



Interact Club Chartered at Hamilton Girls High School

On 30 September 2011, Waikato Sunrise celebrated the chartering of the Hamilton Girls High School Interact club. 18 Interactors, who were introduced by their Charter President, Laura Dawson, attended the breakfast meeting. Chartering the HGHS Interact club was a goal set last year by past President Libby, and steadily worked towards by the Waikato Sunrise youth committee.

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Above: Charter President Laura Dawson



Reach Within to Embrace Humanity



Above: Jesse Reynolds, Darwin, May 2011

Coming up in October:

- 7 Oct Guest Speaker **Julie South**
'Using Social Media'
- 7 Oct **Sunrise @ Six**
6pm Speight Ale House
- 14 Oct Guest Speaker **District Governor Raewyn Kirkman**
'Rotary'
- 21 Oct Guest Speaker **Superintendent Wyn van der Veld**
'NZ Police'
- 28 Oct Guest Speaker **'Mystery Guest'**
'This is my life'
- 4 Nov Guest Speaker **Bob Simcock**
'What a "Real Housing Crash" Looks like'

Rotary knowledge is important

"It's every Rotarian's responsibility to be educated in Rotary"

-- District Training team 2011

Jesse's a Swimming Success

In May 2011, Waikato Sunrise sponsored Jesse Reynolds \$2500 towards the costs of attending the Arafura Games (incorporating the Oceania Paralympic champs) in Darwin Australia. 14 year old Jesse traveled and stayed with the NZ Paralympics team and had an outstanding competition while in Darwin:

- He swam the 400mt Freestyle with a Personal Best of 13 seconds, he was placed 4th in the final and smashed his previous Paralympic NZ record by 13 seconds. 4:56.44 (to be ratified by PNZ)
- He swam in the 100mt butterfly, was first in his heat and was 4th in the finals, he once again gained a 6 second Personal Best and smashed the current PNZ record by 10secs. 1:18.75 (to be ratified by PNZ)
- He also made the finals for all of his other events and was placed 4th in most of these, he swam the 100mt back with a PB of 5 sec. 200 Individual medley 6 sec PB, 50mt fly a 4 sec PB, 200mt free a 5sec PB, 100mt backstroke with a 5 sec PB.

These were exceptional results given Jesse was swimming against other 14 - 28 year olds and most of these were able bodied young men with only a slight intellectual impairment.



District Governor Raewyn Kirkman welcomed the Interactors to the family of Rotary - with around 200,000 Interactors and 1.2 million Rotarians worldwide, she encouraged them to take the opportunity to build international connections that will serve them well in the future. Raewyn also spoke of Rotary opportunities beyond High School years, encouraging the Interactors to consider joining Rotoract, and to participate in programmes such as Rotary Youth Leadership Awards (RYLA), overseas study scholarships, and Group Study Exchange (GSE).



It's all go in D9930

Tauranga Interact

Last year a new Interact club was chartered at Tauranga Girls College. The club recently presented a cheque for \$1,500 to their sponsoring Club, Tauranga Rotary, to purchase a Shelterbox. The Interactors are now working on raising funds to purchase an ERK (Emergency Response Kit). Other fundraising projects are in the pipeline.



Hamilton Interact

The first Interact club in Hamilton was established at Hillcrest High School, July 2010, supported by the Rotary Club of Hamilton East. The Fraser High School Interact Club was chartered early this year, supported by the Rotary Club of Frankton. With Hamilton Girls High Interact now chartered, there is a growing presence of Interactors in Hamilton city to promote and participate in community service by youth.

What is Interact?

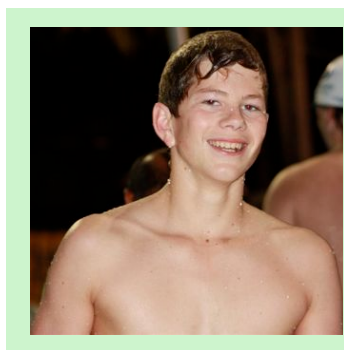
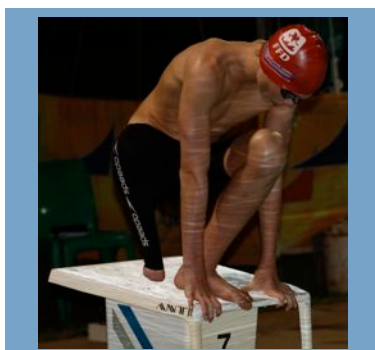
Interact is Rotary International's service club for young people ages 12 to 18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting.

