



Waitakere City Rotary Club Bulletin

Making A Difference In Our World

This Week's Meeting

When:	Thursday 15 th October 2009 5:45pm
Where:	Lincoln Green – Joint Meeting Henderson
Web site:	www.rotarywaitakere.org.nz
Guest Speaker:	HEB

Visitors Welcome: Local business people, stray Rotarians... are welcome to attend our meetings.

For information contact: Kerry McMillan 832 3229 or Mobile 021 416 777

Important Dates and Events

Wed 21 st Oct 2009	Committee Meetings
Wed 4 th Nov 2009	Chris Whittington. (20yrs old)
	This former Henderson High School head boy, with a love of science, tutoring and Technology has had an innovative idea. He will be our guest speaker and will tell us where that idea has gone.
Sat 7 th and Sun 8 th Nov	Kumeu Rotary Arts and Garden Fundraiser
11 th Nov 2009	Committee meetings
18 th Nov 2009	Emergency meal at Civil Defence
7 th to 8 th May 2010	District 9910 Conference – Noumea
20 th to 23 rd June 2010	Montreal Conference

This Week's Meeting:

Joint Meeting – Henderson Rotary	
Speaker:	HEB Project
Present:	Jim A, Bob B, David B, Kent F, Roger F (and friend), Craiger H, Monique M, Kerry M, Alan P, Heather P, Jack R, John R, Peter S, Domenic W
Apologies:	Mike A, Derek G, Terry H, Patrick H, Steve L, Graham N, Ross W
Late Apologies:	JR
Missing in Action:	Ivan and his guest

HEB Project

Motorways take an incredibly long time to build. Sitting in traffic jams one tends to look sideways at the large earth moving machines and the signs advertising a completion date in a century or two and wonder why it takes them so long. The answer is "Dotterel Eggs"

The project manager from HEB came to Henderson Rotary to give a talk on the State Highway 18 Hobsonville Deviation and SH16 Brigham Creek Extension. We were extremely fortunate to be asked to join them for the evening.



The scale model of the project attracted a large viewing and after dinner we were treated to a very interesting and entertaining speech on the project.

Removing and counting eels and fish from local streams; avoiding fibre optic cables; planting thousands of native plants; getting curvy blocks made - after the firm who designed them has been sold and closed; building fish ladders in streams; organizing work around the weather; resetting frequencies on the wireless communication; blinking at the design of an eye catching yellow footbridge; dealing with all sorts of multiple agencies who all have input into the same areas... all this and more are part of a Project Manager's day.

And then there were the Dotterel eggs. Five eggs were found and relocated – leaving ten confused and flustered parents searching for them – whilst all work stopped.

Next time you are sitting in a traffic jam wondering why work has come to a halt on the unfinished motorway – keep an eye out for dotterels... and eggs.

Committee Meetings:

Our next meeting is committee meetings.

Committee meetings can lead to all sorts of interesting events – like the one in the photo on the right.

Find out how “Kerry and the Mommas” came to be and plan your own events!



Committees:

There have been a few changes to our committees. Current roles are listed below:

Vocational: John Riddell

Mike A

Roger F

PP. Derek G (Ch. Rotary Training)

PP. Terry H

PP. JR (Ch. Membership & Ch. Derby Marketing)

Ross W

PP. Domenic W

Community: Patrick H (membership, PR, Derby Sponsors & Club Programme)

Youth: Kent F

PP. Jim A

PP. Bob B (Ch Public Relations, Club Programme & Membership)

Steve L

Monique M (Public Relations)

Graham N (Trees for Survival)

PP. Jack R

International: PE. Craiger H

Club Service:

PP. David B

PP. Kerry M (Ch Derby)

Alan P

Heather P (Secretary) (Bulletin Editor, Derby Director)

PP. Peter Smith (Rotary Foundation)

Waitakere Enterprise Awards:

These were held on Friday night at The Trust's Stadium and a number of Rotarians, both past and present, were there.

The Dragons had advanced venture capital to two of the dozen or so teams in the YES scheme and Waitakere City Rotary sponsored the prize for this (and no, the Dragons hadn't backed the winners).

The winner of The Waitakere City Rotary Young Enterprise Scheme Business Award was: "Vital Enterprise" from Lynfield College

They made a liniment for sore muscles. When asked, "How many of your customers turned green and broke out in a rash?" the laughing reply was, "None! It was a tried and tested recipe!"



The YES Trophy

Ritchies Transport were the sponsors of the Young Business Person of the Year Award. The prize, for some obscure reason best known to JR, included a one-way bus ticket to Auckland City.

Fortunately Corban Revell decided that sending entrepreneurs to the City one way wasn't such a brilliant idea so came to the rescue and awarded the return trip.

