

WAITAKERE ROTARY CLUB

MAKING A DIFFERENCE IN OUR WORLD

Venue: Starling Park Sports Club
34 Glen Road
Ranui

Time: 5:45pm for 6:10pm

Address: PO Box 104 017, Lincoln North, Auckland, 0654
www.rotarywaitakere.org.nz or www.soapboxderby.co.nz

NOVEMBER: ROTARY FOUNDATION MONTH
NEXT WEEK: AGM AND CLUB NIGHT

VENUE: "The Den"

The Chef at our new venue being on holiday next week (booked well before we turned up) we are at our backup venue "The Den" next week.

THIS WEEK: WDHB – NEW BOWEL SCREENING PROGRAM

Ten or so years ago one of our Rotarians was told that the only way to find signs of bowel cancer was for the doctors to go in and look. He was also told that one day there would be a simple non-invasive test but that in the meantime, with the disease in the family, he would need a colonoscopy (and as they found polyps then a repeat every two years).

Well... the future is now here. A quick and easy home based test is now available and a pilot program of testing has been created. This program will run in the Waitamata District Health Board area for those aged between 50 and 74. Moira and Elizabeth came to tell us all about it and asked that we pass the news on.



Moira explaining the details of the program to us



Elizabeth explaining the test



BULLETIN 42 ISSUE 22
30TH NOVEMBER 2011

CALENDAR

FRI 2ND DEC

Trees for Survival – Te Atatu

3RD DEC

Working bee at community garden

7TH DEC

AGM

Venue: The Den

9TH DEC

Trees for Survival – Matipo School

14TH DEC

<No Meeting>

17TH DEC

Christmas and Cecile's Birthday Party
Venue: Linda's

ROTARY 4 WAY TEST

Of the things we think, say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

The new bowel screening program is designed to catch problems from those who don't yet present symptoms – but it will take 2 years to get through all 137,000 eligible people. Anyone who does experience symptoms still needs to see their doctor **NOW** rather than wait for the test to come through. And if signs are found then colonoscopies are still required.



Check yourself out!

Free Bowel Screening programme available for people aged 50-74 & living in the Waitemata DHB area

Bowel Screening
Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432

What is FREE Bowel Screening programme?

- Four-year pilot in the Waitemata DHB area for 137,000 people
- Waitemata DHB residents aged 50-74
- Started from October 2011 with 500 invites
- Two screening cycles
- Invitation based programme
- Central coordination centre
- Dedicated endoscopy unit at Waitakere Hospital

Bowel Screening
Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432

Waitemata District Health Board Area



Bowel Screening
Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432

How do you take part?


- If you are aged between 50-74 and living in the Waitemata DHB area you will be invited to take part
- You don't have to actively enrol, but if you haven't been to a doctor recently or you've changed address, we suggest you please call us on 0800 924 432 to check we have your correct details on our register.
- When it is your turn to take the test we'll send you an invitation letter explaining how you can do this simple test at home and further information about free bowel screening
- Four weeks later you will get a test kit and instructions

Bowel Screening
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What is bowel cancer?

- Bowel cancer is also called colon, rectal or colorectal cancer



Bowel Screening
Check Yourself Out

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What are the symptoms of bowel cancer?

- In the early stages there might be no symptoms
- Common signs and symptoms of bowel cancer may include:
 - ▶ changes in your normal pattern of going to the toilet
 - ▶ blood in your bowel motion



Bowel Screening
Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432

Who is most at risk of bowel cancer?

- Bowel cancer is more common as you get older, particularly from the age of 50
- Bowel cancer affects more men than women
- Genetics and family history might play a part in who gets bowel cancer



Bowel Screening
Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432

Why is screening for bowel cancer important?

- Bowel screening can:
 - ▶ help save lives by detecting bowel cancers at an early stage
 - ▶ detect polyps that may develop into cancer if untreated



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Bowel Screening
Check Yourself Out

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How does screening work?

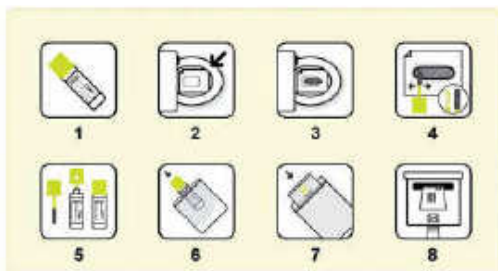
- The bowel screening test is an immunochemical faecal occult blood test (iFOBT)



Bowel Screening
Check Yourself Out

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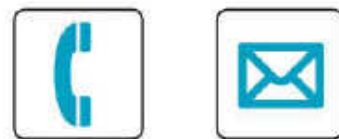
Doing the bowel screening test is easy



Bowel Screening
Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432

The results




Bowel Screening
Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432

Colonoscopy

- Colonoscopy examines the large bowel using a tiny video camera
- Day procedure that takes less than an hour
- Allows the doctor to check for any abnormality and take tissue samples for analysis
- Performed at special endoscopy unit at Waitakere Hospital



Bowel Screening
Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432



Early detection can save your life.
Check yourself out!

