

The Geraldine News

Ngä Pükörero o te wiki ki Raukapuka

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Diabetes Action Month: preventing type-2

The number of people developing type-2 diabetes is increasing at an alarming rate throughout New Zealand and Geraldine is no exception. A study by the Health Quality and Safety Commission New Zealand, updated in October 2016, says, "Diabetes affects an estimated 257,000 people in New Zealand. A further 500,000 are believed to have pre-diabetes and if the current trend continues, the number of people with diabetes in New Zealand is expected to double in the next 20 years."

After the recent closure of Diabetes South Canterbury's office, Peter Shenoda, pharmacist and owner of Geraldine Pharmacy, decided to be proactive.

"It is prevention, rather than looking for a cure, that we are aiming to do."

This month is Diabetes Action Month and Geraldine Pharmacy is supporting it by offering free health checks for the first 20 customers who book, thereafter the cost is \$20. Peter says, "No appointment is necessary, just come in and we will try to fit you in. That is the whole idea; it is a convenient way to have a health check."

Diabetes is having too much glucose (sugar) in the blood. A high glucose level can be an early indicator that type-2 diabetes is developing. Other signs are feeling thirsty all the time, needing to pass urine often, tiredness and weakness, blurred vision, numbness or tingling in hands and feet and slow healing of wounds. If the health check shows you could be at risk, Peter can refer you to your doctor for further investigations.

While some may view the short-term risks of type-2 diabetes as merely inconvenient, the long-term risks are a lot more serious: heart disease, particularly heart attack and stroke, kidney failure, blindness, nerve damage or limb amputation.

It is possible to avoid developing type-2



Geraldine pharmacist Peter Shenoda checks Geraldine News reporter Jo Bates' blood pressure as part of a health check. Photo: Jo Bates.

diabetes if symptoms are detected early. Peter says, "That is the good thing: it is reversible. There are a lot of steps along the way to combat it. It is about finding what suits each individual."

Many people are at risk of developing this disease. In particular, if you take little or no exercise, are overweight or are pregnant you are susceptible.

To avoid developing type-2 diabetes, Peter advises adopting a healthier lifestyle. "Do some exercise like walking fast for 30 minutes, gardening or housework. It does not have to be on a treadmill, anything that

keeps you physically active for around half an hour." He also encourages people to eat less processed food. "Especially foods or drinks high in sugar, which lead to insulin resistance. Wholemeal bread and pasta give a slow release of carbs rather than high spikes." He adds, "Aim to have three main meals regularly spaced throughout the day with something healthy in between to give yourself sustained energy, not something high in sugar."

For more information about type-2 diabetes, call into Geraldine Pharmacy and pick up a free self-care information sheet.

Jo Bates

Nine and Wine: relaxed and casual golf

Nearly three years ago, Rachel Harper and Ginny Bolderston came up with a concept to overcome barriers to golf; creating an opportunity for women to try the game in a casual and relaxed environment, with relaxed rules.

Nine and Wine golf takes place at the Geraldine Golf Club each Thursday. Rachel says, "Enthusiastic women turn up to learn a bit about golf with the help of one or two more experienced women. More importantly, they also meet new people and enjoy the social aspects. A key factor to the group's success is that the women were all beginners

– all were in the same boat."

"It's okay to wear what you like, tee the ball up anywhere you like, not count the shot if you don't make contact with the ball, share clubs, play less than 9 or 18 holes and not keep score."

Initially, the women only played a few holes but five of them have since graduated to playing 18-hole competitive golf and the club has had an influx of new members. Club president Kerry Stevens enjoys seeing the impact the new members have had on the club. "It's refreshing to have some new ideas and another dimension to our club. We

are always aware of the need to develop the game to meet the changing lifestyles and to make it easier for busy women to enjoy the game."

Occasionally professional lessons – either group or individual – are organised to help develop skills but Rachel says someone is always available to help from week to week if required. Nine and Wine welcomes any woman who is a beginner golfer, to play nine holes of golf and have a drink or two in the clubhouse afterwards, every Thursday (only in fair weather) from 3pm. The cost is \$10, which includes the first drink. Cont on page 2

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NINE AND WINE

Continued from page 1

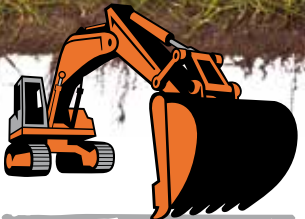
On Thursday 1 December, at 3pm, the Geraldine Golf Club, in conjunction with NZ Golf's promotion, She Loves Golf, is running an event encouraging women of all ages to experience the game.

"There will be spot prizes, fun golf-related activities, a few nibbles and, of course, a few bubbles. As an added bonus, it's free. The event promises to provide a fun and relaxing environment in which to try the game. Clubs will be provided and someone will be there to help you. All you need is a good sense of humour. Bring a friend or two," says Rachel.

