



LIONS CLUB OF ROLLESTON & DISTRICTS OCTOBER 2021

ROLLESTON LIONS CLUB BOARD 2021 - 2022

PRESIDENT:	Bruce Tomlinson
PAST PRESIDENT:	Heather Power
SECRETARY:	Leo Slattery
TREASURER:	Chris Logan
1ST VICE PRESIDENT:	Shirley McNicoll
2ND VICE PRESIDENT:	Alister Legat
3RD VICE PRESIDENT:	Dave Auton
DIRECTORS:	John Knowles, Mike Judd, John Neville, Martin Dyer, Heather Clouston, Val Knowles
TAIL TWISTER:	John Jones
LION TAMER:	Bill Pickering
MEMBERSHIP CHAIRMAN:	Brian Whittington
BULLETIN EDITOR:	Margaret Gerken
LCIF CLUB CO-ORDINATOR	John Benefield
YOUTH LIAISON	Heather Power
ROCK LIAISON	Shirley McNicholl
COLLECTION	Heather Clouston
LION MINTS	Ron McNicholl
SPEAKERS	John Knowles
ALMONER	Alastair Judd
TRUSTEES:	Brian Whittington, Chris Logan
PUBLICITY:	Val Knowles
GUEST SPEAKERS:	John Knowles

ROLLESTON LIONS COMMITTEES 2021 - 2022

1st VP Shirley McNicholl - LEADERSHIP, MEMBERSHIP, TRAINING, ORIENTATION, PROGRAMMES

John Knowles, John Benefield, Helen Paton, John Jones, Rex Greenwood, Alastair Judd, Brian Whittington.

2nd VP Allister Legat - WELFARE, SOCIAL, SPECIAL PROJECTS, YOUTH

Alastair Judd, Heather Clouston, Martin Dyer, Heather Power, John Jones, Robin Jones, Val Knowles, Marg Gerken, Graham Pye, Tony Condon, Tim Hartnell, Robyn Veale,

3rd VP Dave Auton - PROJECTS, FUND RAISING

Heather Kissell, Brian Hennessey, John Neville, Bill Pickering, Leo Slattery, Ron McNicholl, John Paton, Martin Bogue, Lex Cockburn, Mike Judd, Sean Lloyd, Bruce McDowell, Barry Bernard, Mike Cousins

TRUSTEES

Chris Logan, Brian Whittington, Lex Cockburn, Shirley McNicholl, Leo Slattery, Bruce Tomlinson

MEMBERSHIP

Brian Whittington, John Benefield, John Knowles, Bruce Tomlinson



ROLLESTON LIONS CLUB

TEA MEETING

THE ROCK RESTAURANT & BAR

WEDNESDAY 6 OCTOBER 2021

MEET & GREET - 6.00 pm

MEAL - 6.30 pm

DUTIES FOR TEA MEETING

GREETER	REX GREENWOOD
GRACE/INVOCATION ..	MICHAEL JUDD
RAFFLE	CHRIS LOGAN
CASHIER	
TABLE WAITERS	DAVE AUTON, MARTIN BOGUE
SPEAKER	Nicola Grigg our local MP. She will talk about her journey and career path but not party politics!

BOARD MEETING

MENS SHED

20 OCTOBER @ 7.30pm (depending on levels)

PRESIDENT BRUCE

Hi everyone.

It is exciting that we have some sense of normality back in our lives, or at least enough to have our October tea meeting.

I don't really have much to report on with us being on go slow to about 7 weeks.

While parts of the country are still battling Covid the rest of us have to wait and see which ones of our upcoming projects we will be able complete. I guess Fireworks night is the one under greatest threat at the moment.

Hopefully you are feeling a lot better Marg as you start your journey back to good health.

I hope everyone else is in good health and look forward to catching up soon.

Regards, Bruce

1ST VP SHIRLEY McNICHOLL

It was a great shock to me to hear of Gavin Kings accident and passing. He was the President of Malvern 2020/2021 and with his long serving Secretary Graeme Roberts attended all my Zone meetings which was appreciated.

