



COMPLIMENTARY MONTHLY PUBLICATION

THE Temuka Telegraph

YOUR NEWS | YOUR COMMUNITY

OCTOBER 2020



The construction site at Opihi College has been extremely busy over the last few months, with work on the new classroom block speeding ahead. More photographs on page 5. PHOTOGRAPHS SHARYN PATRICK

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THE TEMUKA TELEGRAPH

Deadline: 20th of each month, or by prior arrangement.

Delivery: First week of each month.

Articles for the Telegraph; submissions are welcome from contributors. The content must be connected to Temuka and nearby districts, and/or its community and locals.

While every reasonable attempt has been made to achieve complete accuracy of the content of this newsletter, connections of The Temuka Telegraph will not accept responsibility for consequences arising from incorrect information being submitted.

Email jo@temukatelegraph.co.nz or ph 022 154 3429

Our recovery plan for the regions

*Jo Luxton,
Labour Party List MP
based in Rangitata*



Our regions are a vital part of Labour's economic recovery plan. We are home to innovative and creative businesses, and the backbone of our export economy - which is why Labour will continue to support our regions to grow as together, we rebuild better.

This Government has already shown that we back South Canterbury, and the Temuka region. With funding for the Theatre Royal (how I can't wait to go here to watch a South Canterbury Drama League show once they are open!), over \$450 thousand for local Temuka schools to make upgrades and \$5 million to replace coal boilers and revamp the maternity and children's ward at Timaru Hospital. There is no doubt that having a Labour voice in this region has benefited this region.

This week, we announced our regional economic development policy, which sets out our plan to continue to back our regions for recovery. We want to build on our Government's previous regional investment, so we can continue to support our regions to make the most of their strengths as together, we recover from COVID-19.

As part of our policy we announced that, if re-elected, we will prioritise investments in our regions with a new \$200m fund to support their economic development.

Every region has a role to play in our recovery, South Canterbury in particular, and our new targeted \$200 million fund will support regions like ours to put their tailored plans into action, building on their unique features to attract new investment, improve productivity, increase skills and wages, and strengthen existing businesses.

During lockdown, a large number of our workforce were able to continue working, thanks to our impressive rural and primary production sectors. This puts us on the front foot for recovery, but doesn't mean that we don't need continued funding support from central Government. If elected, I will continue to play that role and push for the best interests of South Canterbury.

I'll be at the Temuka markets again this coming Saturday, please do pop down and see the local fare available. I'm enjoying the conversations with locals, and even got to cuddle Masha - a gorgeous wee doggo with her very own Instagram page! It is a great event for Temuka, and a wonderful way to support our locals.

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Temuka Volunteer Fire Brigade

Again, it has been a busy month for the local fire brigade, there were several calls away from the district due to the strong winds that came through and causing a few problems with historic rural burn piles and rubbish fires. The brigade also sent a team to Pukaki to assist with the large fire up in that region earlier in the month.



With daylight savings just been, it's a good time to remind everyone to give their smoke alarm a gentle brush with the vacuum cleaner or a wipe with a damp cloth. Don't forget to push the button to confirm it works.



RECENT CALL OUTS

24 Aug 10:25am	KING ST SOUTH TEMUKA	Fire alarm sounding
24 Aug 8:22pm	WOOD ST TEMUKA	False Alarm
25 Aug 2:32pm	RICHARD PEARSE DR	Fire in school toilets
30 Aug 00:09am	WHITCOMBE ST	Medical Call
31 Aug 07:43am	TEKAPO-TWIZEL RD PUKAKI	Scrub Fire
31 Aug 12:13pm	TIMARU-TEMUKE HWY	Motor Accident
31 Aug 7:47pm	DENMARK ST	Medical Call
01 Sep 1:42pm	DONALD ST TEMUKA	Helicopter Landing Site
03 Sep 5:13pm	BEACH RD SEADOWN	Smoke Logged House
04 Sep 2:46pm	LEVELS PLAIN RD	Smoke in house
05 Sep 7:03pm	TIMARU-TEMUKE HWY	Fire in riverbed
10 Sep 4:21pm	TIMARU-TEMUKE HWY	Motor Accident
11 Sep 1:57pm	TIMARU-TEMUKE HWY	Motor Accident
12 Sep 11:21pm	SEADOWN RD SEADOWN	Camp fire in riverbed
14 Sep 3:03pm	TEMUKE-ORARI HWY	Medical Call
14 Sep 6:55pm	WAREING RD MILFORD	Medical Call
14 Sep 8:05pm	HADLOW RD CLAREMONT	Hedge Fire
14 Sep 9:05pm	TIMARU-TEMUKE HWY	Scrub Fire
16 Sep 7:41am	ALLNATT ST TEMUKA	Smoke Alarm Sounding
19 Sep 5:27pm	GAMMACK ST TEMUKA	Diesel Spill
21 Sep 3:15am	TIMARU-TEMUKE HWY	Motor Accident
21 Sep 8:34am	TEMUKE-ORARI HWY	Rubbish Fire

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WORDS & PHOTOGRAPHS SUPPLIED

Thank you to our Temuka Community from Rhona Day Kindergarten



The Rhona Day committee undertook a slightly different raffle this term as part of the fundraising initiatives at the kindergarten.

