



Newfoundland/Nova Scotia visiting GSE team entertain at their farewell party on 30 March 1998.

Cruising for Rotary *Reflections of a Team Leader*

Competition to be a GSE Team Leader was always intense with applicants from throughout the district. They were invited as a group to a day's selection process, which involved making presentations and being subjected to rigorous questioning. Past President Henry Davies came to the fore in the 2004-05 year when he was selected to lead a team of four to Florida.

Henry writes of the experience. "It was 2005, the centenary of Rotary International. The Incoming Governors of Districts 9940 and District 6950, Florida, had agreed to an exchange. I had the honour of being selected to lead the team to represent New Zealand.

The challenge was for the five of us to bridge the cultural divide between two English-speaking nations who, on the face of it, share many cultural values and historic experiences.

I was a banker, Shay Twigden and Anna Head were from the tourism industry, Matt Manderson, psychologist and Jeff Scoringe, policeman. After a year of selection and preparation we left for Tampa, Florida.

We spent seven weeks together, sharing our days and the minivan and being hosted by wonderfully generous Rotarians. We visited many of the tourist attractions as well as places

where tourists would rarely go, including businesses, the prison, council chambers and the County Water Board. We experienced the remembrance celebration. We saw Rotary in action at the centenary projects and, of course, the specific vocational programme arranged for each of us.

The District Conference was held on a Carnival Cruise to the Bahamas. Picture a group of a couple of hundred Rotarians and over a thousand assorted guests on honeymoon, stag parties, hen parties and family holidays. It was a surreal experience but very exciting for us Kiwis being shown a glimpse of the high life when we visited the Atlantis Hotel.

The lasting memories are of the generosity of the people we met, but also of a divided society. The divide within politics, the lack of separation between church and politics and views on immigration and race contrasted with a New Zealand nation where there is largely a consensus over the type of society we aspire to and where the debate occurs around the pace and route for the journey. It was a difference surprisingly worthy of a cultural exchange." ■

Selecting a Team

Over the decades Wellington North The process of selecting GSE team members involved initial interviews in various parts of the district followed by a live in weekend for the top ten candidates with a large team of selectors to put them through their paces, both physical and mental. The objective was to determine which four would be able to survive up to six weeks of continuously having to be on show morning, noon and night and still be smiling while answering the same questions over and over again. Social habits and attitudes were closely observed and, last but not least, compatibility amongst members of the selected team was most important. ■



Henry's team with, from left, Mathew Manderson, Shay Twigden, Jeff Scoringe and Anna Head.

On Joining Rotary



Trans Tasman

I have enjoyed nearly 15 years in the Wellington North Club after an initial taste of being a member of the Brisbane Rotary Club for three years and the North Sydney Rotary Club for two years. I have enjoyed the many various roles I have filled ranging from a member of the International Committee

when I joined, to President and my most recent two-year stint as Assistant Governor.

Jeremy Spanjaard

New Friends

I joined the club at changeover in 1980. The impetus for my joining came from my then wife who told our friend, Terry Leamy, who was a member of the Rotary Club of Wellington that I needed better friends. This resulted in a summons to see Bob Norman, an Assistant Commissioner in my department, the Ministry of Works. He was doubtful that I was paid enough to join his Rotary club and, although he did not rectify that, he did introduce me.



David Pickering

The piper

One of the first and greatest good fortunes to come my way on arrival in New Zealand was the discovery of the Rotary Club of Wellington North. As a committed Rotarian of 30 years, half that were at 100% attendance, a priority was to find a new Rotary home, and fast, to maintain my attendance record. Passing the Bridge Club in Thorndon, it was my good fortune to see a Rotary sign and, on my first Thursday in New Zealand, I was

welcomed there with great warmth and fellowship.

After a brief foray, testing other Rotary water around town, experiencing parking fees exceeding the cost of the meal and seeming indifference, I gravitated to Wellington North, and am very grateful to the members for including me among their number.

Viva Wellington North Rotary!

Laurie Bond

After joining the club Laurie introduced a practice of celebrating the birthday of Robbie Burns with the ceremony of piping in the haggis.



The Southern man

I am pleased to be a member of Wellington North Rotary, having joined the club in 2008, after moving from Dunedin two years earlier. There, I had joined Rotary in the late 1990s, becoming the president of the Dunedin club for the 2002-2003 year.

Being relatively new to the city of Wellington, belonging to the club allowed me to get to know a whole new group of people and through the many outstanding speakers to the club get to know the city. As should be the case, it has meant forging new friendships and appreciating the many skills the members bring to our club.

Wellington North is richly endowed with expertise, something the members readily apply to the working of the club and to its humanitarian outreach into the local community and beyond.