Club membership varies greatly. Clubs can be single gender or mixed, large or small. They can draw from the student body of a single school or from two or more schools in the same community.

Each year, Interact clubs complete at least two community service projects, one of which furthers international understanding and goodwill. Through these efforts, Interactors develop a network of friendships with local and overseas clubs and learn the importance of

- Developing leadership skills and personal integrity
- Demonstrating helpfulness and respect for others
- Understanding the value of individual responsibility and hard work
- Advancing international understanding and goodwill

As one of the most significant and fastest-growing programs of Rotary service, with more than 10,700 clubs in 109 countries and geographical areas, Interact has become a worldwide phenomenon. Almost 200,000 young people are involved in Interact.



Jesse was a little disappointed as he didn't achieve a medal but was pleased to have broken the 5 minute mark on his 400 freestyle time. He has since gone on and broken that time further and is now swimming the 400 free at 4:43.22.

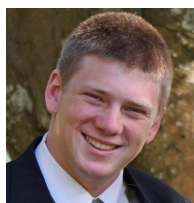
Since returning from the Arafura Games, Jesse has continued to swim extremely well and has recently been selected by PNZ to be a part of the 'Target Rio Team'. This enables him to develop and train for the Rio Paralympics 2016 with the possibility of making it to the London Paralympics 2012 if he progresses exceptionally fast. He will need to be at a minimum of 1000 points to be selected...not impossible but a very big task!

Jesse has since broken all six of his National Paralympic short (25mt) course records and has just hit 740 Fina points with PNZ. Along with these records he also currently hold 4 National Paralympic long (50mt) course records.

Jesse attended the NZ National Short Course champs in Wellington in August and won seven gold medals during the 6 day competition. He continues to train 8 times a week - approximately 16 hours per week. It is a constant juggle for him with school, homework and training, but none-the-less he is still very committed to achieving his dream of competing at the Paralympics some time in the future.



We really do appreciate Waikato Sunrise Rotary for the generosity & faith that has been shown to us. Your support of Jesse, and his dreams, is a real gift. I am sure he will make you and New Zealand proud in the future as he continues along the pathway to his ultimate goal. Thank you again for your continued support. Tracey Reynolds (Jesse's mother)



International Youth Exchange student, Stewart Gibson, shares about life in Argentina:

First of all, I apologize for missing the last bulletin. I've been bitten by the travel bug lately so let me fill you in on that. We recently had our school vacation so my exchange buddy, Alex, and I took a little excursion to Cordoba - the second biggest city in Argentina - for a bit of a holiday and to see some other exchange students who were still here. We stayed in Cordoba for about 6 days, meeting our fellow exchange students' families and extended families and friends. It was a very eventful but amazing dinner with Josia's family dinner for his host grandmothers 70th, with the

birthday girl herself trying to set Alex and me up with her granddaughters! Upon our arrival, Alex's host father swept us away to the next province along Catamarca to spend 3 days camping at some thermal hot pools, which were absolutely magical. They were situated 2500m above sea level up into the mountains looking straight to the border of Chile. It was perfect with each hot pool filling up another one and so on all the way down the mountain. We slept in tents on concrete because there was no grass anywhere for about a 100km radius (it was in the middle of a desert) but that only added to the experience. We then returned to Chilecito and from there went to a town called Villa Union where Alex's host dad has a lot of family living. We paid them a visit for an "Asado", Argentine BBQ. The road to get there was probably one of the most beautiful drives of my life. We went high up in to the