Through the nationwide rahui with Covid-19 earlier in the year, Rhona Day Kindergarten was supported financially during this period through receiving funding from the Ministry Of Education, and from South Canterbury Kindergarten Association.

Our kindergarten has also been very well supported by our local community through the past with our fundraising efforts, and as such, we felt this was a great opportunity to in-turn support local businesses within our community. Instead of asking for financial support, the kindergarten committee went to our local businesses and brought vouchers from them, that we would use as raffle prizes, 10 individual prizes in total.

Our kindergarten committee have raised over \$600 for the kindergarten, while also investing \$300 back into our local community.

Rhona Day kindergarten community and committee would like to thank all those that supported this Community Raffle at Rhona Day kindergarten

labour.org.nz



✓

Jo

Luxton

for Rangitata

If you would like to discuss anything, or find out more information, please contact me:

jo.luxton@labour.org.nz

labour.org.nz/joluxton

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Building progresses on new Taumatakahu Block Opihi College

The construction site at Opihi College has been extremely busy over the last few months, with work on the new classroom block speeding ahead.

The new building, which will be known as the Taumatakahu Block, will contain 9 classrooms, 3 science labs and a whare (which will be known as Te Whare Puawaitanga).

Staff and students at Opihi College are looking forward to March 2021, when the building is scheduled to be completed!

WORDS & PHOTOGRAPHS SUPPLIED



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SMOKEFREE ROCKQUEST

Opihi College band 'The Big Foots' are celebrating again ...

... not only were they named as the Smokefree Rockquest's regional winners for the Aoraki region - they were placed in New Zealand's Top 20 bands! This was from over 500 musical acts entered nationwide, so a wonderful achievement. 'The Big Foots', also known as Year 11 students Reef Brazendale, Luke Smith and Liam Pelvin, are continuing to practice and are hoping to record two music videos to put online.

SUPPLIED



Look for their music now on iTunes and Spotify. 

INTRODUCING ...



Sandy Kelly

Sandy has recently joined the team at Travis Electrical.

She is a top lady, always smiling and makes time for everyone.

She is very hard-working and has a wealth of knowledge and experience in the electrical trade

We are really happy to have her as part of our team and look forward to working with her.



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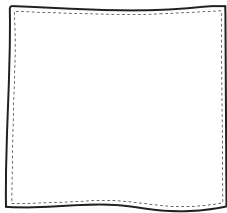
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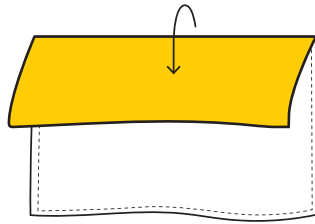
Authorised by Megan Hands, 115 Pages Rd, Ashburton.



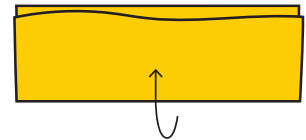
How to make your own face covering



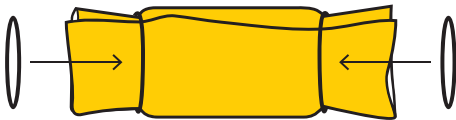
Grab a handkerchief or square piece of cotton fabric.



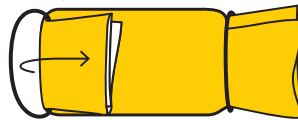
Fold the handkerchief from the top inwards.



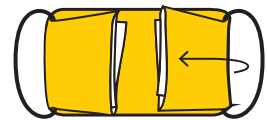
Then fold from the bottom inwards to form 3 layers of thickness.



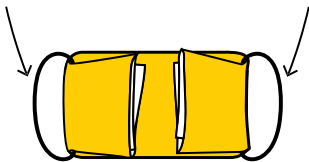
Loop two hair ties or elastic bands over the ends.



Fold the outer edge inwards.



On both sides.



Pick up your face covering using the bands.



Now loop over each ear, one at time, with the folded side touching your face.

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INTRODUCING ... Simeon and Mike from Laser Electrical Temuka / Geraldine



Newly appointed Laser Electrical Temuka and Geraldine Manager Simeon (Sim) Reardon was appointed on March 9th, less than three weeks before the country went into lockdown. "This made things very different to what would normally be expected. It has been a steep learning curve, and finding ways to adapt was key. I have been a sparky with Laser since 2013 so I know the team and know the area but managing them and pricing the jobs is a whole new dimension."

