

**Rotary Club of Nelson Inc.**

Chartered 27 June 1927  
 Meets Thursday evenings  
 5:30 for 6:00 pm, at

**The Boathouse, Wakefield Qy**

**President 2016-17:**

**Graeme Robertson (546-7966)**

[gjr@gjr.co.nz](mailto:gjr@gjr.co.nz)

**Apologies, Guests, Visits to other Clubs, etc.:**

Meeting enquiries, apologies and guests to **Rachel Dodd** please, by Tuesday night.

546 6664 day, 545 6979 evenings

Mobile 021 314 176

[Rachel@arthousearchitecture.co.nz](mailto:Rachel@arthousearchitecture.co.nz)

**Welfare:**

**Jenny Dickie (548 7705)**

**Gaile Noonan (548 2688) &**

**Chris Page (546 4499)**

Are available to help if you need to access club resources or assistance.

**Bulletin Editor:** Gavin Calder:

[gavin.calder@opus.co.nz](mailto:gavin.calder@opus.co.nz)

**Secretary/ Roster Organiser:**

**Brian Hearfield — [hearfields@xtra.co.nz](mailto:hearfields@xtra.co.nz)**

**Web page: [www: rotarynelson.nz](http://www.rotarynelson.nz)**

**Reporter— Barry Blommaart**

**Photographer—John Ryder**

**Different Venue Guys****Founders Brewery**

Site visit to Founders Park, meet for refreshments & food at Founders.

We will hear what is happening around the park, the success of the book fair and other events held here.



Refreshments start at 5.30pm

# Rotary Club of Nelson

## Bulletin for 8th September 2016

|                          | 15 <sup>th</sup> September                     | 22 <sup>nd</sup> September  | 29 <sup>th</sup> September                     |
|--------------------------|--|---|--|
| <b>Speaker</b>           | <b>Bill Dahlberg</b><br><b>Rata Foundation</b> | <b>Founders Cafe &amp; Brewery</b><br><b>Site visit, hear what is happening at Founders</b> | <b>Wale Llori</b><br><b>Own Job Talk"</b>      |
| <b>Speaker's Host</b>    | <b>Graeme Prestidge</b>                        | <b>Roger Sanson</b>   | <b>Jenny Dickie</b>                            |
| <b>Greeter</b>           | <b>Tim Miller</b>                              | <b>Fran Mitchell</b>  | <b>Rex Morris</b>                              |
| <b>Attendance</b>        | <b>Bill Johnson</b><br><b>Wayne Logan</b>      | <b>Alan Shadwell</b><br><b>Alison McAlpine</b>  | <b>Charles Tyrrell</b><br><b>Richard Wells</b> |
| <b>Rotary in Action</b>  | <b>Jenny Black</b>                             | <b>Peter Rigg</b>   | <b>Roger Sanson</b>                            |
| <b>Duty Coordinators</b> | <b>John Ryder</b><br><b>Ad Bruijn</b>          | <b>John Bealing</b><br><b>Heinz Schwarze</b>  | <b>Brian Wilke</b><br><b>Lindsay Hay</b>       |
| <b>Bar</b>               | <b>Gary Chalmers</b><br><b>Jenny Black</b>     | <b>Are they required?</b>   | <b>Rachel Reese</b><br><b>John Reid</b>        |
| <b>Duty Treasurer</b>    | <b>Gerrit van Asch</b>                         | <b>Gerrit van Asch</b>  | <b>Gerrit van Asch</b>                         |
| <b>Reporter</b>          | <b>Richard Wells</b>                           | <b>Jeremy Glasgow</b>   | <b>Peter Rigg</b>                              |
| <b>Sergeant</b>          | <b>Kevin Hill</b>                              | <b>Alastair Wiffen</b>  | <b>Glenn Roberts</b>                           |
| <b>Thanks</b>            | <b>Ross Newman</b>                             | <b>Gaile Noonan</b>   | <b>Graeme Prestidge</b>                        |
| <b>Parting Thought</b>   | <b>Peter Rigg</b>                              | <b>Glenn Roberts</b>  | <b>Peter Robins</b>                            |

**Up coming events (Check new dates)**

1. **The Great Rotary Quiz**— please put into your calendar the 16th Sept 16 at Stoke Memorial Hall. The usual suspects will be running the event, be ready to be corralled, persuaded to buy tickets, organise a team, provide prizes and help on the night. This event will be a combined Richmond & Nelson fund raiser for Rescue Helicopter Trust & Shelter Box.



## **Working Bee in Vanuatu - Mbossung School Rebuild**

### **Message from Janice Dowle, Rotary Birkenhead**

*We still have a number of items to complete from the original commitment, mainly building 9, tidy up a few things on Building 3 and other buildings and finish the water reticulation, showers and the wash programme.*

*We have been asked by the Ministry of Education Vanuatu to build a kindy (really a garage) which we have costed out at \$25K but we don't have the funds at this time BUT are working on it. It would be cheaper if we could do it within stage 3. If your club could assist with funds that would be fantastic. We are hoping to return late September and are asking if volunteers would be able to come for a 2 week+ cycle. This would be an 18 day commitment instead of 11.*



*I have attached a copy of the article which was in 9910 Governors Newsletter May 2016 which shows the before and after photos. (see attachment to Bulletin)*

*We are looking at a start date of either 17 or 24 September and run for 4 weeks. Let me know if you would like to go again and which Saturday for leaving Auckland would suit you. The start date will depend on when we can get the materials into the island which has not been confirmed and even if confirmed will be a few days either side of the date.*

Volunteers please—touch base with Barry Blommaart (maybe a plumber, electrician or good handyman/hammer hand could go)

## **This Week In Science**

**Harry Gilbert Day** died 8 Sep 2007 at age 100

Harry Gilbert Day was an American nutritional biochemist who helped develop the fluoride additive used in toothpaste to combat tooth decay. In 1955, the Food and Drug administration approved its use in toothpaste. The patent was held by Indiana University. In his career, Day's research evaluated the health aspects of food ingredients, principles of food safety, and nutrition including the nutritional requirements of phosphorus, zinc, fluoride, boron and iron.

