



Rotary Club of Maungakiekie Bulletin 004

24th February 2025

This week's meeting was Chaired by President Craig Jones

Apologies from: Phil Aish, Bill Grayson, Shameen Hayat, (Paul Jenner, Cat Levine, Ernie Meyer, Trevor Mosley, Rhett Steven, Jeanette Thorn, George Varghese, Tony Bradley.

Visitors: Judith Jones, Diane McCrae, Anne Ryan. Bob Campbell.
Guest Speakers: Diane Stanbra and Royce Bold

I minute spots from:

Peter Mayow. Peter reported that the **Heart Foundation** collection was successful in raising over \$1200.00 dollars for the foundation.

The Child Cancer collection day on Friday the 14th of March is to be held at Mitre 10 Onehunga, as the usual venue outside Countdown/Woolworths is not available due to security considerations around the rebuilding works in progress.

Three volunteers are still required. Please contact Peter if you are available.

Mob: 021 976 224

President Craig welcomed all our visitors with a special mention of the Ladies present.

He gave notice about the venue housekeeping for the next few weeks, that due to Bowling Club staff health considerations, we will be helping by setting up the tables and chairs.

Craig advised that we would not be supporting RYPEN (Rotary Youth Programme of Enrichment) this year. We have funded a student in the past and will look at it again next year.

Craig called on **Barry** to provide an update on the upcoming Club programme.

George Arulanatham announced the arrival of their first grandchild, a well-received happy occasion.

3Rd March: Grace Lino, the student from Marcellin College we funded to attend the Summer Science and Technology School will share with us her experiences and highlights of this remarkable programme.

10th March reserved for catchup with Peter Mayow on Anzac Day Ceremony arrangements for 25 April. A lot of work is involved, and Peter has been processing the necessary documentation required.

Barry would like to get back on to discussing the proposed 'Joy of Walking' initiative.

Barry has a poem he would like to share with us in the future which is about someone who has arrived in heaven and is reporting back. He suggested that this would be of interest to those who aspire to go there.

Iain Valentine, Remuera Club President, has invited us to visit on Monday **17th March.**

The Guest speaker will be Alessandra Skerritt from Queenstown, former International Board member of Inner Wheel and is an accomplished motivational speaker. Her presentation will be on the topic of membership and growth. It was agreed that we will accept the invitation and have our meeting with them.

24th March. Guest speaker will be Local MP Greg Fleming.

Lloyd held a draw of the 70's Club and winners were third prize Barry, second prize Rhett and 1st prize Peter Mayow. Congratulations to all.

Tony Rayner.

ROMAC (ROTARY OCEANIA MEDICAL AID FOR CHILDREN)

Our club is participating in the ROMAC programme this year. An 8-month-old baby with a heart issue, from Port Vila in Vanuatu, has been selected to come to Starship Hospital for surgery. The baby will be accompanied by the mother, and they will be here for about 3 months with recovery time required after the surgery.

Tony and Heather, along with Bill Grayson and Shirley will be looking after their needs, food and clothing, while they are in NZ and may require input from other club members to assist.

They have been in touch with the NZ ROMAC contact, Rosie Bradshaw, for advice on the programme schedule.

Think and Be Me Tractor Trek.

Tony has returned after experiencing first-hand the rigours of the **Tractor Trek**. He presented a slide show and details of the trip highlights. They were really impressed with the presentation of the programme by Cat, remarking on the excellent work that Cat and her team do, and we have a lot to be proud of with our association and support of her work. Tony outlined the route of the Trek from Auckland to HiHi camping grounds in the far north which was used as a base for going out to visit the schools. He described the input from Cat's assistant Willie, who is a professional actor and did a superb job performing for the children and staff, supporting Cat's programme performance.

Early starts with morning meetings at 7.00 am after Breakfast. It took one to two hours to get to the schools where Cat did her presentation followed by time for the children to swarm the tractors. They were well looked after for meals breakfast, morning tea, lunch afternoon tea and dinner, by John Aish, Phil's cousin, and his wife who live in Northland.

Tony talked to the slide show and brought to life just what is being done for the Mental Health and Wellbeing of the schoolchildren. Tony commented that this is such an effective programme that we cannot let it collapse due to lack of funding.