Simeon says that he is pleased to be heading up a team of locals with a wide range of skill areas. "All our qualified staff live locally, which is a great asset allowing us to offer an efficient 24/7 call out service. As we continue providing our services to the community, one of my goals is to develop the skill sets of our various staff members and provide more training in specialist areas. We

currently have experienced specialists in many areas including Industrial, Domestic, Commercial, Heat Pumps, Television systems. Though we all have broad skills to handle emergency call outs"

Simeon's first qualifications were in Mathematics and Computers. A spell as Shift Manager at McDonalds gave him some "transferable people management skills." Between 2004/5 he was involved in Outdoor Education, teaching team building and fear facing skills, in the United States. "I still like putting a harness on and climbing on a roofs!" In 2007 he started his apprenticeship as an Electrician, working with Heat Pumps and commercial refrigeration. In February of that year he married Deborah (Debs) and they now have three children. In 2018 Simeon qualified as an Electrical Inspector, adding to the scope of work he is allowed to complete.

In his spare time Simeon is often to be found behind the drum kit at St Andrew's church where he is part of the music team, or down at the local skate park trying new tricks, while being the cool dad with his kids.

Newly appointed 2IC and Industrial Manager Mike Wethey started working for Laser Electrical not long after leaving Geraldine high school. "I really enjoy my job because it offers me a wide variety

of technical and physical tasks. One day I could be programming a PLC for industrial automation, or burying an underground cable the next." However he says that the highlight of his job is the people, "I like to work closely with our customers and staff members to build an excellent rapport".

In his spare time he enjoys playing squash at the Geraldine Squash club, snowboarding in winter and swimming at our local gorges in summer.

He says he loves the South Canterbury area because it has so much to offer, "I have lived here for almost all of my life and have loved every minute of it".

Company owners Megan & Brent Christie have strong connections to the area as Megan grew up in South Canterbury so knows the area well.

Since taking over ownership of Laser Electrical Temuka & Geraldine in 2012 they have seen the loyalty and enjoyment the team have in their work and now being able to appoint Simeon & Mike into these management roles earlier this year is testament of their continued dedication and a fantastic opportunity for them to further their careers.

Brent tries to spend a day a week in with them supporting the team and can often be found working on PLC programming projects with Mike. Generally he feels totally confident that the branch couldn't be in better hands than with these two at the helm and backed with a fantastic team we couldn't ask for more.

WORDS AND PHOTOGRAPH SUPPLIED



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Letterbox Scrabble Run/Walk Temuka



Letterbox Scrabble came to Temuka, organised by Rebecca Taylor and Run/Walk Temuka, with sponsored Frontrunner voucher's for the successful player / team.

The game involved cycling, running or walking around Temuka searching for scrabble tiles in participating mailboxes. Once all the tiles were found, the challenge was then guessing the mystery word using all the letters on the tiles.

There is a game being organised in Geraldine on 11th October, and a Timaru version is in the planning stages for November. **If you are interested in taking part give Rebecca a call on 027 200 4941, or visit the Run / Walk Temuka facebook page for details.**

The Run Walk Temuka group meets at 6.30pm every Monday evening at the back of the police station at the domain.

All welcome, though children are to be accompanied by a caregiver/parent on the run/walk.

Fur friends are welcome also.

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Members of Run/Walk Temuka getting ready to set out, accompanied by loyal fur-friends and proudly wearing new singlet tops.

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Temuka Seido Karate Shodan Black Belt Promotions



Eric Lindblom (left) and Rob Deans - newly promoted to Shodan black belt ranking at the Timaru Seido Karate club.

Recently two Temuka Seido Karate students gained promotion to Shodan black belt rankings at the Timaru Seido Karate dojo, alongside Colin Tahr from Geraldine, and a student from Dunedin dojo

Eric Lindblom (Osu Senpai), who is a teacher at Opihi College, started Seido after moving to Temuka in 2004 and joining the Temuka Seido Karate club. He trained periodically for sixteen years, and prior to that had trained in different styles of Japanese karate during the nine years he and his family lived in Japan.

Senpai Rob Deans trained in kick-boxing for two years while living in England when in his twenties. He then joined the Geraldine Four Peaks Seido and went for his first Seido grading with seshi John in June 2014.

The Temuka Seido Karate club has been operating in Temuka for over thirty-three years, run by Sei Shihan Lance, and has over fifteen black belts among it's members. Seido means truth, honesty, sincerity and a way or path to follow, and a black belt is gained by progressing through ten kyu grading colours.

The test to progress to black belt takes approximately three hours, with the student being tested by a variety of punches, blocks and self defence skills

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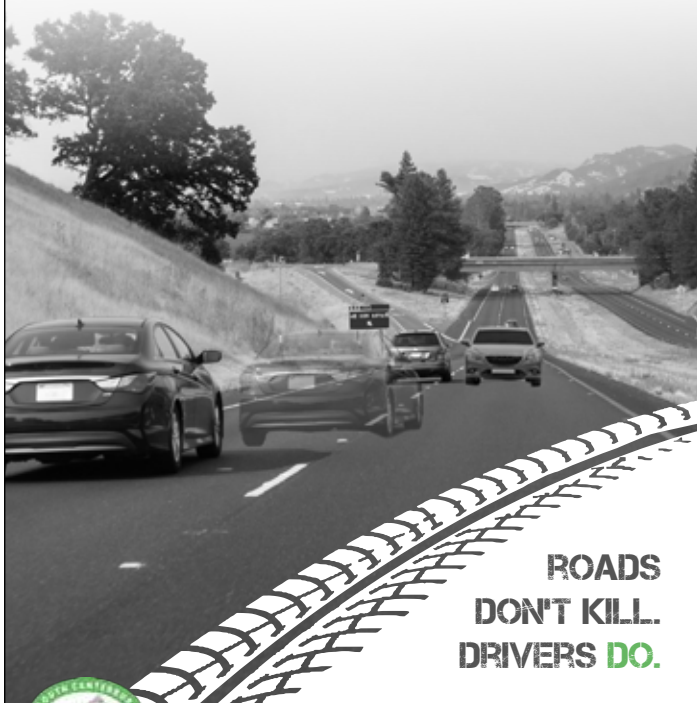
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Students enjoy a busy Term 3 Temuka Primary School