I congratulate the club on this milestone and salute those who laid the foundation that we today can now stand on. The challenges are there for us now – to determine what the club should be like going into a new era. Society has changed but can we?

Lionel Nunns



Visiting

Amongst the more exotic clubs Wellington North members have visited was the Rotary Club of Ramnita Val-Cozia in Romania which was visited by Dermot Byrne, shown here with members of that club. ■

Future Generations

Supporting Youth

Over the past fifty years the club has been involved in supporting many activities. These included Rotaract, once a strong movement, which faded away but is now being revived. Several programmes, such as International Youth Exchange and Matched Twin Exchange have enabled teenagers to experience other cultures. RYLA is aimed at self-development for 18-25 year olds. Other programmes, such as Healthy Heroes, Reading Assistance and Careers Evenings have been partnered with schools.

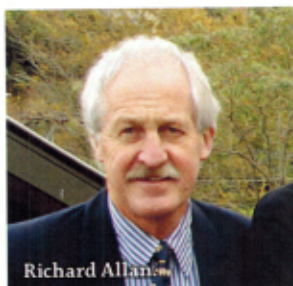
Rotaract

1971 was a good year for about thirty 18-28 year olds in Wellington. The Charter President, Richard Allan, recalls the heyday of the club.

"The Wellington North Rotary Club, under its Community Services Director, Michael Shanahan, decided to do what many other Rotary clubs were doing and establish a Rotaract Club.

Members of the Rotary club set about recruiting a group of young men and women between the ages of 18 and 28 and convinced them it was a good idea to form and operate a club run along the same lines as a Rotary club. They achieved this through work colleagues, friends, relations, friends of friends etc., and, on the 7th of October 1971, a function was organised at the then Overseas Terminal to present a certificate of organization to the newly formed Wellington North Rotaract Club.

What followed for the charter members, and the many newcomers who subsequently joined, was a lot of fun and considerable community achievement. Throwing together young men and women in their early twenties resulted in many social events, parties, group trips away at long weekends and visits to other newly formed Rotaract clubs in the lower North Island. The club raised funds for charitable groups, sponsored a girl



in Fiji, helped community groups that needed people-power, worked at several Telethons and organised many other fund-raising and charitable events of its own. Later, I attended a function to celebrate 21 years of the club.

A significant outcome of forming the Wellington North Rotaract Club was the number of romantic liaisons which were formed. Several of us met our future husband or wife and many other life-long friendships were forged and are still going strong forty-four years on. There is currently a group of four couples who married, having met at Wellington North Rotaract Club. We are still very close friends, as are our children, and there is now a third generation emerging. We are the Rotaracters, our children we christened the Rotisseries and the next generation have been dubbed the Roties!

The Wellington North Rotarians in 1971 probably had no idea of what they were to become responsible for."

During the nineties Rotaract clubs throughout the District faded away. There were no clubs for several years until a new Wellington Club, for which Wellington North was one of the sponsors, was chartered in 2011.

Careers Evenings

During the early years of the club's existence regular careers evenings were held at Wellington Girls, St Marys and Queen Margaret Colleges. These took the form of vocational desks, manned by club members and a few ring-ins, representing various potential occupations. The strict classification system of Rotary membership meant that a wide range of occupations was represented. This project came to an end for two reasons. First, while club members were very happy to talk about their occupations, the girls were generally more interested in what subjects they had to take at school and what university courses to take in order to be qualified for the particular career. Second, the balance in club membership towards more retired members was starting to limit the number of occupations that could be offered.

Reading Assistance in Schools

Wellington North Rotary has provided a reading assistance programme in schools, partnering with primary schools based around the club's area and further afield in places where some





Dictionaries presented to pupils of Ngati Toa School.

of the members reside. Volunteers have visited schools in Ngaio, Khandallah, Wainuiomata and Titahi Bay for about two hours each week to listen to children read.

Each school chooses how they want to run the programme. Some schools opt to assign the volunteers to the classrooms where the children are working. In other schools the volunteers work as a group in a separate room with the children being sent from their classrooms to work one on one with the volunteers.

Healthy Heroes

Laury Sinclair had a vision

"The year was 2003. Rotary International alerted all clubs around the world to the upcoming centenary of Rotary in 2005, and asked each club to organise a project that would suitably commemorate the anniversary. At a club forum the weight of opinion favoured increased support for Karori Rotary club's Wildlife Reserve, as it was then known.

After the previous week's meeting, as Jeremy Spanjaard and I walked back to downtown Wellington, we had discussed key problems facing New Zealand. We had agreed that the trend toward child obesity and type two diabetes had the potential to wreak the most damage.

At the forum, before a decision could be made, I protested that, while the Wildlife Reserve was a worthy project, it was not new. We had supported it for a few years, and it would be a copout to ride

The children are enthusiastic about reading to a supportive and encouraging adult and enjoy the opportunity to discuss the subject matter and, sometimes, how it relates to their lives.

