

From dirty nappies to Council table

As a young mum at Ratana, Soraya Peke-Mason was having laundry problems. There were baby nappies to wash and the water quality meant they came out stained. Her complaints didn't lead to an immediate solution but they did lead her to put her hand up for the Ratana Community Board. She served two terms there, before stepping up to the district council table, where she has served four terms. That's 18 years of serving the community through local government.

Soraya is clearly proud of the fact that Ratana finally has a water treatment system, although, the time it took to happen isn't such a proud moment. "It took far too long for Council to get it underway," she says. "It took ten years, from when we secured central government funding, to when the plant was commissioned. But it is commissioned now and with a bit of tweaking will be very worthwhile."

Being the first and, so far, only female Maori councillor, has brought some challenges, Soraya says. While she doesn't report any deliberate unpleasantness, she says unconscious bias has been an issue sometimes. "I'm happy the Council has moved on and become more inclusive," she says, "But there is still a way to go." The only other Maori councillor in Council's history was Mark Gray, who served in the 1990s. A big change that Soraya thinks is of benefit to the community, is targeting minor maintenance contracts to the community. This means local groups or individuals can get contracts for things like lawn mowing, emptying rubbish bins and cleaning gutters. "Locals know the standards they want for their communities. They can be more responsive and it provides employment opportunities, especially in smaller communities," she says.

The changes to the ward structure for the Rangitikei District are a concern to her, particularly for small communities like Turakina and Ratana. "I did oppose the changes, because of the perceived challenges of representation for those smaller communities." She hopes that people will put their hands up to run in the upcoming elections. "If we can get behind them, hopefully they'll get over the line."

Soraya won't be sitting around looking for something to do when her time on Council ends. She's in her second year of studying for an MBA degree at Massey University and was recently appointed chair of Te Totarahoe o Paerangi where she will help look after the assets her iwi, Ngati Rangī (based around the Ohakune and Raetihi areas) will receive as part of their Treaty settlement. Maori economic development has always been something close to Soraya's heart and she is obviously excited at the possibilities for Ngati Rangī in the future. Continued page 2...



Soraya Peke-Mason – stepping down after 18 years of representing her community and Rangitikei at local government level.

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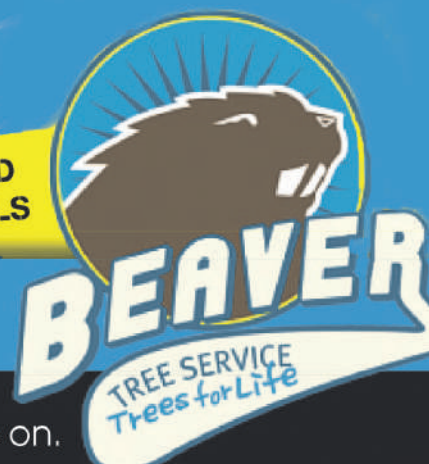
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Soraya Peke - MasonContinued from page 1

Becoming a community board member and then a councillor, has been quite a journey for Soraya and she has a lot of gratitude for the late Jill Strugnell, who was an important mentor for her. She also acknowledges the support of councillor Lynne Sheridan, who she says has always been there to bounce ideas off.

During her 18 years in local government, Soraya has worked with four mayors – John Vickers, Bob Buchanan, Chalky Leary and Andy Watson. While she doesn’t always agree with Mayor Watson’s politics, she says he’s by far the hardest working mayor she’s worked with. “He really does the job - he lives it,” she says.

With at least four councillors standing down this year, there will be room for new faces at the Council table. Soraya has some advice for anyone considering putting their hand up.

The first thing is to get familiar with the principles of the Resource Management Act and to understand the basics of the Treaty of Waitangi. “Too often Maori are relegated to ‘stakeholders’ or ‘an ethnic group’ but tangata whenua are, or should be, partners.”

Soraya says Rangitikei District Council has been doing much better in that regard over the past

two terms, with a change in thinking and councillors who want to understand the Maori worldview.

“I’m leaving happy that I’ve contributed something to that, and have helped to improve our communities.”

This year’s local government election is on 12 October. Nominations open July 19. Story and photo Belinda Howard.

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Scouting career ends on a high



Kevin and Karyn Randles with some of their farewell gifts. Kevin’s paper chain crown was made by the Kea group.

Forty-eight years in Scouting came to an end last week for 1st Marton Scout Group leader Kevin Randles.

Kevin first joined the Scouting movement aged 8, when he joined a Cubs group in his native United Kingdom. When he was 10 he and his family moved to Auckland and he continued on through Scouts and Venturers, then became a leader when he turned 18.

When Kevin arrived in Marton he joined the local Scouting group and eventually became leader of the full group – Keas, Cubs, Scouts and Venturers. It’s a role he has filled for 20 years. “It was never going to be the right time to step back,” Kevin says, “but the group is going really well at the moment and, with no other family involved, it seemed right to step aside and let our young leaders step up.”

The Marton group has been going for at least 100 years and Kevin is obviously proud to have been part of it, and the tributes paid at his farewell showed he will be very much missed in the Scout Hall.

Story and photo Belinda Howard.

Barley goes to sea

Marton’s MaltEurop malting plant processes barley from around New Zealand and the company has just signed a deal with Coastal Bulk Shipping to transport a significant part of the Canterbury harvest by sea.

When the Kaikoura earthquake cut the main railway line between Christchurch and Picton in 2016, it created a bit of a headache for MaltEurop as they usually transported the Canterbury barley harvest by rail from Timaru to Marton. Doug Smith, from Coastal Bulk Shipping, approached them with a solution – transport the grain from Timaru to Whanganui on MV Anatoki.

MaltEurop’s Marton operations manager Glen Simmonds says the rail route is still quite fragile, so MaltEurop and Coastal Bulk Shipping have just signed a long-term partnership to continue bringing the grain north by sea.