The holidays are almost here and while we have been a bit limited while in Level 2, we have been lucky enough to get most of the planned activities done.

We celebrated Daffodil Day with a black and white or yellow mufti day. We were very grateful for the \$374.00 raised for our local Cancer Society who support local families affected by cancer. Many students wore yellow but equally some chose to wear black and white to support Temuka Rugby for their final season games.

On the same day we were joined by nine Police Officers from Temuka, Geraldine and Pleasant Point who rode the bike track with many of our students. They also played games with them on the field. This was a great chance for them to build positive and lifetime relationships between students and Police.



Our PLAY theme has continued and for the last part of this term and first part of next term our focus is Music and Movement. Year 5 & 6 have a variety of musical activities going. Recorder, tuned percussion, body percussion, sound scapes etc. We have also been learning about procedural writing and making pancakes, ginger beer and cheese toasties to make sure our algorithms and writing work. These themes continue throughout the school and the students are enjoying making and experimenting with making and moving to music.

We have been lucky enough to have Haami and Kalinia taking Kapahaka across the school, introducing the students to waiata and having fun with Te Reo.

Our basketball students are looking forward to their season starting shortly with the level drop as the winter sports wind down.

Now we look forward to our holidays and lots of warm weather to be out and about in.

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Recent VIP visitors Temuka Lions



Temuka Lions recently hosted newly appointed District Governor Ella Butson (left), and 202j Zone 2 Chairperson Mary Williamson (right) at a club meeting.

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Kindling working bee Temuka Lions



Temuka Lions Club members recently spent a sunny spring morning boxing kindling to sell for fundraising projects.

They have changed from bags to boxes, with the boxes still being the same weight at 5kg, and also the same price, \$? per box.

The below photograph shows the boxes loaded onto the truck ready for delivery. There are still some boxes available to buy at Hoses Garden Centre on Ewen Road.

WORDS & PHOTOGRAPHS SUPPLIED



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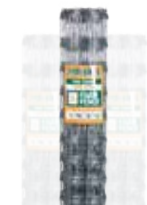
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TALKING HEALTH AND FITNESS with Shane

Strengthen your core to stop your back hurting. How many times do we hear that from apparent health professionals?

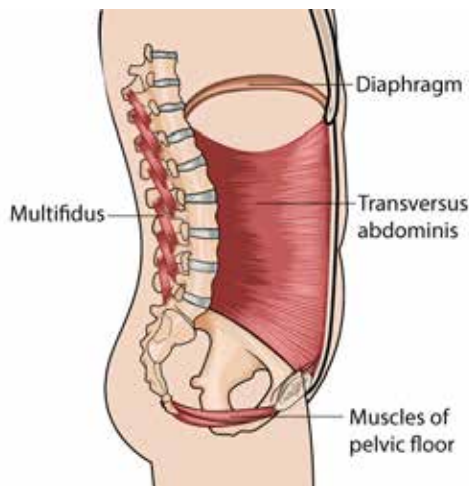
"Ok, I'll do a bunch of sit-ups and she'll be right!"

Let me break down a few myths around improving spinal stability and perhaps decreasing that pain in your back.

Firstly, the support structures of the spine are complex and layered. There are very deep local muscles which keep one vertebrae stable to another. Then there are more global support structures that brace the spine longitudinally. The latissimus dorsi and obliques play a role here too. Finally there are more powerful movement muscles which are responsible for allowing us to move our trunk; i.e, bending (forwards, back and sideways) and twisting.

What needs strengthening/reactivating in order for a more stable spine are the deeper (inner unit) muscles. Namely the multifidus and the transversus abdominis. These muscles should 'switch-on' milliseconds before the movement of arms or legs in order to create a stable safe platform to move from. Also this protects the spinal column through which all the messages are sent.

"You can't fire a cannon from a canoe" as the saying goes.



What causes dysfunction and switching-off of these deeper inner unit muscles?

- ✓ Organ inflammation/dysfunction - most organs have pain fibres that run into the muscle system along the spine.
- ✓ Visceroptosis (dropping, or prolapse, of internal organs due to lack of support from pelvic floor and abdominal wall) therefore a squashing of the organs.
- ✓ Obesity changes the centre of gravity to forward of pelvis.
- ✓ Diet/medicine - consuming things which create inflammation in the gut such as preservatives, additives and alcohol cause weakening to trunk muscles.
- ✓ Lifestyle stress affects internal workings of the body.

