

WAITAKERE ROTARY CLUB

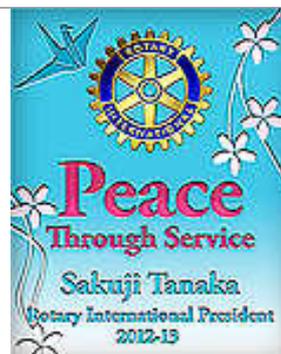
MAKING A DIFFERENCE IN OUR WORLD

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



Bulletin 43 Issue 22 – 28th November 2012

NOVEMBER: ROTARY FOUNDATION MONTH

NEXT MEETING:	5th December
Venue:	Starling Park
Speaker:	Barry Forsgren

THIS WEEK: WOLFGANG WOLF



"I'm not stupid, I'm just disabled"

This is the title of both Wolf's book and his presentation.



Wolf came to us to share some of his experiences and give some advice for those who both have strokes and those who are caring for those who have had them.

Born in Germany and trained in advertising and direct marketing Wolf freelanced for several prestigious companies around the world before settling in New Zealand.

At the age of 39, whilst working as Creative Director for Ogilvy & Mather, he was hit with a stroke, spent 10 days in a coma and left hospital 4½ months later. The BMW was swapped for a wheelchair and life hasn't been the same since.

Calendar

November – Rotary Foundation Month

24th to 9th Dec
IYE South Island trip

December – Family Month

5/12/12
Barry Forsgren – Managing Director
NZ Carls Jr. Franchisee

8/12/12
Pomaria School Garden
Working Bee

8/12/12
PETS

10/12/12
Board Meeting

12/12/12
Rotary Projects & AGM

15/12/12
Christmas Party

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 causes of strokes aren't fully known. There are the usual suspect causes – diet, alcohol, smoking, obesity but ultimately it comes down to fate. One day out of the blue "Shit Happens".

If treated quickly stroke survivors may recover 80% to 90% of their abilities within 6 months. The remaining 10% to 20% takes 18 months to 2 years. But strokes can leave legacies.

Wolf was left with life in a wheelchair, partially paralysed vocal chords – and a positive attitude to life.

The 4 A's of rehabilitation are:

ACCEPT you are no longer "normal"

ADAPT – find a way around the things you used to do

ATTITUDE – you can

ADVENTURE – Explore new horizons and leave your comfort zone

Wolf also had some rules for caregivers:

1. Take care of yourself
2. Communicate. Don't assume, always ask
3. Avoid getting emotionally involved

And the acronym for recognizing a stroke?

F	A	S	T
Face	Arms	Speech	Time
Watch for facial droop	Can both arms be raised?	Is speech slurred?	Call 111 FAST Treatment within an hour makes a huge difference to recovery

But as we know from two years ago – if someone looks like they've been to the dentist and sounds like they've been to the pub but swear they haven't – don't worry too much about diagnosing it accurately - call an ambulance **FAST** and let **them** sort it out!

BOOK REVIEW

I'm not stupid, just disabled: some serious chitchat about life after a stroke

By Wolfgang Haufe

Reviewed by: Jane Evans, PhD Student

A personal recollection of the journey following a stroke, this book provides the unique perspective of a stroke survivor. One man's story is interspersed with observations about life following stroke.

I personally came away with a greater sense of awareness. I think anyone who has had, or knows someone who has suffered a stroke is likely to take home something from this book. Even if it is simply the ability to better relate to people with a disability.

If anyone would like a copy – email me and I'll pass on Wolf's email address

SUMMER SCIENCE: CAITLIN



Caitlin, a 15 year old student from St Domenics, is one of our three students who have been selected to attend the Rotary Summer Science Forum this year.

Despite being a top science student she claims English to be her best subject <a good bulletin article to come??> She is looking forward to the forum and finding out about the science opportunities in New Zealand.

ASSISTANT GOVERNOR 2013 TO 2016



Bruce Dale from Henderson, seen here with Jack, will step in to the role of Assistant Governor next year. He came to meet us and find out a bit more about our Club than he already knows.

KERRY'S BIRTHDAY



Kerry received his "gold card" today and abandoned his family to celebrate this milestone birthday with us



Our poet Derek led the celebration:



There is a member of our Club
And Kerry Mac's his Name
And I've been asked to write some words on
Kerry's claim to Fame

Since leaving school he's made good dough
From working really hard
And on this day he qualifies
To get his Golden Card

He's now a wealthy landlord,
Some say a billionaire
His only problem I can see
Is he's got too much hair

He's shared his life with Jennifer
"She's younger far than he"
They must have got on really well,
Cos children they have three

These are his lovely daughters
The apples of his eye
But now all three have buggered off
And left him high and dry



He's been a pillar of our Club
 For over twenty years
 When I look back on what he's done
 It moves me close to tears