0800 924 432
www.BowelScreeningWaitemata.co.nz
Talk to your doctor

Bowel Screening
Check Yourself Out

www.BowelScreeningWaitemata.co.nz | 0800 924 432

A few interesting facts:

- This program has been planned over the last 2 years
- It will kick off in a big way on 19th December whereupon 1,400 letters a week will go out
- Those who were born on even dates (e.g. 28th of the month) will get letters in 2012, odd numbers in 2013
- A trial of 500 letters have been sent out; so far 70 tests have come back – and one was positive leading to a follow up colonoscopy

COMMUNITY GARDEN WORKING BEE



Date: Saturday 3rd December 2011

Time: 9am to 1pm

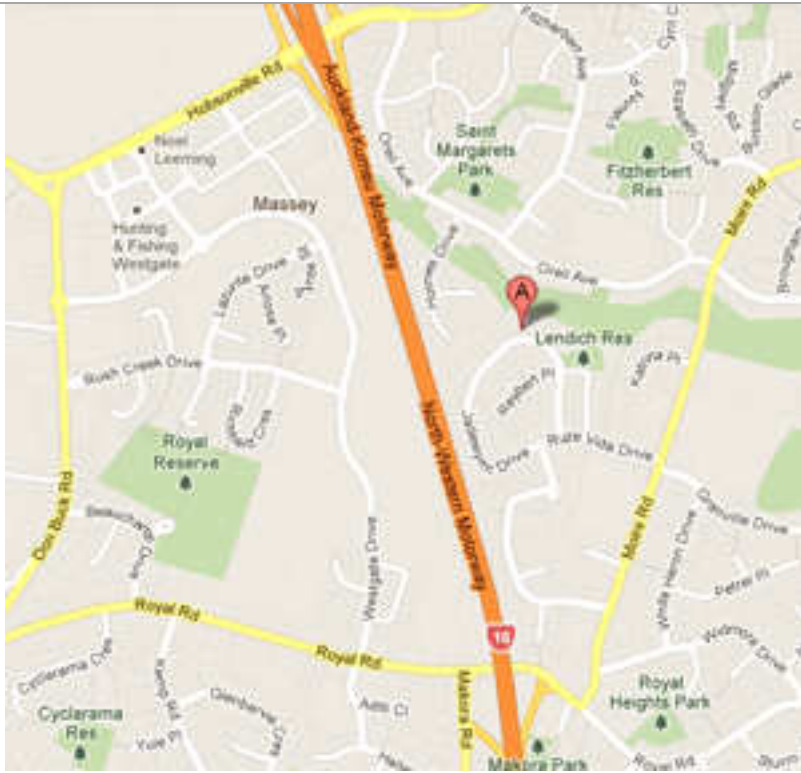
Place: 25 Jadewynn Drive, (off Ruze Vida Rd, Massey)

Bring: hat, sunscreen, gardening gloves, spade, own drink

To Do: Helping build timber sided garden beds, filling them up as they are build with soil / compost.



Photos are of the garden taken at the District Conference in April



Note: The location is at "A".

There are two reserves in Jaedwynn Drive. This is the smaller one with piles of top soil and lots of workers there.

A request for as many of our members as possible please to drop by and check out the work (even if you just drop in, chat to a few people then go)

HENDERSON SANTA PARADE

Kerry and Alan decorated up Kerry's truck – complete with Soapbox Derby car – for the parade. Phyllis donated her husband and daughter for the morning and they enjoyed the parade from the back of our float. Heather, knowing what our boys' camera skills are like, went down to take a few photos for us and also volunteer for orange jacket duty. The MD Aluminium team made the most of the derby car and produced a very impressive float. It was a great parade with a fantastic turnout.



