



## Rotary Club of Rotorua

Monday, 20 June 2016

### *President's Pen*

WORLD  
PRESIDENT  
Ravi Ravindran  
D9930  
GOVERNOR  
Mike Smith

OFFICERS  
President  
Ray Bloomfield  
Vice-President  
Allen Foote  
2<sup>nd</sup> Vice-President  
Russell Burton  
Immediate Past-  
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Russell Dale  
Secretary  
Robin Findon  
Treasurer  
Martin Kinder  
DIRECTORS  
Club Service  
Allen Foote  
Community  
Russell Burton  
International  
Martyn Craven  
Youth  
Ann Nicholas  
Vocational  
Bruce Scott  
Membership  
Paul Wilson  
Fellowship  
Peter Spurdle  
Welfare  
Garth Wilson  
Bulletin  
Margriet Theron  
Programme  
Denis Marriner  
Sergeant  
Richard Pryce  
Webmaster  
Tony Baker  
Archivist  
Tony Baker  
CLUB MEETINGS  
Mondays at 12.30  
pm (except public  
holidays)  
Sudima Hotel  
1000 Eruera Street,  
Rotorua. Phone 07  
348 1174 to  
apologise if unable  
to attend.

Coming to the end of another Rotary year, I have been thinking about change. I am going to experience a number of changes: I will be a Past-President – and I have heard that there is nothing as past as a Past-President) and I am going on long service leave. There are changes that are occurring in my profession as well.

The question is “How do we perceive change?” Is it a friend or a foe. One thing is certain and that is that change is constant. Certainly within the church world, people are saying that what was done two years ago is no longer relevant today. So the choices are to accept it and move with it or resist it.

We can choose to see change as an ally or an enemy and it will respond accordingly. We can learn how the dynamic of change works and align with it in a manner which serves us in healthy, life-affirming ways or we can stay stuck, pushing against it. The downside to resisting change is that it **will** have its way; it **will** eventually wear us out. It has been said that in a contest between a river and a rock the river always wins. Why? Because the river is willing to follow the natural call of gravity, going over, under, around or, eventually, through the rock, to its destiny which, as with all water, is to ultimately merge with the ocean. The rock is stuck where it is, relentlessly pushing against the river, resisting the natural flow of water until, over a long enough period of time, it's worn down to a pebble. If you ever visit the Grand Canyon you'll see that this is true.

The metaphor of the rock and the river is delightfully obvious: The river represents “us” when are willing to trust the call of gravity, “going with the flow” of life without trying to force or manipulate it. The rock represents the past and our attachment to it; the rock symbolises our resistance to change and fear of the unknown. The interesting thing is that the river will have its way, and it will over timer erode the rock.

The question is will we be the river or the rock?

**President Ray**

# Notices and Reminders

## Rotary Club of Rotorua Changeover Dinner

Incoming President Allen Foote reminds members of the Club to let him know as soon as possible whether they will be attending the Club's Changeover Dinner on Tuesday, 28 June 2016 at 6 pm at the Sudima Hotel. Please pay Treasurer Martin Kinder before the night of this special event.

## Rotary Charity Lunch

Russell Burton has been elected as a Trustee of the Trust that will organise the second Rotorua Rotary Charity Lunch to be held on 11 November 2016. The first event raised about \$100,000 for charity last year, when our Club was not a participant. Russell will be looking for support from the members of our Club, and we will be able to nominate charities to receive gifts from this event.

## Rotorua Daily Post Home and Leisure Show 2016

This year's Rotorua Daily Post Home and Leisure Show will be held at the Energy Events Centre, Queens Drive, Rotorua. Opening times are Friday, 15 July from 10 am to 5 pm, Saturday, 16 July from 10 am to 5 pm and Sunday, 17 July from 10 am to 4 pm. Rotary will have a stand at the Show, and Richard Evans is calling for volunteers to staff the stand for a few hours each. Please email Richard on [randpevan@xtra.co.nz](mailto:randpevan@xtra.co.nz). Editor's note: I checked that email address; it is correct.

