



Meeting 15 April 2019

**Denis McGowan –
Whanganui Residential
Built Heritage**

Host: Ed Boyd

Thanks: John Wilson

Top Table: Stephen Lace

Sergeant: *Stephen Lace*

Meeting 22 April 2019

**Easter Monday
No Meeting**

Meeting 29 April 2019

**Nelson Lebo – Home Fit
Certification Programme**

Host: Gil Bycroft

Thanks: Denis McGowan

Top Table: Shirley McDouall

Sergeant: *Martin Visser*

Apologies:

To Peter Smith please:

smith.farm@actrix.co.nz

Phone: 342 5812

Attendance at Last Meeting:

(8 April 2019)

Present -22

Apologies: - 6

Silent : -13

41

Men's Care Bags

Donations for Men's Care Bags to Henry Ngapo.

Items may be left at the meeting.

GUY LE QUESNE – TE AROROA TRAIL

Guy was born in Whanganui and attended Whanganui Collegiate School before a career in IT in the finance industry, in Wellington, then Sydney before returning to Wellington. When Guy decided to walk the Te Arorua Trail (the TA) he 'retired'.

The trail is based on earlier tracks, from those to transport greenstone, to those used by tramping clubs to get exercise out of the city. Forestry and hunters huts were ad hoc and the Federation of Mountain Clubs suggested in the 60s that a linked-up trail be created. The idea was revived by Geoff Chappell in the 90s with the first being opened in the Bay of Islands in 1996 and was fully completed in 2011.

Guy is not a planner and learned from experience – from fitness levels required to the weight of his pack. He started by taking a bus to Cape Reinga and walking down 90 mile beach – taking 3 days. Had a rest in Kaitia then set off in earnest, passing through the rather muddy Raetea forest. There are mixed resting places on the 10 day journey to Keri Keri. His improved fitness helped to cut down his times. Several choices were important, such as finding appropriate sleeping places, having enough food, taking advantage of shops and taking great care when crossing highway bridges.

Guy found that meeting fellow walkers was very interesting and was an added bonus to the environment being experienced. The North Island section was completed in a couple of months with a few days break in Whanganui before a week in Wellington, after crossing the Tararuas, before setting out for the South Island leg. He found this an absolute highlight – with several multiday walks in the Richmond ranges. Care had to be taken when crossing rivers which could rise very quickly and watching out for keas, who can be very dangerous. Guy enjoyed the experience, walking from September to January, and can recommend it.

Friday 26 April

Possible informal Club Fellowship session on Friday evening (26 April) is being considered. Options include a pot luck tea at Shirley McDouall's, a session at the Kingsgate, a night at the Races, and an informal meal at a restaurant. What do members think?

District Conference 17 – 19

May 2019

Have you registered yet??

Rotary Readers in Schools.

Volunteers are urgently required for Term 2 in two schools. Please see Denis McGowan or Dick Mitchell if you can assist.

**Remember to
Apologise if you are
unable to attend**

**Maternal and Child Health
Month**