The Henderson Santa Parade contained plenty of life, colour and sound



MD Aluminium entered their soapbox car on the back of a very large well decorated trailer – SBD car in front with team supporters behind. The driver was obviously enjoying himself <and asked afterwards why we hadn't suggested this to them before!>



A lot of effort went into creating the MD float – and the kids on board supporting their car were having a great time



Where did he get this little car from? It looks like fun! Every Santa Parade requires... A Santa



Kerry and Alan enjoying waving to the crowds from the front of Kerry's truck



Kara – daughter of Rotarian Phyllis – and her Dad Martin with the Future Cuisine car on the back of the truck



After the parade – Alan and Martin in discussion with the Pattison’s grandson trying out the car for size (he and his Mum came to watch).



To All Participants,

Henderson Rotary Christmas Parade - Thanks



Thank you for taking part in the Christmas Parade this year. Although the crowds were down a little this year (maybe the unpredictable weather kept some away) we felt the parade itself was the best yet.

Thank you all for maintaining your position and pace in the parade and for dressing up your people and vehicles in Christmas decorations befitting such a parade. There are still some vehicles that need more decoration and I am sure that those will be better decorated next year.

We look forward to seeing you all again for the parade next year on **Saturday 24th November 2012**. Please keep the date free and if you have not received an email from us by end of September, please contact me for an application form. We found this year that a few emails did seem to get lost in the ether!

Once again, thank you from the Rotary Club of Henderson for talking part and making such a successful parade for the enjoyment of the community.

Have a very Merry Christmas and a Happy and Safe New Year

Regards

Malcolm Dean

Christmas Parade Committee

Henderson Rotary Club

SBD CORPORATE CARS

In America it is not only the kids who get to go down Derby Downs – Sponsors can have a turn too. Shawn and Barry, having nothing better to do whilst the adults were racing, gave the Americans a hand with car return loading and in return got the chance to go down the track themselves. The NZ SBD Trust saw the photos and got hold of the plans for these. Alan is now in the process of building two for the various race centres to use.

The NZ SBD Trust is seeking sponsors to cover the costs of building these – so if anyone has any ideas on this we should like to hear them.



The American Corporate SBD car. Built of plywood it uses Super Stock car standard running gear



The ribs – ply laminated, screwed together and ready for shaping



The running board is 7 foot 6 inches long. Seen here with a super stock board. There is a big size (and weight) difference!



MEMBERS NEWS

Jack had a great meal with 3 other Rotarians on Saturday night – but was taken ill on Sunday. He is currently in hospital with pneumonia.

TREES FOR SURVIVAL NEWSLETTER

Newsletter: Issue 18 November 2011

Dear Reader

Welcome to our third Newsletter for 2011.

You may be actively involved in the Trees for Survival programme or a new reader. Whatever, these items will be of interest.

In this issue you will find items on:

1. Progress Report from **Trees for Survival National Manager Don Roa**
2. **Renewed grant** from the Ministry for the Environment,
3. **Schools in action** around the country
4. How the students rate the **Trees for Survival** programme
5. **Sponsorship Progress**
6. Get to know your **Trees for Survival, Regional and Auckland Council Field Officers**
7. **Holyoake Award** announced for 2011
8. Tribute to longstanding supporter Papakura Rotarian **Graham Hall**

You can view the Newsletter at

<http://www.tfsnz.co.nz/docs/news/TfS%20Newsletter%20Nov%202011.pdf>

Regards from

THE TFS TEAM

ASSISTANCE REQUIRED FOR FORMER ROTARY FOUNDATION SCHOLAR

Bob sent the following email through for inclusion in the bulletin:

Greetings

Below is an extract from a recent email I received from Kim Wise.

Kim is a former Rotary Foundation Scholar. Some years ago she travelled from Arizona to Auckland to study audiology (I think that's the term) at Auckland University.

On completion of the year's study she was honoured with a rare invitation (for an overseas student) to continue her studies and complete a Masters degree. Subsequently she came back to NZ, completed her Masters, became a NZ resident, and has been involved in running a clinic, lecturing at Auckland University, as well as progressing her PhD.

You will note she has a problem with people assisting in her study dropping out.

As you know, November is Rotary Foundation Month, and here an opportunity to get involved in a positive and practical way.

Please circulate this email amongst your members, families, and friends. Encourage them to consider assisting Kim in her project, and ultimately people worldwide with hearing disabilities.

Kim's email address is kemosabe.kim@gmail.com, and her contact phone number is 373 7599 Ext. 89125. She will be more than happy to provide more information to anyone interested in participating in the project.

I trust that, in the spirit of Rotary, she will have an overwhelming response.

Regards

Ray Beatson

The study is going essentially well, but I have had a few people drop out.

