



MEADOWS MATTERS

Weekly bulletin of Greenmeadows Rotary Club



No. 2022-03		21 July 2021
OFFICE HOLDERS 2021-22 President Jenny Robertson Secretary Ken Hunt Treasurer Graeme Ryan Directors: Club Admin Helen Tattersall Membership and Public Image Kelvin Winnie Projects Denise Brown Youth Gail Kelly Foundation Graeme Muir Artex Bryan Matthews	MEETINGS Weekly: Taradale Town Hall Wednesday 6.00pm Fellowship 5.30pm Firesides: First Wednesday of month Directors: Second Wednesday of Month Apologies to: GR.apologies@gmail.com (before 8.00am on Wednesday)	UPCOMING EVENTS Leave of Absences: Geoff Bennett – 2 June to 15 October Colin Clark – Ongoing Ian McKelvie – Ongoing Mort Nikolaison - Ongoing

Meeting 21 July 2021

President Jenny opened the meeting with a welcome to Guest Speaker Hamish White plus (returning from last week) Hamish and Janice, guests of Stewart Skeet and Hayley's Mum Lynne Gibson. She also welcomed the return (from Aussie) of Gail Kelly, who some feared was lucky to dodge Covid-19. (Gail then reported that the "containers of maths resources" - were somewhere!)

The Gibson theme continued with Hayley delivering the words of Tim Berners-Lee as **Opening Thought:** "There was a time when people thought the internet was another world, but now people realise that it's a tool we use in this world."

DUTY ROSTER (* denotes change from previous roster)

Date	July 28 th	August 4 th	August 11 th	August 18 th
Programme: Guest Speaker	Maxine Boag (NCC Councillor) TTM Project	ARTEX COMMITTEE Firesides	Cancer Society	Michelle Tanner Matamata Rotary
Opening thought	Brian Hall)	Stewart Skeet	Doug Neilson
Top Table (introduce Speaker)	Denise Brown) Artex Committee	John Neilson	Penny Park
Vote of Thanks	Mark Dickerson)	Denise Primrose	Denise Primrose
Cashier	Kelvin Winnie) Judy McKelvie	Alan White	Gill Scarlett
Club Host & Closing Thought	Denise Primrose*)	Neil Smith	Fred Staples
Three Minute Speaker	Nil) Artex Committee	John Mackintosh *	Steve Gillum
Sergeant	Nil)	Noel Mann	Stuart Cheyne
Stewards	Steve Gillum Helen Tattersall Ian Holyoake Denise Primrose	Chris McKenna Bob Morrison Robert Pearson Bob Brady	John McIntosh Wim Sniijders Pete Thompson Hayley Gibson	Geoff Bibby Bruce Martin Graeme Muir Brian Peplow

NB IF you are unable to perform your duty YOU must arrange a substitute and notify President Jenny of the change

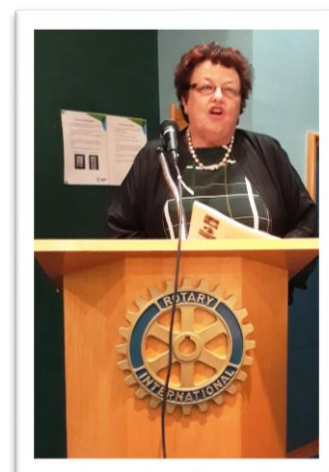
Welfare: As an extension of his role *Stuart Cheyne* began with a *warning order* on "Guess Who's Coming to Dinner" saying it will happen on Saturday 28 August and that a clipboard will circulate in in a week or two. He then went on to tell us that Mort was back in Auckland, Colin could not be contacted and someone else was comfortable! Of greater concern though, was a need to "recharge" his own batteries and so he and Heather were going to be away soon and would need to be replaced. Suitable qualified applicants (or just good loving members) are sought for this temporary role!

Notices from members

Your Junior Scribe asked if anyone was not receiving the weekly bulletin and no one admitted this. He warned there could be a test for all readers. So pay attention.

