





Waitakere City Rotary Club Bulletin

This Week's Meeting

When:	Wednesday 1 st April 2009 6:00pm
Where:	Rex Davy Lounge, The Trusts Stadium, Central Park Drive
Guests:	Margaret Hudson
Attendance:	17/27 62%
Make Ups:	
No Shows:	
Apologies:	Mike Angland, Ross Ward, Domenic Wood
Guest Speaker:	Margaret Hudson from Hospice

Important Dates and Events

Saturday 4 th April	Soapbox Derby Finals	
Fri 10 th April to Mon 13 th Apr	<i>Easter – and start of School Holidays.</i> Ross has extended an invitation to Club members to visit his bach. Great fishing and fellowship. Also only metres away from the local golf course for those who need the practice prior to the tournament.	
Tuesday 14 th April 2009	Incoming GSE team at New Lynn 5:30 for 6pm start Titirangi Golf Club, Links Road, New Lynn This will replace our meeting this week	
17th April 2009 to 19th April 2009	District Conference – Whangarei Registrations are being taken now	
22 nd April 5pm	Board Meeting	
Sat 25 th April	Anzac Day	
Mon 27 th April	School Term 2 starts	
Tuesday 28 th April 2009	12 th Annual Don Page Golf Tournament	
Wed 6 th May 2009	Soapbox Derby Thank You Night	
11 th to 15 th May	Hospice Appeal Week	
Wed 13 th May 2009	Fellowship night. Anyone for ice cream at the movies?	

Soapbox Derby Finals: Kerry

These, in case you have managed to miss it, are on this Saturday. Northcote race in the morning, Finals are on after lunch. They are expected to start at 1pm at the latest.

Also, watch Close Up on Friday 3rd April...

Easter on the Coromandel:

- Ross has extended an invitation to all Club members to join him for a day or more at his bach over the Easter week.
- Includes the three Fs – Fishing, Fellowship and Fun
- Golfers and those who want to relax with a good book also welcome
- He has spare beds and also parking on the lawn for the motor home and tent dwellers
- Bring food for pot luck dinners

- The odd bottle of wine is also welcome
- Contact Ross now if interested

Margaret Hudson: Hospice

- Margaret spent 15 years overseas, returning in 1995 to look after her elderly mother for her last few months. She then travelled a lot as major fundraiser for Leprosy. In Sept 2008 she went to work for the West Auckland Hospice as their fundraiser.
- The West Auckland Hospice opened in its new premises in 1995 with help from many people including large donations from Rotary.
- Last year they helped 482 patients and families. 50% of those who need care are under 65 years old
- As yet there are no beds in the Hospice itself. These were supposed to be installed by now but it hasn't yet happened.
- The running costs are \$2.4 million per year; the Waitemata District Health Board funds half of this. The shortfall is \$3,288 per day.
- There are seven nurses and a number of counsellors and social workers that work from the base to help people in their homes. Social workers and counsellors also work with schools where kids are affected by family terminal illness
- Services they offer include:
 - o Nursing help in homes
 - o Day respite programs
 - o Cooking, art, relaxation, craft, carer's groups, bereavement support groups, counselling, free massage for carers, complementary room for carers...
- Remembrance services are held on Mothers Day, Fathers Day, Children's Day and Christmas for those who wish to attend
- They hold a Thank You morning tea once a month for supporters. If anyone has questions they can be asked and answered then
- They are currently replacing 20 syringe machines for dispensing medicine with highly portable ones. These cost \$2,250 ex GST each. So far 10 new ones have been purchased

Planting Update: David Butler

- The planting project is nearly complete
- Plants are planted, fences are installed and the pests are being recycled (see below)
- Possums and rabbits are coming from far and wide (6 to 8km) to dine on the tasty pellet treat and have gobbled their way through three quarters of a large bag already
- The ARC is holding a workshop on 22nd April to encourage others to do similar projects. They are visiting on April 2nd to see it first hand

Golf: Craiger

There are a number of groups who intend to play but haven't actually got a round tuit as regards the forms. With the recession on this is a little nerve-wracking. If you are planning a team, or have friends who are planning a team, may we suggest the gift idea on the right?

CHALLENGE TO ALL ROTARY MEMBERS:

Find one team or sponsor for the event.



Raffle Winner: Jack who won one of David's recycled rabbits:



Jack's comment:
I shouldn't really take this home.
It will make Lucy quite sick

Parting Thought: Peter Smith: It would be hugely beneficial if employees thought of their employers rather than themselves. If employees could improve productivity it would help businesses get through the recession – and ensure their jobs are still available.