mountains along this very thin windy road and yes I did think I was going to die every corner but the view was spectacular - "la Cuesta de Miranda", the road of looking, or something like that. La Rioja, the capital city of the province, was another visit for some sightseeing, and the "Valle de la Luna", valley of the moon. That is probably the best thing I will remember about Argentina, just how beautifully raw the landscape is. Takes my breath away every time. It snowed here also – my first time being where it's snowing! Unfortunately I have been quite sick recently, but I've finally come right now just in time for the International Exchange Student orientation weekend in Huerta Grande. I have learned that the climate is very difficult here because of the extreme heat during the day and the cold at night. This is why a lot of people get sick during this time, but my host grandmother was amazing, forcing me to stay in bed for a week or two until I was perfect. So, in good health, I was off to Córdoba for the Rotary orientation weekend. All the new exchange students that recently arrived from the northern hemisphere were there, along with all the outbounds from Argentina. It's sad that some of the outbounds can't come with us on our trips, as some of them are now great friends and we realise we'll probably never see each other again. But that's the life of an exchange student.



We met with other exchange students from another province in Córdoba at about 0630 because our buses arrived about the same time. We left the bus terminal for the centre where we had a coffee and some breakfast, and sat round talking for about 5 hours until a shopping mall opened. From there we went to the food court and sat and waited some more as all the other exchange students started to trickle in. By the time it was time to go to the bus, there were about 50 of us.

\$5000 to Big Brothers, Big Sisters



This month, Waikato Sunrise donated \$5000 to Big Brothers, Big Sisters, Hamilton, to assist them in continuing their work with at risk youth. More than 500 young people each year have a mentor in one of the 13 Big Brothers Big Sisters (BBBS) programmes operating around the country, and research shows that the mentoring of youth, put in place by BBBS, works - young people with a Big Brother or Big Sister show real differences in their personal and academic lives.

Photo left: President Joe and Lexlei Taylor, BBBS Trust Project Leader

During her visit to receive the donation, Project Leader, Lexlei Taylor, thanked Waikato Sunrise for our ongoing support. She also gave us an update on the fleet car, which we donated in 2010, reporting that it has made a significant difference for staff involved with family liaison meetings and related appointments.

The New Zealanders had a rugby ball, so what else to do but to start playing touch rugby in the middle of the square in the centre of town? The orientation weekend was amazing - everyone really got into it and it was put together very well. There were a lot of games played and we had an excellent time at the dress up party on the Saturday night, and there was a talent show on the Friday. Of course, we performed the haka and everybody loved it. On the last day we had a traditional Argentine BBQ, which was a first for some of the new exchange students. All in all it was a fantastic weekend. I am still loving every minute of my exchange. **Stewart**

Read this month in Rotary Down Under

P5 'What will be your legacy?'

P6 'Looks like we opened a can of worms'

P20 'Raewyn's wheely good idea'

Membership News



Introducing Kate Vogel: Kate joined Waikato Sunrise in September, introduced by Lyn Windust. She has joined Rotary to become more embedded in the community - coming from Gisborne, Kate wants to expand her networks and get involved in the Waikato. Having worked a lot with youth projects as a mentor through work, Waikato Sunrise's focus on fostering youth leadership particularly appeals.

Kate is a Senior Manager in the Audit team at Pricewaterhouse Coopers. She works with a number of corporates, private businesses, not-for-profits and Maori organisations around the Waikato and wider Bay of Plenty region.

In her spare time, Kate enjoys ballroom and ceroc dancing and taking zumba classes. She also enjoys weekends away with husband Martin, family and friends, taking the boat out to make the most of the Waikato rivers, lakes and Bay of Plenty beaches.

Welcome Kate. We look forward to your contributions to Rotary.



Photo above: Member, Owen Culliney, braved winter legs to present a world class sergeant's session recently in honour of the World Cup Rugby - giving a whole new meaning to 'service above self!'

Rotary in Action in our community



Photos above: Waikato Sunrise members and friends of Rotary working at the recent Wales vs Samoa rugby game.

Would you like to be a 'Friend of Rotary' volunteer?

The Rotary Club of Waikato Sunrise raises significant funds each year for charitable purposes. Through a partnership with Montana Catering. Waikato Sunrise members and Friends of Rotary assist with the hospitality tents at local Rugby games, the V8s, and other major events. We're also involved in active service activities in the community, both locally and internationally. Last year we entered a partnership with ZEAL, to support the development of a Youth Arts and Music Centre in Hamilton – an ongoing project. And we sent a team to Fiji to refurbish a preschool in a remote island village.

