

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 21 – 21st November 2012

NOVEMBER: ROTARY FOUNDATION MONTH

NEXT MEETING:	28th November
Venue:	Starling Park
Speaker:	Wolfgang Wolf

THIS WEEK: GINNY HARWOOD - GLAUCOMA



Tonight's speaker was Ginny Harwood, from Glaucoma NZ.

She explained that her organisation was a charity, whose aim is to eliminate blindness caused by glaucoma. ("The sneak thief of sight")

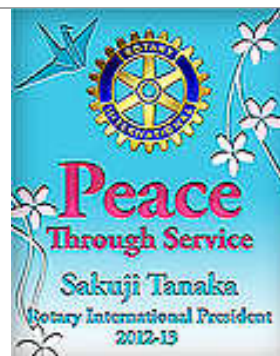
When people were surveyed about the disability they felt would be the hardest to bear, 70% thought living with blindness would be the worst, yet many people are already living with glaucoma, which does cause preventable blindness.

This is because glaucoma is a very gradual disease, initially causing a loss of peripheral vision, and eventually causing blindness through the destruction of the optic nerve.

Glaucoma is essentially a 'plumbing problem' in that the pressure inside the eyeball increases due to the drainage mechanisms not working efficiently. The good news is that it is easily detected (by examination by an ophthalmologist) and easily treated (with drops, tablets, laser, or in worst case scenario surgery). This will prevent further damage to the eye, but cannot restore loss of vision.

Risks factors are:

- Increasing age (stop having birthdays and the problem disappears!)
- Family history
- Short-sightedness
- Being of African descent
- Steroid medications
- High Blood Pressure
- Migraine sufferers



Calendar

November – Rotary Foundation Month

24th to 9th Dec
IYE South Island trip

24/11/12
Henderson Rotary Santa Parade

Lake Taupo Cycling Challenge - Linda

28/11/12 Wolfgang Wolf

December – Family Month

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

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?

Detection is by a simple non-invasive test at the ophthalmologist and this should be done at age 45 and then every five years up to sixty. (Then three yearly after that).

Ginny suggests we all talk to family and friends about this easy way to prevent blindness, and pointed out that \$2 glasses may help if you simply need to magnify reading material, but they won't prevent blindness – a check-up will!!

July is Glaucoma awareness month – there is an awareness campaign, resources available, and a web site which gives more information (www.glaucoma.org.nz). At the end of the evening, Waitakere Rotary presented Ginny with a cheque for \$300 for the charity.



Linda with our Ecovise Totara Nominations tree award – which we in turn presented to the RAP House



Terry presenting a fellowship idea for February – Davis "Jazz in the Vines"

Thanks to Gabriel for tonight's photos

VANUATU – TONGOA ISLAND

Peter Wilson and a small team from Whangaparaoa Rotary are at present on Tongoa Island working at the local High School. Whilst there he will be making a trip to Hiwelo School to do a couple of repairs and will also visit our Aid Station to check all is well – and put up a couple of Rotary signs:



*The pdf proof of the sign for Hiwelo School.
It was to be printed on a silver plate*



*The sign for the Aid Station
– black on silver plate.*

JADEWYNN GARDENS

Phyllis sent an update:

I visited the Jadewynn Garden on Sunday and had a cuppa with Matt & Jane. There are only 2 garden plots left – people have taken on the 8 -10 plots that are there and they are pretty much all planted up – I should have taken my camera!! People are using the seedlings, bits of timber and any other free

things that Matt collects. I have left the market umbrellas that Kerry donated, with Matt to use at the garden. Matt is regularly applying for funding for what the garden needs – currently getting money for a better compost bin from Back2Back funding. Council drops off soil and bark when requested and many other people encourage the whole enterprise. It looks like sustainability-in-the-making.

Matt is aiming at an event on 15 December – probably 10-2pm. There will be kids painting, people gardening, everyone eating the yummys produced by local volunteers. Massey Matters will advertise/promote the event and it should be lots of fun. The kids' paintings will go up on the remaining blank fences to make them less likely to be graffiti-ed.

It would be good to get some members along for a visit (no work required). I intend to be there. When the event flyer comes out I will send it to put in the Bulletin.

This was a really successful project and it's great we kept going with it – and we are well under budget as well! Matt understands that we might want to put the remainder of the budget into other community projects and is keen to help us with labour for our other projects – including with the Pomaria working bee on 8th December.

(He should have been nominated for the Ecowise Award! Maybe we can think of some other awards like Volunteering Auckland or something more relevant).