Photos from the night:



Alan and Kerry with the dinner plate box



Derek, who complained I never photograph him



Peter and Bob at work



Patrick and Craiger discussing golf

A Girl Guide Fund Raiser:

My daughter, Jen, is holding a fashion show as a Guide Fundraiser. Her flier is below if anyone is interested.

K o r u R a n g e r s

What: a Ballentynes Fashion Show

When: Monday 20th April 2009

6:30pm nibbles and drinks

7pm Fashion show kick-off

Where: Ballentynes Henderson, 3 Edsel Street, Henderson

Why: In January 2010, 3 Koru Rangers and 1 leader, are attending the Australian Centenary Jamboree which we are fundraising for

How much: \$15 for the fashion show plus several \$2 raffles on the night

If you'd like to buy a ticket, please phone Jen on 833 6787 or 021 88 44 35 or email jenny@details.co.nz

We really appreciate your support!



From: pinkribbon [mailto:pinkribbon@p10.co.nz]
Sent: Monday, 23 March 2009 9:59 a.m.
To: pinkribbon
Subject: Pink Ribbon Street Appeal 2009

23 March 2009

Dear Secretary/President,

Greetings from the Pink Ribbon Street Appeal Office!

On behalf of The New Zealand Breast Cancer Foundation I would like to invite you to be part of our Pink Ribbon Street Appeal on Friday 9 October 2009.

We would absolutely love your help with our upcoming street appeal. We really appreciate all the wonderful work your clubs do within our communities, and would be honoured if you would support The New Zealand Breast Cancer Foundation this year.

The Pink Ribbon Street Appeal continues to be an outstanding success not only financially, but also in creating further awareness of breast cancer throughout New Zealand. The funds raised have gone towards supporting The Foundation's nationwide community education initiatives as well as vital research and community outreach programmes.

Financial returns from the Pink Ribbon Street Appeal have increased year on year, due to the quality coordinators and volunteers willing to help assist in the Pink Ribbon Street Appeal. This also indicates the

public's growing awareness of breast cancer issues and The Foundation's commitment to educate all New Zealand people about the life saving benefits of early detection.


To those who are already supporters of the organisation and wish to participate again this year, and to those who would like more information, please contact us for further details on **0508 105 105**. We would love to work with your organisation this year!

If you are not the contact for your group anymore, please let us know who is and we will amend our records.

Many thanks and kind regards,

Sarah Stevenson
Pink Ribbon Street Appeal

Pink Ribbon Street Appeal Office
Level 30, ASB Centre
135 Albert Street, Auckland
Ph: 0508 105 105
Fax: 09 3098 007
Email: pinkribbon@p10.co.nz

Would you like to make a donation? 

We rely on your generosity to keep our services free of charge. If you would like to help please fill in your details below and send to: West Auckland Hospice, PO Box 45 181, Te Atatu Peninsula, Waitakere 0651.

Name: _____
Postal address: _____

Phone: _____ Mobile: _____
Email: _____

I would like to give a gift of:
 \$100 \$75 \$50 \$25 Other \$ _____

I am interested in volunteering, please contact me.
 I am considering leaving a gift to Hospice in my will, please send me information.

I prefer to pay by:
 Cash (enclosed) Cheque (enclosed) Credit Card
 I would like to donate by automatic payment. Please send me information.
 Visa Mastercard
Card Number: _____
Expiry date: _____
Cardholder's Name: _____
Signature: _____

Soapbox Derby:

Just heard this morning: The Massey Community Board has authorized a contribution of \$1,000 towards the SBD

Caring for the caregivers

When you're caring for someone who is terminally ill, it is important to look after yourself and to ask for help to do this. If you try to do too much on your own, you may start to feel tired and overwhelmed, emotionally and physically.

Even though most of your focus is on the person in your care, it is vital to have some time for yourself – meet a friend for lunch or go for a walk around public gardens or along the beach. Even better, take a dog; its enjoyment of the outing will cheer you, too.

Hospice is here to support you as well as the patient. We have programmes especially for caregivers; this might be a husband, wife, daughter or anyone who is taking care of this person. These informal programmes allow you to meet other caregivers who understand your experience better than anyone and offer the opportunity to talk with members of the Hospice team about the care you are providing and your feelings about this.

Our services include Complementary Therapies for patients and families. These include relaxing massages, reiki, aromatherapy, reflexology and acupuncture. These are free of charge; please call our receptionist to find out more about these services.

