everyone.

Further Reading:

Check out this [link](#) call Safe & Savy: A guide to help older people avoid abuse, scams and fraud.

Conclusion and Takeaways:

As the workshop concluded, attendees expressed gratitude for the valuable insights gained and the opportunity to connect with fellow community members. The session served as a reminder of the importance of staying vigilant and informed in an increasingly digital world. By equipping themselves with knowledge and awareness,

attendees left feeling empowered to protect their finances and avoid falling victim to scams.

In summary, the Better Banking Workshop on Detecting Scams provided attendees with practical strategies and insights to safeguard against financial fraud. Through engaging discussions and real-life stories, members gained valuable tools to protect themselves and their loved ones from the pervasive threat of scams in today's digital age.

COMING UP (MAY 2025)



Watawieh, Bonjour and Halo!

This week we announced our Rotary Showcase 2025 - a new imaginative showcase of Rotary projects across our District (instead of a Conference).

This is a 10-day cruise not to be missed!

To sweeten the deal, we've put together a club incentive for clubs to gather their friends and family and get on board. It's going to be a ship load of fun so don't miss out. Register today: <https://www.rotary9910showcase.com>

Please find attached a couple flyers for your club bulletins and the incentive detail to share with your members.

Don't get stranded and miss the boat!

Jenn Wong - Rotary D9910 District Governor 2024 – 2025

*Explore the magic of
the Pacific*

A SHOWCASE OF THE ROTARY
IMPACT IN OUR THREE PACIFIC
ISLAND NATIONS

MAY 6TH - 16TH 2025

ALL INCLUSIVE CRUISE STARTING FROM
\$1,560NZD PP TWIN SHARE

VISITING NORFOLK ISLAND, NEW CALEDONIA AND
VANUATU ONBOARD P&O'S PACIFIC EXPLORER

REGISTER NOW:
WWW.ROTARY9910SHOWCASE.COM

The flyer features a blue background with palm trees on the left and a white cruise ship sailing on blue waves. Two white birds are flying in the sky. The text is in a mix of white and blue fonts, with the title in a cursive script.

*Explore the magic of the
Pacific*

CLUB INCENTIVE:

REGISTER YOUR FRIENDS AND FAMILY AND THE
TWO CLUBS WITH THE HIGHEST % OF THEIR
MEMBERS REGISTERED WIN A CASH DONATION TO
THE VALUE OF THE AVERAGE FARE ACROSS THE
TOTAL GROUP.

THE CLUB CAN USE IT TOWARDS A PROJECT, GIVE IT
TO THE ROTARY FOUNDATION OR FOR A SOCIAL
EVENT

VISIT OUR WEBSITE FOR MORE INFO

DON'T DELAY!

REGISTER NOW:
WWW.ROTARY9910SHOWCASE.COM

Ts and Cs apply

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THOUGHT FOR THE WEEK provided by Derek Neutze

Learn from yesterday, live for today and hope for tomorrow.

Albert Einstein

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. 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

Meeting: 6pm Mon. 13th May 2024

President: Jeanette Thorne
Vice President: Barry Stafford
Sergeant: Noel Carey
Attendance: Trevor Mosley
Hospitality: Bruce Murdoch
Host: Derek Neutze
Equipment & Scribe: Bill Appleton
Meals1: Brian Williams
Meals2: Phil Aish
5-Min: Mark Burgess: My RYLA
Experience
Guest: Richard Greissman: U.S.
Politics
Thanks: Barry Stafford
Thought: Rhett Stevens



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