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- ✓ Previous injury or pain in the trunk/spine will cause the body to switch off muscles in affected area so as not to cause more damage (negative feedback loop) the body then learns to operate at a level without switching them on. The muscles surrounding the injury can also go into spasm to protect the area.

Which exercises target this inner unit of the core?

That depends on the state of disrepair. But building from the inside out if you are not sure is always the best option.

The first two exercises are done from the quadruped position (hands and knees);

- ✓ **4-point hollow vacuum breathing** - breathe-in let belly relax, breathe-out and draw belly-button upto spine without moving spine.
- ✓ **Bird dog** - extend right arm and left leg out straight with core vacuumed.



'Bird Dog' exercise

The next two are from lying down on your back;

- ✓ **Single leg lowering** - knees at 90 degrees and lower one heel to the floor with control, return back up then other heel.
- ✓ **Pelvic tilting and control** - flatten lower back into ground then arch off.

Finally anti rotation;



- ✓ **Kneeling pallof press** use cable or light band.

For further help on injury rehabilitation and movement drop in and see us down on King St or get in contact.

As always yours in good health, Shane
centralfitness.temuka@gmail.com
<https://www.central-fitnessgym.com>



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Return to full timetable for Timaru flights

Demand at Timaru Richard Pearse Airport sees it being one of the first places in the country to get 100% of its scheduled Air New Zealand services running again.

Mid-September the airline increased to 12 return services on the Timaru to Wellington route, and then 13 weekly return services from 28 September onwards on its Q300 aircraft.

Timaru District Mayor Nigel Bowen said he was pleased to see the flights coming back online, stressing the importance of the direct link to the capital.

"Timaru Airport and our direct link to Wellington is an important asset for the whole region's economy, and it's fantastic that Air New Zealand is coming back up to full service so quickly.

"We're making it easier than ever to fly direct from Timaru, with increased parking and four new EV charging spaces currently being installed.

"This is a vote of confidence in our region by Air New Zealand, but to ensure we keep this important link it's important that it's supported by local businesses and residents, so now is the time to

get out and about or even invite your lower North Island friends and relatives for a visit!"

From 28 September Air New Zealand will run two return flights daily leaving Timaru at 6.45am and 11.45am and leaving Wellington at 9.55am and 5.40pm.

Air New Zealand Head of Tourism and Regional Affairs Reuben Levermore says the airline is delighted to bring back its full pre-COVID-19 schedule for the Timaru-Wellington service from 28 September, offering options for both business and leisure travellers.

"This coupled with the Government's lifting of physical distancing restrictions on aircraft mean that we're keen to welcome customers onto the service and also play our part in boosting the local economy."

Timaru Richard Pearse Airport is owned and operated by Timaru District Council, it was recently given a major upgrade to its terminal and parking facilities. A further upgrade to provide 18 short stay parking spaces and 4 EV charging stations is currently underway.

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Gardening with Albert

On Friday 18th September we woke to 13mm of rain and new snow down to the base of the hills, but fortunately most of it had melted by Saturday night, so we may have missed any resulting heavy frosts. By the time I wrote this column 44mm of rain has fallen so far this month.

It's a month into spring and the soil is now warming up, so it's time to sow your small seeds if you haven't already done so. This will give them a good start before the nor-west winds arrive.

More **peas** can be sown again now to give a continuous supply to pick. Onward, peas are a large pea and they grow higher and need good staking, also - they are a lot easier to pod.

Tomato, cucumber and peppers can now be planted in your glasshouse. If planting outside it is best to leave until later in the month. Greenfly like pepper plants so the plant will need spraying if they appear.

Potatoes - mould the soil up before planting your potatoes for good results. Add some potato manure you mould the soil.

Asparagus will be ready to cut shortly, they need to be cut just below the surface of the soil. They grow quickly on hot days and will need to be picked every second day.

Raspberry canes are now greening up and they need a spray with Mavrik for the bud moth and again before they are ready to pick.

Peach and nectarine trees need another spraying of copper at petal fall for the curly leaf and another spray next month.

Tender vegetables - the main sowing of **cucumber, marrow, pumpkin, sweetcorn, runner beans and dwarf beans** etc, may be done around the middle to the end of October. They are all gross feeders so they all need a lot of compost and water when the weather is dry.

Strawberries should be growing well by now, all the old brown leaves should have been removed and a spray of copper oxychloride for a good crop.



Flowering shrubs - if you want to prune them back it is best to do this after they finish flowering. Also, cut away any dead or diseased wood.

Daffodils - with a fairly dry winter and a few strong winds lately there were many bright displays around the Temuka gardens. They brighten up the day for everyone.

Not far now to Christmas!

Albert.