“We still bring quite a bit up by rail,” Glen says, “But the shipping partnership will help us spread the risk.”

The Canterbury grain is trucked to Timaru, where it is stored until it’s needed. It’s then brought north on the MV Anatoki, then trucked from Whanganui to Marton.

The shipping option is a more sustainable option, and helps reduce the company’s carbon footprint, which Glen says was another factor that has made the deal worth doing. “Really it’s all about working with other companies for a win/win solution,” he says. MaltEurop also processes grain from Hawke’s Bay and Wairarapa, as well as from around the Rangitikei district. Story Belinda Howard

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HEALTH SCENE



'Lightbulb moment' sparks lifestyle change for truckie

Getting fit for surgery has been a labour of love for David Lamese. It's a daily grind but he knows it will pay off in the long run. In February, David tipped the scales at 147 kilograms but since embarking on the Fit for Surgery, Fit for Life programme, run by Whanganui District Health Board, he has shed more than 30kgs, weighing in at 114kgs at the end of June.

The programme, led by health board head anaesthetist Marco Meijer, was developed in partnership with Sport Whanganui and local GPs and encourages significantly overweight patients to make lifestyle changes to reduce weight and increase their readiness for surgery.

Previously, David was a fit and active logging truck driver working 10 hours days and while he had weighed in at around 150kgs previously, his active lifestyle kept his body fat low and he had upper arms measuring a whopping 22 inches around.

However, during an awkward exit from his truck one day, he stuck his foot in a hole and ended up with torn knee ligaments in one leg – the resulting cartilage and 'bone on bone' damage was assessed as needing full reconstructive surgery.

While placed on a waiting list for elective surgery, his doctor at Taihape Health referred him to the Fit for Surgery, Fit for Life programme.

From there he met with Sport Whanganui's Fit for Surgery navigator Christine Taylor, whose job it is to make sure clients are physically and psychologically ready pre-operation.

The two met several times in Bulls, which is roughly halfway between their respective bases of Taihape and Whanganui. The meetings included conversations about David's goals, obstacles, concerns and weekly progress in training.

Mrs Taylor says the success David has shown, despite being located outside Whanganui, is evidence that the programme is beneficial for people living rurally or in remote areas.

If unable to meet in Bulls or Whanganui, they chatted via phone, email or text message, to ensure David had the support he needed. However, it was at their first meeting and his initial programme assessment that David had what he calls a "lightbulb moment" when he discovered he had gained 10kgs since originally being referred to the Fit for Surgery programme.

He puts this weight gain down to being unable to perform his usual physical activities and a substantial drop in income that led to him being basically housebound and eating too much.

From that moment, he embarked on a journey to change his lifestyle and to become healthier and fitter in preparation for his pending knee surgery.

This included a dramatic change of diet, the key to his weight loss so far. "It's 90 percent diet and 10 percent training and attitude. Before, I was eating all the wrong things at the wrong times. I've now got some structure to how I eat," he says.

He has also learnt a lot about weight and fitness training and, with Christine's help, has developed a routine which he adheres to six days a week. Resistance training has helped build and tone his muscles. David says his local gym staff are helpful and supportive and he enjoys pushing himself physically.

"It's important to work out what you want to achieve, see what you can do and begin within your limits -- from there you can add to what you're doing. But I do think sometimes you need to go past what your mind says you can do and keep on grinding."

Along with gym work, David is active outdoors and goes free-diving twice a week. He dives to between six and 12 metres and collects kaimoana, which fits in well with his new healthy diet. "I know that if I lose as much weight as I can, I will put on less after surgery when I'm less active. The other thing is that, the fitter I am going into surgery, the faster my recovery time will be."



David Lamese lost the equivalent of 54 blocks of butter in body fat thanks in part to the Fit for Life, Fit for Surgery programme.

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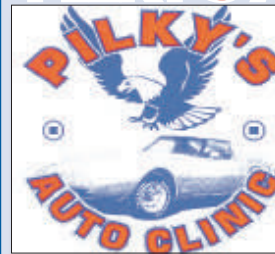


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CLUB SCENE



Change of Rotary Leadership



New president on Marton Rotary Robert Gunn, receives the Rotary chain of office for 2019-2020, from outgoing president Ray Sisley (right).

At this time of the year Rotary Clubs around the world, change their leadership. As one team moves out, another team moves in and another team is ready for the following year.

A few days ago current

president, Ray Sisley moved out to make room for new president Robert Gunn. He passed the chain of office over at a special function held at the Tutaenui Hall recently. Nearby was president elect Nigel Belsham who will take over leadership at the same time next year. On accepting the chain of office, Robert spoke on Rotary's theme for the coming twelve months - "Rotary Connects" and how the club will do this within the local community.

Robert also announced the management team for the coming 2019-2020 year.

Directors: Diana Stewart, Mark Chamberlain, Nardia Gower, David Smith, Alan Deighton, Andrew Shand, Wayne Spencer. Treasurer: Allan Fenwick. Secretary: Dave Stantiall

The next twelve months promise to be very busy for Rotarians in Marton.

FROM THE PULPIT



Recently our government gave us a 'wellbeing budget'. Here is some interesting history from the time of King Solomon whose greatest success was building the temple of God in Jerusalem in approximately 970 BC. Solomon had asked God for wisdom over riches. This not only profited Solomon but the whole nation was blessed with wellbeing. Solomon reigned in Jerusalem over all Israel for 40 years before his death.

After Solomon the majority of the kings did not follow with God's wisdom. The nation ended up losing not only their prosperity but the people were exiled into slavery and the temple was destroyed.

Now back when Solomon had finished building the temple the Lord had appeared to him and said, He had heard Solomon's prayer and promised him that when drought, famine or plague came that there was a way to overcome it. The Lord said "If My people who are called by my name, will humble themselves and pray and turn from their wicked ways, then I will hear from Heaven and will forgive their sin and will heal their land". (2 Chron. 7:12-13).