Like other Rotary Clubs in the district, which are involved in the programme the club's volunteer group extends to partners, neighbours and friends of members. Those who are involved have found being able to make a tangible contribution in this way a rewarding experience.

piggyback on another club's initiative. We should have our own project.

There was a chorus of "What else, then, should we do?" I replied that our country was facing a crisis in child health, and we could not just stand aside and let it happen.

Club members agreed, and within a few months the Pioneer for Better Health programme, later renamed Healthy Heroes, was born and launched the following year on a pilot basis in four schools. Since then it has spread from the lower North Island to the northern half of the South Island and to the Gold Coast of Australia."

Laury Sinclair



Laury Sinclair.

The Programme

Healthy Heroes incorporates key elements for child health from the school curriculum on health and physical education, in one holistic programme. It aims to be simple, clear, challenging, long enough for healthy habits to be formed and to make



Submission to Select Committee

On 17 April 2006, Jeremy Spanjaard and Laury Sinclair made a submission to Parliament's Health Select Committee on the Inquiry into Obesity and Type Two Diabetes in New Zealand and were invited to appear before the Committee. We explained that Rotary was appalled at the health crisis facing New Zealanders and considered it had a role to play in addressing solutions to it. While strong education programmes and strong legislation would be needed, we said that the major task was to ensure that the Ministry of Health's Healthy Eating Healthy Action policies, and the Ministry of Education's health policies, needed to be adopted in the homes of New Zealanders.

We suggested that Rotary's uniquely holistic Pioneer for Better Health, later Healthy Heroes, programme would be most effective in fulfilling that purpose. Rotary supplied the programme of five challenges every day for children. Schools registered participants and monitored progress but families implemented it in the home. Results showed that the turnaround in home health understanding and actual health habits often dramatically changed for the better. Children developed self-responsibility and self-esteem. School principals became very supportive. Funding support, we argued, would facilitate the wider spread of the programme.

Select Committee members praised Rotary's programme, and wished us well in spreading it as widely as possible. One exception was the National member who left the hearing just before our submission and whose party won the next general election, whereupon they scrapped all existing health policies, even the requirement of school tuck-shops to serve only healthy foods. Despite that, we considered our submission to have been a valuable, responsible action on behalf of Rotary.

Laury Sinclair

the family responsible for implementing it. Rotary supplies the programme while the school administers it. International research has shown that parents, rather than school or government, have by far the greatest influence on children's health behaviours. From feedback, it is significant that many homes, as well as the children participating, have been drawn into the programme and valued its guidance on healthy practices.

The programme features five challenges to be met each day for at least five days each week for nine weeks, a school term: have at least 30 minutes' physical activity eg. walk, swim, run, cycle, play sport; eat 3 vegetables and 2 pieces of fruit; have an agreed bedtime and sleep for 8 to 10 hours to avoid sleep deprivation; stretch the mind eg. read, play board games or a musical instrument, learn singing or a new language; and help others at home eg. meal preparation, make a bed, garden, at school help others to read or join a playgroup, tidy a classroom, help someone with a disability or in the community eg. remove litter, shop for a friend or neighbour or take someone's dog for a walk.

Healthy Heroes aims to build wellbeing and help safeguard children from obesity with consequent problems such as type two diabetes, stroke and colon cancer. Our future as a nation will depend on the healthy children of today becoming healthy adults of tomorrow, able to contribute to the workforce and welfare of our country. Schools like the way it takes essential aspects of the curriculum into the homes and the opportunities it gives them for a creative range of activities to build around



Early days - Achievement certificates at Corinna School.



Thorndon School pupils wearing Healthy Heroes hats.

their focus on health issues over a full school term. Parents like the onus being on them to make it happen and the way it draws the whole family into the programme. Children like the colourful programme and its quality materials,

rewards they receive and the way it builds their self-esteem. It is endorsed by the Royal College of General Practitioners and the Pharmacy Guild.

Today, the main responsibilities of the charitable trust, whose members are appointed by the club's board, are to protect the programme's intellectual property; manage the

property, funds and affairs of the trust; facilitate the spread of the programme to other districts; deal with government relations and any inquiries, especially those from abroad; manage endorsements, the website and the legal requirements of a charitable trust. Otherwise, the Rotary District Healthy Heroes Committees function autonomously in promoting, spreading and implementing the programme in their localities, raising sponsorships locally and dealing independently with schools, Rotary clubs and service providers.

Rotary Youth Leadership Awards

The Rotary Youth Leadership Award is a five-day international programme for potential leaders between the ages of 18 and 24. It is a programme run by Rotary throughout the world. All participants are sponsored in full, either by a Rotary Club or other organisation. In District 9940 RYLA takes place in February at the Silverstream Retreat although there are also a number of field visits such as team building on Wellington Harbour.

