

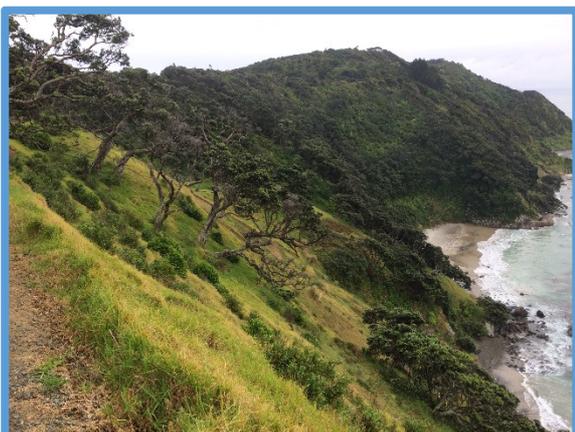
WALK FOR WISHES UPDATE – 13 NOVEMBER 2017

Thanks so much for supporting Make A Wish children and me as a conduit towards their wishes.

I started off committing to an average of 10,000 steps a day knowing that I only average around 5-6,000 steps a day which sometimes means it could be as low as 3,000 steps but after a couple of days I realised making it “an average” was providing myself a “get out of jail free” card so have now committed to a minimum of 10,000 steps a day. I have the privilege of being a volunteer for Make A Wish so I get to visit the children and help them put their wish together and deliver it. When you first visit, they often show you their beads – one for every procedure or operation they have endured – and the number of beads really makes you sit back and think. The other side of the coin is the smiles on their faces when they receive their wish, making you realise how worthwhile it is, so when the opportunity came up to “walk for wishes” I couldn’t resist, and when I am not feeling like getting up early to cover off the steps before work, I just think of their necklace of beads.

So far I have managed the minimum of 10,000 steps a day ranging from 10,043 (first day out) to my highest, being 16,798 – we had photography and a range of other things happening so after my initial 10,000 the rest just happened organically!

I have had a few laughs and a change of scenery for a few of the walks. We were heading down to see our daughter Rebecca in Marton so had a stopover in Taupo, which was an enjoyable walk around the lakefront and up to the shops and back to the hotel and then some extra steps when we got to Marton around a park. Coming back home we were up very early to get to the airport (no time for walking) and then home for open homes yet I still needed to get my steps in so I headed off to the beach for a quick walk along and instead of going up the stairs and onto the track I headed around the rocks. When I got quite a way I realised there wouldn’t be enough steps heading back yet I saw some people and asked how far around to find the steps heading up to the northern end of the track – they said quite a distance. I was on a timeframe as this was late afternoon and we had guests coming for dinner so what did I decide? Yes, foolishly I looked up the bank and thought I could scramble up to the top! Hmm, firstly it was quite steep with part shale but some Kikuyu and Paspalum as hand holds so I did manage (just) but when I got to the crest it wasn’t the track but another distance of not quite so steep terrain but waist high kikuyu. Then I came across a small track to complete it which was much easier. The funniest part was though, that the steep slope meant that whilst my heart was racing by the time I got to the top I didn’t get many steps as it is calculated horizontally by GPS! Then at the top it started raining and I needed to jog the rest of the way to get back home in time to prepare dinner 😊



I scrambled up from the first bay behind the Pohutukawas in the foreground!

My usual track is out to the Mangawhai Heads beach coastal track which includes 250 stairs (so that's 500 up and back) as well as time along the beach and a native bush track - it certainly is an inspirational walk. On a Wednesday I have Pilates which starts at 7.30am so it meant a very early start for the beach track and I showed this photo to Robbie (my husband) and had to say "no it isn't the sun rising - it's the street light, as I was there that early"!



Morning too early for sunrise



Following day late enough for sunrise!

Once again thanks for supporting my challenge - it is a physical challenge which is great but it is also a mental challenge and it make me smile to think that with the commitment to the wish children and to my sponsors I don't hesitate at getting up and doing it - if it was just for my health I wouldn't do it some days - so thanks for assisting me too.

If you wish to make a donation to help a child receive their wish please click on <https://givealittle.co.nz/fundraiser/walkforwishesdianne>

walk★
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