The prophet Jeremiah had also prophesied to the exiles that God's plan for them was prosperity (not harm) and hope and a future. That if they called upon the Lord, sought Him with all their heart and prayed to Him, He would deliver and restore the future (Jer. 29:10-14).

Then in 539 BC we see God stir up the spirit of King Cyrus of Persia. (the most powerful man on the planet at that time). Cyrus decreed the rebuilding of the temple, liberty for the exiles and that their God be with them (2 Chron. 36:22-23). Wellbeing was restored.

Mark Mitchell

National President

Warriors of Zion Christian Motorcycle Club NZ.

Marton Friendship Club

Last week's street raffle fundraiser went very well. Thank you to members for your contributions. Also to Mitre 10 Marton which donated a very handy wheelbarrow and not least to the general public of Marton and districts who purchased tickets. Our friendship club is very grateful for the support given. Raffles 1st week, were won by Judith Whitford, Anne Ngaau, Wendy Lee and visitor Lyn. Music was provided by Gail and Barry from Foxton. Many popular 50 & 60s tunes, always enjoyed by members. Shake Me I Rattle and Do What You Do Do Well just to name a few. A trip to Terrace End Beneficiaries birthday in Palmerston North coming up on Monday 15 July. There is room for 2 more members - put your name on the list. Committee meeting Friday 12 July at 12.30pm. Entertainers will be Gillian and Alan from Wanganui. Visitors welcome. Come along and enjoy the afternoon.

Friendship Hall - Morris St, hall open 12.30pm for those who like to bring lunch, main programme starts 2pm.

Marton Bridge Club

Results Tues 25 June. Championships (R3): N/S S. Marshall & C Watson 63.54; M Bartels & W Jones 52.60; E Hughes & M Hughes 48.44. E/W J Baddley & J Willis 63.13; J Meads & S Loudon 55. H Bostock & D Cains 49.38. Thurs 27 June. ITM Rural Timber, Teams of Four (R1): 1st S Marshall, M Gordon, M Bartels, E Saywell; 2nd M Lourie, C Skou, J McPherson, D Cains; 3rd J Baddley, P Davidson, J Meads, F Bertram. Tues 2 July Championships (R4): N/S S Marshall & C Watson 60; D Cains & H Bostock 58.10; J Sabine & P Sullivan 50.95; E/W C Skou & B Bolt 63.89; S Loudon & J Meads 63.33; J Baddley & J Willis 50.56. Club Championship winners: S Loudon & J Meads 60.94; S Marshall & C Watson 60.47; E Hughes & M Hughes 56.80. Thurs 4 July ITM Rural Timber Teams of Four (R2): 1st T Ellery, J McPherson, D Cains, C Skou; 2nd W Pittaway, H Bostock, G Burne, J Tamehana; 3rd P Davidson, J Baddley, J Meads, F Bertram.

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Rural Women get together



The organising team for last week's gathering: Shona Field (Scott's Ferry), Jean Coleman (Tutaenui), Joan Black (Tutaenui), PJ Banks (Tutaenui), Jane Russell Bowen (Scott's Ferry).

A crowd of Rural Women from Rural Women New Zealand groups around the lower North Island got together over the weekend recently for friendship and fun and some serious business.

The Region 4 gathering, was organised by a team from the Scott's Ferry and Tutaenui branches and featured guest speakers, workshops, Rural Women business and quite a bit of fun as well.

Manawatu mayor Helen Worboys was the keynote speaker and as well as giving a picture of the Manawatu district, she encouraged members to consider standing in the upcoming local body elections.

National president Fiona Gower (originally from Marton) discussed what Rural Women NZ is doing at a national level and there was lively discussion on the government's attempts at 'rural proofing,' trying to ensure that the impact on rural communities is considered in any policy development. Rural Woman NZ is focused on keeping pressure on government, and government departments, to make sure this happens as an integral part of policy development, and not as an afterthought.

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Outside the Box

Should I stay or go?

I have known lovely people who have wasted large chunks of their adult lives sitting on the fence in their relationships, ready to leave a relationship 'when the children leave home,' never addressing the cause of the pain in the relationship.

There are four choices when the relationship is not going well (Russ Harris, "Act with Love", 2009, pp 28 – 32): leave; stay and change what can be changed; stay and accept what can't be changed; or stay, give up and do things that make it worse. When you have a relationship problem and choose to do nothing, you are inadvertently making a choice, and that choice is most probably the last option.

Option 2 - stay in the relationship and change what you can to make it work: It is important to remember that you have most choice to change your own actions and reactions. Ensure that the actions you take are in alignment with your own core values, your deepest desires, what you stand for and who you want to be.

Option 3 - stay and accept what can't be changed: sometimes people decide to stay in relationships despite underlying painful problems. In these situations it is important to make room for painful feelings and live the fullest life based on these individuals values.

If you have to make a difficult decision about your relationship, visit us to discuss making the change that would be most meaningful to you.

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Off to compete in Agrikids

South Makirikiri School Year 8 students Abbey Grant (centre), Grier Cunliffe and Hugh Thomas have headed off this week to compete in the FMG Young Farmer of the Year at Agrikids level as National finalists.

They qualified in the top 3 from a large field of 48 teams to earn their spot at the Agrikids Taranaki/Manawatu regional competition, held back in April at Cooks Gardens, Wanganui.

They are passionate about agriculture and have been studying hard to increase their knowledge of the extremely widespread topics that encompass Agriculture in NZ and worldwide. Their learning has included weekly visits to various sectors of the industry and topics such as precision machinery, apiculture, forestry, dairy, sheep and beef, cropping, viticulture and health and safety.

They follow in the chain of previously successful national finalists that South Makirikiri School has produced since 2009, when the competition began holding Agrikids grand finals alongside the prestigious Young Farmer of the Year competition. In those 10 years, a South Makirikiri team has qualified for every national final. They compete against the 21 other teams from the 7 regions and, in 2014, the team of Jack Norman, Harriet Whitfield and Mark O'Shanassy won the coveted national title in Christchurch.