There was a suggestion that this prize in future should be known as the "Ritchie Transport Single Trip Bus Ticket Award"



The winners

Two of the awards came to none other than our very own Rotary members:

Waitakere Business Hall of Fame Induction: John Ritchie



UHY Haines Norton Best Mid-sized Business Award: The Web Company.



Congratulations John and Patrick!



KUMEU ROTARY NEED HELP!

Kumeu Rotary, in conjunction with Hookers Real Estate, are holding an Arts and Garden Festival on the 7th and 8th November.

They expect to raise around \$14,000 with the profit split between the Kumeu Fire Brigade and Hospice.

Manpower is needed for parking. They have 60 shifts organized and have only filled half of them.

If you can help with this please contact David Jennings at david_rita_jennings@hotmail.com or 412 7055



CIVIL DEFENSE EMERGENCY MEAL

John Riddell has been in contact with Civil Defence about a visit to them to discover what they do.

On Wednesday 18th November we shall hold our meeting at their premises. The Salvation Army will provide an emergency rations dinner for us on standard tin plates.

Our meal money for the night will be our donation as a thank you.

The premises can only hold around 15 people so numbers are limited to members only (sorry, no partners)

Forthcoming Speaker: Chris Whittington – 4th November

A very brief history... SOUND CLASSROOM

Chris and Clare both have degrees in Biomedical Science from the University of Auckland, and are now doing post-graduate study. Chris is continuing his studies at Auckland University doing his biomedical honours project in the genetics of smoking related lung disease. Clare is also continuing at Auckland University doing a post-graduate Diploma in Bioscience Enterprise.

How did Sound Classroom come about? both Chris and Clare are passionate about learning and have always got a kick out of tutoring and helping school students realise they really can do it.

So they thought they would create some resources that cover all of the important concepts that students need to know for NCEA science subjects - concepts that don't stop being important throughout secondary and tertiary education, in a simple way that everyone could understand. They have written all of the material constantly bearing in mind the thought – is this going to make sense to the student, and what's the best way to put something so that they understand.



Bluelight News:

As mentioned previously the Henderson Police Bluelight team received a very generous donation from the Freemasons to buy an impressive sound system for their discos.

They were asked to demonstrate it to the Freemasons on Tuesday at lunch. The team asked me if I would like to go... and I went.

Holly reported that they had used it for the first time at a disco a week ago. Parents came to drop their kids off – and stayed to watch. And when the light show started the kids stopped dancing, went silent and stared with their mouths open.

After replacing one or two fuses in the hall we got a demonstration. The volume was kept down to low levels but the light show was amazing. Colours flashing in time with the music and a green laser light making patterns on the wall. Truly impressive – and the kids weren't the only ones with their mouths open. The disco lights of our youth are well and truly a thing of the past!

I can also report that Freemasons, although thoroughly unenlightened in that they don't allow women into the Club (their wives fulfil the roles of Secretary, Treasurer etc outside the Club), are actually quite normal people without horns. They also make donations to many of the projects we do – like Hospice – and have friends in Clubs like Probus.



Request for Rotary in Action Volunteers for Samoa

District 9920 World Community Service Committee is now looking for volunteers to go to Samoa to help with the cleanup and re-construction.

Skills needed will be of a practical nature and could include people with medical or related qualifications.

If anyone in your club is prepared to give up some time to work in Samoa with a Rotary In Action team, can they please contact our District Co-ordinator Graeme McDonald, Email graememc@ihug.co.nz, or mobile 0274 922 123

Paul Sargison
9920 District Chair
World Community Service

District News:

District Conference. You will have seen the notes from the travel people about flights in the DGs Newsletter. I have found www.newcaledonia.co.nz/ which has some good information and some brochures. This site seems to have more hard information than the others I looked at. There is also www.newcaledoniaturism-south.com which seems to have some of the same stuff but there are many others.

The **IYE** South Island Tour is full now, a huge thanks to the Clubs that found a couple more students, the budget is saved. Marae weekend is coming up which I am looking forward to. I am not sleeping on the Marae, I have found rather more luxurious accommodation in Paihia.

