

# Rotary

## Christchurch South



### YEAR 7 & 8 SPEECH COMPETITION FINALISTS

One of the highlights of the Rotary year is when we have the finalists of the Year 7 and Year 8 speech competitions attend Rotary and present their winning speeches. This year did not disappoint as we had Pieta Bennett the Year 7 winner who was from Cashmere Primary School and Olivia King the Year 8 winner who was from Hillview Christian School.

Pieta talked about sleep. With a nice mix of humour and science she told us about the main phases of sleep (light sleep, rapid eye movement (REM) sleep and deep sleep), the importance of each and what affects the amount of each phase that we might experience. Dreaming tends to occur during REM sleeping although why dreaming occurs is not clear. It can be in "black and white" and sometimes in "colour". Although sleeping is important for all animals, the amount of sleep required by different species varies very widely from as little as 2 hours in 24 for a giraffe through to nearly 20 hours in 24 for a brown rat. Why we need sleep is not clear but the use of sleep deprivation as a method of torture well exemplifies its importance. The bottlenose dolphin shuts down only half of its brain when it is sleeping, along with the opposite eye. The other half of the brain signals when to rise to the surface for a fresh breath of air. If we are at a sleepover and don't get much sleep we can catch up later but frustratingly trying to have extra sleep in advance simply doesn't help at all. The pleasure and importance of a peaceful sleep following a warm drink of milk with a dash of sugar cannot be denied!



Olivia spoke to us about the importance of humour in our lives. Inevitably her talk was peppered with some amusing humour such as the glass of water given to a caller at the door asking for a donation for a swimming pool, or the person at the bank who pushed someone over when asked to see their balance. But on a more serious note we learned that although laughter is not always the best medicine, it often is. It boosts immunity and raises the level of the "feel-good" endorphin chemicals in our bodies. Curiously, children laugh up to 300 times a day whereas adults laugh only about 20 times. Given the obvious benefits of laughing in terms of general well-being, assisting relaxation and strengthening relationships, Olivia asked why adults seemed to have largely forgotten this important activity. Laughing is certainly contagious and we all have experienced the pleasure of a good group laugh. Olivia challenged us to laugh more – after all it's easy and it's free!

It was a delight to have Allison and Gill Blackler at the meeting to present these very talented young people with the inaugural Tony Blackler cups in honour of our good friend who was such a keen supporter of the speech competition and all Rotary activities related to young people. Pieta and Olivia were very deserving recipients.

***Huge thanks to Alan McKinnon – meeting reporter***

## LETS SUPPORT POLIO, INVITE A FRIEND, BRING YOUR PARTNER

Join us for our Tricky Tray Auction to raise money for Polio on the 17 Nov. Please make your payment of \$30 into the Christchurch South Rotary account and include the names of those attending. It would be great to see partners, family and friends too. If possible, please organise something to bring along that can be auctioned on the night

## PINK RIBBON APPEAL

Thank you to our amazing volunteers who collected for the Pink Ribbon Appeal this year. Your time is greatly appreciated. We will keep you updated with the tally when we know.  
Thanks again, Kim



## Upcoming Meetings

**3<sup>rd</sup> November** - Forum

## Notices

**17<sup>th</sup> November**

**TRICKY TRAY AUCTION**

## Duties

## Leave

	<b>3 November</b>	<b>10 November</b>	<b>Who</b>	<b>From</b>	<b>To</b>
Cash Desk	A Kim	M Rickerby	M Whitehead	09/09/2015	TBA
Cash Desk	M Opie	A Stewart	J Wylie		TBA
Reception	A McCully	P Mears	S Haye	11/08/2020	TBA
Speaker Host	N/A	S Mackenzie	K Moss	04/07/2019	30/06/2022
Grace	H Garlick	S Mackenzie			
International Toast	A McCully	P Mears			
Thanks to Speaker	N/A	M Rickerby			
Quote	A Kim	A Stewart			
Speaker Reporter	S Harris	V Ellis			
Sergeant	L Brown	D Buist			

## Reminders

Record your apology by:

- Notifying the Reception Desk
- Email [alan.barbara.mckinnon@gmail.com](mailto:alan.barbara.mckinnon@gmail.com) before 11am on that Wednesday
- Emergency apologies to Liz Bermingham on 021 2456875
- You will receive an email reminder a couple of days before the meeting re apologising or bringing a guest
- If you are unable to do your allocated duty, it is your responsibility to arrange a substitute and advise the President
- Please advise all leave of absence (three or more weeks) to the Secretary by email or in writing