



Rotary Club of Whanganui - Bulletin 12 : 17 Sept 2018

Meeting – 17 Sept 2018 Club Fellowship Meeting

Host: Stuart Hylton
Thanks:
Top Table:
Sergeant:

Meeting – 24 Sept 2018 Clive Aim Driving Miss Daisy

Host: Warwick Bullen
Thanks: Bernard Corkery
Top Table John Rowan
Sergeant: *Kate Smith*

Meeting – 1 Oct 2018 McDonalds Concrete Pipe Factory (tbc)

Host: Bob Smith
Thanks: Denis McGowan
Top Table N/A
Sergeant: *Kate Smith*

Apologies:

To Peter Smith please:
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Phone: 342 5812

Attendance at Last Meeting: 10 September 2018)

Present	- 30
Apologies:	- 3
Silent :	- <u>12</u>
	44

Men's Care Bags

Donations for Men's Care Bags to Henry Ngapo. Items may be left at the meeting.

Russell Simpson

Himalayan Adventure

Russell has a Masters in Health Science and trained in physiology. He has worked in the Health sector with Allied Health and Health Care NZ. He was recently appointed as CEO of the Whanganui District Health Board. He believes in a collaborative approach over all professions. However, Russell was speaking to us about his leisure activity – running around mountains.

With a group of friends, he set out to take part in the Tensing Hilary Everest Marathon, described as an 'extreme adventure'. Apart from training for running a marathon, they had to climb up Everest before they could start!

Russell gave a vibrant account of the preparations and race backed up by amazing photographs. There were many challenging adventures, the first being the inability of flying into Lukla airport – 500m runway; one of the most dangerous in the world, with evidence of accidents still there! So they arrived by helicopter – he thought this may have been even more 'frightening'! However they were able to leave from the airport. On arrival, a 14 day trek covering 168 km allowed a gradual acclimatisation to altitude and to experience Sherpa hospitality. There were rest days at various levels before reaching Khumbu Glacier and the Everest Base Camp – c5300m. They had permission to use the higher site which is usually only open to serious climbers. Reaching Kala Patthar, a view spot at 5,643m, meant a 4.30am start but was spectacular – especially dealing with the creaking of the glacier from first light!

Russell gave explicit accounts of the effects of altitude on 'thinking' and acting sensibly. Keeping hands and feet covered and warm was difficult, not to mention the freezing of any liquids over night. Russell's group also posed briefly at the start of the race wearing shorts!!! He sees this 'silly' behaviour along with the physical dangers of avalanches and glaciers splitting the only things to prevent a successful marathon!

150 people started the race and all finished – Nepalese runners taking just over 4 hours, with Russell's group beating their own target of 10 hours. Apart from taking it carefully at the beginning because of it being uneven under foot, they were able to run later – the track being downhill by this time.

They took 42 Prayer Flags with them with a wish from Heart Kids NZ and their sponsors' name. Their aim was to raise \$25000 for the charity and are well on the way to achieving this. When asked, Russell said, 'Yes. I would do it again!'

Be Polite.
Follow the 4 Way Test

Apologise if you are unable to attend a meeting.

PP Dot McKinnon has a copy of the book by **Dr Dragos Bratasuna**, a recent speaker. She is willing to lend it to any member wishing to read it.

Tree Planting at Hospice

19th September from 1.30-4.30pm.

If any members would like to assist it would be much appreciated. You will need to bring your own spade and make sure that you are wearing gumboots (or old gardening shoes).

September is Rotary
Basic Education and Literary Month