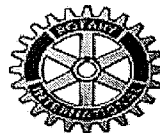


West Harbour Rotary News



Next Meeting 6.30pm
08.04.02

Issue 42

J Barrett: 416 0020

Speaker & Guest Review

Murray Greig introduced our Speaker George Nelson who was assisted by Louise. Their subject was Orthopaedic Footwear & Footcare. George explained how our posture and well being is affected by the incorrectness of our feet. Many small irregularities can be corrected by feet exercises and prevention is far better than cure. George specialises in made to measure orthopaedics and covered the aspects of bunions, fallen arches, flat feet etc. They gave out leaflets and a draw took place for some free treatment to the winner. This was won by Maria. Quite poetic really as by all accounts she has about 60 pairs of shoes. What a challenge for George.

It was nice to see Robyn again and although life has taken off in a very busy way for her we hope to see her more often.

Sergeants fund
\$55.10
Irene was back
in the hot seat.

*Please send apologies or guest numbers to Pauline Cutts for this week 414 6620
If apology is not in by 10am on day of meeting the cost of the meal must still be paid for.*

Club Business

8th April. Host Brenda Knight, Thanks Barbara Lupton, Attendance Rona/ Pauline, Steward Alan Lupton, Thought for the Day Wayne Upton. If you cannot do your duty this week please arrange your own substitute so that the club is not let down.

24th Mar Sunday Speech Contest at Rotary House Orewa. 6 Students competed and 3 were selected to go to conference and will speak on the Saturday morning. The team that helped on the day did a grand job and Laraine thanked them all.

1st April – No meeting but happy Easter.

2nd April Scottish GSE team. Kumeu, Henderson and Waitakere clubs 6.30 at Lincoln Green

12th May District Assembly Club Officers to attend. More details from Wayne soon.

13th May – No meeting (15th May will replace this)

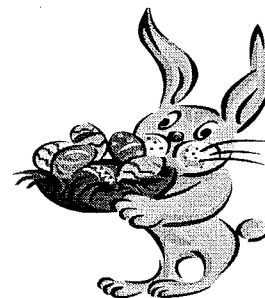
15th May ASB Centre North Harbour Stadium, Albany. Dinner \$25.00 per head. Cash bar. 6.30 for 7.15pm Welcome the incoming World President Bickai Rattabul. Plenty of parking. Seating and dinner provided by Panda Catering. Would be nice to have a good turnout for this event. Partners are also welcome.

1st July – Club changeover

Please mark these dates in your diary. The roster is working well and has taken a lot of pressure off.
Many thanks

Have a great Easter one and all. See you on the 8th April.

To get maximum attention its hard to beat a good big mistake.



IF YOU HAVE ANY NEWS OR VIEWS THAT YOU WOULD LIKE INCLUDED IN THE BULLETIN, PLEASE CONTACT
Jacky Barrett Ph: 416 0020 Email: petunia@ihug.co.nz

8 Sari Place
MASSEY
AUCKLAND

01 February 2000

George Nelson
Ortopedica Limited
P O Box 106255
DOWNTOWN
AUCKLAND

Dear George

I wish to thank you very much for my inner soles.

I had been to two other Orthopedic Centres and their inner soles were pathetic in comparison to yours. Your product does not smell and is cheap.

I am now able to play Badminton 4 days a week without any pain at all. That is amazing considering I could hardly walk at all and was having Cortizone Injections in both heels every 3 months. It has been a year since my last Injection and I do not need any yet either.

I also wish to thank you for your prompt service and for coming to my home and the homes of my friends.

My family are also very pleased with their inner soles and we wear them every day.

Thanks a Million!!!

Yours sincerely



MAMA SCOTT



Mary Rea
OSTEOPATH
Cranial - Sacral Therapist
Dip Swedish and Remedial massage
D.O. Aust. MNZRO Acc. Reg.

TO WHOM IT MAY CONCERN

Re: George Nelson of ORTHOPEDICA

I have known George Nelson since he joined the Clinic in August 1999 and have no hesitation in testifying to his good character and delightful personality.

George has a pleasant disposition enabling him to mix well with people of all ages and from all walks of life.

He has proven to be a valuable member of the team, working well with clients and staff members. He has shown consideration, empathy and excellent high standards on all levels.