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and you just need some help,
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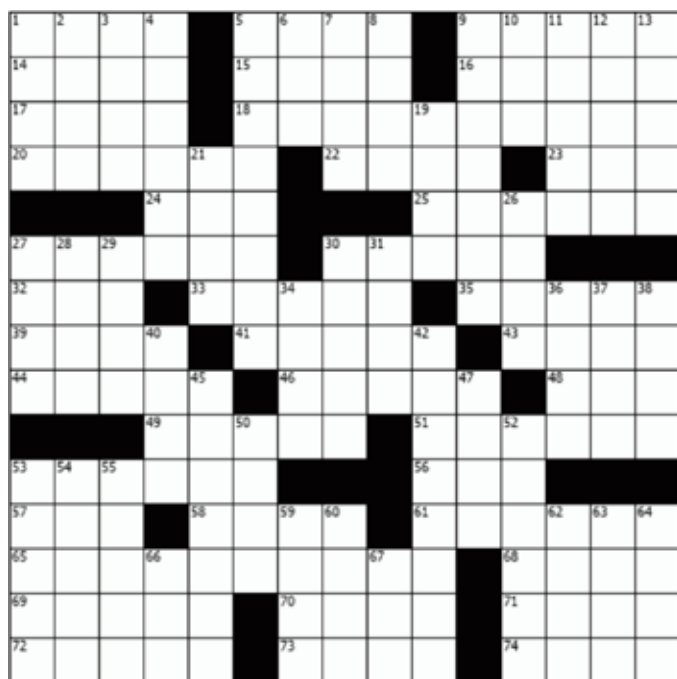


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info@temukatransport.co.nz

October Crossword SOLUTIONS NEXT MONTH

**ACROSS**

1. William or Sean
5. Designate
9. Map book
14. Location
15. Energy source
16. Desist
17. Uproar
18. Opposition
20. 12th-grader
22. Night twinkler
23. Robber's pursuer
24. Out ____ limb (2 wds.)
25. Adjusts again
27. Goober
30. Turn
32. Sleeve
33. Sub finder
35. As yet (2 wds.)
39. Arm or leg
41. Lassoed
43. Window section
44. Movie music
46. Male voice
48. Wayside hotel
49. Deduce
51. Wall socket
53. ____ Anderson of "Baywatch"
56. Josh
57. Compass point (abbr.)
58. Chilled
61. Nasal sounds
65. Low traffic road (2 wds.)
68. Ark skipper
69. Pollute
70. Barely cooked
71. Jazz singer ____ Fitzgerald
72. Obstacles
73. Finger sound
74. Look

DOWN

1. Golf norms
2. Historic canal
3. Inert gas
4. Country
5. Storyteller
6. Had breakfast
7. Rock growth
8. Send forth
9. Cameron Diaz, e.g.
10. Boston ____ Party
11. Cyclist ____ Armstrong
12. Formal necktie
13. Oozes
19. Hindu garb
21. Responsibility
26. Street sign
27. Chums
28. Musician ____ Clapton
29. Military supplies
30. Thin candle
31. Small songbird
34. Musical sound
36. Flunk
37. Novelist ____ Rice
38. Landlord's due
40. Soft cheese
42. Threshold
45. Signs up
47. Wreck
50. Actuality
52. Certain steaks (hyph.)
53. Annoying ones
54. Thai, e.g.
55. Newspapers and TV, e.g.
59. Slips up
60. School official
62. Part
63. Story
64. Counterfeit
66. School subject (abbr.)
67. Epoch

Will's

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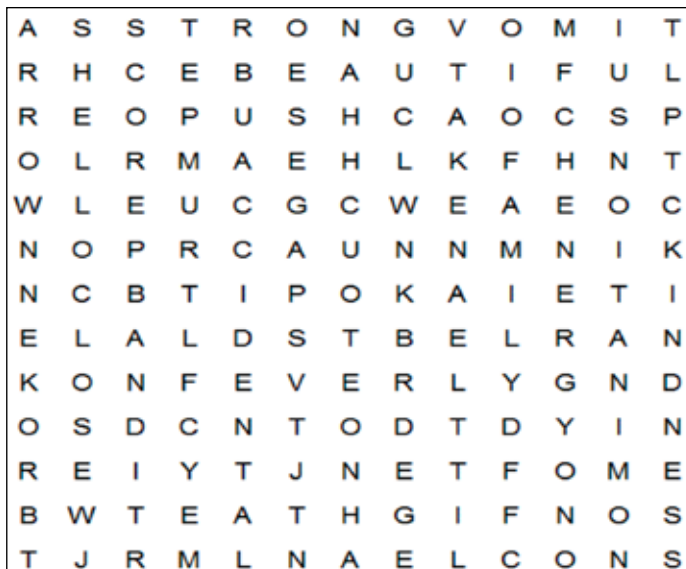
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October Wordfind



accidental	coach	little	strong
arrow	desire	major	taken
bandit	elbow	nomination	touch
beautiful	energy	often	trumpet
better	family	pages	twice
broken	fever	push	vomit
claim	fight	score	
clean	glance	shank	
close	kindness	shell	

September Crossword Solutions due to a 'technical glitch' it is not possible to publish the solution to the September crossword.

