



Rotary Club of Maungakiekie
Bulletin / Newsletter NL 248
9th of March 2026



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Monday 9th of March 2026

Apologies: Paul Jenner(LOA), George Varghese, Rod Kestle, Rodney Foley, Mavis Moodie, Jeanette Thorn, Alan Bannin, Noel Carey, Gwynyth Carr, Ant Martin, Derek Neutze, Richard Ryan, George Arulanantham.

Acting Sergeant Lloyd Albiston

Lloyd welcomed everyone to the meeting.



March

WATER, SANITATION AND HYGIENE
MONTH

*"Water is life, and clean water means health"
Audrey Hepburn*

Acting President Barry Stafford

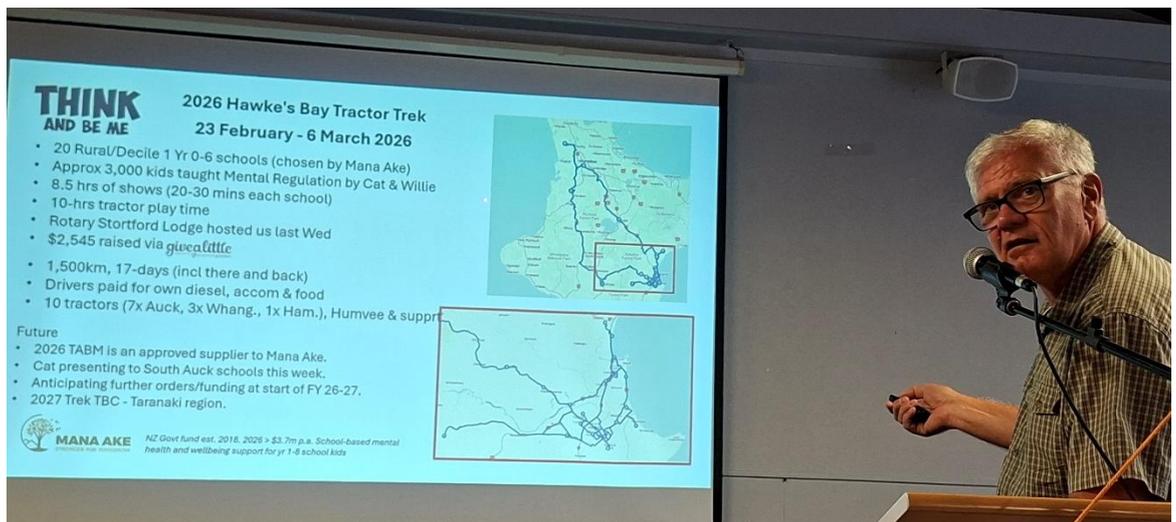
Barry promoted our involvement at PASS with the English as a second language classes. We are also endeavouring to not only help them with their reading and writing in English but give them some confidence. We need some more help, particularly on a Tuesday morning. So, if you've got a couple of hours between 10 and 12 on a Tuesday morning, and you're interested in this sort of thing, we would love to have you come to the school. If you are interested in reading it would be easy to do.

Please see Barry about the details.

Barry advised that both he and Tony will attend the President elect training this year.

Barry Invited Onehunga High School students to our Meeting next week where MP Greg Flemming will be our guest speaker. 12 of the 18 Prefects at OHS are coming to our meeting on Monday 16 March. They will wear their school uniforms. This should make it a lively meeting.

5 Minutes: Tony Rayner



Tony's presentation reflected a recent two-week outreach trip conducted by 'Think and Be Me' founder Cat Levine, and her team, focusing on educational presentations and mental health initiatives targeting children in various schools.

This journey, starting from Phil's place in Naieke, involved traveling approximately 1,500 kilometres with a group of ten tractors and support vehicles. The participants stayed in budget accommodations, such as the Narrows in Hamilton and other locations, organized by Cat.

They visited 20 schools over the period, undertaking mental health presentations aimed at children aged five to eleven, which were facilitated by the government-funded department Mana Ake, responsible for school-based mental health support.