For ten years now he's organized
 And run the soapbox day
 He's earned us lots of money
 Cos the sponsors have to pay

And on the day you'll see him!
 He really looks a prat
 In his yellow safety vest
 And his big foam plastic hat

He's known in Vanuatu
 As the saviour of our land
 He goes out there from time to time
 To lend a helping hand

With water tanks and buildings
 He really makes things hum
 And Heather has some pictures
 Of him showing off his bum

He's done his stint as President
 And has his sapphire pin
 He's looking round about him now
 For something else to win

He likes to tour America
 With Jenny at his side
 He had a Winnebago van
 That filled him up with pride

Last time the Winnebago died
 And so he hired a car
 He sold the van and carried on
 He really is a star

I don't know how I wrote that
 As it's me he used to scoff
 When he used to call me Baldrick
 And it really pissed me off

But today is Kerry's birthday
 And to slate him's truly wrong
 So I ask you all to join me
 Whilst I sing the Birthday song.



CHRISTMAS PARTY



When:	Saturday 15 th December
Time:	2pm to
What:	Afternoon fellowship followed by dinner
Where:	David's place in Kumeu
Who:	Our Rotarians plus family and friends
Cost:	\$25 per Waitakere Rotarian
Bring:	Santa will be there. If you are bringing a child – bring a present for them. \$20 maximum, no big items (Note: Santa will not have spares so parents note this now!)

HENDERSON SANTA PARADE

Kerry's truck having undergone its annual wash Kerry, Alan and Lyn loaded up the wooden frames, black cloth, signs, tinsel (hey, Kerry actually spent \$12 on new tinsel! What is the world coming to?), two of our soapbox derby cars then set off for the Henderson Parade whilst Lyn went back to bed. Heather and Caza donned our yellow Waitakere Rotary vests and set out to take photos.

The crowds were very well behaved so the job of "marshal" didn't interfere with the photography at all.



The Henderson car near the start of the parade



One of the clowns



Bagpipes... of course



Bubble fun



Our friend "Harold" from Life Education



A wise man?



The clowns enjoy themselves



New fashion?



Our float



Kerry driving his truck



The boys found a couple of stray kids to ride in our two cars





Alan keeping an eye on the kids in the "Cool Bananas" and Ritchies soapbox cars
(According to the boys our car received the loudest cheers!)



MD Aluminium – complete with their car and Soapbox Derby car on the trailer



Our local Brownies

Kids on one of the many floats



Animals included

A little one watching the crowds with trepidation?



The parade ends



... "Next year" says Alexander

LAKE TAUPO BIKE RACE

Linda sent the following:

Bike ride really good. Big hill wasn't as bad as everyone warned me. Did the 41k in 1h 45m.

Then I rode back to motel another 4k so had plenty left in my tank.

Just going out for breakfast with our friends then back to Auckland

Kind regards
Linda

NEIL: GSE

Neil was a great candidate and very kindly arranged some vocational experience at his work during the week following the weekend for one of his fellow candidates, Janneth Tasso from Vanuatu.

Regards, Elaine Mead

WESTGATE DRIVE OPENS

It has finally happened... our soapbox practice track has vanished:

6 WESTERN LEADER, NOVEMBER 30, 2012

Road finally opened after three years of disputes

More than three years of disputes were finally laid to rest last Friday with the opening of Westgate Dr in Massey.

But there was no ribbon cutting and no audience.

The road was ready to be opened on November 8 but 13 of the street lights were not working, leaving the road's previous owner and McWhirter subdivision developer John Long believing this would make it unsafe.

Mr Long delayed the opening until Auckland Transport told him he had to open it or he would face prosecution and a fine.

"On Friday at about 2pm they told me I had to open the road even though the repairs to the street lights were scheduled to be done the next day," he says.

"So I just decided to open it. I just moved the barriers and it was open. There have been a lot of boy racers on the road already.

"I just hope this is the end of the

dispute and we can move on," he says.

Mr Long would now like mayor Len Brown to open an independent investigation into why it has taken so long for an agreement to be reached to open the road.

Nearby resident Fran Hartnell has stood by Mr Long's side through the battle and decided this will be her last foray into dealing with local government.

"I have been told I should run for office but I don't think that would be a good idea. It has been interesting to see how things run but I'm retiring from disputes like this one," she says.

"We are just happy the road is open. Without it the trucks doing the work on the subdivision have to come down our little side street instead of using Westgate Dr," she says.

The subdivision's developments are continuing to progress and Mr Long says he would like to build a series of affordable rental properties.