Rotary makes a difference in community, and we need all the help we can get for fund raising and active service project.

If you would like to be a 'Friend of Rotary' volunteer, to work alongside our hard working and fun loving Rotarian members, please contact: mel.rotary@gmail.com



Geoff's Jaunts: Diary of a District Governor's right hand man

We are now nearing the end of our visits to the 55 clubs. Only three to go, including our very own Waikato Sunrise. As with all the others, except for Gisborne where I had two left shoes, I will be wearing my best suit and rotary tie that morning.

Earlier this month, Raewyn addressed a group of four clubs from Whakatane, Kawerau and Opotiki. What a great night at the Ohope Golf Club, preceded by a successful round of golf. We attended another combination of four at Mt. Maunganui just last week. It is really good to listen to the interaction between the club members. Willemien accompanied us to the breakfast visit to Huntly and Libby played handbag at Kihikihi when I had too much work to get through and not enough time to do it in. It is nice to know that support is there. Along the way, we've met so many kind and hospitable people whom we now regard as personal friends.

We've also enjoyed our days at the RWC games. It's a big buzz knowing that it's a job well done as well as sharing that camaraderie with all the others involved - fellowship with a purpose.

Even though the official club visits are nearing conclusion, we are not able to relax. During the next month we have tree planting in Kawerau, induction of new members at Te Puke, an Arts breakfast in Tauranga, the Hamilton East Race Night, and Presidents Elect Training (PETS). There are already a string of events scheduled through next year, and last week we received our first invitation to a Christmas function. I'm sure there will be more. Planning for the May 2012 Conference has now starting in earnest. We already have two excellent speakers confirmed and the ideas for the Saturday night party are both exciting and hilarious. The pre-registrations are steady, but should receive a boost as the Clubs appoint their Conference Champions. **Geoff**

From our President:



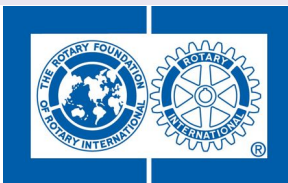
Hi all. Time has flown by since Changeover and I'm already three months in to my year as President. A few thoughts so far:

Rotary Education: One of the best ways of promoting Rotary is by education. I have been on a very steep and educational learning curve, realising how much I *don't* know about Rotary! How great it is to have members with the knowledge base I am lacking. Thanks for your support and guidance.

Membership: Welcome to Phil Shannon who recently transferred his membership from the Rotary Club of Port Nicholson. Welcome also to Kate Vogel, my first new member induction. I trust you are both enjoying settling in with us as new members.

There are also several other potential members in the pipeline. My challenge to you all remains - who can you talk to about joining the Rotary cause? It doesn't have to be our Club they join - remember young people these days join causes, not clubs.

World Cup rugby: Its fantastic to see how New Zealand has embraced this tournament. Its been a pleasure to work at the Waikato Stadium, even if I did ID someone who was 47 years old! Gary Robertson - you have done a fantastic organisational job, and I extend a hearty thanks to you on behalf of all our members. And as always, the support from Club members will ensure the Community benefits significantly from our fundraising efforts. **Joe**



The Rotary Foundation is Rotary's own charity, supported solely by voluntary contributions from Rotarians and others who share Rotary's vision of a better world. These contributions enable Rotary to fund projects and programmes that improve the lives of people worldwide.

This month's **Foundation Thought** about Peace:

Through the Rotary Peace Centers program, The Rotary Foundation and Rotarians can increase their effectiveness in promoting greater tolerance and cooperation among peoples, leading to world understanding and peace. Archbishop Emeritus and Nobel Peace Prize laureate Desmond Tutu has said: —Rotary Peace Fellows believe, and I believe, it is possible to have a world without war. It is possible to have a world without hunger.

Want to know more about Rotary?

Check out www.rotary.org and we warmly invite you to visit the Rotary Club of Waikato Sunrise