



Lady Norwood Rose Garden

Wellington Bridge Club
 17 Tinakori Road
 Noon for 12.25 PM

4 October 2018
Speaker TBA
LitCrawl

Reflection	Laurie Bond
Introduce Speaker	Lionel Nunns
Vote of Thanks	Ross George
Parting Thought	Stephen Spence
Attendance	Adrian Ellingham
Fellowship	David Bennett
Tables	Ross Foubister
AV	Ross Foubister

18 October 2018
Trish Murphy
The Travel Industry

Reflection	Stephen Brazier
Introduce Speaker	Kerry Ansell
Vote of Thanks	Pat Helm
Parting Thought	Paul Tipping
Attendance	Alan Fraser
Fellowship	Laurie Bond
Tables	Tony Fryer
AV	Bob Laybourn

President Michael



Vice President Brian Poole opened today's meeting by inviting President Elect Lionel Nunns to reflect on the serious illness which has befallen President Michael. Lionel said that Michael had developed a large tumour in his stomach with secondary effects elsewhere. He has just begun what is expected to be six weeks of Chemotherapy.

Until things are more settled, members were requested to convey any messages to Michael in writing.

The thoughts of the Club are with Barbara and the members of the Gorman family.

INTERIM ARRANGMENTS

In consultation with Michael and the Board it has been arranged that Brian Poole will chair the Board and will share meetings with Lionel Nunns, who will also represent the club at Cluster meetings.

NOTICES

No Club meeting 27 September



**Club Outing - Hurricanes V Blues
Westpac Stadium 4 October**

Options – Ticket only \$20 plus booking fee or Ticket and meet at the Thistle Inn from 5.30pm
Please text ticket orders to Maurice Manttan
022 033 0812

Weather cancellation – only if southerly storm forecast.

Tickets, which need to be ordered prior to 4 October and will be available at the 4 October club meeting or at the Thistle.

BLOOD PRESSURE TESTING



6 October at New World Thorndon. Two teams of four required. Please volunteer to Maurice Manttan

SPEAKERS 2019

The Speakers Panel is now working on filling the gaps in early 2019. Any suggestions or requests to Paul Tipping

LUNCHEON CHARGES CHANGE FROM 1 NOVEMBER



Maurice Scott explained the changes arising from the new meeting schedule. As from 1 November the monthly cost will reduce to \$50. Members are

asked to change their bank debits accordingly but not until after 1 October. The October charge will remain at \$90 to clear the accumulated debt on the luncheon budget. The new charge will cover up to 22 scheduled meetings a year.

The visitor's charge will be \$25 and apology refunds will be \$23.

**FRIDAY FELLOWSHIP
28 September at Khandallah
Bowling Club**

TODAY'S SPEAKER



Ross Foubister introduced Bernadine Reid from Samaritans.



Bernadine gave a very clear description of the issues which caused Samaritans to exist. These included alarming suicide rates, which were at the rate of 3 males to every female. There was

a high proportion amongst Maori and Pacific Islanders. Many suicides arise out of mental health issues.

The criteria for telephone responders are essentially the following

- focus on empathetic listening in a non-judgmental way
- help people talk through what's troubling them
- offer compassion and understanding
- offer callers confidentiality and anonymity
- offer support and encouragement
- respect a caller's right to make their own decisions
- explore what options are open to callers
- help callers find their own way through the tough times

The limited number of volunteers available meant that only a quarter of calls, which could

last up to an hour, could be answered. Linkages will Samaritan call centres in Tasmania and Western Australia helped to spread the load, especially during the night shift. There was always a call for new volunteers, who would receive training and support before going solo.

Tony Fryer gave the vote of thanks.

PARTING THOUGHT

From Maurice Scott

The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them

Ralph Nichols

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RI CONVENTION JUNE 1-5 2019 HAMBURG GERMANY



ROTARY PROJECT



"Tactile children's books make it possible to see through their fingers." - Ulrich Betzold 📖 More than 1,600 hours of work by Rotary members in #Germany culminated in a #Braille adaptation of #EricCarle's beloved story, "Do You Want to Be My Friend?" which incorporates a variety of fabrics and plastic animal toys for visually-impaired children to experience the story in a whole new way.

THE BULLETIN

Editor – David Pickering
Reserve Editor [This issue]
Morris Robertson

DIRECTORY

Next Board Meeting 9 October
CLUB CONTACTS

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www.wellingtonnorth.org.nz/
www.healthymen.org.nz/