Cheers
Phyllis

MANGERE BRIDGE TROLLEY DERBY

Soapbox racing is alive and well in Auckland!

Whilst Rotary run the AASBD trolley races there are others out there who are also keen on trolleys. With Auckland roads becoming more and more congested we are, fairly naturally, interested in who else wants road closures for races <alliances with others may help with a permanent track....>

Last Sunday the new Mangere Bridge Trolley Club held their inaugural race in Ambury Road so Alan, Heather (and Caza) went to have a look. Having heard in advance that their road had quite a shallow slope we had arranged for them to borrow the Rotary SBD Trust starting ramps.

One thing that is very, very obvious is that both kids and their parents totally enjoy trolley racing (whether ours or the home built variety) and it is very entertaining family fun and a huge bonding experience for parents and kids.

Their categories were as follows:

NIPPERS: The trolley driver is 5 years of age or younger on race day.

Zoomers: The trolley driver is between the ages of 6 and 10 years of age on race day.

SPRINTERS: The trolley driver is between the ages of 11 and 14 years of age on race day.

ROCKETS: The trolley driver is 15 years of age or over on race day.

MONARCH OF THE HILL: The trolley driver is 15 years of age or over on race day.

The youngest children were accompanied by an adult running behind – some holding a rope <try THAT on our faster track!>. The older ones and adults went down on their own. Being used to standard kit set cars it was intriguing to see the creativity that went into home built carts.



Oops!



A converted trike??



It looks like some serious engineering went into these



This style cart was designed recently by the Nelson Trolley Club





Small wheels make carts go very slow



Our starting ramps have never seen anything quite this small!



Came in looking like a cart – then folded down to become a Ladybug



Serious stuff here – even down to corporate uniforms for Dad and son





Oops! There were a few "incidents" involving hay bales.





Mum also had a go in the Pirate ship in the Monarch class



Andrew, the Event organizer, giving a push



The Salvation Army cart on left came complete with airhorns and teddy bear mascot





A lot of kids dressed up for the event – seeing this cape flying in the wind was pretty cool



The bouncy castle was well used



The track – *slightly* steeper than it looks in the photo



A few dogs turned up in support and to make new friends.

And speaking of soapbox derbies and tracks...

- Westgate Drive will not last as our track forever so please keep your eyes open in your travels for a suitable alternative
- Does anyone else assess all new roads travelled (throughout both Auckland the country) for suitability as a track? Or is it just us?

RYLA

Future leaders required!

Nominations are required now from aspiring leaders aged between 18 and 25 for next year's RYLA – Monday 11th to Saturday 16th March.

Info, posters, application forms.... www.ryla2013.rotarysouthpacific.org

Or see John.

ECOWISE AWARDS



*Phyllis with
MC Janet Cole*

Waitakere Rotary was nominated for the Totara Award at the Ecowise Awards ceremony on Friday night.

President Heather and Community Director Phyllis were amongst the many who attended at the Council Chambers in Henderson. The room was packed and we heard of many and great things that happen in West Auckland. School gardens, stream clearing, graffiti removal... there are a lot of volunteers out there doing all this and more.

We didn't win an award but we did come away with a certificate and a tree in a flax bag. Phyllis has donated this tree to the RAP House garden

EcoWise Community Awards 2012

Totara Award Finalist

presented to

Rotary Club of Waitakere

For volunteer action in the community
to beautify West Auckland
and for playing a significant role
in the reduction of litter, weeds and graffiti



Iris M Donoghue MNZM
Chairperson
Keep Waitakere Beautiful Trust

HENDERSON SANTA PARADE

Saturday 24th November

Assemble at The Falls car park between 8:30am and 9:30am

Parade starts at 10:30am

Those who want to watch – Henderson are still seeking marshals and would welcome any stray Rotarians. We will, as usual have a soapbox derby car in it.

MUSIC IN THE WEST

APO 4 Kids Christmas concerts, supported by The Trusts Community Foundation, take place at Massey High School Performing Arts Centre (and the Town Hall) next weekend, with presenter Kevin Keys and the full orchestra taking 2- to 6- year olds and their families on a musical journey from Christmas Eve to Christmas Day, accompanied by sing-along seasonal favourites like 'Jingle Bells' and 'Rudolf the Red-nosed Reindeer', a carol or two, and all the dance-along, conduct-along participatory elements that make this concert perfect for young family members.

This is the first time the APO has performed at Massey High School and we'd love a full house for these concerts. Tickets are just \$20 for adults and \$10 for children.

We'd be grateful if you can pass on this e-card – see below and attached – and encourage people to book through <http://apo.co.nz/concert-events/apo-4-kids-christmas-1>.