The RYLA programme recognises, encourages and educates future leaders by offering them this intensive leadership training experience. The programme demonstrates Rotary's commitment to developing future leaders by encouraging them to be the best they can be.

Organisation of the event has rotated amongst clubs in the District. In the early 2000s it was in danger of recess until Wellington North club member, Warwick Bell, took on the task of reviving the programme with considerable success. This has secured its future.

Wellington North has funded many RYLA candidates over the years and is committed to supporting more in the future. Several of these have been subsequent speakers at the club. When Emma Thwaite and Zac Holter addressed the club in August 2006, they



spoke of their experience: "Input was from many noted speakers, covering such topics as avoiding burnout, personality types, how to succeed, goal setting and taking opportunities. You must be the change you wish to see in the world."

As a last accolade, Wellington North was honoured to have PDG Tony Fryer serve as the International Chair of RYLA.

Over the years the club has supported a number of other programmes, either by participating in their operation or by sponsoring participants. These include Rotary Youth Programme of Enrichment (RYPEN), Outward Bound, Eureka Science, National Business Week, and Peer Support. ■



Raft building and sailing challenge.



Enjoying the RYLA experience.

International Youth Exchange

This exchange provides thousands of young people with the opportunity to meet people from other lands, to experience their cultures and learn their languages. Clubs have the opportunity to host an overseas student, between 16 and 18, for a year. Typically, students are home hosted by three or four families.

Inbound

Alan Fraser, as a new club member in 1967, was asked to be the counsellor and host for the club's first Rotary Exchange Student, Dana McAvoy, a 16-year old from Washington, Iowa. The exchange covered the calendar year and included three host families. He attended Wellington College and, in his college vacations, toured New Zealand. The exchange was very successful and, over the following years, the club hosted students from Argentina, Brazil, Canada, Germany, South Africa, Sweden and United States of America.

The club has hosted a number of students in successive years with breaks when the finding of host parents became problematic. However, that was not always so because, in 1983, when there were no offers on the horizon, the club, motivated by a plea from one of the members, found enough host families to accept two students. There was always some trepidation about being the first host for a non English-speaking student. It always worked out in the end.

Janice Whalen from Bracebridge Ontario was hosted by Ross and Jean George who have subsequently visited Janice and her family on two occasions.

After her student exchange Janice graduated from University as an occupational therapist, which she still practices. Janice married Greg Johnston, a physicist of white Russian refugee parents. Janice and Greg came to New Zealand on their honeymoon and attended the club's twenty-fifth anniversary.



Miki Ono and her husband on a return visit to Wellington

Greg was involved in the oil industry in Calgary, but after an economic downturn they moved to Toronto where they still reside. A technical adviser for oil drilling equipment, Greg travels frequently to countries such as Kazakhstan and the Ukraine. He was in New Zealand recently, lecturing in Christchurch.

Miki Ono from Tokyo was a great favourite who kept in contact for many years and subsequently revisited New Zealand twice. As a girl raised in the formality of the Japanese culture, Miki was initially unsure about physical contact. In her final speech to the club Miki said that her greatest achievement during her exchange year was learning how to hug. In the course of busi-



Janice shortly after her arrival in 1982



Janice Whalen in 2013 with Greg and their children, Curtis and Katie

ness trips to Tokyo Morris Robertson met up with Miki on a number of occasions when he was always greeted with a hug. Miki has returned to Wellington for two visits, once bringing her husband and, the second time, bringing her daughter, Lilly.

Because of the matching school years, Southern Hemisphere students were easier to fit in to the school system. Thus, we saw a number of exchangees from South America and South Africa. Pieter Kriel from South Africa was the last from that country before apartheid closed off the opportunity. Today, Pieter runs a Big Game Hunting company, an occupation that might not have universal appeal.

Following the end of apartheid in South Africa we were pleased to welcome Tyra van Ginkel from Cape Town. Tyra threw herself into the affairs of the club and those of her host families and friends. Towards the end of her year, 2001, she was invited to chair a meeting of the club and handled it with aplomb.

Camila Maia came to the club from Passos, a provincial centre in Minas Geras, a state in the southeast of Brazil, an area she described as "rich and famous with tourists and social problems." However, there were compensations in her life, as her engineer father also owned an ice cream shop. In January 2015 Camila, who is now a civil engineer, was the chief organiser of her wedding to Eduardo, another engineer, for over 300 guests. Beth Pethig reported. "This fabulous big family event at the Central Cathedral and Central City Club of Passos went from 8.30 pm until 4 am and included a Carnival Experience and a sensational salsa exhibition dance by the bride and groom."