I am hoping to find people that:

Are under the age of 70, have an equal amount of hearing loss in both ears that is not severe or worse,
have tinnitus in both ears that is constant, does not pulse with their heartbeat, and is considered to be at least a mild problem or greater.

The participants in my study would have 2 "before" appointments, undergo a perceptual training for tinnitus that they do on their home computer for 20 days, and 2 "after" appointments.

I know we are asking a lot of people. I provide petrol vouchers and I was hoping I could get through the 2 "before" appointments prior to the holidays and get them started with the perceptual training after the holidays and follow-up with the post-testing.

I have been sending "feelers" out to different friends, Kiwi "family", colleagues, academics. If you know of anyone that may be interested, I would be grateful to hear from them.

I am just trying to finish this thing successfully.

Kim Wise
Research Audiologist, MNZAS, CCC
Section of Audiology
University of Auckland, Tamaki Campus
Private Bag 92019, Auckland, New Zealand
+649 373 7599 Ext. 89125

TO THE MEN IN THE CLUB

A man asked his wife what she'd like for her birthday. "I'd really love to be ten again" she replied wistfully.

On the morning of her birthday, he arose early, got up, made her a nice big bowl of Frosties and then took her off to their local theme park. What a day! He put her on every ride in the park: the Death Slide, the Wall of Fear, the Screaming Monster Roller Coaster, everything there was.

Five hours later she staggered out of the theme park. Her head was reeling and her stomach felt upside down.

Right away, they journeyed to a McDonald's where her loving husband ordered her a Happy Meal with extra fries and a refreshing chocolate shake.

Then it was off to the cinema to see the latest blockbuster, complete with a hot-dog, popcorn, a big fizzy drink, and a huge bag of M&M's, her favourite sweets.

What a time she had!

Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his precious wife with a big smile and lovingly asked, "Well, Darling, what was it like being ten again?"

Her eyes slowly opened and her expression suddenly changed.

"You idiot", she replied. "I meant my dress size..."

And the moral of the story:

Even when a man is listening, he's still going to get it wrong!


PARTING THOUGHT	Heather: Always remember you are unique. Just like everyone else.
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RAFFLE WINNER	STATISTICS	RAFFLE TOTAL	FINES
Sheena	T, H, T	\$35.30	\$31.60

APOLOGIES:
apology@details.co.nz or ph 8109 589 no later than **12 noon on the Monday** prior to the meeting. Late Apologies and No shows will, of course, be charged for their meal as it has been booked and paid for!

BOARD MEMBERS		ATTENDANCE	
President	Craiger Hargesheimer	Present:	Mike A, Jim A, Phyllis A, Bob B, David B, Linda C, Derek G, Craiger H, Terry H, Patrick H, Kerry M, Alan P, Heather P, John R, Peter S, Sheena S, Domenic W
President Elect / Sergeant	Patrick Howard	Apologies:	Roger F, Monique M, Graham N, Jack R, Cecile Struvay,
Vice President	Derek Gee	Guests:	Elizabeth Brown, Moira McLeod <speakers>
Secretary	Bob Benzie	Late Apologies:	
Treasurer	Alan Pattison	Make Ups	Craiger (Kumeu)
Community Director	Phyllis Anscombe	Attendance:	17/21 81%
International Director	Kerry McMillan		
Vocational Director	John Riddell		
Youth Director	Sheena Spittles		

NEXT WEEK'S MEETING DUTIES	
Squire	
Squire	
Greeter	
Grace	
Introduction	
Thanks	
Parting Thought	
Dealer	
Joker	
Joker	



WEBSITE ADDRESSES

Waitakere Rotary
<http://www.rotarywaitakere.org.nz/>
 Rotary International
<http://www.rotary.org/>
 Rotary NZ
<http://www.rotary.org.nz>

District Governor's newsletter
<http://www..rotary.org.nz/newsletter.cfm?District=10>
 Rotary Downunder Magazine
www.rotarydownunder.com.au

Rotary NZ Promotions and Information
www.rotary.org.nz/information.cfm?ID=1364
 Admin page and information
<http://www.rotary.org.nz/information.cfm?ID=180>

Future Vision
www.rotary.org/future_vision
 Rotary E Club (for make ups)
<http://www.rotaryclubone.org/>

Dare West
<http://darewest.org.nz/>

COUSIN GEORGE:

"Camouflage Training: No one turned up... Oh wait a minute... "

BULLETIN & WEBSITE EDITOR	PROGRAMME COORDINATOR
Heather Pattison: rotarywaitak@rotarywaitakere.org.nz or phone (09)810 9589	Linda Cooper