



# THE BULLETIN

ROTARY CLUB OF WELLINGTON NORTH  
DISTRICT 9940

23 March 2017

**Weekly Meeting Thursday**  
**Wellington Bridge Club**  
17 Tinakori Road  
Noon for 12:25 PM

## AUTUMN COLOURS

**30 March 2017**  
**Morris Robertson**  
**Life After Rotary**

President David Bennett welcomed his guest Seth Le Leu and Dianne Small. Lionel Nunns introduced his wife Diana.

President David thanked Maurice Manttan for organising and conducting the forum last week. Denys Pinfold had been fishing and Maurice Scott correctly answered this week's question and got his reward.

Centurions were reminded that if they have not made their contribution this tax year they need to do so by the end of the month. For details see below.

*Introduced by* Paul Tipping  
*Vote of Thanks* Laurie Bond  
*Parting Thought* Maurice Manttan  
*Cash Desk* Margaret Emerr  
*Attendance* Ross Foubister  
*Fellowship* Peter Gibbons  
*Tables* Phil Greene  
*AV* Maurice Scott  
*All* Bring a Friend

Happiness was widespread today, much of it attributed to grandchildren. Others causes included Paul Tipping's daughter who got engaged and going through Whangamomona by rail by intrepid traveller Denys Pinfold.



**6 April 2017**  
**Peter Rider**

**Germany caught between Brexit and a Hard Place**

*Introduced by* Graeme Waters  
*Vote of Thanks* Steve Brazier  
*Parting Thought* Gerald McGhie  
*Cash Desk* Pat Helm  
*Attendance* Colin Lawton  
*Fellowship* Maurice manttan  
*Tables* John Mohi  
*AV* Maurice Scott  
*All* Bring a Friend

## Rotary Foundation Centurion Fund

- This is a **very easy way** of getting into the habit of making a personal contribution to **The Rotary Foundation – our Charity**
  - All Centurion contributions from Rotarians count towards their Club's Annual Giving total.
  - 100% of the funds are used for Areas of Focus projects both locally and internationally – no admin fees
  - It is picked up as part of the District's contribution resulting in 50% of the contribution coming back to our District to use as support funds for the programs we want to support.
- Minimum contribution \$100 p.a. To qualify for a tax deduction this financial year contribution must be paid by the end of this month.  
Pay to the **Wellington North Charitable Trust 03-0525-0338282-00** and identify yourself on the form and include **Centurion** as reference.

**Apologies and guests advise**  
**[rotary@kaysan.co.nz](mailto:rotary@kaysan.co.nz)**  
**by Noon Wednesday.**

# TODAY'S SPEAKER

## BRIAN COLEGATE

### BI-POLAR EXPEDITION

#### AN UNLIKELY LIFETIME JOURNEY



Stephen Spence introduced Brian Coalgate who came to New Zealand from England in 1956 and worked in forestry. He hitch hiked back to England after a few years and then returned to New Zealand with a wife. He worked in central government as a staff trainer and human resources administrator and then as an advisor with the Local Government Commission. He then retired and for much of the 1990,s was a Kapiti District Councillor.

Brian said that he had now been retired for 19 years and has become a speaker on his illness. He hopes to get people talking about mental illness more openly. His address was largely a series of anecdotes drawn from his own life which were interesting and more often amusing than sad. He brought with him his autobiography, “Bi-Polar Expedition” and increased the sales of it by at least two after the meeting.

From his anecdotes it seemed that when he is depressed he knows he is depressed but when he is high he feels normal but his family will know he is not. He said that counselling had helped him and given him some confidence in dealing with triggers. He said that triggers of depression in his case were typically work related with him worrying incessantly over what seemed an intractable problem.

There was an interesting question and answer session.

Maurice Scott moved a vote of thanks.

#### **FUTURE BOARD MEETINGS**

**Tuesday 28 March**

Tuesday 6 June

Tuesday 4 August

## HELP WANTED

Some one is needed to assist the Treasurer by gathering up any money such as happy dollars and lunch payments received at meetings and banking it at a Westpac branch each week.

President-elect Ross Foubister will be pleased to talk to volunteers.

## DISTRICT 9940 CONFERENCE

This is on 21-23 April in New Plymouth. If you have not learnt about this weekend event then find out at <http://rotarycommunity.org.nz/District+9940+Conference+2017+New+Plymouth>

Surely more than you expect.

## PARTING THOUGHT

The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year.

*-John Foster Dulles*

*-from Rick Lowe*

### CLUB CONTACTS

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<http://www.healthyheroes.org.nz/>

**Facebook** <https://www.facebook.com/pages/Rotary-Club-of-Wellington-North/1540471169573549>

**Flickr** <https://www.flickr.com/photos/130718676@N02/>

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### ROTARY INTERNATIONAL

[rotary.org](http://rotary.org)

[www.rotarysouthpacific.org](http://www.rotarysouthpacific.org)

DISTRICT 9940

<http://rotary9940.org/>

<http://rotaryforum.org.nz/>