The emails are still coming through in lockdown and it pleases me to see the International Youth Exchange are proposing a camp in Taranaki next year. Sunday 10th to Saturday 16th. Places will be highly sort after and numbers are limited. I suggest we could at least sponsor 2 students (aged 12 to 16 yrs.) at \$500 each. Could the Club think of any names?

The Cancer Trusts information on the proposed Vehicle is another worth looking at. We are going to try having a Tea Meeting next Wednesday 6th. Wear your masks in and register at the door. 2 meters apart.

The update on the Lions collection of glasses was pleasing, however because we will now have to send these away, it has been suggested that we sort them and only send the best as only about 10% are reusable.

Music Festival; This is on every year and the children should be supported. Maybe our new youth Chairperson could find out what local schools are involved and on which night.

My thoughts are with Marg at this time as she manages to do the bulletin while in hospital.

Shirley

2ND VP ALISTER

Not too much to report. Fireworks night on the 6 November.

Our Christmas function is on Saturday 4 December at the Tai Tapu.

Mens lunch all arranged and was wondering if the ladies would like to do something similar. Would like to hear about your ideas. Perhaps a monthly thing what are your ideas.

Alister

3ND VP DAVE

Phone Book Delivery; Over 9000 yellow books delivered on Saturday and Sunday by our members and the Selwyn Athletic Club. About 1200 - 1500 more books needed to complete all runs, and we will need to order about another 800 odd books to do this. A big thanks to members who were able to attend and a special mention to our new members Bob and Robin Jones and Mike and Iris Cousins for their assistance and taking on extra areas. Also to Ron and Shirley as they just keep popping up for more. Thanks also to John Neville for the use of his shed. **Vests;** The new club vests look great. **Weekly Raffles at the Rock;** These have been on hold while we are still at Level 2. **Fireworks;** Chris is attending a meeting re this next week so we will have an update at our next meeting. **St John of God Firewood;** A working bee for more firewood will be arranged and advised. **Upcoming events;** Toot 4 Tucker 17th October Lincoln, Volunteer groups promotion day at Lincoln 18th October 9am – 2.30pm, Toot 4 Tucker late November Rolleston, Equestrian event – McLeans Island 20 – 23 January. **Projects;** we need to ask around re other projects and ask to attend committee meetings.

ALMONER

Please get in touch with ALASTAIR JUDD

Please everyone let me know asap if a member is sick, hospitalised, family deaths etc as I live out of the area.

Phone 03 389 8106 or 021 124 8226

Each King in a deck of playing cards represents a great King from history:

Spades - King David

Hearts - Charlemagne

Clubs - Alexander, the Great

Diamonds - Julius Caesar

COLLECTIONS - Heather Clouston

Just thought I'd let everyone know about what collections are coming up at New World:

Saturday 23rd October – Blind/Low Vision

Saturday 20 November – Dementia

I'll bring a roster sheet to the next meeting for these upcoming collections.

I also thought people might be interested in how much has been raised in other collections this year:

Aviva we raised \$540.60, with \$27,500 raised in total for their annual appeal.

Red Puppy we raised \$967.80, with \$275,000 raised nationwide.

ROCK RAFFLE ROSTER:

8 October	Graham Pye, Alister Legat
15 October	Brian Fennessey, Heather Power
22 October	John Knowles, Val Knowles
29 October	Chris Logan, Martin Bogue
5 November	Tony Condon, Sean Lloyd
12 November	Bruce McDowell, Helen Paton
19 November	Alister Legat, Robyn Veale
26 November	John Jones, Dave Auton
3 December	Helen Paton, Bruce McDowell
10 December	Heather Kissell, John Neville
17 December	Graham Pye, Alister Legat

Please remember to contact the other person you are rostered with. If unable to do duty please arrange a replacement.