Sumi Hashioka hailed from Chiba, east of Tokyo and, like Miki Ono before her, learned to appreciate the benefits of friendly physical contact.

At the last meeting of the 2005/06 Rotary year the club was joined for a special treat by Sumi's parents. The club's resident Japanese, Hide Hamada, introduced Sumi's father, Hashioka San from the Rotary Club of West Chiba, by describing him as a ninth generation Noh Master whose father and grandfather had been Japanese National Treasures. As well as Japan he had performed in Canada, Brazil and Korea. His fourth international performance was before Wellington North whose members were treated to a sample solo performance.



Pieter Kriel today.



Tyra presiding over a Rotary meeting.



Sumi Hashioka.



Camila wearing her, typical IYE, decorated jacket.



Noh dance demonstration.



Changing the character of President Dermot.

After the performance Hashioka San, with the aid of Hide's interpretation, described the background and techniques of Noh dancing. At 650 years it was the oldest continuous form of play in existence. It was regarded as the ultimate art, cutting off the unnecessary and depending on the audience's imagination. He demonstrated how the fan could be used to represent various actions such as drinking, sleeping or it could be a bird or shield.

Hashioka San then brought out several wooden masks, many hundreds of years old, which enabled representation of a number of characters. With these he demonstrated how the

character of President Dermot Byrne could be changed. The meeting ended with a sense of enlightenment.

In her speech to the club Sumi spoke of the history of the Samurai and finished with, "there are no more Samurai left as the last one was Tom Cruise."

Amongst other names that come to mind are Ashley McMillan, Gene Schilling and Cindy Hamilton from Canada, Jody Radke from USA, Anne Preuss from Germany, Romina Amezcua, Martin (Ticho) Monquat from Argentina, Sanna from Finland, Vincent from France and Gautier Stil from Belgium.

The Host Experience – Fond Memories

In 1997 Ian and I were counsellors for Lizandra. Her three wonderful host families plus other Rotarians gathered at the airport with us to meet her and I am sure this warm welcome set the tone for the year ahead. Initially, she stayed with us and, on her first day, learnt to throw a spiral rugby pass and went to the Basin Reserve to watch her first game of cricket. She never hesitated to accept an opportunity to enjoy new experiences and see as much of New Zealand as possible. During the year we had many happy times and I particularly remember Waikanae and skiing in Wanaka. She loved everyone and her expressions brought smiles and laughter. She was a very popular student and appreciated all the warm hospitality she received from the Rotarians and their families.

Janet Hercus

Hosting two delightful Brazilian students, Lizandra Matthes in 1997 and Camila Maia in 2007 was an amazing and fulfilling experience. Little did I know I would end up meeting their wonderful families and attending their amazing weddings. Added to that was, this year, meeting Lizandra and Konrado's bubbly and charming young children. Theo, five, loves kiwis and is already learning English. Eloah, two, loves their pet tortoise, which lives on their balcony.

I was made to feel completely welcome in both the family homes and wish to congratulate the club for its excellent selection of students. These two are now remarkable young women who appreciate all that you did for them and who love everything to do with New Zealand.

Beth Pethig



Lizandra, shortly after her arrival in NZ, with Janet Hercus.



Camila dressed for her wedding.

Lizandra Matthes – From Bikinis to Babies

Back in 1996, the late Ian Hercus, as a member of the District IYE Committee, was keen to reinstate Wellington North's IYE participation after a gap of several years. Ian, Ross George and Morris Robertson gathered in Ian's office to review the applications, each with a photo attached. After a run of passport style photos there was one of a young Brazilian, clad in a bikini, emerging from a swimming pool. After due consideration and unanimous consensus, Lizandra was chosen. She proved to be an inspired choice in many respects especially as she has continued to maintain regular contact with Club members over the past 18 years.

Lizandra readily accepted the invitation to contribute the following, which is a summarised version, translated from the Anglo Portuguese

Dear Rotary Wellington North,

It's really a pleasure to write to you all about my exchange year in 1997 which I could summarize as FRIENDSHIP, LOVE, HOME and FAMILY. I confess to knowing nothing of New Zealand beforehand but I accepted on the grounds that English was spoken there.

I only was 16 years old; I didn't know any English, only hi, hello, how are you? I didn't know anybody. A week or two before my flight Ian Hercus, my Counsellor, who became my great friend and guardian angel, sent me an e-mail introducing himself and telling me he would meet me and told me about my host parents. Ian and I worked so well, he was so happy, funny and always teasing me. His family was so nice, his "kids" and his lovely wife Janet, so sweet. They were a great support the whole year. For my first New Zealand impression, it was perfect.

