



MEADOWS MATTERS



This bulletin is the newsletter of the Rotary Club
of Greenmeadows, Napier, New Zealand

INCONTINENCE – DON'T LAUGH (..s)

Our guest Speaker was Lisa Smith, a fellow Rotarian from Ahuriri Sunrise. She trained in the UK and worked in Dundee in pediatrics and asthma. However now here in Napier she is with the **Bowel Management Service** and is a children's continence nurse.



Her main aim is healthy bowels and bladders for all. She spoke about how people feel ashamed to talk about incontinence and leakage, and that these conditions can rule their lives. She made statements like; *"No need to rush before you flush"* and *"A happy poo and a healthy poo makes for a happy family."* She also gave us hints such as - people need to go poos every day as poo is toxic to your body and needs to be evacuated every day; your wees should be chardonnay in colour; and a 'twitchy' bladder needs lots of drinking water (glugging cupfuls, not sipping from a bottle.)

She told us that we need to drink two litres of water a day – and this doesn't include tea, coffee and alcohol as they are irritants. No more than three coffees per day! She demonstrated a 'squatty potty' stand (which allows you to get your knees higher than your hips) that fits around your standard toilet and said that the inventor of this product is now a millionaire. She circulated visual aids to give us an idea of what our excretion should look like! (See below)

She handed around copies of a book she has written, **'Winnie Weka and Mr. Poo'** \$15 per copy.

After questions, Les thanked Lisa for a very entertaining talk and said he was relieved that she didn't speak about adult incontinence! (Several members did go straight to the toilet! Ed)



The Key Three – contemplating*"There's no need to rush before your flush."*

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Officer Holders 2023-24

District Governor Bill Robinson
Dist. Gov. Elect Nick Dangerfield
Management of Area Asst. Governor Phil Crombie

President Kelvin Winnie
Secretary Ken Hunt
Treasurer Graeme Ryan
ClubAdmin&PE Chris McKenna
Membership, Image & Foundation John Macintosh & Geoff Bibby
Service Projects Brian Hall
Youth Graeme Muir
ArtEx Steve Gillum

Meetings

Weekly: Taradale Town Hall
Wednesday 6.00pm
Fellowship 5.30pm

Firesides: 1st Wed
Directors: 2nd Wed

Coming Up:

Leave of Absence

Kevin McCormack, Trevor Powell & Denise Primrose – Ongoing

Website/Club Contacts

Our website
www.greenmeadowsrotary.co.nz

President: kelvin.winnie@tremains.co.nz

Secretary:
administrator@greenmeadowsrotary.co.nz

Apologies:
GR.apologies@gmail.com (before 2pm Tue)

In the absence of President Kelvin, President Elect Chris had earlier opened the meeting and welcomed nearly 40 people and giving a special welcome to UK guest Phil Cooper and speaker Lisa Smith.



ANNOUNCEMENTS

Projects Director Brian Hall informed the members that the organisation ‘*Big Brother Big Sister*’ is currently talking to businesses in Taradale to seek sponsorship.

He also told us that NC & HD Councils are sponsoring a ‘thank you’ event for Gabrielle volunteers on 11th February at 3pm at the Hawke’s Bay Showgrounds. There will be food, drink and speeches, and he requested that some of our Rotarians attend to represent Greenmeadows.

Brian continued by telling us that former Argentinian Rotary Exchange student, Agostina Testa is currently here in NZ and that Trevor and Jill Powell hosted Chris Price and his family and Brian to catch up with her.

Youth Director Graeme Muir gave a Camp Kaitawa update and requested that members look at the list he circulated earlier as the equipment still required for the camp.

Conference Champion Ian then elaborated about the upcoming Rotary Conference on 17th – 19th May 2024. Members could take RVs and caravans or stay in motels. He stated how good it would be to have a large Greenmeadows group there and advised members to register as soon as possible.

President Elect Chris complimented the chef on tonight’s delicious meal.

WELFARE

Welfare Officer Stuart asked Brian to give us an update on Margaret’s health, to which he replied “*she’s coming right.*” Stuart also stated that Brian Peploe has had a setback today unfortunately, and then the members gave Bob Morrison a big hand as it was good to see him back fit and well. It was later reported Robert Pearson has a granddaughter with health problems, and unfortunately Loretta has had an electric bike accident.

SERGEANT

Bryan Matthews had as his theme the January 31st date and its significance, namely:

- National Backwards Day
- ‘Inspire your heart with art’ day.
- Eat Brussels Sprout’s Day.
- National Gorilla Suit Day
- ‘Hell is freezing over’ day.
- Scotch tape day.



We paid up!!

Thoughts for This Week (John Mackintosh)

Opening

“If you steal from one author it’s plagiarism, if you steal from many it’s research.”

Closing

“Education is the progressive discovery of our own ignorance.”

Scribing the Words

This week came from the pen of Jenny Robertson with photographic input from Ross Pinkham.



