

POSITIVELY BRIEF

The week ahead for the Rotary Club of Wellington



Rotary Club of Wellington newsletter • Friday 10 March 2017

Our next meeting is on

Mon 13 March • 12 noon for a 12:30pm start

Our next meeting is at

James Cook Hotel, Level 17, 147 The Terrace



Our meeting will

Hear a talk on '*The times they are a'changin'*' in which club member **Brian Lynch** will focus on how changes in international relations may affect New Zealand trade and the ways we will need to manage international engagement.

This will be followed by a discussion on the club's strategy.

Do you have a job to do?

- **Visitors & guests** Bob Stannard
- **Greeters** Anthony Scott, Colleen Singleton
- **Five minute talk:** Strategy discussion
- **Introducer & Thanker** John Gibbons
- **Sergeant** Peter Lawson
- **President's table** Peter Lawson, John Gibbons
- **Meeting recording:** Michael Draper



A great day was had by all

35 Jumbo Tennis teams had a great time at a dry though windy day. The Best Overall Team prize was won by Harbour City Asset Management, with ASIL Group as Runners Up. Top Pair was won by the Island Bay Marine Education Centre, with Oceanic Communications as Runners Up. The first prize in the raffle of a weekend at The Bay of Many Coves was won by Mark Stone, and the second prize by Olivier Lacoua.

The money raised from this Jumbo Tennis Tournament will go to [Wellington Children's Hospital](#), [Island Bay Marine Education Centre](#) and [Menzshed Wellington](#).

Our thanks go to the very large number of people who help in this fundraiser. Special thanks to the organising committee of Hannah Carter, Oliver Ibbetson, Youssef Mourra, Tuku Kukurangi, JT Queen Helen Hancox, and her Princess Bice Awan. The revenue from the tournament is being counted and the bills are being paid.

On Monday, we collected

\$548.50 from 51 members and four guests. Sergeant Peter Cornish focussed on Jumbo Tennis, asking members to give more to the club. Kerry Prendergast and her husband Rex were told they had a job for life selling raffle tickets, such was their excellent performance on Friday. No-one complained about the umpires, we were told, as they were gods. He gave particular thanks to sponsor Nonsuch Consulting and reminded us that the next tournament will be on the first Friday of March 2018.

We welcomed

Johnny Johnson's guest Joanna Marxsen from Schleswig in Germany, Mark Woodard's guest Joy Tracey, José Gerardo Hernandez' guest his wife, Paulina Reyes Berlanga, Richard Norman's guest and fellow tree-planter Andrew Bowman, and Kate Mitchell's colleague Richard Perry, who is president-elect of Eastern Hutt Rotary.

And the speaker at our last meeting was

Brian Ensor, Director of Palliative Care, Mary Potter Hospice, who spoke on Living and dying – the pros and cons, and who wants to know. Having spent 12 years of his life at Mary Potter Hospice, the information in his talk was

both chilling and informative.



[Though 'post-truth' may be the *Oxford Dictionary* 2016 word of the year, historically truth was never the goal in medicine. The welfare of the patient (and maybe the physician), 'Reveal nothing that dispels hope,' was the doctors' maxim. Life was very vulnerable and death would frequently come quickly.

Hope was perhaps the most valuable tool. Placebos were commonplace, 'fake drugs' that worked best when they were given with authority. Over the second half of last century things did change, with these important developments:

- patient advocacy
- informed patients
- less medical authority
- greater efficacy of medical therapies

Medical truth telling could be brutal though and we were shown an excerpt from the 2001 HBO film 'Wit', which can be seen on [Youtube](#).

Today, we aim for better communication, with hopeful and realistic truth telling as described on the National Advance Care Cooperative's [website](#), which has an overview of how to talk about or plan for an appropriate response to being very ill.

Doctors need hope, patients need hope, and families need hope. They need to understand each other and what is happening, what medicine can offer, and what it cannot. As a result, in palliative care they work as much with families as with patients.

In this light, he left us with the current challenge for palliative care: to take better care of caregivers, especially the families.

Five greatest regrets

A palliative care nurse who looks after terminal patients, [Bronnie Ware](#) asked people what their greatest regrets were. These responses came up over and over:

- 1 • I wish I'd had the courage to live a life true to myself, not the life others expected of me
- 2 • I wish I hadn't worked so hard
- 3 • I wish I'd had the courage to express my feelings
- 4 • I wish I had stayed in touch with my friends
- 5 • I wish that I had let myself be happier.