Apologies for any disappointment this may cause.

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What's on at the TEMUKA LIBRARY



knit and knatter
Spin some yarns at
Temuka Library
Every Tuesday 9:30am
onwards

NEW Weekend Book Club
2nd Saturday each month
Next meeting October 10th
Everyone welcome
Further info contact Debbie
debrp@extra.co.nz



BOOK CLUB
LAST THURSDAY OF EACH
MONTH @ 2PM
This month - Thursday 29th
Share what you have been reading with others



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Phone 687 7591 @ Temuka Library



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Timaru District Libraries School Holiday Programme

Whiskers and Paws

Temuka Library

Session times:
Wednesday 30 September
and 7 October
Friday 2 and 9 October
From 10:30 - 11:30 am
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for more information



TIMARU DISTRICT LIBRARIES



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Thursday 15 October
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Rakaia (signposted off SH1)

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- Ashburton and Timaru St John
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- Joosh, Talbot Street, Geraldine (cash
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Winchester Garage

NOVEMBER ISSUE INFO

DEADLINE

The final day to receive advertising, photographs or articles is **Thursday 22 October**

DELIVERY

Delivery of the November issue will start on **Monday 2 November**

Trades & Services

WILTON SMALL MOB SHEARING available for all your shearing needs, shearing, crutching, and all animal health products for your sheep, goats, alpaca's. **Please phone/txt Mike and Nicola 0204 011 7629.**

Hire - Halls / Event Rooms

MILFORD COMMUNITY HALL AVAILABLE FOR HIRE: Reasonable rates. Has meeting room and kitchen. Recently refurbished. Plenty of parking. **Phone Peter, 027 687 6447.**

RSA CLUB ROOMS to rent - 130 King Street, Temuka. Reasonable Rates. **Contact: Vicki 03 615 7663.**

TEMUKA PIPE BAND Hall to rent - 11 Denmark Street, Temuka. Refurbished facilities available to approved clubs and organisations. Reasonable Rates. **Contact: Albert Peattie 03 615 7859.**

TEMUKA SOCCER CLUB ROOMS available for short / long term hire. **For more information contact Craig, 027 434 9548.**

Community Notice from St John Temuka



St John

Locations of AEDs (automatic electrical defibrillator)

St John Ambulance Station 24/7 access via external cabinet	
Opihi College Main entrance doors Richard Pearce Drive	Lumino the Dentist 186 King Street Temuka
PGG Wrightson Office Sale Yards - external wall cabinet	Temuka New World
Temuka RSA	Wallingford Rest Home available 24/7
St Josephs Church Hall exterior cabinet, ph 111 for combination	Wolseley/Winchester Hotel external locked cabinet
Temuka Fire Station	Timaru's Richard Pearce Airport
Temuka Golf Club Domain Ave 24/7 access via external cabinet	Z Temuka

The locations printed in this notice are taken from the AED Locations app available free from Google Play or iTunes

Community Notices

WEEKLY

Temuka RSA

130 King Street
OFFICE HOURS: Tues & Thurs, 10.30am-2.30pm
Wed 12pm-3pm; Friday 12pm-4pm
BAR OPEN: Wednesday and Friday from 4pm
PHONE 615 7663

WEEKLY MONDAY

Temuka Bridge Club

Meets Monday evenings at 7:15pm at the Alpine Energy Stadium upstairs lounge in the Temuka Domain.
PHONE 03 615 7436 OR 03 615 9081

WEEKLY

Temuka Girl Guides

Girls from the age of 5-17 years
Pippins and Brownies on Monday 5pm-6.30pm. Guides and Rangers meet on Wednesday 6pm to 7.30pm
At Temuka Scout Den, Dyson St, Temuka
PLEASE CONTACT SANDRA 027 2233710

WEEKLY MONDAY

Temuka Smallbore Rifle Club

Every Monday night from mid-March to mid-September, at the Alpine Energy Stadium, Temuka, 7.45pm. New members welcome.

ANY ENQUIRIES PHONE
NEVILLE SMITH, 615 7355

WEEKLY MONDAY & WEDNESDAY

Euchre - Temuka RSA

From 1.15pm at the Temuka RSA, King Street. Come along and bring a friend; \$3 for 14 games which includes afternoon tea. New members welcome.

CONTACT REX, 615 9534

MEETINGS
HAVE
RE-STARTED

WEEKLY - MONDAY

Temuka Embroiderers Guild

Meets Monday's 10am till 2pm
St John Ambulance Rooms, King St, Temuka
NEW MEMBERS WELCOME
FOR FURTHER INFORMATION
PLEASE CONTACT SHONA 615 7177

WEEKLY MONDAY

Temuka Geraldine Rotary Club

Meets at the Teapot Inn, Temuka, from 6pm to 8pm. New members are always welcome.
CONTACT DON MORRIS 688-2238

WEEKLY TUESDAY/THURSDAY

Temuka Exercise Group

Meets Tuesdays/Thursdays 10am-11am at St Josephs Hall, cnr Denmark/Wilkin Sts.
\$3 per session.
COME ALONG AND JOIN IN,
OR PHONE BRIAN 027 451 8096

WEEKLY TUESDAY

Temuka Walking Group

Meets 10.30am at Temuka Domain Gates (closest to Police Station).
All welcome - slow or fast walkers. Come and join our happy group. If you are new to Temuka come along and join us.