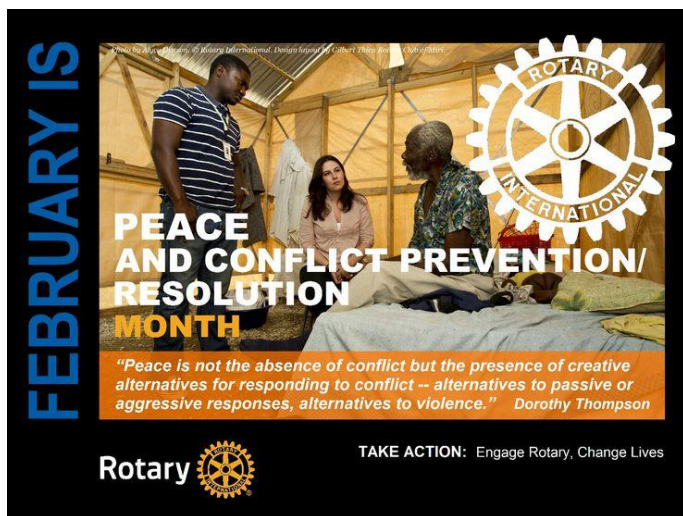
ROSTER OF DUTIES

Date	February 7th	February 14th	February 14th
Programme: Guest Speaker	Firesides	Rachael Haydon National Aquarium	TBC
Host and Thoughts Top Table introduce Speaker Vote of Thanks Cashier Three Minute Speaker Sergeant	Jenny Robertson - - Bruce Martin Alan White Brian Anstis	Curly Carpenter Kevin McCormack Peter Thompson Edwin Brown - Bob Brady	Steve Gillum Mark Dickerson Frank Heuser Gill Scarlet - Helen Tattersall
Stewards <i>One per table and the named Members to clean up at the end.</i>	Judy McKelvie Gail Kelly	Garth Eyles Robert Pearson	Brian Hall Fred Staples


UNABLE TO PERFORM DUTY?

***YOU must arrange a substitute and notify President Kelvin of the change.
It's not too hard, is a courtesy to our president and assists the smooth running of our meeting. If you are going to be absent in the future – let the Apologies Member know or seek Leave of Absence so that necessary amendments can be made to the roster.***

Monthly Theme for February




FEBRUARY IS

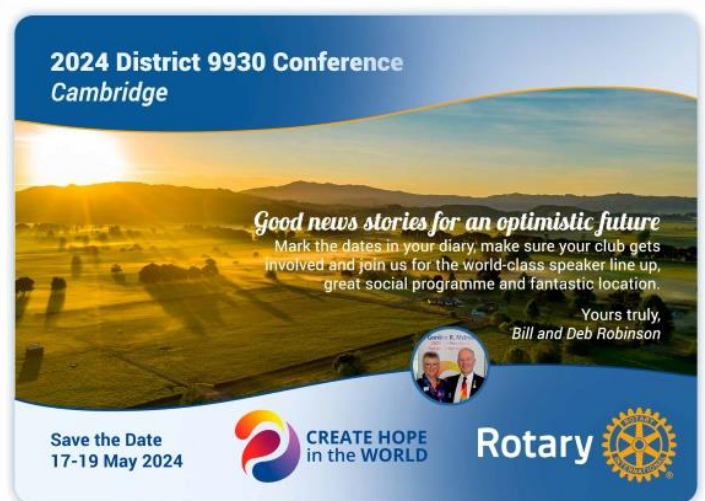


**PEACE AND CONFLICT PREVENTION/
RESOLUTION
MONTH**

"Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict – alternatives to passive or aggressive responses, alternatives to violence." Dorothy Thompson

Rotary  TAKE ACTION: Engage Rotary, Change Lives

District Conference 2024





**2024 District 9930 Conference
Cambridge**

Good news stories for an optimistic future
Mark the dates in your diary, make sure your club gets involved and join us for the world-class speaker line up, great social programme and fantastic location.

Yours truly,
Bill and Deb Robinson

Save the Date
17-19 May 2024

 **CREATE HOPE
in the WORLD**

Rotary 

DON'T FORGET – TELL IAN ABOUT YOUR CONFERENCE INTENTIONS

In that light we are looking at whether it might be possible for our members to all stay at the same venue. One possibility is the Holiday Park on the shores of Lake Karapiro and right alongside the Sir Don Rowlands Event Centre, the conference venue (easy to get home after the Saturday evening dinner.) And – speaking of the dinner, it will be a night of laughter, enchantment, and delicious food (Saturday, 18 May 2024, starting at 7:00 pm until late) and also just announced, it will include Jonathan Usher, New Zealand's Finest Comedy Magician. Alongside Miriama Kamo a guest speaker at the conference, this promises to be a real magic event.

You can get more information by clicking on this link

<https://www.9930conference.co.nz/registration>



MISCELLANEOUS MEADOWS MATTERS

MESSAGE FROM THE MAYOR KIRSTEN WISE



On the first anniversary of Cyclone Gabrielle, it is important that we, as a region, remember, reflect and stand together. As we approach the 14th February, we would like to invite you to join us at the Napier Community Commemoration Service.