Please also leave \$40 in the Raffle container for the following Friday night

Co-ordinator John Benefield 027 227 6075

The Procedure to selling raffle tickets on Friday Nights at the Rock:-

1. The two members who are on the roster for that night, meet and get Box from the cupboard by the bar, Ticket Board & Result sign by the micro phone area. Raffle prizes from the Chiller.
2. Put new sheet into the ticket machine ready to start selling.
3. Check there is \$40 in money container,
4. Start selling and promoting tickets at \$4 each for 4 draws,
5. When tickets are sold, take marble container and get a person to draw a marble, putting the marble back in each time, get a different person for each draw, avoid getting a Lions Member to draw a marble. Give the Marbles a good shake up after each draw.
6. Put the numbers on the pad, Pad and marker in the box, using the marker, put numbers on the white board and display results putting a line through each number is the prize is collected.
7. Put \$40 change (coins or small notes) back in container as a float for next time, putting the rest of the money in a plastic bag along with the docket from New World that is in the box with the meat prizes,
8. Drop the proceeds to Chris Logan or John Benefield for Banking or take to the next Lions meeting. Do not leave the \$160.00 you should have in the kit at the Rock.
9. Put all equipment back in its place ready for the next weeks raffle, put cardboard box in cardboard container outside the Rock.
10. Quite often a ticket is drawn twice and that is okay but see that it doesn't get drawn three times. We do say \$4 gives 4 draws.



International Day of Older Persons - 1 October

International Day of Older Persons is a United Nations initiative celebrated around the world.

It's a time for everyone, families and organisations to acknowledge and say thank you for the huge contribution older people make to communities throughout New Zealand.

Mentoring, volunteering, looking out for the neighbourhood, caring for children, sharing wisdom and experience and of course, being in paid

work and leading businesses are some of the many ways senior New Zealanders aged 65 and older contribute.

Across the world the number of seniors is expected to more than double to over 2 billion in 2050, and in around thirty years time it's expected that there will be more older people than children - the first time in our history.

Here in New Zealand we will have 1.2 million New Zealanders aged over 65 years in just twenty years.

This demographic change makes it important to plan for how and where we live.

We need to look at creating a more enabling and inclusive environment that is supportive and inclusive to people of all ages, including older people. This includes access to affordable, reliable, safe and physically accessible transportation, which is one of the cornerstones of older persons' participation, independence and social inclusion.

All of this is a benefit to the entire community, because what's good for older people is almost always good for everyone else – for example, those in wheelchairs as well as parents with young children, or anyone with limited mobility. Keep an eye on our events page for more about what's going on to celebrate the day, and look at information on Community Connects to learn more about how to help create your own age friendly community.

Elder Abuse in New Zealand

Elder abuse is not specific to any one gender, religion, ethnicity, or income group. It may happen at home, in residential care, or in hospitals. Most of the time family members are the abusers.

Understanding elder abuse

There is no single 'type' of elder abuse. It can be psychological, financial, physical or sexual. It is common for people to experience more than one type of abuse.

Psychological abuse includes threats, humiliation or harassment. This creates distress, shame, or stress, which often leads to a sense of powerlessness in the older person. It is often a factor in other forms of abuse.

Financial abuse ranges from illegal use of your money (or assets) to coercion (such as being pressured to change a will or sign documents).

Physical abuse includes any personal harm or injury.

Sexual abuse includes any non-consensual sexual activity.

Abusers

Abusers are often someone close to their victim. Generally, they are someone depended on for support or care.

Risk factors

Risk factors for elder abuse include:

being dependant on others

family conflict or dysfunction

family violence

isolation

stress in care relationships

mature age children or dependents with a disability or health issues

mental illness and dementia

poor literacy and/or awareness of rights

Get help

If you have concerns about how an older person is being treated, contact the Elder Abuse Response Service. It's a free, 24 hour service.

Freephone: 0800 32 668 65

Text: 5032

Email: support@elderabuse.nz

If you think someone is in immediate danger, call 111 and ask for the Police.

The next Toot 4 Tucker drive will be in Lincoln Town on Sunday the 17th October.
Assembly . Lincoln University Carpark - entry off Springs Road. Will be Sign Posted.
Time 3.30pm for briefing.

Est time 1.5 hours.

Sausage BBQ on completion.

The food will be distributed to our three usual foodbanks for use in Selwyn District.

We need vehicles, Drivers and collectors please.

Please reply by email or text and let me know if you are available as a vehicle driver or a collector.