My first host parents were Ray and Beth Pethig. Beth was always busy, a great cook, so much energy and funny as well. She was, and still is, my crazy mum. At the Pethigs I learned that green vegetables, which I had never previously eaten, are really nice.

I felt very much at home with Chris and Lin Tempest, my second family where I became their fifth daughter. I loved to cook with Chris and he taught me a lot in the kitchen. I am still preparing and serving Lin's cookies to my kids.

My third host parents were Tony and Sheryl Fryer. Tony was always funny at the Rotary meetings but, at the same time, tough. Because of the tough part I was worried about staying at his house. But, I loved it. Tony was really my father there, nice when he was able to be and really tough when he had to be. I loved Saturday morning grocery shopping followed by hot dogs. Sheryl always took care of me with her heart. I was with them for my Kiwi birthday.

My last family was the Kings. I confess that I was afraid to live there because Cathy wasn't at the best time of her life, but it was very special for both of us. While there I was really a daughter to her and she was really happy having me. David was great, as were Emily and Chris. I was there for Christmas and my brother Gustavo came to visit.

Almost 20 years and we still have contact. I came back to New Zealand with my parents for four months in 2003. They got to know each one of my host families. Emily King, my host sister, came to visit me in Brazil; we've spent a great time together. Beth, Chris and Lin, and Tony and Sheryl came to visit in 2005 and toured Brazil. I met Chris and Lin again in Milan the following year and several of my host parents attended my wedding in 2009. A friend from Queen Margaret College is about to make her third visit.

There are many people I also wish to thank. Alan Fraser developed all my photos, and Morris and Margaret Robertson were very good friends, always very kind and taking care of me. One day I hope to bring my family to visit you all.

I loved to go to Rotary every Thursday, talk to all those gentlemen, do the toast, draw the raffle and eat macaroni cheese, which was my favourite. The only bad thing of exchange is that I left New Zealand overweight. Hokey pokey ice cream is too delicious!

Love to you all

Lizandra [AKA Dizzy Lizzie]

Over the years Lizandra sent many photos back to New Zealand. Initially they tended to be bikini-clad girls enjoying the Atlantic surf. The subjects evolved into pictures of Konrado, their wedding and, eventually, of the children. ■



Lizandra in pre-marriage context.



Lizandra, Eloah, Theo and Konrado in family context.

Outbound

Back in the 1970s and early '80s large numbers of applications were received for places in the outbound exchange. In one year the club interviewed thirty from the three girls colleges in the area. Changes in the examination system saw applications fall off rapidly to the point, by about 1990, that suitable candidates had to be shoulder tapped. Amongst the many who were sponsored were Joanna Tuckwell and Evelyn Stannard.

Joanna Tuckwell

In 1988, the Club sponsored Joanna Tuckwell to undertake a one-year student exchange, hosted by the Rotary Club of São Paulo Sul (District 4420) in Brazil. This treasured experience enabled her to build friendships that she has maintained until today. Joanna has since become a Wellington North Rotarian and spent time with all three of her former host families while attending the 2015 Rotary International Convention in São Paulo. In her view, "The unique contribution of a student exchange for building international peace and understanding is the opportunity to learn and communicate in the language of the host country; this offers a special set of insights into people's way of thinking and expressing themselves, and a depth of understanding, that is simply not possible otherwise."

Evelyn Stannard

At the meeting of 30 June 2005, Laury Sinclair, with much pride, introduced his granddaughter, Evelyn Stannard, who had spent the previous year as an exchange student in the Loire Valley, France. In his introduction Laury spoke of Evelyn's achievements, particularly in sport where she had been the NZ and South Pacific judo champion for her weight.

Evelyn gave an illustrated tour through the year, beginning with the journey to, and arrival, in Blois. She spoke of the initial language difficulties, the wonderful host families and the region with its many chateaux.

She also spoke of her travels within Europe and some of the highlights, which included being present to witness the All Blacks defeat France 36-6. Evelyn's most enthusiastic comments were reserved for French food and the discovery of hot white chocolate.

Following her Rotary Exchange year in France, Evelyn completed an Arts degree at VUW, graduating with a double major in Pacific Studies and Psychology.

She then undertook a one-year post-graduate teacher training course, and was subsequently appointed to Karori Normal School. She taught there for four years, during which she introduced Rotary's Healthy Heroes programme to junior classes.



Joanna with fellow exchange students departing Wellington Airport in 1988.



Lau family in Shanghai

Meantime, she married lawyer Dave Lau, with whom they now have three children, two girls and a boy. In November 2014 the family moved to Shanghai where Evelyn teaches English, drama and science to Chinese and non-Chinese pupils at an independent school. Evelyn has been responsible for interviewing parents wanting to enrol their children at the school. Her principal also asked her to be interviewed by a visiting French television company about aspects of education in China. She has started a book club for staff members, and sports groups for staff and pupils.

