



The Rotary Club of Tawa Inc.

Tawarotaryclub@gmail.com



CREATE HOPE
in the WORLD

NEWSLETTER AUGUST 1 2023

MEETINGS

Apologies to tawa.rotaryapologies@gmail.com by 12midday on the Monday prior to the meeting.

1 August	Mike Howard	Adventurer/ Swimmer
6 August (Sunday)	Life Flight Trust	All family members welcome 10:30am at 17 George Bolt Street, Rongotai, followed by lunch
8 August	No meeting	
15 August	Bernadette Pallister	Tawa Business Group Manager
22 August	Indoor Bowling	
29 August	STOP SCAMMING	New Members Night

ROSTER

If you are not available to do your duty it is up to YOU to find a replacement

	1 August	15 August	29 August
Set up	Tim & Karen	Tim & Karen	Tim & Karen
Front Desk	Malcolm Andrews	Malcolm	Malcolm
Greeting Guests	Judith Havill	Tim	Judith Havill
Raffles	Gaylene Lyons	Laura	Judith Gray
Open/Parting	Paul Drummond	Ian Munro	Pat Waite
Intro/Thanks	Laura	Judith Gray	Tim Davin
Photographer	Richard Hutchinson	Karyn Meade	Richard Hutchinson

PRESIDENTS PIECE

It was a cold and stormy night! However, 11 hardy souls arrived at the Porirua Hospital Museum for a fascinating tour and a lesson in history of the facilities and the wider Wellington medical history as well. Our tour guides, Bruce and Des, had heated the place up nicely which helped to dispel some of the less pleasant stories and their outcomes. It was truly a meeting with a difference and all who attended were very pleased they had made the effort. We retired to Madam Saigon Restaurant in Tawa for a delicious meal.

In contrast to the unhappy patients of the past I give you the following to consider:

10 Ways to Improve your Happiness

- Be social
- Stop comparing
- Be grateful
- Make better habits
- Help others
- Be present
- Get outside
- Exercise
- Sleep

Choose to be happy

Enjoy your favourite things

- Happiness = Reality minus Expectation

Have a great week.

Judith G



NEXT MEETING

Mike Howard

Mike lives locally in Tawa, and will talk about his journey from long-distance cycling to picking up ultra-marathon swimming. He had to give up cycling due to having 4 serious concussions within 3 years. and decided to pick up open water swimming to aid his recovery. Just over 3 years later Mike was only the 78th person to swim the maximum 40.2km length of Lake Taupo nonstop without a wetsuit – and he is the 5th oldest person to do so. His talk focuses on overcoming significant adversity by setting goals and remaining positive.



SUNDAY 6 AUGUST CLUB VISIT TO LIFE FLIGHT BASE



An opportunity to see the operation of Life Flight up close and personal. We will be welcomed onto the base by Sebastian Grodd who came and presented to us the story of Life Flights inception and their current project to replace their aging fleet.

Rotary 9940 District Governor, Wayne Gordon, has had the opportunity to sit in the new aircraft and has thoroughly endorsed this project for our District. This is your opportunity to see exactly what we are fundraising for. We can also see how Life Flight acknowledges their sponsors and looks after their donors. You never know when you or one of your loved ones could need Life Flight to be ready to help and how they go about it.

We will meet at the base **17 George Bolt Drive Lyall Bay at 10.30am**. The tour is expected to finish at 12.00pm and those who wish could adjourn to Spruce Goose Café for lunch. Please give Judith or Laura some indication if you are coming Just so we can book some tables. We can organise car share rides for anyone. Please feel free to invite family members, friends and other interested parties to join us.

Note: This visit will replace the Tuesday Club meeting on 8th August.



PROJECTS

Book Fair from 23 September till 8 October at the Tawa Scout Hall Coronation Park, Tawa.

Primary School's Leadership Awards on 7 August

Our Raffle Sponsors



NEW WORLD
Tawa



The Rotary Club of Tawa Inc. <http://www.tawarotary.org.nz/>