We will also require assistance to pack and check food pre delivery on the Monday 18th.

HAPPY BIRTHDAY TO YOU
HAPPY BIRTHDAY TO YOU

OCTOBER

Alastair Judd - 1st Heather Power - 5th

LIBYA ZODIAC SIGN - Date Range: 21 September - 22 October

L for loyal
I for inquisitive
B for balanced
R for responsible
A for altruistic

Element: Air
Colour: Pink, Green
Day: Friday
Ruler: Venus
Lucky Numbers: 4, 6, 13, 15, 24
Flowers: Calendula, Cosmos
Lucky Gem: Opal, Tourmaline, Pink Sapphire

Strengths: Co-operative, diplomatic, gracious, fair-minded, social

Weaknesses: Indecisive, avoids confrontations, will carry a grudge, self-pity

Libra likes: Harmony, gentleness, sharing with others, the outdoors

Libra dislikes: Violence, injustice, loudmouths, conformity

People born under the sign of Libra are peaceful, fair, and they hate being alone. Partnership is very important for them, as their mirror and someone giving them the ability to be the mirror themselves. These individuals are fascinated by balance and symmetry, they are in a constant chase for justice and equality, realizing through life that the only thing that should be truly important to themselves in their own inner core of personality. This is someone ready to do nearly anything to avoid conflict, keeping the peace whenever possible

The 5 Top Reasons to Love Being a Libra

You make others feel comfortable. People love being around you, and you love them, too. A room full of people is your happy place. Your eye is unmatched. You see colour combinations, patterns, and art where other people can't, and your creative gifts pay off in big ways. You're a master

communicator. You don't stress about having a difficult conversation, and although you don't try to smooth talk, you get deals and bargains wherever you go simply because reason and charm are your MO. You aren't afraid to try something new. You know nothing is permanent, which makes starting something new—whether moving house, falling in love, or entering a new profession—incredibly exciting. You're never lonely. Your mind is an endless source of inspiration, and you can always keep yourself entertained—even if your smartphone is nowhere in sight.

HAPPY BIRTHDAY TO YOU HAPPY BIRTHDAY TO YOU

OCTOBER

John Cardwell - 23rd Bruce McDowell - 30th

SCORPIO ZODIAC SIGN – Date range 21 October to 20 November

S for seductive
C for cerebral
O for original
R for reactive
P for passionate
I for intuitive
O for outstanding

Element: Water

Colour: Scarlet, Red, Rust

Day: Tuesday

Ruler: Pluto, Mars

Lucky Numbers: 8, 11, 18, 22

Flower: Hibiscus, Geranium

Lucky Gem:

Strengths: Resourceful, brave, passionate, stubborn, a true friend

Weaknesses: Distrusting, jealous, secretive, violent

Scorpio likes: Truth, facts, being right, longtime friends, teasing, a grand passion

Scorpio dislikes: Dishonesty, revealing secrets, passive people

Scorpio-born are passionate and assertive people. They are determined and decisive, and will research until they find out the truth. Scorpio is a great leader, always aware of the situation and also features prominently in resourcefulness.

Scorpio is a Water sign and lives to experience and express emotions. Although emotions are very important for Scorpio, they manifest them differently than other water signs. In any case, you can be sure that the Scorpio will keep your secrets, whatever they may be.

The 5 Top Reasons to Love Being a Scorpio

Passionate and intense, your sign is sexy with a capital S. You don't even have to try, and know sexy is an attitude you can present just as well in sweats as you can in stilettos. You know what you want and go after it—no questions asked.

You don't get intimidated easily, and stand up for injustice when you see it.

You have a unique sense of humour. You're not afraid to say what other people are thinking, and your sometimes cynical take on the world is creative, smart, and funny as hell. You're passionate. When you decide to put your heart on full display, there's no stopping you—which is why you should do it more often!



BREAST CANCER AWARENESS MONTH - OCTOBER

Breast cancer occurs when abnormal breast cells grow in an uncontrolled way, usually forming a tumour. Breast cancer is most likely to occur in women over the age of 50, but young women and men can get it too. It's most treatable when it's found early, so it's important that you know what to look out for.

