



President: Paul Jenner
Email: michaelpauljenner@gmail.com.

Secretary: Richard Ryan
Email: rich.ryan4475@gmail.com



Monday 13th of April 2026



April

ENVIRONMENT MONTH

"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

Apologies: Paul Jenner(LOA), George Varghese, Rod Kestle, George Arulanantham, Rhett Stephens, Tony Bradley, Rodney Foley, Robin Hulford, Gary Hays, Tony Rayner.

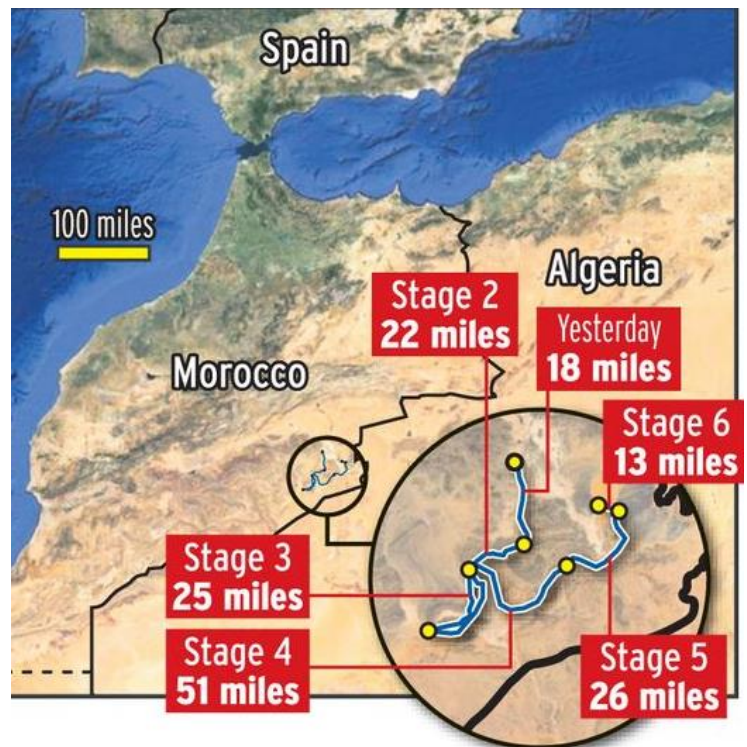
(Correction. *Iain McCrae* was reported as an Apology last week in error. He did in fact , attend.)

Sergeant Noel. Marathon de Sables
What I want to just spend five minutes on is a happy dollar because Jenny's nephew, Winston Cowrie, has just completed the Marathon des Sables in Morocco.

Marathon des Sables is a series of the equivalent of seven marathons in seven days. So, he started off a week ago. The total distance he has run and walked is 271.5 kilometres.

There were 1,435 starters, including 372 women, 1,063 men started. Of the 1,435, 1,350 finished it. 400 French, 242 from the UK, eight from New Zealand, 68 countries represented there.

Six stages. Winston's time was 49 hours, 1 minute and 44 seconds spread out over each of the six legs. One leg, stage four, was 100.55 kilometres.



It took him 21 hours, 54 minutes, and 46 seconds to complete it. They have a mandatory kit list, including a 20-litre backpack, two 1.5 litre water bottles. They have to carry all of their own food for seven days.

Ten safety pins. Now eight of them are to put your number on your front and back, most important. A compass, a whistle, a metal-bladed knife, a survival blanket, a signal mirror, a lighter, your passport, 200 euros.

You have to take sunscreen, 14 broth cubes to have after you've finished each run or walk, a medical certificate signed by a doctor within a month or a month before you start. You must have an ECG, which is current, and they check your resting heart rate. Antiseptic.

What else? The food must be a minimum of 12,000 kilocalories that you carry. So basically, it's dehydrated stuff he carries with him. Winston was raising funds for the Boyle River Outdoor Pursuits down in the South Island and 2041 Schools Antarctica.

Winston and his family, he's got four kids, wife, they live in Abu Dhabi of all places. So, they are seeing lots of activity or have seen a lot in the air. He is age 43, and they stayed in Berber tents.

So, they supply tents for you to sleep in, up to eight people in a tent. They also supply water. They supply medics, and that's about it.

You've got to be self-sufficient. They started in the middle of the Moroccan Sahara, a place called Ouarzazate, which ironically is a little wee town we visited just under 50 years ago. It is tiny, but it's basically in the Atlas Mountains.