Last year the school celebrated 15 years involvement in Agrikids and its presence in more regional and grand finals than any other school in the country.

Over these years, all participating Agrikids are extremely grateful for the support they have received from local businesses and sponsors, the wider Rangitikei and the South Makirikiri school community, making it possible for them to compete from Auckland to Invercargill and be part of such a fantastic experience.



A Taste of Rangitikei



Marton's **Centennial Park Dairy** has hot Country Fried Chicken and aioli rolls (pictured) on their menu. Containing chicken, aioli and mayonnaise, in a 9 inch seeded bread roll, these come in a sealed bag and can be heated in-store or taken back home or to work. Just heat in a microwave for 1 minute, for a delicious lunch treat. Call into Centennial Park Dairy for friendly service and an extensive range of foods and beverages.... something to suit any taste! Open 7 days a week.

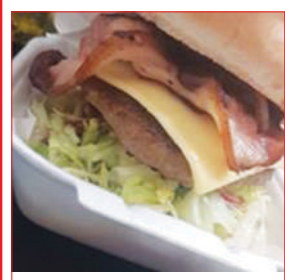
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A home-style soup, on the menu at **Gourmet Hi-Way**, especially popular at the moment, is the delicious chicken and leek. Gourmet Hi-Way (on SH 1 in Hunterville) is a mobile food trailer with a wide range of tasty food and beverages. Owner Kevin recommends the, hand-cut, gluten-free, seasoned wedges with tomatoes, savoury sauce and sour cream (pictured). Gourmet Hi-Way's food trailer can come to you and cater for functions and special events. Give Kevin a call on 027 3915347.

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School's out, the snow base is building, temperatures have cooled and Marton is embracing the menu at **Four Doors Down Cafe**. Winter is here and they are busy; brewing coffee, making toasties, rolling scones, hosting groups, hanging new art work, advertising for more staff, thinking of new ideas and putting plans in place. Daily baking is in hot demand, so too is soup with garlic ciabatta. The cafe thanks all who supported Plunket's cheese scone-a-thon, resulting in a decent donation to a worthwhile cause.

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Events coming up at Marton's **Club Hotel** include; one of the monthly quiz nights (pictured) on 24 July, Karan's birthday celebrations in the Sports Bar, from 6pm on 8 August (will include a bingo night and free platters) and the Lady Blue High Tea pop up shop on 25 August. Karan and Jasleen invite everyone 18 and over, to enjoy their happy hour, from 3 to 6 pm on a Sunday, in the Club's sports bar. They encourage families to enjoy their special Sunday dinner menu. Their restaurant offers a cosy environment, excellent service and great food, Tuesday to Sunday from 5pm. Book the Club Hotel for corporate meetings, birthdays, weddings...or any celebration or private occasion.

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Inversion New Zealand was started by Dave and Nancy Hare, Dave had suffered over twenty years of back pain from degenerated discs and had basically given up and decided to just live with it. To him surgery was never an option as long as he still could walk, there was hope.

"While on an overseas trip I discovered the Teeter Hang-Ups for the first time, when I tried it, the pain completely disappeared and I was pain free for about 30 minutes. I never would have believed it would fix me completely as specialists had told me it was irreversible, but I now knew I had a place to go every time I wanted some welcome relief.

To my surprise the more I used the table the longer the pain stayed away, until after nearly three months the pain was completely gone, after spending large amounts of money on everything I could find I finally had found something that worked and it was something I had never heard of sorting it out for me in a very short period of time.

Once I was sure it really worked I decided to introduce Teeter into New Zealand to help spread awareness of the one thing that truly helped me.

Over the years I have helped tens of thousands of people in New Zealand get some serious relief and have seen results in not only backs, but necks, hips, knees, posture, circulation and lots more.

The results from what inversion does is nothing short of miraculous in areas we never thought possible, I believe there is a place for these in every single home regardless of if you have back issues or not.

We have introduced them into a number of schools which are using them for their special needs children, the blood to the brain helps these kids and the results are excellent. What this means for the aging population is that it helps maintain the health of the brain as we all get older.

I would not have believed the results had I not tried it for myself, and I would still be suffering to this day. This is why we travel the country showing people and letting them see for themselves how great it is and how life can be once you're pain free again."



Frank Harwood (84 at time of picture) using his Teeter, Frank's been Inverting for over eleven years and has found it keeps him young

Inversion NZ Ltd

0800 62 62 83

www.inversionnz.co.nz

Inversion helps to:

- Relieve Back Pain
- Relieve Neck Pain
- Relieve Muscle Tension
- Stimulate Blood And Lymph Flow
- Improve Posture
- Increase Flexibility



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See the red bar at the bottom of the page for details

IT IS PURE LOGIC AS TO HOW THE TEETER TABLE WORKS

Discs: It uses gravity to apply traction, the traction gently opens the discs and as they open up they create suction, this suction draws fluid from the surrounding tissue back into the discs, re-hydrating them. This is the key! Discs do not have their own blood supply, they rely on transfer of fluid from the surrounding tissue to keep them healthy and hydrated and over the years as discs get thinner with age, they lose the ability to take on fluid (just like squeezing a sponge) and they start to de-hydrate.

De-Hydrated discs are less flexible, they are harder, more prone to injury, they interfere with nerve roots creating pain and ultimately the de-hydration causes degeneration. The Teeter Inversion table slowly and gently brings the hydration back into the discs, plumping them up. It separates the nerve roots far more effectively and returns quality of life

Muscles: A lot of pain is muscular, when muscles are stressed they become tight which restricts the flow of blood and lymph through the muscles so toxins build up, Co2 and Lactic Acid. Traction opens up the muscles, Rhythmic Traction, is a gentle rocking motion that stimulates circulation and encourages blood flow through the muscles, which clears the lactic acid into your lymph system where it stimulates lymph flow and deals with it. Most people with serious neck issues see a large improvement after only one treatment.