Breast cancer is the uncontrolled growth of abnormal breast cells. Breast cancer is not caused by a bacteria or a virus and is not contagious.

Normally cells are created, grow and die in a controlled way. However, when abnormal changes occur in the genes which usually regulate this orderly process, normal gene function can be turned on or off. Damaged cells are then able to keep growing and dividing and a tumour is formed.

These abnormal gene changes, or mutations, are usually acquired over time as we age. 85 – 90% of breast cancers are caused by this process and only 5 – 10% are due to an inherited gene mutation.

A tumour in the breast can be benign (usually not life-threatening) or malignant (cancerous). Although a benign tumour may cause problems as it grows, it does not spread to other parts of the body. On the other hand, a malignant tumour does have the potential to grow and spread to form secondary tumours. When this happens, it's called advanced, metastatic or secondary breast cancer.

DCIS (Ductal Carcinoma in Situ)

The earliest form of breast cancer is known as DCIS (ductal carcinoma in situ).

A diagnosis of DCIS means that cancer cells have formed inside the walls of the ducts, but haven't invaded the surrounding tissue. Because they're still confined within the duct walls, they can't invade the blood or lymphatic vessels, which is how cancer usually spreads around the body. DCIS is sometimes called pre-invasive, non-invasive, or intraductal carcinoma.

Although DCIS is not invasive cancer and is not life-threatening, having DCIS increases the chance of developing invasive breast cancer in the future.

Women can develop DCIS at any age, but it's more common over age 50. Men can also get DCIS, but it's rare.

Invasive (infiltrating) breast cancer

When breast cancers have spread from their place of origin (breast ducts or lobules) into the surrounding breast tissue they are classified as invasive or infiltrating cancers. This means they have the potential to invade into blood and lymph vessels and spread (metastasise) to other sites in the body.

If you're a young woman recently diagnosed with breast cancer, you're not alone.

While most cases of breast cancer occur in women over 50, around 400 New Zealand women under the age of 44 are diagnosed with breast cancer every year. These days, breast cancer is much more treatable if detected early, and there are many women still thriving decades after experiencing breast cancer at a young age.

Younger women share some things in common with older women going through breast cancer. The tests for breast cancer, receiving biopsy results, the surgical options and the types of treatment are usually similar. But there are specific concerns more relevant to younger women, which are covered here.

In New Zealand, around 25 men are diagnosed with breast cancer each year.

Breast cancer in men is the same disease as affects women. Although most of the available information is directed at women it is generally relevant for men too, as the diagnosis, treatment and survival rates for both sexes is very similar.

All men need to know what signs of breast cancer to look for, and to report any breast changes to their GP. For most men, breast cancer doesn't come to mind when they notice a change in their breasts, which can delay diagnosis. Learn the signs of male breast cancer, so you can detect it early.

CODE OF ETHICS

TO SHOW my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

TO SEEK success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.

TO REMEMBER that in building up my business it is not necessary to tear down another's. To be loyal to my clients or customers and true to myself.

WHENEVER a doubt arises as to the right ethics of my position or action towards others, to resolve such doubt against myself.

TO HOLD friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit it is given.

ALWAYS bear in mind my obligations as a citizen to my nation, my state, and my community and to give them my unswerving loyalty in word, act and deed. To give them freely of my time, labour and means.

TO AID others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.

TO BE CAREFUL with my criticism and liberal with my praise, to build up and not destroy



31 OCTOBER 2021

Halloween is held on Oct. 31, the eve of All Saints' Day, and observed with traditional games and customs. The word comes from medieval England's All Hallows' eve (in Old English, hallow means "saint").



Many of these Halloween customs predate Christianity, going back instead to Celtic practices associated with Nov. 1—the beginning of winter and the Celtic new year. Witches and other evil spirits were believed to roam the earth on this evening, playing tricks on human beings to mark the season of diminishing sunlight. Bonfires were lit, offerings were made of dainty foods and sweets, and people would disguise themselves as one of the roaming spirits, to avoid demonic persecution.



