



Rotary Club of Maungakiekie
Bulletin / Newsletter NL 238
3rd November 2025



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Report from Sergeant Noel Carey

Meeting of the 3rd of November was a roaring success with about 55 in attendance. We extended our finish time to give Dr Helena Popovic MBBS more time. This was certainly well received; Helena was a captivating speaker. She packed in so much information into her hour's presentation.

Apologies came from all the "A's", Phil Aish (in South Island), Lloyd Albiston (in Japan), Bill Appleton, George Arulanantham, followed by Tony Bradley, Libby Jarvis, Rod Kestle, Tony Rayner, Jeanette Thorne, George Varghese.

Partners attending: - Jenny Carey, Shirley Grayson, Leanne Jenner, Judith Jones, Diane McCrae, Barbara Murdoch, Bev Stafford, Kelly Stephens, Sharyn Williams.
Remuera Rotary Club - 19 (members and partners)

Visitors - Myra Watt (she may become a member, granddaughter of Phil A), Heather Lather (contact via book fair, may become a member), sisters Danni and Justine from Te Atatu, (followed guest speaker online and asked if they could come, of course they were welcome).

No fine session due to time constraints.

Iain will provide a synopsis of Dr Helena Popovic's wonderful presentation later in the week.

One Minute Spots - Bill G reminded members that book fair sorting starts with "enthusiasm" next Monday from 8am at Onehunga Community House (OCH), our next 2 meetings on 10th & 17th November will be at OCH.

Peter asked for members willing to help as Marshalls for the Onehunga Christmas Parade, bearing in mind it coincides with the book fair. He also sought names of members willing to be on the check-out at the book fair throughout the three days. He also reminded members to order their Christmas puddings.

The meeting on 24th November will be at Remuera Rotary Club where they have an interesting guest speaker.

Guest Speaker: Dr Helena Popovic. (Notes from Iain McCrae)

Helena gave an entertaining address on the subject of "**Boost Your Brain and Defy Dementia**". Set out below are 20 brain boosters which she challenged us to attempt to help in the prevention of dementia.

1. Get into flossing your teeth and keeping on top of your dental health
2. Get into a good mood and have a laugh a day. Be optimistic about old age and continue to set meaningful goals.
3. Get up out of your chair
4. Get moving
5. Get your daily HIIT (High Intensity Interval Training) — even just one minute of vigorous exercise a day improves health and prolongs life.

6. Get strong — lift heavy weights
7. Get your balance — stand on one leg for 60 seconds without holding onto anything
8. Get into nature
9. Get some sunshine or take a vitamin D supplement
10. Get challenged — be a lifelong learner
11. Get out of your comfort zone — brush your teeth with the opposite hand to usual.
12. Get off sugar and starches. Sugar is the new booze and the cause of type 2 diabetes and fatty liver disease. It is also a major contributor to Alzheimer's and other dementias.
13. Get off soft drinks — every soft drink is a bullet to your brain! Use your soft drinks to clean mould.
14. Get off fruit juices — fruit juice frazzles your brain and dried fruits dull your brain.
15. Get cracking — eat walnuts and pork crackling! — Eating fat doesn't make you fat. Eating sugar makes you fat and contributes to having a heart attack.
16. Get into olive oil and butter. Butter is back! Margarine is carcinogenic and pro-inflammatory.
17. Get off vegetable oils (which are actually seed oils). These include sunflower oil, safflower oil, soybean oil, corn oil, canola oil (also known as rapeseed oil), rice brain oil and cotton seed oil.
18. Get 7 to 9 hours sleep every night.
19. Get friendly. Loneliness is as damaging as smoking 15 cigarettes a day.
20. Get excited. Do things you love with the people you live. Give your brain a reason to stay sharp and it will!

Club notices: Monday 27th October: Labour Day. **No meeting.**

Monday 24th of November (Combined Meeting with Remuera Rotary at **Carlton Cornwall Bowling Club.**) **please note the start time, 5.30pm for speaker 5pm. Dinner at 7pm.**

Guest Speaker: **Mark Lister. Craig's Financial Services.**

"The Global Economy, The Trump Effect, and World War three"

- 10 November - book sorting at OCH (we'll get roast meals for attendees)
- 17 November - book sorting at OCH (roast meals as above)
- 24 November - we go to Remuera early start, 4.30pm for 5pm guest speaker starts.
- 1 December - McKeever Awards
- 8 December - AGM
- 15 December - Christmas Party, last meeting of year
- 19 January - first meeting 2026, informal.

Dates for November 2025 **Rotary Club of Maungakiekie Bookfair:**

Pamphlet dates:

- Monday 13th October- Printed stock delivered for splitting into delivery zones with maps.

- Monday 20th October- Pamphlet zone stock ready for Club Members pickup this night.
- Tuesday 21st October- Pamphlet delivery begins, and all delivered by Sunday 9th November.



Sorting dates: November

- Begin sorting.
- **Monday 10th** - open Room 7- Sorting. Arrange banana boxes. Receive 2 x 3cum bins outside the deck, and setup using OC House tables.
 - Monday 17th Sorting continues.
- Tuesday 18th- open Room 4-Fiction and begin setup with extra tables.
- Wednesday 19th- open Room 6- Music, CDs, and NZ
- Thursday 20th- 9am- Take over whole House and setup Rooms 5-History, Sport, Art. Room 8- Children's books, toys, and puzzles,

Book fair times:

- **Friday 21st- Open at 7am-9am** for Early Birds/dealers with \$30 entry fee and EFTPOS. Close 5pm
- **Saturday 22nd- 9am to 5pm**
- **Sunday 23rd- 9am to 12pm.** Last gasp sale to close at **2pm.** (Marbecks etc.) Loadout residue to OJI fibre. Loadout tables and clean up.
- **Monday 24th-9am Final checks** and hand back to Tony and Miguel at OCH.



Happy Days!
Bill Grayson

Remember 'The Joy of Walking' project is live, online.

The "Joy of Walking" is a 12-month community program by the Rotary Club of Maungakiekie, offering monthly self-guided walks in the Onehunga, One Tree Hill, and Epsom areas to encourage physical activity and community connection.

<https://joyofwalking.nz/>



Thought for the week.

RYLA 2026

District are looking for expressions of interest in sending candidates to RYLA , (*Rotary Youth Leadership Awards.*) to be held in June 2026, at MERC Long Bay.

Applications are required this year, 2025, to confirm numbers for planning.

If anyone knows of suitable candidates, 20yrs to 28yrs on the 1st of April 2026, from your social group or family connections. Please advise Noel Carey.



Smile!

It makes people wonder what you have been up to!

Sorry, but I need to vent!!!! 🤬🤬🤬

I experienced the WORST customer service at a store in town yesterday, I don't want to mention the name of the place yet because I'm not sure how I'm going to proceed. Last night I bought something from there, I paid cash for it. I took it home and found out it didn't work. So today, less than 24 hours later I took it back to the store and asked if I could get a refund. The girl that was working told me "NO" even though I still had the receipt. I asked if I could get a replacement instead then, again - she flat out says "NO." I asked to talk to a manager because now I'm really not happy and I explained that I had just bought the item, had got it home and it was no good. The manager just smiled and told me to my face that I was "OUT OF LUCK." 🤬🤬🤬🤬🤬

No refund.

No FREE replacement. Grrrrrrrrr.

I'll tell you what...I am NEVER buying another Lotto Ticket from there againEVER.....

"Old people shouldn't eat Health foods.
They need all the preservatives they can get."
(Bob Hope)



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End note. As I watch this generation try to rewrite history, one thing I am sure of is that it will be misspelled and have no punctuation