Evelyn learnt that she had been selected to teach at the Shanghai school in part because of her ideas on how she had coped with her overseas experience in France and, thus, could advise boarders at the school. She had found her year in France hard, but had dealt with it by keeping busy with sport, where she went up a grade in judo, choir and other interests. That way she didn't get time to be lonely and her year had been an asset to her. She even learnt how to dress with more style using scarves and combinations of items and colours.

The Lau family live on the 29th floor of an apartment building near where Evelyn teaches, and all are learning Mandarin.

Trans Tasman Swaps:

New Zealand – Australia Matched Student Exchange

This programme, which stays largely under the radar, is designed to foster international understanding between Australians and New Zealanders. Although arranged by the District Committee it is largely run on a family-to-family basis with support from clubs. The exchange works on the basis of secondary school students, aged between 13 and 16 exchanging homes schools with Australian students, consecutively for a term each.

Wellington North has periodically nominated students with the peak in 1983 when three exchanges were arranged. The outbound students have been encouraged to visit the club before they leave and report back on their return. One such student was Matt Ritani in 2006, who spent three months in Australia,

starting with a family in Berri and then with a different family in Monash, population 50.

Matt spoke of how the Rotary community became like an extended family and how many good friends he made. He flew above the Murray River, climbed rock faces in the Grampians and joined with other exchange students in various adventures. He played Aussie Rules, competed in cross-country events and took a leading part in a drama production.

Matt paid tribute to Rotary and what it had done for him in sponsoring him. It was clear to those who were present that he had matured through being in a new environment and facing new challenges. His advice to his contemporaries was, "Take whatever opportunities are offered; they won't come by again." ■

Wellington – Our City as viewed from the Onslow Lookout.



Global Outreach

Rotary has a global reach with clubs in 169 countries, which puts it in a great position to address many of the humanitarian needs facing the world. A number of international mechanisms are available for Rotary clubs and groups of clubs to address these needs. Foremost is The Rotary Foundation which accumulates funds for disbursement as project grants, all of which are subject to well defined criteria and processes including monitoring and audit reviews.

The second mechanism for funding is through Rotary New Zealand (RNZWCs Ltd.), a company established by the six New Zealand and South Pacific districts as a Non Governmental Organisation for the purposes of accessing Ministry of Foreign Affairs and Trade development funds. Rotary New Zealand also manages Donations in Kind and the Emergency Response Kits programmes.

Wellington North has taken advantage of these funding opportunities to initiate a number of projects. It was the lead club in the Timor Leste Safe Surgery project, chaired by Alan Fraser, which received the first New Zealand Global Grant under the Future Vision pilot scheme. The supporting clubs were Hutt City, Pencarrow and Johnsonville.

In a number of instances the club has partnered with other organisations to plan and implement projects, particularly where partners have had resources in the recipient areas.

Water Wells in Kien Giang, Vietnam

This partnership between the Rotary Club of Wellington North and the Christina Noble Children's Foundation (CNCF) in Vietnam was formed in 2006 when Belinda, daughter of club member Michael Gorman, was working for the CNCF in Ho Chi Minh City. Belinda assisted the Club in developing the project. Her first hand knowledge of the specific issue, Kien Giang Province, in-country partnerships and programme components was an invaluable asset.



Completed waterwell at Kien Giang.

Vietnam has a population of 80 million, of which approximately 63% live in the countryside. Only 25% of residents living in the country have access to safe water. Thousands of children in Vietnam suffer easily preventable health problems, including skin infections, digestive problems, scabies, trachoma and flea, lice and tick borne diseases as a result of the contaminated water they ingest and bathe in daily.

Kien Giang Province, situated in the southwest of Vietnam, relies heavily on agricultural production and fisheries. The three districts of An Minh, An Bien and Hon Dat, in which the project was undertaken, are located in remote areas of the province and have a combined population of approximately 320,000 people. Due in part to the increased level of salt absorbed by the surrounding land, from the sea, plus the effect from increasingly polluted canals, the agricultural productivity of the area had been negatively affected. These factors contributed to a significant shortage of fresh water.

Funding

As a fund-raiser for the project the International Committee arranged with Khandallah Arts Theatre to "buy the house" for a night of the season of Dancing at Lughnasa by Brian Friel and set in Donegal. The Irish theme of the play was expanded into a full blown Irish evening, enhanced by the presence of Rodney Walshe, Irish Consul to New Zealand, and two visiting Irish Members of Parliament who were in New Zealand on a fact finding tour. They were Ceceilia Keaveney, Donegal North East Fianna Fail and Dinny McGinley, Donegal South West Fine Gael.



Dancing at Lughnasa.