Whangarei South has a **Rotary Foundation Charity Auction**. It is to be held on the 12th November - tickets are \$20 a head and include a continuous supper. We would love other Rotarians to come. We would also like to have donations where possible. Things that sell well are vouchers, use of things such as baches, boat trips, painting you name it. We encourage Rotarians to donate goods and services which are tax deductible. "Sandra McKersey" <Sandram@peoplepotential.co.nz> ,

I have added some pictures and news about **Samoa** on to the District Website. Links off the News page

9920 have a 20ft container that will be taking **Donations in Kind (DIK) to Samoa**. Ian Jenner has once again kindly offered his work as the place to drop of any goods clubs have. Being in contact with Apia, they are after the following: Dry basic foods e.g. noodles, rice, tooth paste, soap, first aid kits, tapolines, fishing gear, etc to assist in getting back on your feet. Also water containers so they can cart water from wherever. Wheel barrows for transporting of these things. The most basic and practical stuff. Please don't worry about clothes anymore, as we have heard through NZAID they have sufficient now. Address to send or drop of: Jenners Worldwide Freight Ltd 47 Richard Pearse Drive Auckland Airport

To date, 200 ERK's (**Emergency Response Kits**) have been sent. 108 of went from Auckland on a RNZAF flight, 92 on an Air New Zealand flight. 60 have also been sent from the Fiji stockpile and 40 have been sent from Australian Rotary. 140 ERK's are still held in Auckland. Samoa say they can manage distribution without assistance from NZ. Apia Club is the main contact. 100 ShelterBoxes are scheduled to go today Monday via Auckland ex Melbourne store. Two New Zealanders, both from the South Island, who are trained Shelter Box Response Team members went up to Samoa on Thursday and are preparing to assist in distribution and erection of the ShelterBox kits. Rotoract in Samoa assisted the local Rotarians in distributing the ERK's

and found it to be a very harrowing but rewarding experience.

RNZWCS Ltd is seeking additional emergency funding from NZAID for emergency relief items.

District 9920 World Community Service Committee is now looking for **volunteers to go to Samoa** to help with the clean-up and re-construction. Skills required will be of a practical nature and could include people with medical or related qualifications. Anyone interested can contact their District Co-ordinator Graeme McDonald, email graememc@ihug.co.nz or mobile 0274 922 123."

The Public are responding to our appeal as evidenced by the number of donations coming in from \$10 up. We have had inquiries from overseas, hence the Swift Code added to the below. Donations can be made through internet banking Westpac Bishopdale, Christchurch, New Zealand Acc. No. 03 1702 0192208 02 Swift Code WPACNZ2W or cheques/drafts can be made payable to RNZWCS Limited and posted to PO Box 20309, Christchurch, New Zealand 8543.

THE ROTARY CLUB OF MOUNT ROSKILL and DANSKE MOBBLER would like to invite Rotary friends and supporters to the MAUNGAKIEKIE GOLF CLUB on 5th November 2009 to enjoy an **early Summer golf day**. A great opportunity to enjoy this upgraded golf course, at a very special price of only \$30.00 per player. For all enquiries, Contact: Allan 625 5831, Theresa 021 678 775

Business Roundtable **Speakers Booklet** - on the Etcetara page

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Kind regards

Stephen Wheeler

Sunshine Fund:

This week we didn't bring any money into the fund as we were elsewhere. But we did succeed in spending some.

We were approached to help fund the deposit for a mature student, who has been the primary care giver for ailing family members, on an Outward Bound course. Most of the money had been found but there was still a shortfall. West Harbour Rotary contributed \$100 and we contributed \$150. Ritchies Transport have also helped out with transport.

We look forward to hearing about her experiences at a later date.

Now for something completely different... Yoga.

Amanda, last seen thinking up new and improved Breadfruit recipes after her time in Vanuatu, is involved in running some Yoga classes.

GREY LYNN: FREE YOGA-IN-THE-PARK

When: every **sunny** Saturday 10-11:30 a.m, starts Oct 31.

Where: Grey Lynn Park, north end between the basketball court and small playground.

Fee: NO CHARGE. Donations of any kind gratefully accepted - all \$ will go towards the production of "Kokoru-Kamam", an independent documentary project.

What to bring: Yoga mat/towel, comfortable clothes (layers) and maybe something for underneath your mat if you don't want it to get wet/dirty.

Join our [Facebook group](#) for updates.

NEWMARKET: Yoga 1 - Introduction to Hatha Yoga - A 6-week course

When: Sundays 11:30-1 p.m., Nov 1-Dec 6

Where: [City Fitness](#), 44 Nuffield St, Newmarket

Fee: \$79 for 6-week course. Student/Artist discounts available. Enquire for eligibility.

Course numbers are limited so register early to avoid disappointment.

FAQs.

1. What "style" of Yoga will we practice?

A classical Hatha Yoga in the tradition of the [Sivananda Yoga Vedanta Centres](#). A typical open class begins with initial relaxation and basic pranayama (breathing exercises). We move

through a flowing sequence of Sun Salutations to prepare for the Twelve Basic Asanas - holding each posture in stillness with a brief period of relaxation between each one.