We will acknowledge the deep losses felt right across our communities, including those whānau who lost loved ones, and those whose lives, livelihoods, homes and communities were impacted in unimaginable ways.

Napier Community Commemoration Service - One Year Anniversary of Cyclone Gabrielle.

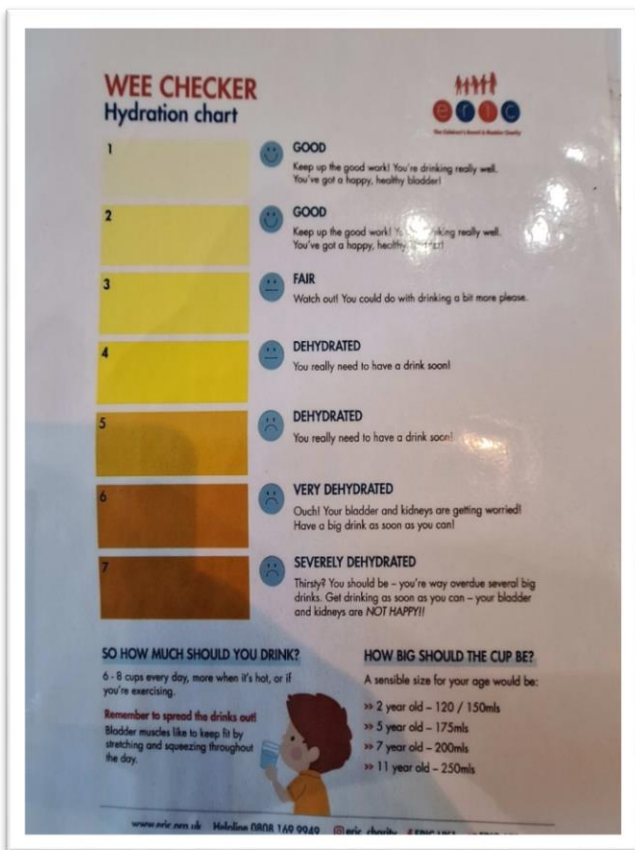
When: 14 February from 11.45am - 12.15pm

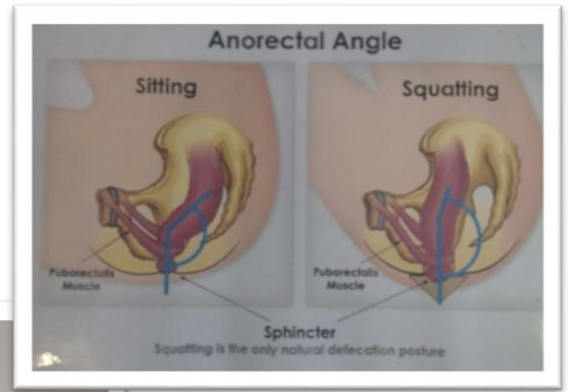
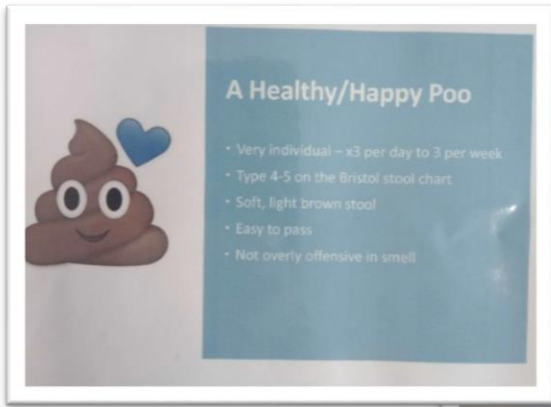
Where: Napier Soundshell, Marine Parade

Traffic management will be in place. Please allow sufficient time to park and walk to the venue.

For more information about council and community Anniversary events happening across Hawke's Bay, please visit www.hawkesbaytogether.co.nz.

PICTURES FROM OUR GUEST SPEAKER ON WEDNESDAY





#18 – December 26, 2023
1' to discover Rotary news

Rotary Foundation receives highest rating from Charity Navigator for 15th consecutive year

The Foundation earned the recognition for adhering to sector best practices and executing its mission in a financially efficient way, demonstrating both strong financial health and commitment to accountability and transparency.

“We are delighted to provide the Rotary Foundation with third-party accreditation that validates their operational excellence,” said Michael Thatcher, President and CEO of Charity Navigator.

“The Four-Star Rating is the highest possible rating an organization can achieve. We are eager to see the good work that Rotary is able to accomplish in the years ahead.”

Charity Navigator assesses nonprofit performance based on four key indicators, including the impact of the charity’s program relative to cost; the organization’s governance and financial health including its transparency, efficiency, and sustainability; a charity’s leadership capacity, strategic development, and ability to adapt to internal and external changes; and its overall culture and connectedness to its constituents and the communities they serve.



And for next week at the Town Hall on Wednesday evening, with no speaker but our monthly Fireside Meetings