He climbed an altitude gain of 2,485 metres during the six stages. So, it wasn't flat. How many hours did he do it in? Total hours were 49 hours, 1 minute and 44 seconds.

The winning person was a male. He was a Moroccan, of course, and he did it in 20 hours, 47 minutes, and 39 seconds. Spread over the six running days, or seven days in total.

After the 100 kilometres, they have one rest day, and then they're straight back into a marathon the day after, or the day after the rest day.

There's a website you can go on, and he's got a tracker on him, and you can track him. It updates every 10 or 15 minutes, so you can actually see live where he is on the track. So, technology is wonderful.

This is literally in the middle of the desert in Morocco.

So, I'd better put some money in the bag for this 5-minute spot.

Acting President: Barry.

I think at least 30% of our attendees are of the female sex, which is a lovely occasion for us. And I could detect that there was a different atmosphere here tonight. So welcome to all the ladies.

Thank you very much for coming. There's another influence at play as well, another positive influence, and about 15% of the people here are from the Aish family. And that's been a very positive influence for us.

So welcome to you also. Thank you. We are heading into a situation where from our future Mondays, next week Anne Ryan, Richard's wife, is going to talk to us about Passchendaele. During the First World War.

And then the following Saturday is the Anzac Day. We won't be meeting on the following Monday the 27th. And then the Monday after that is going to be for Rotary Business.

And then we get into May, and then before long we're into June, which is the last of the months of the Rotary year. So, we've got a bit to do between now and the end of the year. But anyway, thank you all for coming.

Barry invited our visitor Priya Paul, from Chennai, India to speak to us about her club.

Priya thanked the club for the warm welcome she received and spoke about her Rotary involvement with the Rotary club of Chennai, Silk City. RI District 3233. Priya has been a member 2years. She spoke about her connections with Rotary as a teacher and was involved with overseas student programs.

Chennai city club is completely a women's club. First women's club of its kind in India. They have programmes for women's empowerment, starting with women's health. Also, programs like drug addiction, then career counselling courses.

Priya has been elected club Secretary for the year 26-27. She also extended an invitation to members who may visit India to visit their Club. Priya thanked us for the opportunity to share our meeting with her and presented the club with her club banner.

Barry thanked her for doing that. And thanked her for coming today and adding to the feminine influence in this meeting. It's great to hear about what you've been doing and your club.

So, thanks for joining us.

Guest Speaker: Joanne Watt

Joanne gave a detailed recount of a professional educational psychologist's experiences using narrative therapy to help troubled boys in school.

Taking inspiration from personal and professional encounters, Joanne discussed how narrative therapy externalizes problems, enabling children to see themselves apart from labels such as "angry" or "naughty."

Through storytelling, creating personalized books, and redefining self-concept, these boys transitioned from negative reputations to empowered identities as kind, capable, and successful learners. She extended into deeper issues of boys feeling unloved by their families and how unresolved emotional pain fuels disruptive behaviour.

Joanne reflected on the transformational power of love as an overarching solution and described related projects including comic strips of boys as superheroes combating anger.

She also reflected on the personal emotions that give power to the genuine caring and love these children require.

Concluding with personal anecdotes and data showing remarkable improvements in behaviour, self-esteem, and academic progress.

This highlighted 'narrative therapy's' potential as a therapeutic and educational approach.

Joanne was thanked by Rob Lyons, on behalf of those present, for informing everyone about the realities of life for a section of the population who we, for the most part, do not have any experience of their difficulties and challenges.