The trip covered ten schools in Napier during the first week and ten in Hastings in the second week. Tony highlighted the cooperative efforts required in arranging these visits, noting the perplexities involving multiple government departments such as the Ministry of Education and the Ministry of Health when selecting schools.

This initiative is particularly aimed at the lower socio-economic schools that were adversely affected by floods in Gabriel.

Overall, approximately 3,000 students were engaged through eight and a half hours of shows, wherein educational content was shared through interactive presentations. The speaker noted the strong community support received, including welcoming gestures from local Rotary clubs and private donations collected through 'Givealittle', amounting to \$2,500.

The speaker also acknowledged that "Think and Be Me" became an officially approved supplier for Mana Ake during the trip, which is a significant achievement for their educational and mental health initiative. Plans include extending outreach to South Auckland and potentially different regions such as Taranaki.

The trip was characterized as a resounding success, with feedback indicating that the children greatly enjoyed the lessons. Tony expressed enthusiasm for the presentations, stressing their applicability not only to children but also to adults in managing emotional well-being and stress.

Guest Speaker: Mary Mowbray

Mary graduated as a Dental Hygienist in the UK in 1978 and practiced in general dentistry for 7 years before returning to NZ. After setting up the NZDHA, Mary's aim was to unite dental hygienists to promote continuing professional development within the dental profession.

Mary worked in general dental practices followed by an Implant/periodontal Specialist practice for 12 years and now runs her own Dental Hygiene Clinic in Auckland, New Zealand.

Mary provided an insightful reflection on her journey from a NICU nurse to a dental hygiene practitioner, emphasizing the critical impact of oral health on overall well-being. She shared her beginnings in dental hygiene after moving to England, and establishing her practice in New Zealand, highlighting her dedication to promoting dental health awareness, particularly in relation to children and mental health.



Mary underscored the pervasive issue of dental diseases often overlooked, referring to dental hygiene as a "forgotten disease". She contextualizes the significance of her work within school and community settings, articulating the connection between oral health issues in children and mental health challenges. Mary actively participates in educational initiatives, offering her expertise to institutions for free, aiming to raise awareness about the importance of dental hygiene.

Throughout her presentation, she discussed crucial aspects of dental hygiene, including the importance of recognizing early signs of gum disease, such as gingivitis, which often leads to more severe periodontal issues if left untreated. Mary stressed the importance of cleaning between teeth and highlights the potential of bacterial overgrowth resulting from poor oral hygiene. She categorized gum disease into varying levels of severity, illustrating how gum health relates directly to overall health.

Furthermore, Mary conveyed the intricate relationship between oral bacteria and systemic health, mentioning the concerning pathogenic potential of specific bacteria like *P. gingivitis*, which can cross the blood-brain barrier and compromise immune response in the body. This presentation integrated the importance of preventing oral diseases to avoid costly dental interventions and emphasized the interconnectedness of oral health, physical health, and mental well-being.

In conclusion, Mary's talk served as a call to action for increased awareness and education surrounding dental hygiene, showcasing her commitment to improving community health through prevention and knowledge sharing.

Lloyd proposed the vote of thanks, on behalf of the members, to Mary for a very interesting and fascinating talk.

Thought for the week: George Arulanantham

'Everything has beauty, but not everybody sees it.'

Duties: March 16th 2026

Sergeant Lloyd Albiston

Attendance: Jeanette Thorne

Hospitality Brian Williams

Meals:-- - Heather Lather-Alan Bannin

5 Minute Speaker: TBA

Guest Speaker: MP Greg Flemming

Subject: – Another Year in Parliament

Host: Bill Grayson

Thanks: Craig Jones

Thought For the Week: Phil Aish

Apologies to Lloyd by 5pm Thursday 12th of March 2026

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.

Prizes have been won so far!

<https://joyofwalking.nz/>





Smile!

It makes people wonder what you have been up to!

When older people say, "Enjoy them while they are young." They are talking about your knees and hips not your kids.

Only in America do you find a kid wearing \$150 tennis shoes, drinking a \$5 cup of coffee, typing on his \$1000 cell phone complaining on social media that he is oppressed and that capitalism has failed him!



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End note.

“We do not describe the world we see. We see the world we can describe.”

-Rene Descartes