



Welcoming Spring

At Wellington Bridge Club

Thursday 16th September

Theresa O’Toole

Palliative Care

Trends and Challenges

DUTIES

*Greeter	Graeme Waters
Host Speaker	Morris Robertson
*Attendance	Maurice Scott
Reflection	TBA
Happy Dollars	Graeme Waters
Thank Speaker	Maurice Manttan
Parting Thought	Gerald McGhie

If the meeting is switched to Zoom a notice will be circulated and *duties not required.

Apologies and Guests to Maurice Scott
mjpboscott@gmail.com by 10am Wednesday

Contributions please by the Tuesday following a luncheon meeting or the Tuesday in the week prior to a meeting.

At KPC

Thursday 23rd September 6.30pm

Club Forum

At Wellington Bridge Club

Thursday 7th October

Melissa Carrere and

Amelia Volkerling

Awhina Education

Teaching Children to Read

DUTIES

Greeter	David Young
Host Speaker	Laurie Bond
Attendance	Peter Shanahan
Reflection	Tony Fryer
Happy Dollars	David Young
Thank Speaker	Gerald McGhie
Parting Thought	Rory O’Connor



SERVE TO CHANGE LIVES

NEXT LUNCHEON SPEAKER



Teresa O'Toole has a background in oncology and palliative care nursing having worked in various parts of the sector for most of her 25-year career. This includes senior administration, advisor

and management roles ranging from clinical to policy, management and advisory level at national, regional and local levels.

She has been Ward Manager, Royal Marsden Hospital, London 1998-2000, Nurse Manager, Palliative Care Coordinator Mary Potter Hospice 2000-2007 and Practice Development Advisor at Hospice New Zealand (2008-2010) where she was responsible for the education, quality and research portfolios.

Teresa has contracted to the Ministry of Health and the Mid Central DHB and, for two years, was the Membership Secretary (2015-2017) International Association for Public Health in Palliative Care. Over the past decade she has held various senior roles at Mary Potter Hospice and is currently Manager of Quality, Health and Safety and Risk.



Teresa has a passion in strategy, quality improvement, policy and team development. She is based in Wellington, maintains her annual practising certificate and likes to do the occasional shift as a casual nurse at Mary Potter to remain current in healthcare and clinical nursing practice. Teresa lives in Karori and is the proud Mum of three teenage boys.

DATES TO NOTE

The District Conference will be 19/20 March in Wellington; The End Polio Now Campaign will have a sausage sizzle at the Railway Station Thursday 11 November and volunteers will be called for. Also, a Steam Train ride is being organised for Sunday 14 November.

FROM THE PRESIDENT



I think we will all be settling in albeit with degrees of exasperation and acceptance that the latest breakout of this unpleasant disease is here to test us for a while longer. The numbers are looking cautiously promising and it's good to

move down a level but we must feel for our Auckland team members.

Our Zoom meeting last week went well again and guest speaker Rob Pope gave us plenty to think about on computer security which is a subject close to home for most if not all of us.

Laurie Bond's reflection on the plight of Afghanistan brought home the dangers and instabilities in the wider world and Friday's attack in Auckland shows we aren't immune from terrorism even in our own back yard.

On a lighter note, we need to make sure we get fresh air and exercise during lockdown and moving into Spring is a bonus. Sylvia and I try to get around Karori Park every day and there are many other great places for recreation in Wellington, with fantastic walkways through the Town Belt - a great legacy of early town planning.

Let's keep our fingers crossed our next meeting will be a "real" one but if not, we've shown that Zoom works well also, having been pioneered very successfully by Past President Lionel Nunns during the 2020 lockdown.

Nga mihi nui

Stephen

LUNCHEON MEETING 19 AUGUST

President Stephen advised that the previous speaker, Madeleine Taylor, has gifted a copy of her book 'Parenting Road Code' to the club or circulation. Please contact Stephen for a chance to read it.

PE Zai encouraged members to visit and 'like' the Club's Facebook page.

There was a robust discussion on the composition of the Nominating Committee for the 23/24 Club President. A paper on the revised procedure has subsequently been circulated.

Seven members confessed to being happy. Please seal the state of happiness by crediting the monetary value to the Club's bank account 03-0518-0023645-00 Ref HD and surname.

GUEST SPEAKER



Rob Pope, who was introduced by Roy Ferguson, joined the Police force in 1975, serving in uniform duties for five years before joining the Criminal Investigative Branch in the Canterbury District. He received a succession of promotions, rising to national crime manager before being appointed Wellington district commander in 2004. He resigned in January 2011 as Deputy Police Commissioner and became Chief Executive of Fire and Emergency Services.

Today, Rob Pope is CEO of CERT NZ (Computer Emergency Response Team), which works to support businesses, organisations and individuals who are affected, or may be affected, by cyber security incidents. CERT NZ also offers a number of tips and guidance on keeping school networks safe.