WEEKLY WEDNESDAY

Temuka Craft & Linedancing Group

9.30 to 11.30am at Presbyterian Hall, Hally Terrace, Temuka.
Scrapbooking, Cardmaking, Handcraft, Linedancing.
\$3 per session, refreshments provided.
CONTACT ADAIR, 027 253 2836

WEEKLY WEDNESDAY

St John Youth - Temuka Division

6yrs-18yrs, 4.30 till 6pm
at St John Station, King Street.
PLEASE PHONE TASHA 022 096 7391
danellelana14@gmail.com

WEEKLY THURSDAY

Music & Movement for pre-schoolers

Every Thursday (during school term) 9.15am to 10am at St Peters Anglican Church.
FOLLOWED BY - MUMZ 'N KIDS
10 to 11am, during school term.
A friendly, relaxed meeting with other parents and caregivers with young children 0-5 yrs.
Email temukaplunket@gmail.com

WEEKLY SATURDAY

Temuka Petanque Club

1.30pm, weather permitting.
Located at the Temuka Domain, near Mini Golf. New members most welcome.
CONTACT BRUCE, 03 615 6637.

MONTHLY TUESDAY

Temuka Greypower

Meets last Tuesday of the month, 10am, RSA club rooms, 130 King Street.
CONTACT ANNETTE FRASER, 615 5095
OR KEN LOVE, 615 8102

WEEKLY THURSDAY

Temuka Pipe Band

Temuka Pipe Band Hall, 11 Denmark Street.
Thursdays 7.30pm
NEW MEMBERS WELCOME
CONTACT CHRIS JONES, 027 579 4174

MONTHLY MONDAY

Temuka Community Board

A member of the Temuka Community Board will be available to meet members of the public on the first Monday of the month at the Temuka Library, 10am to 11am.
Contact: Chairman Paddy O'Reilly
0274 416 725

MONTHLY TUESDAY

Temuka Ladies Club - Friendship

Meets on the 3rd Tuesday each month. Anglican Centre, Dyson Street, 10.00am.
New members welcome.
PHONE 615 8091

MONTHLY TUESDAY

Temuka Lions

Meets on the 4th Tuesday each month. Temuka RSA rooms, 6pm.
New members welcome.
CONTACT GERALD BURGESS
03 615 8348 or 0274 377 629

MONTHLY WEDNESDAY

Temuka Friendly League

Meets 3rd Wednesday of month, 10am at Temuka RSA Clubroom.
Speakers, entertainment, meet friendly ladies, come along and join us for a relaxing and enjoyable morning and make new friends.
CONTACT SUE MATTINGLY, 615 7403

MONTHLY WEDNESDAY

Temuka District Lions

Meets 3rd Wednesday of month at the Temuka Golf Club.
Tea Meeting - Fellowship from 6.15pm, meal and speakers / entertainment.
New members most welcome.
CONTACT BETTY SMITH, 03 615 9485

MONTHLY THURSDAY

U3A Temuka

Meets on the 4th Thursday each month. St John's hall, King Street at 10am.
New members welcome.

MONTHLY

Alzheimers South Canterbury

hold a meeting on the 2nd Monday of the month at 100% Cafe for a Social Coffee and cake at 2pm. Please feel free to join us. ALSO....
Monthly meetings for the carers of those affected by alzheimers/dementia at the RSA 1.30 till 2.30 on the first Wednesday of the month.
PLEASE FEEL FREE TO JOIN US.

MONTHLY SUNDAY

Hometown & Country Music Club

Music Day first Sunday of every month, 2pm, Temuka RSA.
Feel free to join in or just listen to a variety of artists. All members, affiliated members and guests welcome.
PH JAN 03 693 8931 OR SHONA 615 7252

WHO - WHERE - WHEN ???

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Who are you?
Where do you meet?
What time and day?

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SWIMMING LESSONS FOR WATER TOTS AND UNDER 5's

Your friendly Learn2swim team will be bringing the EXPLORE & LEARN programme for children aged 4 months to 4 years to the Temuka pool this summer.

WATER TOTS – Baby and parent are in the water together in a fun and happy environment. Your baby will gain confidence in the water while learning water based motor and cognitive skills through song, games and water play.

PRE-SCHOOL – Children move on to classes without their parent in the water, but close by pool side. Confidence is further developed as children learn to front and back float, kick and underwater swim.



The CBay Learn2Swim EXPLORE & LEARN programme will run from mid-November to mid-December and from February to mid-March.*

To register your interest or to learn more about the classes please email learn2swim@cbaytimaru.co.nz and one of the team will be in touch.

*The November class start date will be subject to the Temuka pool upgrade being completed as scheduled.