### **Sergeants Session - Sgt Tim Miller**

Tim Miller covered the field with fines from individuals and tables on an extensive range of topics, true or false. Some members were as usual seemed to be used as a cash cow, but Sgt Tim with his normal sense of fair play, honour & humor extracted funds for our charities.

Question— who is lovely young lady with Tim (a very proud father at Old Ghost Ride Trail his daughter)



## Meeting 8th September 2016

**Attendance: 42 members , 4 visitors**

- Den Gavin– Guest Speaker
- Gary Stocker – RC Nelson West
- Petra and Andrew Stephenson



### **RAFFLE**

1st prize - Wine – Our visitor, Petra Stephenson.

2nd prize - Pineapple Lump – John Ryder shared this valued prize.



### **Club Notices:**

#### ***Polio Plus***

Bruce Kay provided an update of the current situation in Nigeria where there had been two recent cases of polio. He described the difficulties and logistics of servicing such a large area which includes Chad occupied by Bokoharam.

#### ***Club GST registration Review***

Derek Newman provided a brief description of how the club could reduce its GST payments by better utilizing the Charitable Trust. Further information will be provided to the Board for consideration.

#### ***Brook Waimarama Sanctuary***

Alistair Wiffen advised the major milestone in the completion of the perimeter fence. A celebration for this is to be held on Thursday 29 September. 330 people are expected to attend a luncheon to mark the occasion. Members are being requested to assist with car parking between the hours of 11am and 2pm. The reward will be time to enjoy the lunch.

#### ***Membership***

Alison McAlpine updated members on recent deliberations of the membership group. Discussion has been about the need to increase member diversity (i.e. age diversity). It is now possible to have a number of categories of membership including couples (partnership, business etc) and corporate. Preliminary discussion is being held with Nelson College as to corporate membership which would include both staff and students. Issues as to costs, especially meal cost for students. Members are encouraged to investigate and support a greater diversity of club membership.

#### ***Blood Pressure Awareness Campaign***

Shaun Costello advised that this event is to be held on Saturday 1 October. The venue for this club is, New World Supermarket, cnr Vanguard and Gloucester Streets. Time 10am - 2pm. Volunteers will be required in two shifts of four.

#### ***Masked Parade – Nelson Arts Festival***

Shaun Costello advised that this event will be on 21 October. Volunteers required to act as marshals.

#### ***Motorhome Show***

Jan Aberhart gave a brief update of planning. It is proposed to include information on major Rotary projects such as Polio Plus etc.

### **Welfare**

All's well , however some news that the Editor received on Saturday. Jo Morris has been rushed to hospital to get a cataract sorted. Hopefully all will go well and our thoughts are with Jo and Rex



## Guest Speaker—Den Gavin

Gavin Sendall warmly welcomed Den Gavin, a senior associate with Knapps Lawyers, and competitor in the recent Godzone Adventure Race.



Den presented a most entertaining and informative talk and presentation on his experience on this multisport/multiday adventure race. The route started at Kaiteriteri and continued with kayaking to Rabbit Island, mountain biking over the Richmond hills to Wairoa Gorge, trekking over Ben Nevis and The Red Hill to St Arnaud, through to Lake Rotoroa, into the Matakītaki River via Mole Tops, rafting the Matakītaki River, up the Owen Valley and over Mount

Owen, down the Wangapeka and Motueka Valleys, over Takaka Hill, down the Rameka Track, through to Totaranui with a finish back at Kaiteriteri (are you tired yet?). Approximately 500 kilometers. The section over Ben Nevis and the Red Hills was the most challenging as the weather was adverse and cold as well as a large proportion was at night.



His team, Knapps Lawyers, was team number 18 of the 60 teams competing.

Teams comprised of four, three males and one female, Times for teams to complete the event were between four and seven days.



As well as the sporting skills required an event such as this requires essential skills in map reading, route finding, and team dynamics. Being a multiday event the planning of food, meals, and support is also critical. Food is packed into 12 hour bags ready to be collected at transition points along the route.

On the morning of race start, at 6am, map packs are distributed marked with check points. Teams must then establish their route prior to race start.

Den gave a good insight as to issues of sleep deprivation, sleep periods of only two hours, individual welfare care especially feet.

The mix photographs covering rugged terrain, spectacular vistas, and the trials and tribulation of the competitors added greatly to a most interesting presentation.

Derek Newman thanked Den on a great presentation and an insight into an experience none of us will ever partake in.

### *The Parting Thought : by reporter*

## **Take inspiration from all the Para Olympic competitors**

These Olympic competitors use self belief to overcome their various disabilities—we should look up to them