Rob began his presentation with reference to past historical errors where security barriers failed to work as planned eg. the Maginot Line, which was meant to stop the German Army. He related this to contemporary security systems which failed in use. Security attacks have moved from teenagers in dark rooms to highly motivated professionals with an objective of ransom money. As has been seen recently New Zealand is not immune to major attacks, whether they be denial of service or capture of systems.

Pat Helm gave the vote of thanks, commenting as follows. "I referred to the fact that we had

worked together in his previous roles in Police and in the Fire Service, and so I understood what he meant in saying that his CERT role involves "managing security through a different lens". I said that I liked the way that he had brought out the point that the management of all security concerns involved the same core principles - noting that contributions to mitigating risks could be made before, during, and after any adverse events. Finally, I thanked him for an interesting and lucid outline of the issues involved and how they were being managed. He had pitched his talk at the right level for our Rotary members, many of whom were not always as aware of computer security as younger people."

SOCIAL MEDIA FOR ROTARY CLUBS



Ramola Duncan

On Saturday September 4th, Zaheda Davies, Ross Foubister, David Young and Morris Robertson participated, with about 60 other Rotarians, in a Zoom conference on "How to use Social Media for Rotary Clubs", facilitated by Ramola Duncan, one of the District Trainers.

Zai comments " *The session was quite different to what I expected so I found myself learning more about how Rotary functions and the resources we have available for us as well.*

My biggest takeaway in the session was that not one size fits all, which is to show that there are more than one form of social media and each one may work differently for each Rotary Club dependant on the dynamics of the members. Some clubs use LinkedIn, Twitter, Instagram just as well or as much as some clubs use Facebook or even Club Runner.

Also, the use of the social media is to assist us to tell the story of what we do as a club and share that with the outside world. We do a lot of good for the communities we work with and so the stories we tell help us to bring more awareness about what Rotary is all about. By sharing our stories, we can use that to attract new members which we all know is very important to keep the spirit of Rotary alive. "



This session was the first in a series. The three to follow are –

Monday 13 September 6pm. Information session on Rotary Learning Center.

Saturday 18 September 10am. This one is highly recommended for club members

How to use Facebook for Rotary clubs

When your Rotary club is on Facebook, your reach is exponential. You can connect with the wider Rotary community and share your club stories directly with your members and prospective Rotarians.

This session will help you set up your club’s Facebook page and help you in building out your page in a way that clearly identifies with the causes your club supports.

Facilitator Ramola Duncan will show you how to create a page, build your audience, and create and share interesting and meaningful content. She will also show you how to use advanced features, including events, stories, and Facebook Live.

Learning objectives

- * Benefits of Facebook pages and groups
- * Creating a Facebook page
- * Choosing a username
- * Adding a call-to-action button
- * Posting updates
- * Inviting friends to like your page
- * Creating Facebook events
- * Streaming with Facebook Live
- * Using social media content calendar

Saturday 2 October 10am – How to use LinkedIn for Rotary Clubs.

Further sessions are being planned. PDF’s of each session’s materials will be available. Contact Zai or Morris for details including links to register for future sessions.

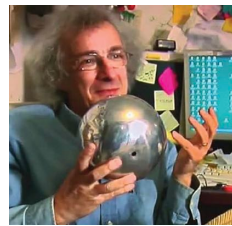
KIWI COMMUNITY ASSISTANCE

Despite increasing demand KCA has experienced a significant decrease in volumes stock they can rescue due to panic buying. On the plus side, New World Porirua City has pledged \$20,000 to the KCA charity during Covid-19

PARTING THOUGHT

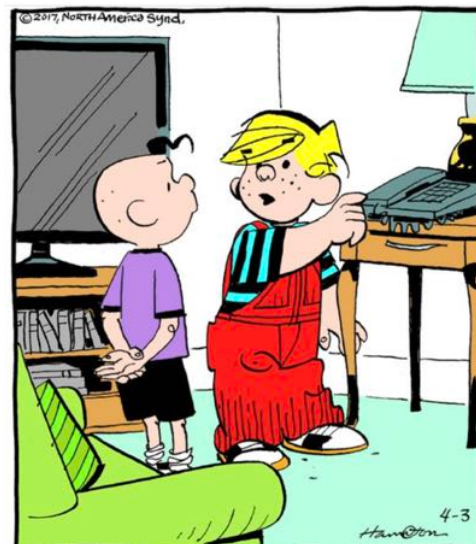
Delivered remotely by Adrian Ellingham

“Treat your password like your toothbrush - don’t let anyone else use it and get a new one every six months”



Clifford Stoll, Cyber systems administrator at Berkeley National Library

TECHNOLOGY MOVES ON



“MY PARENTS USE THIS PHONE TO CALL THEIR CELL PHONES WHEN THEY CAN’T FIND THEM.”

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