## Tabloid newspaper to profile Rotary in Rotorua

Sue Gunn from the District 9930 Public Relations Committee is looking for advertising support for a tabloid that will be inserted in the Rotorua Daily Post in September 2016, profiling the activities of the five Rotary Clubs in Rotorua. Each Club will receive 200 copies of the tabloid for their own promotional purposes. The Daily Post has offered to print one page of editorial for each page of paid advertising in this Rotary tabloid. Please contact Sue on [sue.gunn@wairiki.ac.nz](mailto:sue.gunn@wairiki.ac.nz) if you are able to help.

## Civic Bonding

You are invited to share a drink and a chat with other members of the Club and their spouses at the CT Club in Moncur Drive at 5.30 pm on Friday afternoon.

## Happy birthday!

John Bell (22 June)  
Lauri Clemens (23 June)



## From the Previous Meeting

### Quotes about Alzheimers

To care for those who once cared for us is one of the highest honours. - Tia Walker, The Inspired Caregiver: Finding Joy While Caring for Those You Love.

To put it simply--our brain span should match our lifespan. - Meryl Comer.

### Speaker: Lynne Luke, Alzheimer's Rotorua

Lynn Luke is a community liaison officer at Alzheimer's Rotorua. Previously she was the manager of the Mitchells Downs Retirement Village. Her role is to help raise awareness of the growing incidence of Alzheimer's in our community. Most of the referrals to Alzheimer's Rotorua come from the geriatricians at Rotorua Hospital. Her office is above Pollocks Menswear in Tutanekai Street. She has a nursing background and her aim is to make life better for dementia sufferers. Alzheimer's is an intellectual disability, not a mental illness. There are over 100 types of dementia, with Alzheimer's being the most common at 60-70% of the total number of cases. People often lose their sense of smell seven to eight years before they develop other Alzheimer's symptoms. There is no medication to reverse the disability although there are some medications that can slow it down in the early stages. Vascular dementia has some links to diabetes. Binge drinking could cause alcohol related dementia. There are 50,000 people in New Zealand with Alzheimer's; the number is

expected to treble by 2020. It is important to keep your blood pressure under control from a young age; to challenge your brain as you grow older; to socialise and exercise every week. A typical age for women to develop dementia is 78 years; if the husband, in his early 80s, is not used to cooking, cleaning and looking after another person it leads to huge stresses. Caregiving is required 24 hours per day and this can lead to depression. Some dementia symptoms are: shadowing another person, being anxious, and losing confidence. It is important so find help from your GP or from Alzheimer's Rotorua. Some of the warning signs are: memory loss, asking the same question many times; performing regular tasks in the wrong way, taking wrong routes when driving, having language problems, being disoriented about time and place, giving less attention to physical appearance, not know how to cook meals or do the finances, misplacing objects, and mood changes. Relief carers are available for three or four weeks per year but under-staff rest homes can provide a bad experience, especially over weekends. Alzheimer's Rotorua provides support for patients and carers.

## Duty roster

If you cannot do your duty, please arrange a replacement and advise  
Sergeant Richard Pryce on 027 2765478 or [rpryce@tomwake.co.nz](mailto:rpryce@tomwake.co.nz)

Club speakers to advise Margriet on [theronm@yahoo.com](mailto:theronm@yahoo.com) if they require the data projector.

	<b>20 June 2016 at 12.30 pm at the Sudima Hotel</b>	<b>28 June 2016 at 6 pm at the Sudima Hotel</b>
Guest Speaker	Waiariki scholarship recipients: Sara Falconer and Alex McKillop (Hospitality Management) and Byron Dewar (Forest Management)	Changeover Dinner. Carmen Schoberl on her year in Rotorua
Introduction	Bruce Rykers	President Ray
Vote of thanks	President Ray	Entertainment will be provided by a group from Rotorua Girls' High School
President's table	Waiariki lecturers	
Club speaker	-	
Fellowship/badges	John Heaton	
Quote of the week	Tony Baker	
Fining officer	Doug Clemens	
Committee report	-	

**BULLETIN DEADLINE:** Noon on Wednesdays  
Phone 347 7211 or 021 172 9697  
[theronm@yahoo.com](mailto:theronm@yahoo.com)

### SOME INTERESTING WEB PAGES

Click onto [ROTARIANS](#) , then go to the  
bottom of the page to read all about the  
[Rotary Silver Jubilee Jug](#) presented to  
the Club by P.P. Doug Clemens in 2002.