We heard a five minute talk

From His Excellency **José Gerardo Traslosheros Hernandez**, ambassador of the United Mexican States. With a PhD in International Economics, this is his first posting as ambassador, having coordinated trade negotiations between Mexico and Japan, and Mexico and Israel. Here in Wellington with his wife and their three daughters, he told the meeting that he has three main tasks, to:

- 1 • promote Mexican culture in New Zealand, including the country's cuisine, artists and tourism;
- 2 • develop cooperation between tertiary institutions in this country and those in Mexico, bringing students here to learn; and
- 3 • promote trade and investment between our two countries, in which context he invited all members with an interest to attend a free seminar at the Mexican embassy in Wellington on Weds 22 March between 8–11am.

Tour de force Wellington

George Fairbairn, tour guide extraordinaire, took a small group (including Richard Norman's dog) on a walk around the Commonwealth Pathway on 8th March that ended up with a pleasant meal at the Backbencher. Many thanks George, plus thanks to Geoff Eades for organising the trip. It was very interesting to get to know this intriguing city in more depth. Did you know that:

- You can see the remains of an important pa site in Taranaki Street?
- Chews Lane marks the spot where timber was hauled on shore from boats moored on the waterfront by Mr Chew?
- The spinning top in Woodward Street symbolises traditional Maori tops and also refers to the turntable that once existed to turn cars around?
- The beautiful staircases in the Government Building are suspended without central support?

Club business

- 10 April (Mon) There will be a presentation on the club's new website.
- 17 May (Wed) Billiards evening at The Wellington Club

Other interesting possibilities

- **TOMORROW** 11 Mar (Sat) 8:30am **Lock Hut Working Bee** at Brookfield Scout Camp in Wainuiomata. RCW has decided to get behind this project. There are plenty of jobs to do and all the help we can get will be greatly

appreciated. Lock Hut is a full-size replica DoC hut to give youth a taste of the real outdoors, yet it's only a few minutes from Brookfield Camp. If you can come, phone Grant Uridge on 027 448 8689 or email grant@plus4.co.nz. If you arrive later, you'll need to find your own way to the hut (or phone Grant).

- **TOMORROW 11 Mar (Sat) Suburban gardening for wildlife tour** – support the March of the Rifleman @ 24 Fox St, Ngaio. From 1.30–4.30pm, Zealandia guide Des Smith and his partner John will be hosting a 'suburban gardens for wildlife' experience in their garden, which is a mixture of natives and exotics with colourful herbaceous borders. For more information, check the website [here](#).



A trained Zealandia guide, Des will offer tours on the half hour during which you will learn how to use natives in the garden, and what is suitable for our fauna. The \$10 entry fee will be shared between Zealandia's latest restoration project – translocation of the titi pounamu (rifleman) – and an LGBT project.

Denise Church, who is both a member of this club and Chair of Zealandia, invites you to join her there between 2pm and 4pm. It will be a great chance to learn about making your garden more bird and wildlife friendly, and catch up with Rotary friends in an enjoyable setting. She will answer questions about the titi pounamu project, bringing New Zealand's smallest bird back to Zealandia and our western suburbs. [Send her an email](#).

- 17–19 Mar – WorldWomen Conference 17 in Auckland, organised by Theresa Gattung, Barbara Gabler and Chris Woodwiss, will focus on women's role in health, wellbeing, education and commerce – more on this [here](#).
- 17 Mar (Fri), 10:15am – **Meeting to discuss a new Probus club for Wellington** Wesley Hall, 75 Taranaki Street. Probus is Rotary's most successful community service project with 300,000 members in 4,000 clubs.
- 21–23 April – **Rotary District 9940 Conference** New Plymouth
- June/July – Forum 2017 **Wellington Region Good to Great**

Tell your friends about the club

Forward this newsletter to them, give them one of the club's business cards, send them to <http://rcw.org.nz/join>, or perhaps even invite them to a club meeting.



Rotary beyond our club

Taking our Forum concept into urgency: In 2014, algae bloom, resulting from nutrient runoff, meant that for 56 hours, 500,000 people in Canada and the USA around Lake Erie couldn't drink their tap water or even wash dishes.

