



The Rotary Club of Stokes Valley Inc

Bulletin No2 - 20 July 2010



[Rotary 2010 Rotary international theme what does it mean \(click here now\)](#)

THE PRESIDENT'S SPOT

A week that was and important week for Stokes Valley Rotary ...[View President Dennis's latest blog \(click here now\)](#)

GUEST SPEAKER, Martin Press, Chiropractor –

Martin lives in Eastbourne and has been around the Hutt valley for some time. Martin runs the Lower Hut Chiropractic Clinic (opposite Queensgate). Chiropractic treatment is a medical system based on the theory that disease and disorders are caused by a misalignment of the bones, especially in the spine, that obstructs proper nerve functions. Martin mentioned that Chiropractics began in the 1800's; it became more popular in the 1920's and by the 1960's registration as a chiropractor was required. In 1979, an enquiry was held into the chiropractics practices, which found that chiropractic's, were amongst the most highly educated in the area of backs and spinal areas of the human body. By 1980's ACC were funding chiropractic treatments.



Left: Martin C Press Chiropractor

Spinal health and injury prevention are Martins main aim. He used an excellent interactive visual display program to show us the causes and treatments for some very common conditions. Many injuries have been started when we were younger. This spurred on the members to ask many varied and interesting questions. Martin shared

with us some of his techniques. It was a very interesting and well-presented presentation.

ANOUNCEMENTS

Board Meeting, Dennis O'Grady - A friendly reminder we have a Board meeting at my place (43 Speldhurst Grove) Monday night at 7.30pm all members are welcome to attend. ([Latest Minutes Click Here](#))

RYPEN & RYLA Graham Smeaton - The Board are keen to receive any nominations for the RYPEN (14-17 years olds, Taihape programme early October 2010) and RYLA (leadership award course, 18-24 year olds Silverstream January 2011).

Please contact Graham Smeaton for further information. Find out more about RYPEN ([Click here](#)) and RYLA ([Click here](#))

Club Visioning Night - John Anderson

***Important!** This Tuesday 5.30pm start prepare for a 9.00 – 9.30pm finish. This looks to be an event to participate in and it is going to be fun. Ian G attended Petone's Club Visioning Night, "I had the pleasure of attending Petone's Club visioning evening under the leadership of PDG Ross Murray, PDG Graeme Douglas & Caryll Shailler from the District Training Committee. It was a great evening; the club met at 5:30 and by 5:45 were underway with the program. We finished just after 9:00 pm.; I believe it was well worth it. ... Definitely looking forward to next week now. Cheers Ian"*

Harry Brown Movie Fund Raiser, Leigh Sutton –

Get your friends and family together for a special sneak preview of Sir Michael Caine's new movie, Harry Brown. At the Lighthouse Petone

Tuesday 17 Aug 2010, 6.30pm screening

100 people are needed to fill the cinema.

Luxury goody bags will be included in the price of \$20.00 per ticket.

Harry Brown Official trailer and interviews ([click here](#))

USA high school student Home Hosting, Gwen Mac-

Donald - If you are interested in hosting a student or students for 5 days 10 – 15 August. There are 17 students coming and we are looking to arrange home stay for them. Their days will be full of career visits and tourist activities so no need to entertain or worry about them during the day. They just need a bed and to join you for breakfast and most dinners. Any assistance would be

appreciated Contact David Hancock Visitor Development Manager Hutt City Council

Venue and Meals, Dennis O’Grady – We are at new location as a trial. Did you like the new meeting venue and did you like the meal? Click the appropriate link below to pass on your thoughts for or against.

[I like the new food](#), [I liked the old food](#), [I like the new venue](#), [I like the new venue](#)

Wine Sales, Peter Anderson – The club is looking at revitalizing the wine sales we discussed value versus premium, labeling etc Peter will survey the club members for feedback.

MEMBERSHIP

The board has reluctantly accepted the resignation of Noel Curley

SERGEANTS SESSION – ALAN THORBURN:


What a first session; preferential treatment for our very own Gwen by Leigh in the SV Times Gwen, and a member is still looking for the elusive blond woman from changeover. Phil Hank has been holidaying in the warm tropics in Rarotonga

Sargent’s session \$48.20
Shrapnel \$10.20

Parting Thought: Russell Poole –

“Great Leaders have others believe in him (her), Great leaders have others believe in themselves”.

SOAP BOX



“What is The Rotary Foundation and what does it do?” [Answer \(Click here\)](#) BJ

To have your say or pass on a witty thought. [\(click here now\)](#)

NOW THAT’S FAIRLY INTERESTING

2011 Rugby World Cup – Home Hosting of Visiting Fellow Rotarians [\(click here now\)](#) This is a project worth checking out – see here for more information.

So how is Stokes Valley linked to Wainuiomata Golf Club? [\(Click here\)](#)

Do you have something interesting to share? [\(click here now\)](#)

UPCOMING CLUB ACTIVITIES

- Board Meeting Monday 19 Jul 2010
- Harry Brown Screening fundraiser 17 August 2010 get names in now for tickets to Leigh
- RYPEN RYLA Candidates pass on names and application early

WEEKLY CLUB MEETINGS

| Date | 13 Jul | 20 Jul | 27 Jul |
|--|--------------------|---|---|
| Speaker | Visioning Night | Chris Hipkins | Gill Burns |
| Topic | District committee | Challenges and Highlights of his first half of his first parliamentary term | Resource Development Manager / Habitat for Humanity |
| Host, Grace, Thought | Peter Wright | Phil Hines | Phil Hankinson |
| Set Up, Thanks | Richard Bridge | Ron Wainwright | Russell Poole |
| Tidy Up | Trevor Roberts | Wayne Leong | Allan Sainsbury |
| Recorder | Brian Profit | | |
| Apologies or additional Guests: Email or telephone John Anderson (click here now) | | | |



District Governor Howard Tong is keeping a blog of his year. [\(click here now\)](#)

Four Way Test

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

President - [Dennis O’Grady](#)
 Secretary –[Richard Bridge](#)
 Bulletin Editor – [Bruce Jenks](#)

Meetings Level 1, Avalon Studios, Percy Cameron Street, Avalon, Lower Hutt. Each Tuesday at 6.00pm

For more information on the club and its committees, Rotary International, and District 9941 please visit our website www.stokesvalleyrotaryclub.org.nz