Posture: Poor posture is one of the major causes of pain and is a major contributor to the deterioration of the body with age. A difference in leg length causes most of the hip and knee issues, as they continue to place uneven loads on the joints; similar to the wheels out of alignment on your car.

Trying to correct posture is extremely difficult due to muscle memory, as it constantly pulls the muscles back to where they were. At a level of 40 degrees or more on the Teeter, the muscle groups open up and eventually come back into alignment, using the table daily, does not allow the muscle memory to pull them back out of alignment and slowly the muscles start to lose their memory and go with the flow, allowing the body to come back into correct posture. Then using the table once a day will ensure it is kept there.

This is pure logic, if a machine is out of alignment it does not last long, the only difference between the body and a machine is that the body is constantly repairing itself, however if the wear and tear on the body is greater than the body's ability to repair itself, it is a slow decline. The Teeter slowly brings the body out of its decline and allows the body to repair itself, resulting in a far healthier life.

If you are serious about investing in your health and really sorting your issues out, come see us at one of our local roadshows, you have nothing to lose and chances are, a lot to gain.

Our Back Pain Expos

We host a number of back pain expos throughout the country almost every week-end, these expos are a way for people to try out a Teeter Inversion Table and feel the benefits for themselves in a way that is instructive and informative.



It is also a great way for people who already own an Inversion Table to come along and get a refreshment course on the use and operation of their Table and clear any questions they have about it.

Sessions run continuously from 10am to 4pm and there are no bookings required, just come along at a time that suits you. There may be a wait during certain times and in these instances chairs are set out for anyone waiting for a turn, or anyone who just wants to ask us a few questions.

We strive to cover the entire country and always try to book the most accessible venues we can. All our upcoming shows in the region are listed in the red bar below, otherwise check out our website for more

www.inversionnz.co.nz/agenda

DANNEVIRKE

Dannevirke Bridge Club
 183 High Street
 Sat 13 July 10am - 4pm

MARTON

Marton Bridge Club
 64 Pukepapa Road
 Sun 14 July 10am - 4pm

HAVELOCK NORTH

Havelock North Function Centre
 30 Te Mata Road
 Sat 20 - Sun 21 July 10am - 4pm

TAUPO

Taupo Vintage Car Club
 Hickling Park A C Baths Ave, Tauhara
 Sat 3 - Sun 4 August 10am - 4pm



8-BALL POOL

Divisional play got underway in the Wanganui Pool Association's interclub competition on 3 July, with both Rangitikei teams in the second division. Bulls RSA travelled to Wanganui where they took on Club Metro. Bulls led 7-5 at the completion of singles matches. Winston and Tracey Holdaway each recorded 2 wins from 2 for Bulls. Carole Hunt, Alastair Stewart and Paul Wild each had 1 win. Club Metro came back in the pairs however, winning 6-3 and taking out the overall victory, 11-10. The Winston Holdaway/Bob Bligh pairing was responsible for all 3 of Bulls' wins. Marton hosted St John's Wahine, at the Bulls RSA. Marton took out the singles 8-4. Allan Pond and Gary McNeill each won both their singles clashes. Stephen Lewis, Peter Lissington, Ross Marshall and Ray Butler had 1 win each. An 8-1 performance in the pairs then saw Marton stretch out to a 16-5 overall victory. The Pond/Lewis & Marshall/Butler pairings each won 3 from 3, while the McNeill/Lissington team had 2 wins.

RANGITIKEI GOLF CLUB

Wednesday 3 July; stableford: Jason Bowles 44pts, Pat McCarthy 41pts, Geoff Ingram & Steve Boyens 39pts, Joseph Tapper & Mike Fleming 38pts, Peter Young, Martin Rothman & Ash Reed 37pts, Graeme Daines, Kevin Laird, Henry Potaka, Al-lek White & Edith Leary 35pts. Twos: Geoff Ingram 3rd, 12th & 16th, Pat McCarthy 5th, Kevin Laird, Pat Pearce & Ian Whitehead 16th. Lucky draw: Dave Fitzpatrick. Saturday 6 July: Farm Supplies par: seniors: Tim Wales & Ron Harris +2, Hone Morris & Justin Packer +1, Jason Harris & Peter Thompson sq, Polly Perkins -1, Bill Ward, Lynne McDonald & JayJay Boylan -2. Juniors: Dan Scotson +3, Scott Ewens & Joseph Tapper +2, Ash Reed & Joe Yorke +1, Neville Berendt & Steve Boyens sq. Twos: Alan Wix & Polly Perkins on 3rd.

HAWKESTONE GOLF CLUB

Tuesday 2 July; Nampara Kennels & Cattery stableford: Greg James 18, Dave Wright & Jan Van Loo 17, Gary Burgess & Brian Philips 15, Les Neumann, Rae Karatea & Grant Forbes 14. Nearest pin: Grant Forbes. Lion Challenge: Jan Van Loo def Dave Penfold. Saturday 6 July: Mates Rates Insulation club champs; 3rd round qualifying medal competition. S/men: G Forbes nett 66, R Geary & G Stanton 67, G Burgess & H McDonald 69, D Worsfold 70, L Moore, D Rohde, G Cunningham & R Ormsby 71. J/men: Matt Carroll nett 66, Marcel Carroll & P Maitland 68, B Hantz 71, M Pickford & N Rackham 72. Women: S Wells, D Todd, P Charlesworth. Feilding Scrap Metal two's: B Thornby # 14. Jackpot #16 not struck. Nearest pins: s/men: R Geary. J/men: Marcell Carroll. Women: S Wells. Taimui challenge: Grant & Mike P bt Toddy & Spike. Next challengers: Bondy & Pete. Coming events: Tuesday 9 hole golf: 9.30am tee off. Saturday 13: black jacket, round 3: teeing off from 11am. Sunday 14: Halcombe pub tournament: 10.30am tee off. Visitors and casual golfers play 9, or 18 holes for only \$10. New members - please enquire to hawkestonegolf@gmail.com about our membership rates. All welcome. Other enquiries contact: Grant 0210 572 931.