Tractor Trek Feelings for Life programme run by Cat Levine.

Donations can be made to our Club Trust account:

Bank acct. # 02-0400-0009047-000 reference: Rotary Trust Trek + your name.

Guest Speakers Diane and Royce were introduced by Derek Neutze who admitted that he had not been aware of their local operation, Rescued Kitchen, which has been going for about 3 years. Diane has a lot of business management experience and Royce is Head of Operations, Innovator and Chef Extraordinaire. Derek quoted from their information brochure that Diane is "The Head of Getting Things Done".



Royce said Rescued Kitchen was set up as a social enterprise to make a difference to the amount of food waste that was facing our planet. They call themselves an Upcycled Food manufacturer. Royce explained the difference between Recycling and Upcycling as Recycle – re-use the same material - and Upcycle - the creation of new ingredients to go back into the food industry. The biggest waste in the western world is bread, in Auckland alone we waste about 20 tons of bread a week. That may end up as stock feed, it may go to Charity, but the majority goes to landfill. What Upcycle are doing is getting the food before it goes to landfill and turning it into something that has a long shelf-life format.

White sliced Bread was one of the first foods they started on as this is the greatest area of waste. After looking at many processes they decided to remove the water from the bread and turning it back into a fine flour which now has a two-year shelf life.

They work with the supermarkets and suppliers to take their waste and turn it back into a useable product. The supermarkets now take their product to add to their consumer product offering.

They also Upcycle vegetables. Bananas a quarter of a ton of Bananas a week. Lemons and Gin Botanicals.

Lemons into Lemon powder and produce Lemon and Gin cake mixes. (No Alcohol).

Tomatoes direct from producers deemed not perfect enough for supermarket shelves. They process Two tons of Tomatoes a week. They employ staff to sort the tomatoes and they are then turned into tomato sauce, tomato chutney, tomato pulp and tomato paste.

NZ exports onions. NZ imports 80% of our Breadcrumbs and all our onion powder. Rescued Kitchen are trying to make a difference.

The challenge now is to get more manufactures to use these Upcycled products.

This is currently in place with a Tortilla manufacturer. Contains 22% Upcycled flour. Woolworths has been a great supporter with help for startup companies.

World-wide, the upcycle market is worth \$50 Billion dollars.

They supplied cake samples for us to try which were gratefully received by all members. We were all invited to call in anytime to see first-hand the Onehunga operation.

Royce and Diane were thanked on behalf of members for their interesting and enlightening presentation by Rob Lyons.

Attached is a PDF document from Diane providing a comprehensive coverage of Rescued Kitchen products and information on their journey so far.

Thought for the week. Ant Martin:

*When you are young and drop something, you bend down and pick it up.
When you are older, you ask, do I really need this?*

Duties next week 3rd

Guest Speaker: Grace Lino
Sergeant – Lloyd Albiston
Attendance – Alan Bannin
Hospitality – Trevor Mosley
Meals – Peter and Paul
Scribe - Bill A
Host – Rob Lyons
Thanks – Gary Hays
Thought For the Week – Iain McCrae
Apologies to Noel before 5pm Friday

Duties 10th

Guest Speaker: Catch up with Peter Mayow on the arrangements for Anzac Day
Attendance –Paul Jenner
Hospitality – Rhett Stevens
Meals – Ernie Meyer – Trevor Mosley
Scribe – Bill A
Host – President- Craig Jones
Thanks – Ant Martin
Thought for the week – Barry Stafford
Apologies to Noel before 5pm Friday

Maungakiekie Club - Guest Speaker 24th March



GREG FLEMING
MP for Maungakiekie

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Funded by the Parliamentary Service. Authorised by Greg Fleming, Parliament Buildings, Wgtn.

17th March Visit to Remuera Club.

Smile, it makes people wonder what you have been up to!



The other day, at a thrift store, I bought an old record album called "Sounds Wasps Make". When I got it home and played it, I said to myself, "This doesn't sound anything like wasp sounds." Then I realized, I was playing the Bee side.



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End note: The only thing you get free of charge is a dead battery.