



**Attendance (by Sunday 6pm) to Steve Jenkins**  
**ph 478 8467**

Pupuke Golf Club,  
 231 East Coast Rd,  
 Mairangi Bay.  
[www.ecbrotary.co.nz](http://www.ecbrotary.co.nz)



**Next meeting**  
**26 September**  
**6 for 6.30 pm**

**DG's visit**

**Men Jacket please.**  
**Full regalia for all.**

**\$5 and \$25**

Board meeting with the DG from 5pm to 6pm in the Board room at Pupuke Golf Club prior to the Rotary meeting on Monday.  
 Stephen de Quincey



### **Morgan's Message**

At last Monday's meeting I mentioned the Rotary International initiative called "Re-connect Week". Reconnect Week began in October 2015 to help former youth program participants, Rotary Peace Fellows, Rotary Scholars and Group Study Exchange participants renew ties with Rotary. As a Club we can also now include past Interact, Rotaract, Rotary Youth Leadership Award (RYLA), Model United Nations Assembly (MUNA) and International Youth Exchange (IYE) participants to that mix.

It's important to form and maintain these connections because past program participants may not have an active link to Rotary. By reconnecting with alumni, we are able to cultivate membership opportunities and network with proven leaders.

Reconnect Week takes place on 9<sup>th</sup> to 15<sup>th</sup> of October. Please put your thinking caps on and endeavour to "re-connect" with our alumni, if possible why not invite them along to a meeting. I am also interested in trying to build an ECBRC database of alumni. This is something that I know Sean has already started. So if you have the contact details of any of our alumni, please let Secretary Kumar know and he can add them to the list.

One of the ways that we engage with the youth of the World is of course through our International Youth Exchange (IYE) programme. Our club has a history of actively supporting this programme but, in so doing, we sometimes underestimate the long lasting effects of these interactions. Have a look at the video below (which I showed to members last Monday) to see what I mean.

<http://video.rotary.org/bM59/a-fabulous-experience/>

President Gary

Welcome DG Peter and Reo Smith this week.

	26 September	3 October	10 October	17 October
	<b>District Governor Peter &amp; Reo Smith DG Club Visit</b>	<b>Club Meeting Committee Meetings</b>	<b>Programme TBA</b>	<b>Programme TBA</b>
Grace	Don Hall	John Pearson	Sherida Penman-Walters	Don Pratt
Reception	Alistair New	Don Hall	Lynette Miller	Steve Goeldner
Attendance	Steve Jenkins	Steve Jenkins	Steve Jenkins	Steve Jenkins
Cash Desk	Bob Baird			
Fellowship	John Pearson	John Drake	John Drake	John Drake
	Warwick Moulton	Sue Yi	Sue Yi	Sue Yi
	Sue Yi	Paul Asquith	Paul Asquith	Paul Asquith
Stewards	Rod Fergusson	Warren Patterson	Jim Mayo	Lynette Miller
	Jennifer Neads	David Aickin	Martin Reiss	Bruce Dunlop
	Barry Mclean	Graham Rice	Alan Astrop	Alistair New
3 Min. Talk		PG Stuart Batty <b>CHEF</b>		Caroline Campbell
Intro. Speaker	President Gary		Monica Webb	Graham Rice
Thank Speaker	Keith Young		Bernie Woods	Barry McLean
Parting Thought	Murray Thoms	Rod Fergusson	Alan Astrop	Jim Mayo
Tola	David Aickin	Doug Dempster	Kumar Naik	Caroline Campbell
Sebastian	Amanda Chambers	Kumar Naik	John Drake	Sue Yi
<b>If you cannot carry out your allocated duty, it is your responsibility to arrange for someone else to do that duty</b>				
Our Exchange Students Contact Details:				
Tola is now with; Dr.(Mr) Naseem Ali & Dr. (Mrs) Nazimah Hamid, 18 Kilear Close, Pinehill Ph. 476 8649				
Tola's direct contact; Mobile; 021 052 5120 or Email; <a href="mailto:sorntola.nfc@gmail.com">sorntola.nfc@gmail.com</a>				
Sebastian is now with; Steve & Sharyn Goeldner, 7 Denim Place, Albany. Ph. 414 4374				
Sebastian's direct contact; Mobile 021 1362256 or Email; <a href="mailto:sebastianholthusen@gmail.com">sebastianholthusen@gmail.com</a>				

**Pres Gary** showed us a video of an Australian returned serviceman who worked to establish an IYE with Japan. In 1961 the exchange started and the first Japanese IYE was interviewed on the 50th anniversary in 2011. He also showed us a video about the 1500 Interact clubs.

## Notices

DG's visit regalia and smart dress. Cost \$5/\$25

District conference April 21- 23 in Whangarei.

Rotary International reconnect week 9– 15 October. See Pres Gary's message.

Monica reported that Pinehurst Interact had raised \$2000 from a sausage sizzle and muffi day to be put towards CHEF and next year's expenses.

The date of the sausage sizzle is **Sunday, October 2** at Mitre10 Albany. Robyn Young is coordinating and help is greatly appreciated! This to help Tola get on the SI trip.

Hobsonville Satellite Club had their first preparatory meeting setting up a committee with Warren as chair and Kumar as secretary. There are lots of exciting things in the pipeline – Facebook/Twitter/maidrop. A leaflet is being prepared and any others interested should contact Warren or Kumar. They are aiming for the 20 to 45 age group.

**Golf** 17 November– see flyer attached. Google RotaryECB.club and the 'drive 4 life' link to get you to the Auction page for the bed.

RYLA the club is looking for a 20 – 28 year old for this leadership course. The person may come from a Rotary family and the cost is \$1050.

**Stephen de Quincey** is a social worker, counsellor and former cabinetmaker. He talked to us about mindfulness – living in the moment. The human brain is wired for negativity. Thoughts are like being in a river stuck without a rudder. You are trapped

with so much information. Our lower brain is fully developed but the upper brain takes time. Emotional intelligence connects us with others. We have no control over what happens. Your body may react to something that happened in the past e.g. being forced to eat brussel sprouts as a child. Mindfulness is an old concept which is non-judgmental and forces you to be in relationship with yourself. You need to bring yourself back to breathe. Notice your thoughts and remember you are born in the moment. The worst critic is you. He gave an example of a city in USA where they had bought a group of people in to meditate and pray – the crime rate dropped 25%!