Kind regards
Kendra

apo 4 Kids Christmas

Share the magic of Christmas
with your children and the APO

10am & 11.30am, Saturday 24 November
Auckland Town Hall

2pm & 3.30pm, Sunday 25 November
Massey High Performing Arts Centre
274 Don Buck Road, Massey

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book at
APO.CO.NZ
or call
09 623 1052

auckland philharmonia orchestra

KIDNEY KIDS

Some time ago we gave a donation to the Western Leader to support their fundraiser for Kidney Kids. The following article appeared this week:

2 WESTERN LEADER, NOVEMBER 20, 2012

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www.westernleader.co.nz

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Palm Heights, Ranui, Sunnyvale

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Te Atatu Sth, Titirangi, Waima

Waimanu Bay, Western Heights,

Westgate, West Harbour,

Woodlands Park. Copies also

available at Whenuapai and

Herald Island shops.

2 Waipareira Ave,

Henderson, P.O. Box 21167.

Fairfax Media



Big thanks: Starship Foundation chief executive officer Brad Clark, left, with Mad Butcher and Suburban Newspapers Community Trust chairman David Penny.
Photo: JASON OXENHAM

Donation for sick kids

Thanks everyone for your generosity.

That's the message from Mad Butcher and Suburban Newspapers Community Trust chairman David Penny who has just handed over the proceeds from Project Kidney to the Starship Foundation.

The money will be spent on a Prismaflex

Dialysis Machine for the hospital's Paediatric Intensive Care Unit.

Project Kidney was a trust fundraiser promoted through papers including the *Western Leader* earlier this year.

It focused on the plight of young kidney patients and their families and aimed to provide them with additional life-

saving resources.

Mr Penny, who is also general manager of the Suburban Newspapers group, says readers rallied to the cause with a strong representation from artists donating their work for auction on Trade Me.

"These stories touched a lot of people," he says. "And it is great to know

that this money will make such a difference in so many young lives."

Kidney disease affects 1500 children across the country with one-third living in the Waikato, Auckland and Northland regions. There were 78 people under the age of 24 on dialysis in 2010. Only 14 were lucky enough to receive a kidney transplant.


SUMMER READING PROGRAM

AG Pene has arranged for all the West Auckland Clubs to support all of our local libraries with this program. Our two libraries are:

- Henderson
- Te Atatu

ROTARY LAKE TAUPO BIKE CHALLENGE

As mentioned Linda is off to Lake Taupo this weekend to take part in this. We expect a full set of photos on her return!

PARTING THOUGHT		Derek: Einstein – I fear the day when the technology overlaps humanity because we will have a generation of idiots		
RAFFLE WINNER		STATISTICS	RAFFLE	DONATIONS
Mike		T,T,T, H	\$28.10	\$23.90
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		
President	Heather Pattison	Present:	Mike A, Jim A, Bob B, David B, Linda C, Derek G, Terry H, Kerry M, Graham N, Alan P, Heather P, Sheena S, Jack R, John R,	
Vice President	Derek Gee	Apologies:	Phyllis A, Patrick H, Mark M,	
Secretary	Sheena Spittles	Late Apologies:	Craig H,	
President Elect	Sheena Spittles	Missing in Action:	Roger F,	
Treasurer	Alan Pattison	Make ups:		
Club Service Director	Bob Benzie	Guests:	Gabriel, Ginny Harwood	
Community Director	Phyllis Anscombe	Leave:	Monique M, Peter S, Domenic W	
International Director	Craig Hargesheimer	Attendance:	14/22 64%	
Vocational Director	John Riddell			
Youth Director	Patrick Howard			
NEXT WEEK'S MEETING DUTIES		WEBSITE ADDRESSES		
Meeting Manager	Derek	Waitakere Rotary http://www.rotarywaitakere.org.nz/		
Sunshine Manager	Craig	Rotary International http://www.rotary.org/		
Greeter	Derek	Rotary NZ http://www.rotary.org.nz		
Grace	Jim	District Governor's newsletter http://www.rotarysouthpacific.org/newsletter.cfm?District=10		
Squire 1	Phyllis	Rotary Downunder Magazine www.rotarydownunder.com.au		
Squire 2	Bob	Rotary NZ Promotions and Information www.rotary.org.nz/information.cfm?ID=1364		
Thank You	Phyllis	Admin page and information http://www.rotary.org.nz/information.cfm?ID=180		
Parting Thought	Craig	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:				
★ Don't worry about what people think. Most of them don't do it that often....				
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