Survivals of these early practices can be found in countries of Celtic influence today, such as the United States where children go from door to door in scary costumes demanding "trick or treat."

Belief in vampires and the power of blood is as old as mankind. Early man smeared himself in blood and sometimes drank it. The ancient Chinese, Egyptians, Babylonians, Greeks, and Romans all believed in vampires. The Jewish Talmud tells of Lilith, Adam's disobedient first wife, who was transformed into a monster roaming the night.

LABOUR DAY - MONDAY 25 OCTOBER 2021



Labour Day is an [annual holiday](#) to celebrate the achievements of [workers](#). Labour Day has its origins in the [labour union](#) movement, specifically the [eight-hour day](#) movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest. For many countries, Labour Day is synonymous with, or linked with, [International Workers' Day](#), which occurs on 1 May. For other countries, Labour Day is celebrated on a different date, often one with special significance for the labour movement in that country.

New Zealand

In New Zealand, Labour Day is a public holiday held on the fourth Monday in October. Its origins are traced back to the eight-hour working day movement that arose in the newly founded Wellington colony in 1840, primarily because of carpenter Samuel Parnell's refusal to work more than eight hours a day. He encouraged other tradesmen also to work for only eight hours a day and in October 1840, a workers' meeting passed a resolution supporting the idea. On October 28, 1890, the 50th anniversary of the eight-hour day was commemorated with a parade. The event was then celebrated annually in late October as either *Labour Day* or *Eight-Hour Demonstration Day*. In 1899 government legislated that the day be a public holiday from 1900. The day was celebrated on different days in different provinces. This led to ship owners complaining that seamen were taking excessive holidays by having one Labour Day in one port then another in their next port. In 1910 the government stipulated that the holiday would be observed on the same day throughout the nation.

WORLD VEGETARIAN DAY 1st OCTOBER



Whether it's a moral, dietary, health or lifestyle choice, Vegetarian Day embraces and encourages respect for those who eschew eating meat. World Vegetarian Day is observed annually around the planet on October 1. It is a day of celebration established by the North American Vegetarian Society in 1977 and endorsed by the International Vegetarian Union in 1978, "To promote the joy, compassion and life-enhancing possibilities of vegetarianism." It brings awareness to the ethical, environmental, health, and humanitarian benefits of a vegetarian lifestyle.^[4] World Vegetarian Day initiates the month of October as Vegetarian Awareness Month,

which ends with November 1, World Vegan Day, as the end of that month of celebration. Vegetarian Awareness Month has been known variously as Reverence for Life month, Month of Vegetarian Food, and more

JELLY SQUARE (Great for Christmas, similar texture to Cheesecake)

INGREDIENTS (1)

3 packets biscuits crumbed (doesn't matter what plain ones)

INGREDIENTS (2)

3 tins condensed milk

(RECIPE FOR HOME MADE CONDENSED MILK)

Boil together 2 litres of homogenised milk and 8 cups sugar. Thicken with cornflour and milk, boil a little more and put into jars. It makes 2 ¼ large preserving jars full

12 tablespoons lemon juice

6 tablespoons gelatine dissolved in 2 ½ cups boiling water (let cool)

Mix biscuits and butter and press into tin.

Once ingredients 2 are cooled to warm mix with lemon juice and condensed milk, put into fridge to set.

Mix 3 jellies any colour with 1200 mls hot water, let cool to warm and pour on top of white mixture and return to fridge to set

Half the mixture if only wanting 1 lamington dish. Kids love it was a great favourite with mine

APPLE ROLY POLY

INGREDIENTS

2 heaped cups self raising flour
Pinch salt
50 grams melted butter

Mix all together to scone like dough. Roll out to desired thickness.
Cut up 6 apples peeled and put on dough.
Sprinkle cinnamon on top and roll up and place in a heatproof dish with high sides

INGREDIENTS FOR LIQUID

Put 4 ozs butter, 2 tablespoons golden syrup, 2 tablespoons brown sugar and mix with 1 litre of boiling water.
Pour around and over the dough bake 150 for about 30 minutes. You can add more liquid if desired

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle.
If the horse has one front leg in the air, the person died because of wounds received in battle.
If the horse has all four legs on the ground, the person died of natural causes.