2. What's the difference between the "class" and the "course"? New participants are encouraged, though certainly not required to attend Yoga 1 in Newmarket. In the course you will develop a strong foundation for your practice as you work with the same group each week and receive individual instruction and correction. The course is targeted towards the absolute beginner or those with other Yoga experience but may be new to the Sivananda tradition. Class size is limited, mats are provided, and the indoor course runs rain or shine. Each week includes a small portion of theory on aspects of proper nutrition, breathing and meditation techniques.

Additionally or alternatively, Grey Lynn Yoga-in-the-Park is open to anyone, any Saturday and follows an open class format. You can come and go as desired and no pre-registration or payment is required.

About the instructor:

Amanda Prasow has over nine years of experience working in health and fitness, and has been a certified Sivananda teacher since 2003. A Canadian-American, Amanda moved to New Zealand in June after two years as a Peace Corps volunteer in Vanuatu. She has recently relocated to Auckland from the [New Plymouth Sivananda Centre](#). Enquire for more details on private, small group and corporate classes as well as [Ayurvedic Nutrition Therapy](#).

For more information or to register:

Amanda Prasow
 aprasow@yahoo.com
 09 378 6969
 021 139 4180

Meeting Times and Contact Details	
Rex Davy Lounge, Lower Ground Floor at The Trusts Stadium, Central Park Drive, Henderson	
Board Members	
President	Terry
Vice President / Sergeant	Derek
Secretary / Bulletin Editor	Heather
Treasurer	Alan
President Nominee / International Director:	Craig
Club Service:	Bob
Community Director:	Patrick
Vocational Director:	John
Youth Director	Kent
Apologies	
<p style="text-align: center;">Apologies:</p> <p style="text-align: center;">Contact:</p> <p style="text-align: center;">Heather at apology@details.co.nz Ph 8109 589 or 0274 719 569</p> <p style="text-align: center;">No later than 12 noon on the Monday prior to the meeting</p>	<p style="text-align: center;">Late Apologies and No shows will, of course, be charged for their meal as it has been booked and paid for!</p> <p style="text-align: center;">AND: If you are bringing guests, including family members, please let Heather know this also.</p> <p style="text-align: center;">Late apologies are an appreciated courtesy</p>

Duty Roster

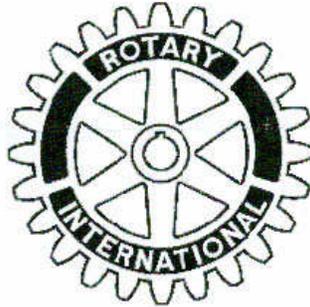
Date	21-Oct	28-Oct
Event	Committee Meeting	Guest Speaker
Squire	Kerry M	Domenic W
Squire	Alan P	Mike A
Greeter	n/a	Jim A
Grace	Heather P	Bob B
Introduction	n/a	David B
Thanks	n/a	Kent F
Parting Thought	Peter S	Roger F

Rotary	Website
Waitakere City Rotary	http://www.rotarywaitakere.org.nz/
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
Rotary E Club (for make ups)	http://www.rotaryclubone.org/

ROTARY CLUB OF NORTH HARBOUR

ANNUAL PHOTOGRAPHY CHALLENGE 2009

DISTRICT 9910 MEMBERS, FAMILIES AND FRIENDS



You are invited to participate in the inaugural **District Photographic Competition** run by the Rotary Club of North Harbour.

Your club can win a **\$300 donation to Rotary Foundation** if a club member or their family or friend wins this prestigious new photographic competition **and they can win too.**

The winner of each category wins \$250 and the overall winner receives the "North Harbour Rotary Challenge Cup" to show off for the next 12 months. Honours certificates will also be awarded.

The more entrants from your club the better the chances of winning.

Entry fee \$25 per entrant – and they can enter up to 4 images per category.

Two categories ---- Family and Open

Digital photos only.

Entries close 15 November 2009 and winners will be notified by 4 December 2009.

Competition judged by a panel of 3 experienced, independent photographic judges.

Entry forms included or download from our website
www.rotarynorthharbour.org.nz



Rules of Entry

1. The image and any modification must be the work of the entrant.
2. Images are to be numbered and titled as per the entry form.
3. Each image must be max 1024 px on the longest side at 72 DPI in JPEG format.
4. The entry form and entry fee must be sent to Rotary Club of North Harbour
P O Box 33-1478
Takapuna
North Shore 0740
prior to images being emailed. Entry is \$25 per entrant. Cheques are to be made out to Rotary Club of North Harbour.
5. Images are to be emailed to photos@okura.gen.nz by 4pm 15th November 2009. No late entries will be accepted.

PTO

Entry Form

Name

Postal Address
.....
.....

Email address

Phone ()

Open Category

Family Category

	Title
A1
A2
A3
A4

	Title
B1
B2
B3
B4

PTO