



# The Rotary Club of Whangarei

(Chartered 1925)

District 9910

Chronicle for 16 April 2014



### Int President Ron Burton

President - Peter Mulhare, President Elect & Secretary- Gail Taylor, , Treasurer - Peter Bayne, Chronicle - Andrew Bax, Community – Andrew Bax, International - Roger Barber, Programme –Rex Morris, Almoner - George Wilson, Historian - Lloyd Morris, Website - Andrew Bax, Board Member – Bill Rossiter, Board Member – Frank Geddes, District Governor – Phil Ashton, Assistant Governor – Peter Smith

President Peter welcomed members and Ken & Gwen Sinclair (Gails Mum & Dad)

Apologies: - Mike, Peter B,

### **One minute notices**

- Rotary Quiz at Matakana 5:30 for 6:00, Sat 10 May, Let Andrew know if you are interested
- Changeover night – 25 June at Affair, keep that date free

### **Club forum**

-Gail started discussion on getting into the community a bit more. Maybe adopt Puriri Park Rest Home and once a week or month, 2 members visit people who dont have family around and take them for a walk or just talk to them... we will talk to the manager about logistic etc.

-**Rotary in the country** was mentoned. The members liked the idea of resurecting the tradition. Sugestions that One Tree Point would be a good place to target as it is a growth area. Rex will check with local school re venue and needs. Could be an area for a new Rotary Club to be formed.

### **-NO MORE RAFFLE** (Gail initiative)

After much discusion members have agreed on a new format. The happy dollar and raffle is a bit long in the tooth.

We decided to introduce:-

**“On a happy note”** - Members will give us their weekly story and contribute a \$note to the coffers. We have a money box that will still circulate for members to offload shrapnel into but there will be no raffle anymore so you pay \$5 for your interesting yarn and thats it. The general feeling was that its been a happy \$1 and \$2 raffle since Adam played fullback for the Romans so a \$5 contribution to the sunshine fund is not even keeping up with inflation. The raffle duties have been hard to organise with members away or forgetting or just not turning up to meetings. This will take the pressure off everyone.

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### **Stress relief from laughter? It's no joke**

*When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why. [By Mayo Clinic Staff](#)*

Whether you're guiltily guffawing at an episode of "South Park" or quietly giggling at the latest New Yorker cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

## Stress relief from laughter

A good sense of humor can't cure all ailments, but data are mounting about the positive things laughter can do.

### Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

### Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier.

<b>Duty Roster</b> (a.m – 11:30 for noon, p.m. – 5:30 for 6:00pm)			
Lunch first, dinner second – 1 <sup>st</sup> Wed lunch 2 <sup>nd</sup> dinner etc Notify Club of apologies – 4387429 (by Tuesday)			
Duties	23 Apr (pm)	30 Apr (pm)	Hospital
Speaker	Brian Currie Friendship Force	Dinner at Shiraz	Gail
Host	Jack / Barbara Lucy	None	
Thanks	Jack / Barbara Lucy	None	
Reception	Everyone	Everyone	
Parting Thought	Jack / Barbara Lucy	None	

### Parting thought from Peter M

“A man is at his tallest when he stoops to help a child “