



MEADOWS MATTERS

Weekly bulletin of Greenmeadows Rotary Club



No. 2022-05		4 August 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 Service Denise Brown Youth Gail Kelly Rotary 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 Guess who's coming to dinner: 28 Aug ARTEX Sponsors Night – 1 Sep Leave of Absences: Geoff Bennett – to 13 October Colin Clark – Ongoing Ian McKelvie – Ongoing Mort Nikolaison – Ongoing Penny Park – to 25 August

Meeting 4 August 2021

President Jenny opened the meeting and immediately handed over to 'President for the night' ARTEX Director Bryan Matthews.

DUTY ROSTER (* denotes change from previous roster)

Date	August 11 th	August 18 th	August 25 th	September 1 st
Programme: Guest Speaker	Cancer Society	Michelle Tanner Matamata Rotary	Aniwairua Komarkowski- Chapman Te Reo Māori in Today's World	ARTEX Sponsors Scholars' Restaurant, EIT
Opening thought Top Table (introduce Speaker) Vote of Thanks Cashier Club Host & Closing Thought Three Minute Speaker Sergeant	Stewart Skeet John Nelson Dennis Thetford Alan White Neil Smith John Mackintosh* Wal Drayton*	Doug Neilson Les Mockford* Denise Primrose Gill Scarlett Fred Staples Steve Gillum* Stuart Cheyne	Garth Eyles Kelvin Winnie Denise Brown Helen Tattersall Edwin Brown Curly Carpenter Mark Dickerson*	N/A
Stewards	Curly Carpenter Hayley Gibson Wim Snijders Peter Thompson	Geoff Bibby Bruce Martin Graeme Muir Brian Peploe	Brian Hall Barry Keating Kevin McCormack Trevor Powell	N/A

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

Welfare – No change for Mort Nikolaison who is back up to Auckland next week for more tests. Colin Clark is no having visitors for the time being because Princess Alexandra is in lockdown because of an RSV outbreak. Jill Hanlen is doing well.

Notices from members – Stuart Cheyne announced 28 August for the next Guess who's coming to dinner evening with the list going around for names of hosts and guests. Be in quick!

Ken advised that former Rotarian and past-President Chris Price (Wet and Forget, Hastings) is looking for a new staff member to work two days a week. If you're interested or know of someone else who might be, please contact Chris direct.

Kevin McCormack gave a short presentation on Rototuna Rotary Club's initiative to fundraise for ventilators to Kathmandu. ESP Medical are donating one ventilator for every two which Rotary buy and are paying for shipping. Members are asked to discuss whether Greenmeadows should participate in this at tonight's committee meetings.

Frank Heuser advised the club had been offered 50 tickets to The Shades concert at the MTG Century Theatre Napier (7:30 pm Friday 13 August) with the opportunity to use them for fundraising. Be quick if you're interested – what's left over will be offered to other Napier clubs.

Gill Scarlett gave an update on plans for the Te Kuaka Cocktail Evening at Napier Airport on Saturday 13 November. Committees are asked to select one of 10 sponsor categories for which committee members will approach organisations in that category for donations of money, vouchers or products which can be offered at a silent auction or as mystery prizes on the night. Proceeds going to the Rotary Australasian centennial project 'Give Every Child A Future' which seeks to vaccinate 100,000 children across 9 Pacific island countries.

President Jenny advised that, because 1st September (which would normally be a Fireside evening) is when the club is hosting the ARTEX Sponsors' evening at Scholars' Restaurant, the September committee meetings will take place in Taradale Hall on 25 August.

Finally, a reminder that District Governor Ross Pinkham has laid down the Rotary Health Challenge 2021/22 where we are all asked to participate in a project to improve our health and wellbeing. Included in the suggested activities is that we should exercise more so the following is offered as an encouragement for members to get on the programme:

Begin by standing on a flat, comfortable surface where you have plenty of room each side of you.

With a 2Kg potato bag in each hand, extend your arms straight out from your sides and hold them there for as long as you can. Try to reach a full minute and then relax. Repeat five times.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 5 Kg potato bags. Then 20Kg and, if you think you can do it without damaging yourself, try to get where you can lift a 40 Kg bag in each hand and hold your arms straight for more than a full minute and repeat that five times.

Once you feel confident with the 40 Kg bags, repeat from the start but this time, put a potato in each bag.