Further ArtEx Report: Pres Jenny announced that the profit was **\$46,000!!** There was rapturous applause and appreciation expressed to Bryan Mathews and his committee. Jenny also announced that Wim Snijders would next week honour his pledge to shout all members a drink for the ArtEx profit exceeding \$40K. (There was even more applause – with Wim protesting that he only meant “water!”) Bryan Matthews, his furrowed brow now long gone, responded with his personal thanks to all and said he was now looking for next year sponsors.

The **Health and Wellbeing Fairy**, Chris McKenna, spoke on the special district project being promoted by DG Ross Pinkham, **The Rotary Health Challenge 2021-22**. Ross through Chris, urged us all to become involved as a club. Full details were distributed in a brochure, a copy of which accompanies is included below. Chris is seeking ideas and volunteers. *Please speak up.*



Against that background, our rostered **Three Minute Speaker**, newly transferred member John Mackintosh, gave us a personal “rundown” on himself. At 77 years of age, married for 51, with two children and four grandchildren he hails from Christchurch but has lived as well in Hamilton and Napier. Went to school with Garth Eyles, got a law degree at Canterbury University, did some OE, Windsor School, practiced law, pondered over the stale male lawyers never retiring – but is trying to! He first joined Rotary in Riccarton in 1982

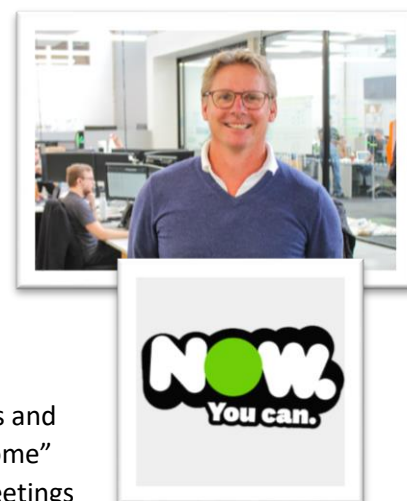
Sergeant Edwin Brown directed his attention to a return from Aussie, the ArtEx project, the NZ/Aussie centennial of Rotary (and a very good NZ Herald news story thereon), PHFs, growth projects, overseas funding, those who promoted women membership around 45 years ago and Fellowships. Such topics were sufficient to pretty much include everyone in the club and they emptied their pockets accordingly.

Guest Speaker Hamish White is the Founder & CEO of NOW, a sort of local but National IT Company. Originally from Dunedin (Otago Boys High and University) he began by commenting on the *rate of change* in the technology field.

He began his phone and broadband company when the Government sort of “decentralised” things. NOW started in Hawkes Bay and but it quickly expanded right across NZ and also has an office in Sydney. Some 90% of their cloud based business is outside HB. How did it come about? Change, change, change! He cited the disappearance of recorded music, video and such like things, but said steam engines went the same way! He went on to say that the big thing now was Genome sequencing, but admitted that *he* did not know what that was either!

Responding to questions, Hamish went on to discuss the effects of Covid on business and how they coped. He soon realised it was “serious” and the idea of “working from home” was finally accepted and they quickly equipped 75 houses to do just that. Online meetings took a little bit of getting used to but became a reality when he discovered travelling to main centres for meetings was ridiculous when all the people at that centre, were meeting on line there anyway! He finished up describing changes after 5G (like driverless cars, revolution in agriculture, etc) what comes after fibre; & how great it will be when we can get 100 megabites (of something) per second – really good, apparently!!

Vote of Thanks: Geoff Bibby provided a very appropriate thanks when saying he was a very happy customer of NOW - because when he rang them up about anything, he got to speak to a human!