MARTON LADIES' GOLF

Ladies' golf Wednesday results; silver: C Rhodes nett 70, R Williams nett 71, J Ritchie nett 72. Bronze 1: B Bielby nett 73, M Simpson nett 76, A Fleming nett 79. Bronze 2: M Hunt nett 68, D Singer nett 72, N McDermott nett 74. Haggie results: div 1: C Rhodes, R Williams, J Ritchie, B Bielby. Div 2: M Hunt, D Singer, N McDermott, H Wilton. Sponsored balls: A Bary, D Chapman M Simpson. Lucky draw: A Fleming.

RANGATIRA GOLF CLUB

29/6/19 - men - qualifying; nett: R Nimmo 66, B Lamp 67, N Martin 68, A Bonnor 68, B Callon 71, G Eldridge 71, H Lilburn 71, J Bismark 71, D Livingston 72. Twos: B Barrell, L Leary, Putts: A Bonnor 28. 3/7/19; women; president's trophy ISTAS: L Gordon 57, J Alabaster 55, M Young 55, J McAlley 55, J Griffiths 55, M Walshe 55, B McAlley 54, P Lilburn 54. 3/7/19; nine hole; hate e'm: D Gregory 25, M Woodruff 26.

MARTON 9 HOLE GOLF

A winter's morning saw a few less players out for our stableford round Tuesday 9. Winners for the day follow: 1st division: 1st Neil Powell 18 c/b, 2nd Joe Graham 18 c/b, 3rd Bryan Hamerton 18. 2nd division: 1st Sam Atkinson 18 c/b, 2nd Barry Florence 18, 3rd Mike Morland 13 c/b. 3rd division: 1st Jan Cook 17, 2nd Marianne Morland 13 c/b, 3rd Jill Briant 13. Next week's starters: Richard Peirce & Barry Florence. Cards: Mike Morland & Marion MacPhee. Kitchen: Sam Atkinson. Dave's Shed shout bbq will be held Tuesday 23.

TAIHAPE GOLF

The Taihape zones team commenced its 2019 season with a solid all-round team effort, defeating Apati at Rangatira 6-0. The Rangatira course was in superb condition, with all the players recording numerous birdies. The Taihape team's win was built around a superb performance from Kerry Wells who, despite hitting three over the fence, still shot 80 off the stick, which included birdies on 9 & 15, as well as two other chip ins and an excellent short game. Wells beat Malcolm George 4/3. Alan Thomas also won on the 15th and, with Wells, combined to win their four ball best ball at the same hole. Duane Dick shot 78 for a narrow win on the 16th over Paul Early, with playing partner Gary Thomas accounting for Denis McKenzie 6/5. Dick and Thomas won their four ball best ball on the 14th. In the second round, Taihape meet Rangatira, which defeated Waimarino 4½ to 1½ at Taihape. In the first of the three Mortland par rounds, Chris George took out the haggie honours, coming home 4 up on par, in a good all round performance. John Fenemor was all power off the tee in an impressive show, coming in 3 up on par; playing the back nine extremely well. Richie Nimmo shot 75 for a two up score, despite a little trouble on the 2nd. Duane Dick (78) and Alan Thomas (79) both came in 1 up, as did Waimarino's Anton Edmonds. Ending up square was Andy Lock, Merv Tapp and Nick McGuinn whilst Sheldon Martin, Denis Robertson and Briany Bristol were 1 down. Gary Thomas & Andy Lock recorded the only twos of the day, as well as securing the Four Square scorched almonds for the longest putts on 9 and 18 respectively. This Sunday, the Cascade Cup is being contested between Waimarino, Taihape, Rangatira and Apati at Taihape. The competition is 8 man teams, with the best 6 stableford scores counting. The Taihape team is Gary Cleaver, Jimmy Mickleson, Chris George, George Olsen, JJ Walker, Briany Bristol, Merv Tapp and John Fenemor. Duty manager for the day is Nick McGuinn.

TARGET SHOOTING MARTON

Results 8/7/2019. This week Barry Nelson had one of his best shoots in a while, with a pair of 98's, while Peter Lissington dropped his last shot and ended up second on the night. There were a number of good single shot cards from others but noone was able to follow up with a good second card. One hundred percent concentration is required in this sport. Barry

Employment



Are you personable? Do you work well in a team and are you confident to work alone?

The Rangitikei Anglican Parish is seeking a part time administrator to work from the parish office in Marton. The successful applicant will align with the vision and values of the parish, have proven skills in communication, administration and financial management. Prior experience with google suite and xero are an advantage. A job description is available from the parish office, 23 Maunder Street, Marton or email info@anglicanrangitikei.co.nz.

Enquiries and applications, including a CV and cover letter to:
employment@anglicanrangitikei.co.nz
or Sue on 021 201 4483
and Linda on 027 444 4852.
Closes 5pm 15 July 2019.

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Nelson 98.03 98.06 196.09, Peter Lissington 97.05 98.08 195.13, Brent Read 98.01 97.03 195.04, Tony Bayler 97.04 97.06 194.10, Fred de Burgh 98.05 95.04 193.09, Samantha Gledhill 98.05 95.02 193.07, Gary Cuff 97.03 96.03 193.06, Kayla Gledhill 96.05 96.03 192.08, Allan Wright 94.03 97.05 191.08, Don Hamilton 94.04 97.03 191.07, Neville Rhodes 96.03 94.04 190.07, Dave Gledhill 95.04 92.02 187.06, Alan McCubbine 96.02 90.00 186.02, John Mills 92.01 91.01 183.02, Jacob Harris 88.03 93.04 181.07, Kevin Moody 84.00 89.01 173.01, Graeme Sixtus 86.00 86.01 172.01, Bruce Galpin 89.03 79.00 168.03.