Q.... If you were to spell out numbers, how far would you have to go until you would find the letter 'A'?
A... One thousand

Q.... What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common?
A... All were invented by women.

Q... What is the only food that doesn't spoil?
A... Honey

LION CLUBS INTERNATIONAL PURPOSES

TO ORGANISE charter and supervise Service Clubs to be know as Lions Clubs
TO CO-ORDINATE the activities and standardise the administration of Lions Clubs
TO CREATE and foster a spirit of understanding among the peoples of the world
TO PROMOTE the principles of good government and good citizenship
TO TAKE an active interest in the civic, cultural, social, and moral welfare of the community
TO UNITE the Clubs in the bonds of friendship, good fellowship, and mutual understanding
TO PROVIDE a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members
TO ENCOURAGE service minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavours.



The purpose of World Habitat Day is to reflect on the state of our towns and cities, and on the basic right of all to adequate shelter. It is also intended to remind the world that we all have the power and the responsibility to shape the future of our cities and towns. World Habitat Day was established in 1985 by the United Nations General Assembly through Resolution 40/202, and was

first celebrated in 1986. It takes place on the first Monday of October.

The theme for this year's World Habitat Day is **Accelerating urban action for a carbon-free world**. Cities are responsible for some 70 percent of global carbon dioxide emissions with transport, buildings, energy, and waste management accounting for the bulk of urban greenhouse gas emissions. The future of our planet depends on national, regional and local governments and organizations, communities, academic institutions, the private sector and all relevant stakeholders working together to create sustainable, carbon-neutral, inclusive cities and towns. World Habitat Day will amplify the global Race to Zero Campaign and UN-Habitat's ClimateAction4Cities and encourage local governments to develop actionable zero-carbon plans in the run up to the international climate change summit COP26 in November.

The 2021 theme for this year's World Habitat Day is **Accelerating urban action for a carbon-free world**. Cities are responsible for some 70 percent of global carbon dioxide emissions with transport, buildings, energy, and waste management accounting for the bulk of urban greenhouse gas emissions.

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on.
Hence the phrase... 'Goodnight , sleep tight'

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's Father would supply his son-in-law with all the mead he could drink.

Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, Ale is ordered by pints and quarts....

So in old England, when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down. It's where we get the phrase: 'Mind your P's and Q's.'

Many years ago in England , pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.

BULLETIN MARG'S DRIBBLE

Hi Everyone

Well for a start big apologies that this bulletin is late but I ended up in hospital suddenly and ended up staying for about 2 ½ weeks. Now home but have a very badly poisoned knee joint that I am on antibiotics which are changed daily. I will be out of commission for a few weeks. Luckily I did have a lot of the bulletin done but get tired very easily. Thank you to the members that have visited me in hospital and at home. All going well I get a new knee joint at the end of November.

See you all soon

Marg 😊

MESSAGE FROM PAST PRESIDENT HEATHER POWER

There are still some changeover night awards still to be engraved. Please bring to our Tea Meeting or drop off at my home: 14 Eversham Drive Rolleston

DATES OF IMPORTANCE - PUT IT ON THE CALENDAR

- 1 October - School term ends
- 3 October - Mental Health Awareness week
- 6 October - Our Tea meeting
- 13 October - Our Board meeting
- 17 October - Toot for Tucker
- 18 October - School term begins. Volunteer Groups Promotion Day
- 23 October - Collection for the Blind/low vision
- 25 October - Labour Day
- 31 October - HALLOWEEN

ROCK RAFFLES EVERY FRIDAY NIGHT AT THE ROCK (If in Level 1)

Don't delete the following just because it looks weird.

Believe it or not, you can read it.

>I cdnuolt blveiee that I cluod aulacilty uesdnatnrd what I was rdanieg. The phaonmneal pweor of the hmuan mnid Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in what oredr the ltteers in a word are, the olny iprmoatnt tihng is that the first and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it wouthit a porbelm. This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the word as a wlohe. Amzanig huh?