

Meeting on Monday 18 August 2025

Welcome by President Norelle



PN Rotary News

Last Friday of the Month Drinks

Meet at **Brew Union on 29 August between 5-6.30 pm** - the last Friday of the month. Please bring your partner, friends and prospects. If you are coming let Ramola or Dave know so we can book a table big enough.

Kahuterawa Bush

Weather permitting there will be a team at Kahuterawa Bush on Friday 22 August from 10am-12 noon. Spraying, pruning, leaf blowing, and line trimmers will be in action.

Dictionaries at Manawatu Prison

After delivering 7 boxes of illustrated dictionaries to Manawatu Prison we received this thank you.

Please pass on my thanks to the Rotary Club of Palmerston North. The men here will really appreciate the dictionaries they have donated. Sometimes they only need one for a short time and borrow the library dictionaries, other times they need their own copy to keep. They use them for a variety of reasons, but

the most common tend to be to understand words in their legal documents, to use when writing letters to the people important to them, and to use alongside reading both non-fiction and fiction books they issue from the library (when they come across a word they don't know the meaning of, they look it up). It is so important that the people who need their own copy can have one and I am very thankful that organisations like the Rotary Club of Palmerston North also see the value in this.

Noho ora mai,
Manawatu Prison Librarian

Rotary National Science and Technology Forum

Both PN and Awapuni Rotary are in the process of selecting Year 12 candidates for the January Rotary Science Forum. Thanks to Brian Donnelly and Nick Kaspers for handling this for PN Rotary and Norelle Ward and David Chapple for Awapuni Rotary. So far PN has 3 candidates (plus 1 to come) and Awapuni has 1.

Awapuni Rotary News

Daffodil Day 29 August



Jo O'Neill is looking for volunteers for Daffodil Day.

We are still in need of Volunteers to help us man our Stall sites around the city on Friday the 29th August. Contact Jo for the sites and times.

Jo O'Neil

Phone: 06 3565355 ext 826 cell: 027 2124657

email: jo.oneil@cancercd.org.nz

Next Meeting

Monday 25 August 2025

Welcome: President Dave

Speaker James Etuale

"Making Mental Health Matter"

Intro/Thanks	Nick Kaspers
Attendance	Stu Schwartz
Sergeant	John Freebairn
Corporal	Dan Wheeler
Parting Thought	Ramola Duncan
Bulletin Editor	Steve Parsons

Report on meeting Monday 18 August 2025

Guest Speaker: Nevinka Hewana Arachchige, PNGHS.

"My experiences at RYPEN (Rotary Youth Programme of Enrichment)"

- **Background & Selection:**
 - Nominated by Kathi Simpson to attend the **Rotary Youth Programme of Enrichment (RYPEN)** camp (4–6 October 2024).
 - Initially hesitant, but encouraged by her parents and church community.
- **Camp Journey:**
 - Travelled by bus with another PNGHS student to the campsite.
 - On arrival, met the other participants (20+ students, mostly aged 15–17, Nevinka being one of the youngest).
 - Settled into cabins, played team games, and began building friendships.
- **Key Activities & Highlights:**
 - **Waiohuru Military Camp:** obstacle courses, team challenges, fire brigade activities – helped her build teamwork and resilience. She injured her foot but persevered, with her team winning.
 - **Group Presentations:** worked on a group project about **climate change**, which built her confidence in public speaking.

- **Outdoor Adventures:** white-water rafting and other activities that pushed her outside her comfort zone.
- **Friendships & Fun:** enjoyed free time, games, hot chocolate nights, and strong bonds with fellow campers.
- **Personal Growth & Learnings:**
 - Gained **confidence** and independence by being away from home.
 - Learned about **leadership, teamwork, and group design**.
 - Discovered the value of stepping outside her comfort zone through physical challenges and public speaking.
 - Appreciated the opportunity to try new experiences, make lasting friendships, and develop resilience.
- **Closing Reflections:**
 - Thanked Rotary, Kathi Simpson, and her parents for the opportunity.
 - Encouraged other young people to attend RYPEN, especially those nervous or unsure, as it was "a really good experience" that she does not regret.



Parting Thought: Allan Ford

"Humour is an antidote to all ills" Patch Adams

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