At the conclusion of the performance Ceceilia Keaveney, who was a personal friend of the playwright, Brian Friel, spoke briefly and thanked the cast for the excellent rendition of Friel's play. She then presented the Narrator, Marcus Lawson, with a letter of congratulations from the author himself. In a final touch for the evening each member of the audience was presented with a bottle of Guinness, courtesy of the Irish Consul. A matching grant from The Rotary Foundation completed the funding.

The outcome of the project was the provision of 30 water wells. The recipient villages expressed their immense happiness to have wells constructed in their area. One old man said "water is gold in this area." In the past, people have tried to dig some water wells in the hamlet, but they failed to tap the fresh water. The project funds enabled an experienced contractor to be hired to reach depths where there was good water quality. One example quoted was that of a recipient family, that previously had to cross a dangerous river to get water for their daily living.

School Bags of Hope

The need, when the club was approached for assistance in 2006, was to assist in providing an education for the thousands of street children in Ho Chi Minh City, many of whom were living and working in communities dominated by crime, drugs and prostitution. For most, the small cost of schooling in Vietnam was prohibitive but a school could provide them with a safe environment and the support needed to avoid social ills.

In 1991 Christina Noble opened her Sunshine School in Ho Chi Minh City. Each year the school provided over 300 street children with free primary education, medical monitoring and a provision for food. The students, who ranged in age from 5-17 years were taught a state designed Pho Cap syllabus, which is an 'alternative education' system, specifically designed for children who are too old or unable to attend main-



Family Centre, Ramnita Valcea, Romania.



Working with the children, Romania.

stream schools. Lack of a birth certificate, a resident's card or that they needed to work were among the reasons that children were unable to enrol in mainstream classes.

One of the main aims of the Sunshine School is to help integrate children into the mainstream school system. A number of the students who graduate from the school at the end of each year are eligible to progress to high school and further their education.

Wellington North contributed to the school by funding sixty School Bags of Hope. For \$30 each these provided essential starter kits comprising stationery, clothing and healthcare products. With each bag the club was able to bring new opportunities and the prospect of a brighter future for a Vietnamese child.

Shade in Romania

At the Club meeting of 9 February 2006 then President, Dermot Byrne, introduced Margie Vincent from The Open Home Foundation. Margie had moved to Ramnita Valcea, Romania in 1999 to run a family centre for the Foundation. Dermot and Kerrie Byrne had visited it in 2005. While there Dermot visited the Rotary Club of Ramnita Val-Cozia and introduced that club to the centre.

The need for such an establishment arose from the policies of the Communist era which encouraged procreation without the means to adequately support the population growth. Children were abandoned to orphanages. The move by Romania to join the EU prompted a move from orphanages to foster care, again without means of back up support.

The family centre has a focus of keeping the children at home but provides day care and life skills services for both



Umbrella site.

Rotary Safe Surgery project

Hospital Nacional Guido Valadares, Dili



In 2011 four Rotary clubs, Wellington North, Johnsonville, Pencarrow and Hutt City joined forces to investigate a potential healthcare project in Timor Leste. The project was initiated by Past Rotary District Governor, Morris Robertson, who contacted consultant perioperative nurse Lyn Brown, who, for over ten years, had been the nurse member of the New Zealand, Paediatric Surgical Team, which contributed to the Royal Australasian College of Surgeons Programme of Assistance at the National Hospital in Dili.

Lyn identified a major need, which was to improve processes and practices within the operating theatres that would help prevent surgical postoperative infection. Lyn volunteered her time to help design and implement the project, a contribution that has lasted four years.



Before – Lyn Brown sorting theatre instruments in a room holding sterile equipment and a multitude of other items

From initial funding from each of the participating clubs, a partnership with an Australian Rotary District and grants from The Rotary Foundation the total project budget was built up to \$NZ 80,000. The project included the installation of shelving for sterile supplies, sterility education leading to skills transfer, supply of much needed theatre linen and improvements to theatre suite cleaning. Competency workbooks, translated into Tetum, have enabled senior nurses to supervise good process and practice, thus ensuring the sustainability of the project.

After – Senior Sterilising Technician, Calisto, returning newly sterilised Instruments to the Rotary supplied storage system



In addition to the grant funding the project has been enhanced by the generosity of RACS and healthcare facilities and merchants in Wellington. Lyn has been accompanied on her periodic visits to Dili by specialist nursing colleagues who have also donated their time and expertise



Infection control nurse, Carlos, marking off the competencies of sterilising technician, Virgilo

A key success of the project has been the involvement of the Timorise nurses in planning and implementation. They have taken ownership of the improvements and have become enthusiastic about the up skilling opportunities. Their skills, together with the knowledge that has been gained, bode well for the future health of those who pass through the hospital.

**Ready for surgery with sterility assured
The project goal has been achieved**