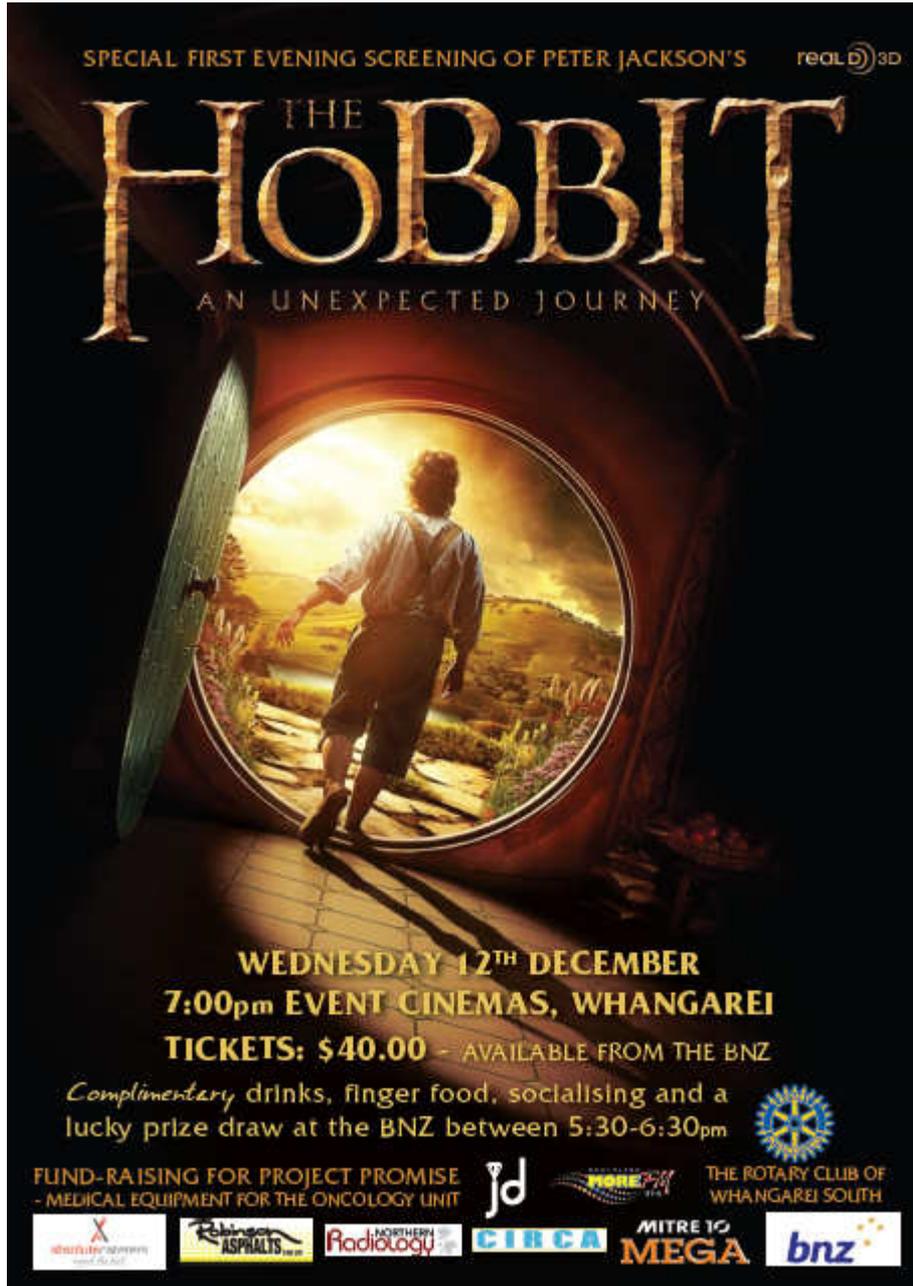
THE HOBBIT

If anyone happens to be truanting our AGM and in Whangarei on Wednesday 12th December there is a special Rotary first screening of the new movie "The Hobbit: An Unexpected Journey"...

SPECIAL FIRST EVENING SCREENING OF PETER JACKSON'S 

THE HOBBIT

AN UNEXPECTED JOURNEY



WEDNESDAY 12TH DECEMBER
7:00pm EVENT CINEMAS, WHANGAREI
TICKETS: \$40.00 - AVAILABLE FROM THE BNZ

Complimentary drinks, finger food, socialising and a lucky prize draw at the BNZ between 5:30-6:30pm

FUND-RAISING FOR PROJECT PROMISE
- MEDICAL EQUIPMENT FOR THE ONCOLOGY UNIT



THE ROTARY CLUB OF WHANGAREI SOUTH



PARTING THOUGHT	Heather: Age always corresponds inversely to the size of your multi-vitamin
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RAFFLE WINNER	STATISTICS	RAFFLE	DONATIONS
Mike	T, T, T, H	\$34.00	\$28.60

APOLOGIES:
apology@details.co.nz or ph 8109 589 no later than **5pm 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																																				
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NEXT WEEK'S MEETING DUTIES																
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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.rotarysouthpacific.org/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:

 **Life is 10% what you make it and 90% how you take it.**

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