Parting Thought: Kevin McCormack quoted the Rotary *Code of Conduct*

Four Way Test

- 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?**

District 9930 Rotary Health Challenge 2021/22

Rotary



As outlined at President Elect training and District Assembly, I am challenging clubs to take part in a health-related project during the 2021/22 Rotary year. Projects can either focus on improving the health of our own Rotary members or support the improvement of health in our communities. There is no shortage of media coverage on the health of the New Zealand population particularly in terms of obesity and obesity related illnesses and the inactivity of both children and adults. The cost to the health agencies of dealing with the medical implications of obesity and inactivity is high and getting higher.

As a way to participate in such a project, your club may like to participate in the **District 9930 Rotary Health Challenge**.

TIME PERIOD: 1 June 2021 to 31 May 2022

PROCESS: Clubs to develop and implement a Healthy Rotary Plan that includes improving the health of Rotarians, educating Rotarians about health topics and supporting health related community activity and projects.

Planning

Planning should start in the lead up to the 2021-22 Rotary year. Appoint a Rotary Health Challenge Champion to get together a keen team who are willing to make this happen in your club.



- Collect baseline data on member's health at the start of the Rotary year – weight, blood sugar, blood pressure and BMI measures of all members.
- Consider extending to include family members, Friends of Rotary etc
- Work in collaboration with a local health provider to collect measurements
- Plan for regular measurement of weight, blood sugar, blood pressure and BMI during the Rotary year
- Plan for regular health related speakers at club meetings e.g., Heart Foundation, Stroke Foundation, Diabetes Foundation, health and fitness practitioners, medical and health – advocates, active lifestyle groups (e.g. cycling, walking), nutritionists etc – aim for one health and wellbeing related speaker each month
- Develop a '**Rotary Health Challenge**' plan to implement activities to support healthy, active and nutritious decisions and lifestyles. Here are some ideas to consider:
 - Club social programme that includes active options – e.g., cycling, walking, tramping, learning yoga or tai chi, healthy cooking classes etc
 - Set up a walking group or cycling group in the club – members meet weekly to walk or cycle together
 - Supporting members to complete first aid or CPR courses
 - Review catering at club meetings and activities to ensure meals are nutritious and support good health
 - Look for opportunities to support not-for-profit agencies and organisations working in health and wellness
 - Do something completely different – e.g., have a walking club meeting or just hold a club meeting outdoors



- o Active fundraising activities – swimathon for polio, Relay for Life, sponsored walks or runs etc
- o Enter Rotary teams in public events such as triathlons, mud run, colour dash or 10K walks and use these opportunities to publicise Rotary
- o Set up an active flash mob
- o Develop a healthy option cook book from members best health recipes
- o Set up health challenges for club members e.g., 10,000 steps per day
- o Support active events in the community e.g., Rotarians as marshals at fun runs and where possible display Rotary banners or flags and wear Rotary clothing
- o Support specific health related programmes e.g., Blood Pressure Campaign with the Stroke Association
- o Sponsor or support a sporting event for kids or older people
- o Carry out a club project to provide community facilities that support healthy lifestyles – BMX or skateboard parks, outdoor exercise facilities, walk and cycle pathways, children's playgrounds etc

Implement the Plan

During the Rotary year (1 July – 31 May) your club Rotary Health Challenge Champion and their team should focus on:

- Scheduling a health-related speaker onto the programme every month
- Collecting health measurements from members each month
- Working with other club committees and members to implement your club's **Rotary Health Challenge plan**
- Keeping a record of activities including photos, media items etc

Evaluation

During June 2022 – evaluate and report on the results, for example:

- How has the health measurements of Rotarians improved?
- How have the members increased their health knowledge through the speaker programme?
- How has the club been more active and healthier during the year?
- How has the club participated in health focused activities, community service and fundraising during the year?
- How much funds have the club raised to support better health in the community?
- How has the club promoted Rotary through health-related activities and events?

Submit your club's **Rotary Health Challenge** report to me by 30th June 2022 to be considered for the **2021-22 Rotary Health Challenge Award**.

Good luck and thanks for participating in the 2021-22 District 9930 Rotary Health Challenge – we will all be the better for it!!

Ross Pinkham
DG 2021-22