ST FRANCIS INDOOR BOWLS

July 9 - another good night of bowls this week. We welcomed visitor Betty and hope she enjoyed the evening. We played two games of triples and the only team to win both their games were Neil Gardner, Rose Plank and Bev Shand. Bev Toulmin won the raffle. Next week we have our club pairs championship with a 7pm start. Last weekend Lyn Phillips, Bev Shand, Erin Peddy and Pam Roberts won the masters fours tournament in Palmerston North. Congratulations.

Public Notices

Hunterville Bowling Club Inc

AGM

To be held in the clubrooms SUNDAY 14 July 2019 at 2pm.

Agenda:

President's Report, Presentation of Accounts, Election of Officers

Followed by:

Presentation of Trophies.

President Vitaus Pecekajus

All Welcome to attend



Intention to Close Road to Vehicular Traffic

Pursuant to Section 342 (b) and the Tenth Schedule of the Local Government Act 1974, notice is hereby given that, the Rangitikei District Council intends to consider closing the roads listed below for the purpose of permitting Hunterville Huntaway Festival to hold The Shemozzle on Saturday 2 of November 2019.

Roads to be closed:

Time 6.00am till 6.00pm

Bruce Street - portion of; from State Highway 1 to Hunterville School

Paraekaretu Street - portion of; from the Hunterville Domain to Bruce Street

Any person objecting to the proposals is called on to lodge notice of his/her objection and grounds thereof in writing, before 4.00 pm on 26 July 2019, at the office of the Rangitikei District Council, Private Bag 1102, Marton 4741.

Should the Rangitikei District Council decide to close the said roads, a public notice shall be given.

Ross McNeil
Chief Executive



Scotts Ferry Branch of Rural Women New Zealand

Annual General Meeting

The Scotts Ferry Branch of Rural Women New Zealand will be holding its Annual General Meeting at the Woolshed Café in Sanson on Wednesday 24 July 2019 at 11.30am. The meeting will be followed by lunch. Any enquiries relating to this may be addressed to the secretary, Margaret Hawthorn on 06 322 1698.

Margaret Hawthorn
Secretary
Scotts Ferry Branch
Rural Women New Zealand

Tutaenui Hall AGM

Thursday 18 July at 7pm
David Smith

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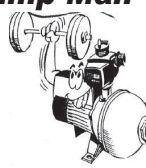
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Rangitikei Anglican Parish

WORSHIP SERVICES



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 8.00 & 9.30am St Stephen's, Marton
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Mōkai Pātea iwi begins treaty negotiations journey

The tāngata whenua of Mōkai Pātea Nui Tonu (confederated iwi and hapu of Mōkai Pātea) took another step in their long journey towards Treaty of Waitangi negotiations settlement with formal voting to support the mandate strategy commencing this week.

“This is an opportunity for all members of Mōkai Pātea Nui Tonu to have their voices heard. It is the next stage in a long process towards settlement and to advance a future for our people and to begin redress for the loss of land and systematic destruction of our tribal communities that occurred under colonisation” said Mōkai Pātea Waitangi Claims Trust chair Utiku Potaka. “It is vital that if people want to have input into the future of our hapū and iwi and seek redress for what we have lost, then we must mobilise our whānau to vote and have their say.”

All members of the claimant community aged 18 and over, who have had their whakapapa verified by the membership committee and who affiliate to one or more of the four confederated Mōkai Pātea iwi (Ngāi Te Ohuake, Ngāti Hauiti, Ngāti Tamakōpiri and Ngāti Whitikaupeka and their respective hapū) can vote. The Mōkai Pātea Waitangi Claims Trust mandate strategy has been developed with input by the four iwi, over the past 18 months, following a number of hui and submission processes. The mandate strategy outlines how the Trust will address appointment of negotiators for negotiations with the Crown, representation and trust structure, accountability and dispute resolution and hui process. Voting has opened and can be made by all registered members by mail, online, or by attending a mandate hui. The voting process is being managed by Independent Election Services Ltd. If you have not registered, or did not receive a voting pack in the mail, you can lodge a special vote. For information on the voting process and make a special vote, contact the returning officer, Independent Election Services Ltd on 0800 922 822, or info@electionservices.co.nz. For a copy of the mandate strategy and more information, go to www.mokaipateaclaims.maori.nz or phone 0800388488, or email: mpwct@mokaipateaservices.org.nz

Celebrate and collaborate, Feds president tells farmers

Farmers should be very wary of underplaying the progress and successes they’ve already made as food producers and custodians of the land, Katie Milne said in her president’s address to Federated Farmers’ AGM last week.

“If we pay too much attention to the critics, it saps motivation and puts more stress on the shoulders of farmers and their families. As the Prime Minister told us in the primary industries summit earlier this week, we can be too hard on ourselves.”

A common theme from a number of the summit speakers was the value of collaboration and sharing ideas and resources.

“We’re a small nation downunder, trying to tell our producer story to those higher-end “conscious consumers” all over the globe. As Kiwi producers, we shouldn’t be competing with each other, when our real task is to break-through against bigger and better resourced international competitors.”

Milne noted that legislators and special interest groups are tying themselves in knots as they try to thrash out workable, science-based and affordable zero carbon legislation.

“It’s easy to forget that New Zealand farmers are among the very best in the world at producing meat and milk with the lowest per kilogram greenhouse gas emissions.

“Some countries have committed to reduce their agricultural GHG emissions by up to 30% in the next 30 years - a little known fact is that doing that will bring them down to the levels our farmers already achieve.

“One of the biggest things New Zealand farmers can do to help reduce greenhouse gas emissions worldwide is to show developing nations how to utilise our knowledge of farming systems and technology that have enabled us to achieve these levels.”