It is likely that your friends and family will offer to help. It is much easier for them if you accept help easily and are clear about what you need, instead of saying: "Oh, but I don't want to be a nuisance," or "No, thanks, I'm fine," when really you are struggling.



Caregivers need to take time to relax. Hospice also offers several groups and complementary treatments for caregivers.

When your friends come to visit, let them make the tea. They may like to bring in the washing, take care of the ironing or pick up a few items for you at the supermarket.

Most people enjoy being able to contribute and it will make your life easier, too.

CALENDAR OF EVENTS

We are looking forward to...

Friday 20 February

West Auckland Hospice Craft Group will have handmade crafts for sale outside Foodtown at Lynn Mall, 9am – 3pm.

Sunday 1 March

Children's Day – a Remembrance Service from 3–4pm at West Auckland Hospice for children who have died.

Saturday 7 March – Sunday 8 March

Heroic Gardens Festival (see back page for details)

Friday 20 March

Craft stall, outside Foodtown at Lynn Mall, 9am – 3pm.

Monday 23 – Friday 27 March

End of summer sale at our second hand shops at
Glen Eden, 216 West Coast Road
Helensville, 8 Commercial Road
Henderson, 21 Rainside Avenue
New Lynn, 4/3119 Great North Road
Te Atatu, 538 Te Atatu Road

Friday 17 April

Craft stall, outside Foodtown at Lynn Mall, 9am – 3pm

Sunday 10 May

Mother's Day Remembrance Service, 3–4pm, West Auckland Hospice

Monday 11 – Sunday 17 May

Hospice Appeal Week



Raising funds for Hospice: items created by skilled volunteers in our craft group will be on sale outside Foodtown, Lynn Mall, on 20 February and 17 April.

Rotary	Website
Rotary NZ	http://www.rotary.org.nz
Rotary NZ Promotions and Information District Governor's newsletter Admin page and information	www.rotary.org.nz/information.cfm?ID=1364 http://www.rotary.org.nz/newsletter.cfm?District=10 http://www.rotary.org.nz/information.cfm?ID=180
Rotary International Future Vision	http://www.rotary.org/ www.rotary.org/future_vision

Meeting Times and Contact Details		
Where:	Rex Davy Lounge, Lower Ground Floor at The Trusts Stadium, Central Park Drive, Henderson	
President	Terry Hodges	838 3818 (home) 0274 312 374 (mob) terryh@unitedtravel.co.nz
Secretary	Kent Favel	Ph 849 5025(home) 0273 693 972(mob) kfavel@sunderlandcollege.school.nz
Treasurer	Peter Hatch	Ph 027 203 3148(mob) hatchp@anz.com
Sergeant	Jim Annison	837 7323(home) No mobile or email
President Elect / Club Service:	Theo Van Lier	832 3044 (home) 0275 485 951 theo@vanlier.co.nz
Community Director:	Steve Lewins	833 4168 (home) 021 795661 (mob) steve@lewinselectrical.co.nz
International Director:	Craiger Hargesheimer	833 6854 (home) 021 636 854 (mob) Craiger@ihug.co.nz
Vocational Director:	Ross Ward	837 0133 (home) 0274 936 144 (mob) Baywest.plumbing@xtra.co.nz
Youth Director / Bulletin Editor:	Heather Pattison	8109 589 (home) 0274 719 569 heather@details.co.nz
		Committee Members:
		Club Service:
		John Ritchie Mike Angland Terry Hodges
		Vocational:
		Ross Ward Bob Langlois Roger Froes Kent Favel Peter Smith
		Community:
		Steve Lewins Jim Annison Bob Benzie David Butler Derek Gee Patrick Howard Monique Mataga Graham Nicholson
		International:
		Craiger Hargesheimer Peter Hatch Kerry McMillan Alan Pattison Ivan Yukich Jack Riddell
		Youth:
		Heather Pattison John Riddell Tony Scott Domenic Wood Jim Brown

Duty Roster and Calendar:		
2009		
Date	08 Apr	15 Apr
Guest Speaker		
Grace	John Ritchie	Roger
Introduction	John Riddell	Derek
Thanks	Mike	Craiger
Squire	Jim B	Peter H
Squire	David	Bob L
Parting thought	Kent	Steve

Apologies:

You all know the drill:

Contact:

Ross Ward at
baywest.plumbing@xtra.co.nz or
837 0133

No later than **12 noon** on the
Monday prior to the meeting

AND: If you are bringing guests,
including family members,
please let Ross know this also.

**No shows will, of
course, be charged
for their meal!**

Late apologies are an
appreciated courtesy