Thought for the week: Noel Carey

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

Duties: 20th of April 2026

Sergeant Noel Carey

President Barry Stafford

Attendance: Lloyd Albiston

Hospitality: Tony Bradley

Meals:--Craig Jones – Ant Martin

5 Minute Speaker: TBA

Guest Speaker: Anne Ryan

Subject: – Passendale

Host: Alan Bannin

Thanks: Gwynyth Carr

Thought For the Week: Bill Grayson



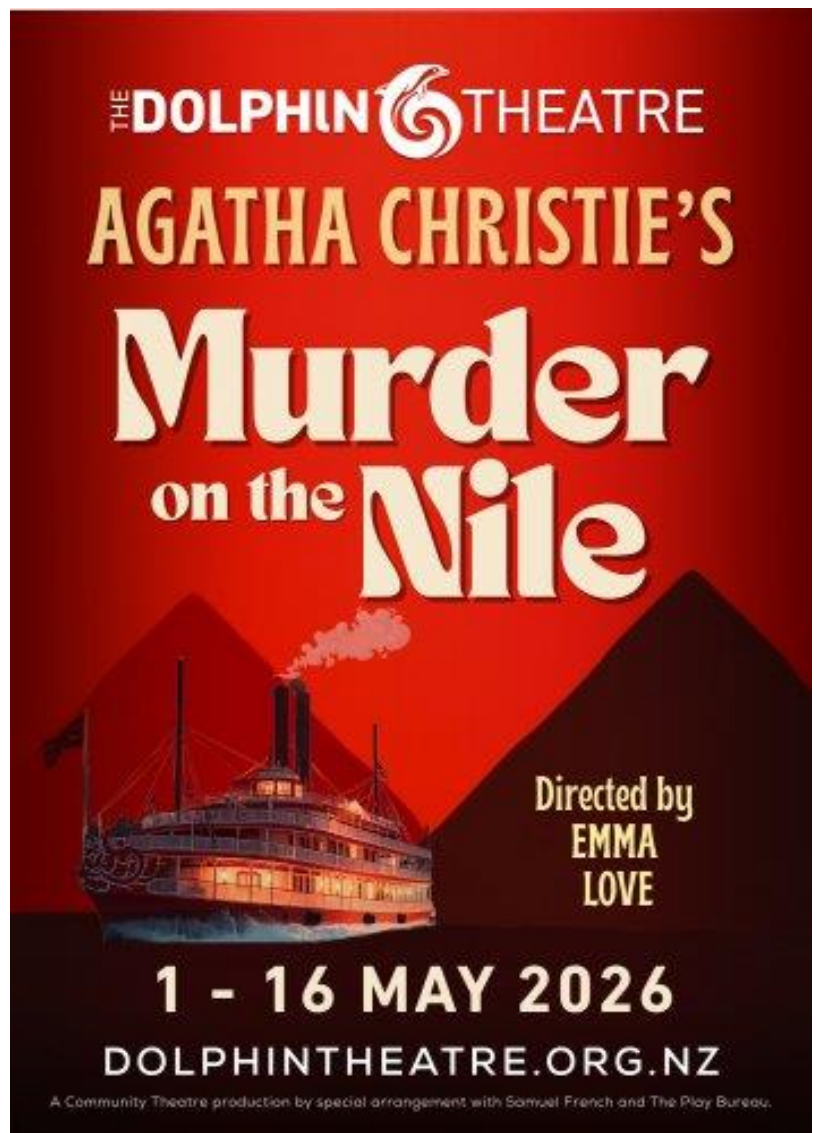
Apologies and confirmation of attendance to Noel by 5pm Friday 17th April 2026

Gary Hays has kindly organised this as a club fundraiser and will be a fun night out for members, family, and friends!! We have booked for **60 seats!!!**

Details below:

- **Tuesday 12th May 8pm** at the Dolphin Theatre, 12 Spring Street, Onehunga. The play starts at 8pm but get there **earlier** to meet at the bar.
- It is a **Gala Night** so one free drink on arrival, plus a treat at the half time interval.
- This **replaces** our Monday night meeting on 11th May. (Do not go to the Bowling Club, no dinner, no meeting!)
- Cost is **\$35** per head **to be paid in advance** to the Maungakiekie Rotary Club Bank Account **02-0208-0417745-00**
Please reference with your "name" and "Dolphin" to assist our treasurer, Bruce.
- Email me, gwynythcarr@hotmail.com with your names and numbers asap please.

Let's get behind this worthy fundraiser and enjoy a good night out at the theatre.





Smile!

It makes people wonder what you have been up to!

Wondering how I did it?

Boiling water, 2Tbs of vinegar, Baking soda, lemon juice. Soaked it for 25 minutes. After that, it looked the same so I bought a new one.



NO MATTER HOW MUCH YOU PUSH THE ENVELOPE, IT'LL STILL BE STATIONERY!

A BACKWARD POET WRITES INVERSE.

She was only a whiskey maker, but he loved her still.



Rotary Maungakiekie

Bulletin Editor: Bill Appleton.

bill.appleton.ri@gmail.com

End note.

“Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.”

— Albert Einstein