After a couple of lunch meetings listening to experts on the problem, [The Rotary of Toledo](#) in Ohio, used its neutral, unbiased position in the community to organise a Water Crisis Conference. This conference focused on understanding the problem, ideas on preventing future bloom occurrences and solving problems as they arise.

Other clubs joined in. One has developed an app to enable anyone to test their water so ordinary people can track down the source of problems and alert the Department of Agriculture. Farmers in other clubs have developed a series of educational videos on best practices for reducing nutrient runoff. You can read more about this important use of Rotary's uniqueness [here](#):

Also, take a look at the March District 9940 newsletter [here](#).

And the last word from me this week is

That the year is racing by. As our main fundraiser, Jumbo Tennis has again in its ninth year delivered another outstanding event, enabling us to do good. Thanks to everybody involved. Now our attention turns to our future. This week the location and cost survey will be sent out, leading to a club discussion on Monday 13 March. The survey will close off after our club meeting with the outcome informing our strategy session on Saturday 18 March from 9.30–12.00. Peter Cornish and Jane McCann will facilitate the strategy session at Asteron House. Please come along and make a difference.



President Mark Wheeler

Speakers at upcoming meetings

- 20 March **David Rutherford** – *Chief Human Rights Commissioner on Human Rights: Challenges for New Zealand*
- 27 March **Professor Greg Costner** – *Health and Wellbeing in Wellington – can we do better?*
- 3 April **Project Hope** – *The club's centennial project along with clubs in Auckland, Melbourne and Sydney and in*

partnership with UNICEF, Asian Development Bank to fund three new vaccines to prevent rotavirus, pneumococcal disease and types of cervical cancer throughout nine Pacific nations.

Duty rosters

Starting time for duties is 12 noon, except evening meetings – please arrange a substitute if unable to attend

20 March

- **Visitors & guests** Bob Stannard
- **Greeters** Joan Smith, William Sommerville
- **Five minute talks:** Ian Robertson – Victory over vermin
- **Introducer & Thanker** Stephen Brown
- **Sergeant** Robert Fisher
- **President's table** Ian Robertson, Robert Fisher
- **Meeting recording:** Murray Milner

27 March

- **Visitors & guests** Bob Stannard
- **Greeters** Rachel Tilghman, Mark Stephens
- **Five minute talks:** Alexandra Hare – Yacht race + Andrew Austin – WRCT
- **Introducer & Thanker** Graeme Hall
- **Sergeant** Raewyn Hailes
- **President's table** Alexandra Hare, Andrew Austin, Raewyn Hailes
- **Meeting recording:** TBA

3 April

- **Visitors & guests** Bob Stannard
- **Greeters** Sam Stevens, Neil Taylor
- **Five minute talks:** Christine Hurley – Rotary Club of Raratonga + Nick Hurley NZ High Commissioner to

Cook Islands

- **Introducer & Thanker** David Henderson
- **Sergeant** TBA
- **President's table** David Henderson, TBA
- **Meeting recording:** TBA

10 April

- **Visitors & guests** Bob Stannard
- **Greeters** Karen Thomas, Grant Uridge
- **Five minute talk:** Rachel Tilghman – Introduction
- **Introducer & Thanker** Gillian Jones
- **Sergeant** Rhys Barlow
- **President's table** Gillian Jones, Rhys Barlow
- **Meeting recording:** TBC

Latest News

Upcoming Events



Suburban gardening for wildlife tour

Saturday, 11 March 2017 - Suburban gardening for wildlife tour: support the March of the Rifleman @ 24 Fox Street Ngaio on 11 March On Saturday 11 March, 1.30 pm to 4.30 pm, Zealandia guide Des Smith and his partner John will be hosting a "suburban gardens for wildlife" experience at their garden ... [MORE](#)



Strategy Review Session

Saturday, 18 March 2017 - The Rotary Club of Wellington strategy review session is scheduled for Saturday 18th March, between 9.30am and midday at Aviation Security Headquarters, L15, Asteron House on the corner of Featherston and Bunny Streets. We will be examining what is working well at the Club, what isn't and needs to change or ... [MORE](#)



Wild Ideas - Wellington Zoo

Wednesday, 5 April 2017 - Wellington Zoo brings you Wild Ideas: A two-day conservation symposium. Join both our international and local conservation partners as we showcase the big steps we're collectively taking for global change. It's an event for anyone who cares about conservation, wildlife, people and our planet. And you'll leave with new know-how ... [MORE](#)

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