

**World President**

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Russell Burton

Community

Richard Pryce

International

Roger Willard

Youth

Ann Nicholas

Vocational

Martyn Craven

Membership

Paul Wilson

Welfare

Garth Wilson

Bulletin

Margriet Theron

Programme

Russell Dale

Sergeant

Peter Spurdle

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.



## Rotary Club of Rotorua

Monday 11 July, 2016

### President's Pen

It isn't easy to get started on a new aspect of one's journey in life. My first meeting as President might have seemed easy but, in fact, I was quite nervous. Why? Because I realise that before me lies an awesome task. Not for its size but for its responsibility.

Rotary is more than a social occasion to me. By being focused on needs, I am committed to inspiring all of us to do something positive with our Rotary time. It means reserving so much of our week for looking outside of our own selves to appreciate the wide world out there and how we can do something to improve what we see and experience.

That's why Russell Burton has organised the meeting to discuss our Rotary strategies. We need to be positive about the way ahead for our Club. There's a lot that can be done for our community and we need to make sure we are being effective and productive. At a future Club Forum we will be able to add to the discussions.

Mind you, commitment has its challenges. My years in ministry have taught me the importance of balancing my time and planning my times off. By not doing this I experienced, at one point in my journey, a rather debilitating burnout.

I can identify entirely with our speaker on Monday. What she shared is pretty important advice. Burnout is not an enjoyable experience and it takes some time to get oneself back into gear again.

Next Monday's Directors' meeting will hopefully set some goals for the year. Unfortunately, a few Directors will still be away overseas but we need, nonetheless, to get our sights focused. I welcome any ideas you might have, projects to investigate, needs that you have identified, so we have something to begin with.

With the Home and Leisure Show nearly upon us please remember Richard Evans's request for members to staff the Rotary booth. Two-hour shifts are needed on Friday, Saturday and Sunday. Let me know if you can help. I'll be in on it. Come and join us.

So, here we go! I really am getting going. Thanks for your confidence and support.

*President Allen*

# Notices and Reminders

## 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.

## 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.

## Birthdays this coming week

Janice Scott (13 July)



# From the previous meeting

## Quotes from Richard Pryce

Independence? That's middle class blasphemy. We are all dependent on one another, every soul of us on earth. – George Bernard Shaw.

And to remind us that this was the last Club meeting for our IYE students, Carmen Schobörl:  
True friends don't say goodbye. They just take extended leave of absence from each other. – Anonymous.

## Guest speaker: Lisa Berndt of LifeLab Coaching

Lisa Berndt studied at Victoria and Lincoln Universities and then worked as an entomologist at Scion. Combining a career in research with motherhood taught her about stress and burnout and she decided to retrain as a life coach so that she could work from home. Acute stress leads to a fight or flight response, preparing the body for action with an increased heart rate. Once the threat has been resolved, there is a relaxation response. If chronic stress, caused by an over-busy home and work life, is not remedied, it can lead to burn-out and health issues developing. Adrenal fatigue made her feel wired and tired with low resilience, not coping and with food intolerance. The medical profession did not help Lisa to understand her situation. It is important to understand stress and to ruminate about emotional upset. Responses are often over the top for the threat posed. The body responds to imagined threats in the same way as it responds to real threats. It is important to care for your own wellbeing. Rest and fun will turn off the flight or fight response. Maintain blood sugar levels and eat whole and probiotic foods. Learn to relax and to meditate. Reduce external pressures; spend quiet time in nature. Coaching can provide non-judgemental support and accountability; help to develop a better life balance and deeper self-awareness. Lisa does one-on-one and corporate coaching and can be reached via her website [www.lifelab.co.nz](http://www.lifelab.co.nz).

## Club speaker: Peter Spurdle

Peter and Robyn Spurdle recently spent a month in Spain. They enjoyed the obscenely expensive meals at a three star Michelin restaurant in San Sebastian. The city has developed into a culinary centre with excellent tapas bars in the old part of the town. The Michelin brothers published a guide for travelling around France so that people would use their cars more and buy more tyres. Their restaurant judges visit restaurants anonymously. Peter found Gibraltar a bizarre place with 30,000 people crossing the border every day to go to work. There are more tunnels than roads. After General Franco took power the border was closed for many years, but the relations are now better. It is a self-governing English protectorate, and Peter wondered what the impact of Brexit will be on Gibraltar.

# Duty Roster

If you cannot do your duty, please arrange a replacement and advise Sergeant Peter Spurdle on 027 7787353 or [spurdle.family@xtra.co.nz](mailto:spurdle.family@xtra.co.nz)

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

	<b>11 July 2016 12.30 pm at the Sudima Hotel</b>	<b>18 July 2016 12.30 pm at the Sudima Hotel</b>
Guest Speaker	Dennis Neilson Update of the Forest Industry	Bruce Quedley Neighbourhood Support within the Rotorua Area
Introduction	Doug Clemens	Martyn Craven
Vote of thanks	Ian McDowell	Kierin Irvine
President's table	Richard Pryce	Bruce Rykers
Club speaker	Garth Wilson	Paul Wilson
Fellowship/badges	Tony Hill	Karl Meyer
Quote of the week	Bruce Rykers	Bruce Scott
Fining officer	Russell Dale	Tom Davies

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



Elaine and DG Keith Owens with Rotary World President John Germ and his wife Judy.  
World President John is a member of the Rotary Club of Chattanooga, Tennessee, USA.  
Seen here at the 2016 Rotary International Seoul Convention, 28 May – 01 June, 2016

