



Presidents Post

Greetings Fellow Rotarians

A very interesting speaker last week with Charlotte Chalmers (Ron Wainwright's daughter) presenting on the development of therapies to cope with psychological distress after a stroke. While Charlotte's research is focused on younger people it appeared there could be similarities applicable to older people. Thanks for arranging this Ron.

Thanks also this week to Phil Hankinson for organising the Dictionaries in Schools once again this year. Along with Alan Thorburn I had the pleasure of presenting these to Year 4 students at Koraunui, Tui Glen and Tawhai schools on Friday and can tell you they were very well received. By the time we have presented to Arakura (Wainuiomata) plus Rata Street and St Bernadettes (both Naenae) we will have given out about 250 dictionaries. This is a really worthwhile effort to promote children's literacy.

This week we are have a "soap box evening" so be prepared to come along and rant (or talk rationally) about something you would like to share with your fellow Rotarians.

See you then.

Graham

President

Rotary Club of Hutt River Valley

Meeting Tuesday 13th March

Charlotte Chalmers gave us a fantastic insight into her research on therapy for younger stroke victims. In this case younger stroke victims are defined as those patients who have suffered a stroke when aged between 18 and 65 years old.

Charlotte has just completed her Doctorate in Clinical Psychology from Massey University. Charlotte has her dissertation to complete the process.



Charlotte outlined a large number of factors that affect a stroke victim and their families. These factors such as disruption of family life, employment loss and a sense of social isolation have a devastating effect on all involved. Families can be torn apart and victims may not be able to have the same relationship with family members and with employment loss considerable hardship can ensue.

Charlotte noted that there was not a lot of therapy available for the emotional impact that a stroke can have and 30% develop post stroke

depression with a further 30% having anxiety problems.

Charlotte's research was focused on a therapy approach that will enable victims to focus on a problem they are having and enable them to work out goals and a method of dealing with that problem. The work they do for the community.



Dictionary Presentations

As President Graham has mentioned this Friday dictionaries were presented to the year 4 students of Koraunui, Tui Glen and Tawhai Schools. Below are some photos from these events.

At each school President explained to the students about what Rotary was and our club as well as giving a small explanation about what a dictionary was.



President Graham giving his little talk to the Tui Glen Students.

President Graham is presenting a dictionary to a Koraunui School student.



The students of Tawhai school showing off their dictionaries.

Parting thought

If you first don't succeed then skydiving is not for you.

Upcoming programme

March 20th – Club Forum

March 27th – TBA but a possible talk by a rural fire fighter

Meeting Duties

	20-Mar
Guest Speaker & Topic	Club Forum
Host	
Grace	Richard Stephen
Thanks	
Parting Thought	Peter Chaney
Stewards & Tidy Up	Alan Thorburn

DISTRICT GRANTS - A NEW WAY TO BECOME AN APPROVED CLUB

Something we should do for the Club!!!!!!

In an effort to simplify processes for clubs and make it easier to be "approved" to apply for a District Grant we are trialing a new method for clubs. Clubs will no longer be required to send someone to District Training for a session on Grants BUT with all the information you need located on the District website in the Documents folder for Rotarians you only need to read the material and send in the completed MOU by 15 May.

Full details and a brochure will be given to PE's at SSPETS this weekend so they can come back to clubs with the information.

Rotary Foundation

Just a little snippet on how our “Rotary Charity” is performing.

For the 10th consecutive year, The Rotary Foundation has received the highest rating — four stars — from Charity Navigator, an independent evaluator of charities in the U.S. In the most recent ratings, the Foundation earned the maximum of 100 points for demonstrating both strong financial health and commitment to accountability and transparency.

In a letter to the Foundation, Charity Navigator notes that "only 1 percent of the charities we evaluate have received at least 10 consecutive 4-star evaluations, indicating that The Rotary Foundation outperforms other charities in America. This exceptional designation from Charity Navigator sets The Rotary Foundation apart from its peers and demonstrates to the public its trustworthiness."

The rating reflects Charity Navigator's assessment of how the Foundation uses donations, sustains its programs and services, and practices good governance and openness.