Delegates from 24 provinces at the AGM unanimously passed a resolution that Federated Farmers support a reduction in livestock methane emissions of 10 per cent by 2050, which science says is a level that will ensure methane from our farmed animals contribute to no additional global warming.

They also endorsed a net zero level of nitrous oxide emissions from livestock by 2050 - itself a big task for the New Zealand agricultural sector - and a “net zero carbon dioxide by 2050” target for the nation.

Another remit passed called for Feds to seek an assurance from the government that NZ Post would maintain a consistent and trusted quality of service to ensure reasonable delivery times at a reasonable cost, meaning rural communities - which often don’t have strong connectivity for digital forms of communication that urban New Zealanders enjoy - are not further disadvantaged.

There was also support for a campaign to eradicate bovine viral diarrhoea from New Zealand, subject to the findings of the soon-to-be completed business case by Massey University, MPI and industry. BVD costs the sector tens of millions of dollars each year, yet it is one of the few infectious cattle diseases that is technically feasible and cost-effective to control.

Coming NZ season to become more active

NIWA reports that the July-September climate outlook highlights include a weak, central Pacific El Niño, continued during June, as sea surface temperatures remained more than 0.7°C above average (i.e. the El Niño threshold) for the fourth consecutive month.

While El Niño is expected to continue over the coming three-month period, it may gradually weaken and become less influential on the global climate system.

For the July to September period, air pressure is forecast to be higher than normal to the northwest of NZ and lower than normal to the south. This is expected to be associated with more westerly quarter winds, to start the season and mixed flow patterns later. There may be a trend toward more unsettled weather during the coming season, particularly in September.

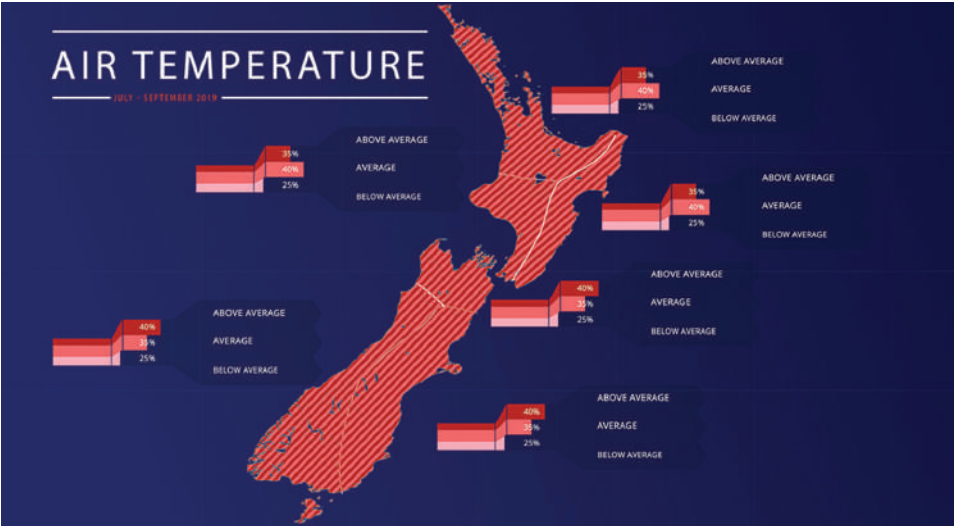
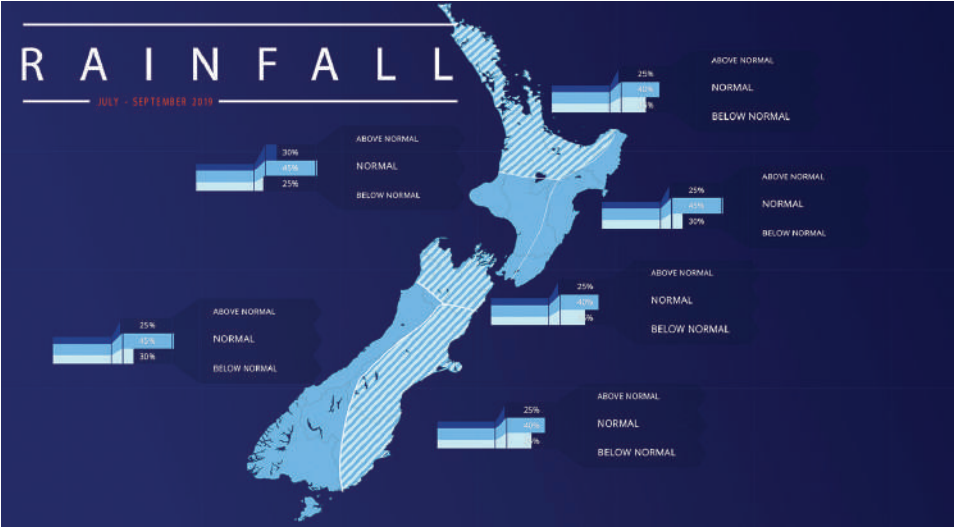
Temperatures are forecast to be near average, or above average, for all regions of NZ, owing to warmer than average coastal and regional sea surface temperatures.

Warm spells are possible on occasions, during July and particularly August, when air flows extend from Australia from time to time.

Rainfall is forecast to be near normal, or below normal, in the north of the North Island and north and east of the South Island. Near normal rainfall is forecast in all other regions of New Zealand.

As the season progresses, high pressure systems may become less frequent in regions of NZ, contributing to more regular rainfall.

Despite a low chance for below average seasonal temperatures, cold snaps and frosts remain likely to occur.



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July 4 Solution

8	9	5	7	3	1	4	6	2
1	2	3	8	4	6	9	7	5
7	4	6	9	5	2	8	1	3
3	5	9	6	1	7	2	8	4
4	1	8	5	2	3	6	9	7
6	7	2	4	9	8	5	3	1
5	3	4	1	6	9	7	2	8
2	6	7	3	8	5	1	4	9
9	8	1	2	7	4	3	5	6

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\$225,000



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