George is most professional in matters concerning his financial responsibilities; he has proven to be trustworthy, punctual and at all times it has a being a joy to do business with him.

It is my pleasure to recommend George for any position which may further his career and profession.

Kind regards

Mary Rea

**FROM: Lewis and Fida Davies
66 Kirby street Glendene
Waitakere City
Auckland**

**TO: George Nelson
Ortopedica Limited
P.O. Box 106255 Downtown
Auckland,
New Zealand**

February 5 2000

Dear George,

My wife and I, have been constant sufferers of chronic back pain as a result of bad posture caused by injuries to our back when we were youngsters. Chiropractic and Osteopathic manipulation seemed to help once, but no longer brings us any lasting benefits.

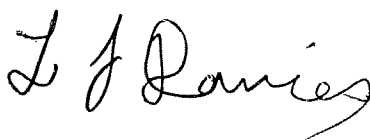
When we tried your orthopaedic inner soles, customised hand made to suit the individual needs in support of our feet, we were so amazed that such simple and inexpensive devices fitted into the shoes could almost instantly bring lasting relief from back ache, tired aching legs, sore feet and constant mild to severe head aches.

We cant thank you enough George, your product has restored a certain quality back into our lives we thought was lost to us.

We highly recommend your orthopaedic inner soles to anybody with back and posture problems.

Regards

Lewis and Fida





T.O.R.O.A

Te Ohonga Reo O Akongatia

8 Sari Place
MASSEY
AUCKLAND

01 February 2000

George Nelson
Ortopedica Limited
P O Box 106255
DOWNTOWN
AUCKLAND

Dear George

I wish to thank you very much for my inner soles.

I had been to two other Orthopedic Centres and their inner soles were pathetic in comparison to yours. Your product does not smell and is cheap.

I am now able to play Badminton 4 days a week without any pain at all. That is amazing considering I could hardly walk at all and was having Cortizone Injections in both heels every 3 months. It has been a year since my last Injection and I do not need any yet either.

I also wish to thank you for your prompt service and for coming to my home and the homes of my friends.

My family are also very pleased with their inner soles and we wear them every day.

Thanks a Million!!!

Yours sincerely



Mama Waiahurangi Rihari-Scott

8 Sari Place

T.O.R.O.A

Te Ohonga Reo O Akongatia

8 Sari Place
MASSEY
AUCKLAND

01 February 2000

George Nelson
Ortopedica Limited
PO Box 106255
DOWNTOWN
AUCKLAND

Kia tau te rangimarie me te aroha ki a koe mo ake tonu atu Amine.

Tena koe George

Nga mihi nui ki a koe.

Tena Koe mo au mahi, a ra mo au taonga Whariki Hu.

I mua o to taenga mai ki au i haere ahau ki te rapu ora i nga Whare Whakaora Waewae. Horekau a ratou whariki hu rite ki au te rangatira. Kare nui te utu, kare hoki e haunga ana i roto hu.

I haere ahau ki tetahi Tohunga Kohiwi, ka weroa oku waewae ki te rongoa whakakore mamae ia toru marama.

Otira kua pau te tau inaianei kare noa ahau weroa a kua kore hoki te mamae.

Tena koe mo te tae wawe mai ki te karanga atu ahau ara ki taku kainga me nga kainga o aku hoa. E harinui ana toku whanau mo enei taonga e kawea nei e ratou e matou hoki ia ra.

Noho ora mai ma te Atua koe e manaaki mo ake tonu atu Amine.

Arohanui na



Mama Waiahurangi Rihari-Scott



WILDLIFE RESCUE N.Z.



2nd July 2001

TO WHOM IT MAY CONCERN

Mr. George Nelson of *ORTHOPEDECA* very generously offered Wildlife Rescue supporters a gift voucher to the value of \$200.00, which enables them or their family to a:

- FREE VISIT
- FREE FOOT PRINT
- FREE CHECK UP
- FREE DIAGNOSTIC
- FREE ADVICE ON ORTHOIPEDICA
FOOTWEAR AND FOOTCARE

We are very happy to be able to offer our supporters **these** gift vouchers, and to date they have been gratefully received.

Yours sincerely

A handwritten signature in black ink, appearing to read 'S.E. Harrington-Frost', with a stylized flourish at the end.

S.E.Harrington-Frost
Fundraising Co-Ordinator