For more details, contact Rachel Harper on 693 9366.
Submitted

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Poems - Some Hard and Soft Words

by Alec Fisher

"I wrote my first poem just heading out on my OE," says Geraldine writer Alec Fisher. Titled *Listen*, the poem concerned the philosophical "If a tree falls..." problem – "It's nuts", he says – and, as for so many poets, his wanderlust and writing were a response to deep sorrow.

The book of poetry he completed, *Poems - Some Hard and Soft Words* traverses a line through love, war, politics and friendship, but he never intended it for publication. "I didn't want to show off," Alec says. "I handwrote everything; I had this book I'd written and I'd lie in bed at night and read it. It was therapeutic."

But word that this verse was good got about, so "friends published a print run". Part of Leonie Wilson and Colin Townsend's preface reads: "Words of peace. Words of love. Words not easily forgotten. Thankyou Alec." A piece from *Poems*:

Lonesome Love

Sometimes when I'm standing
I will look up to the sun
Sometimes tears will fill my eyes
And down my cheeks they run
I cry for my lost innocence
Because I am alone
I cry because I learnt to love
But still I'm on my own
I'm sad because I see you
But I can't make out your face
I cry because I'm scared my love
Will reach you one day late
Though my love seems timeless
I fear that it won't last
What if I wake up one day
To find it left back in the past?

Physicality had defined Alec's working life - driving, farming, mining, cutting firewood. "Then MS [multiple sclerosis] came along; I was diagnosed on my 34th birthday." The primary progressive form doctors told him he suffered from would give him little remission.

His formerly spacious world was threatened with



Alec Fisher, author of *Poems - Some Hard and Soft Words*: "I love the English language - you can build anything you like out of it."
Photo: Jan Finlayson.

constraint. He took a stand, becoming president of Multiple Sclerosis South Canterbury and, while he was able, getting out, using the visibility he had on his motorised wheelchair to publicise the cause of MS-afflicted people.

Alec's poetry stands strong in his and his family's lives as his physical capability wanes, and another print run is planned. To order a copy of *Poems*, contact Alec's brother Chris Fisher on 027 246 4663 or email rochelle.chris@xtra.co.nz.

Jan Finlayson

“Astounding” amaryllis

Kay Burrows from the Geraldine Garden Centre contacted *The Geraldine News* about an amaryllis that was brought to the shop by customer Sue Fisher who bought the plant from the shop as a potted bulb.

"It's astounding," says Kay. "It's not unusual for these to be grown as potted bulbs in the Geraldine area but this one is planted in not very good soil outside year round. They normally don't like being outside in our cold winter temperatures. It's under the eaves of a house and gets very little water or attention."

This is the plant's third season; the flower head is enormous and the stem very thick. One single floret on the flower head is 18cm across.

"So far it's been performing beautifully for the last two weeks as a cut flower, attracting a lot of admiration from our keen gardening customers."

Submitted





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Final days of this year's Scarecrow Trail



Three of 16 creations in the 2016 Scarecrow Trail. Photo: Jo Bates.

There are 16 scarecrows on the Geraldine Home & Kindergarten's Scarecrow trail this year. Maps are for sale at Geraldine Kindergarten, Parkside Dairy and Geraldine Resource Centre for \$5. The final day for voting is Friday 25 November.

Jo Bates

GERALDINE NEWS IN BRIEF

Christmas market in December

Geraldine Academy of Performance and Arts will hold an indoor-outdoor Christmas market and offers stall space to children and adults selling anything from produce to soap to baking. "It's in conjunction with the Saturday morning Geraldine Farmers' Market," says academy co-ordinator Jill Roberts. "People will be able to buy high-quality gifts in a welcoming pre-Christmas atmosphere." Jill underlines the invitation to young stallholders. "An aim is to encourage young people to become entrepreneurial – to think independently and put together a project. To think about how they'll price, package and market what they're selling." There will also be entertainment. "We have a juggling workshop. Jingles the Christmas Fairy will be visiting and there will be busking." The Academy's Christmas market is on Saturday 3 December, 10am-4pm. For information on running a stall, contact Jill on jillroberts.actor@yahoo.co.nz or 027 452 4791.

Jan Finlayson

Hilton community Xmas party

Hilton hall's Christmas party is "a tradition", says hall committee member Michelle Donald. "The community's had them forever and lots of people come. They're really family-oriented. There are a bouncy castle, sack races, three-legged races, egg and spoon races and everyone brings little named presents for children from Santa." "Everything's as easy as possible," Michelle says. "It's a pot-luck barbecue: everybody brings food, and their own drink, glass, cutlery and plate." As well as having fun on the day, it is a chance to contribute to Hilton hall's future. "We have raffles. It's one of the main fundraising events of the year, for the running of the hall." Hilton's affection for its century-old gathering place is infectious. "We have great turnouts; everyone's welcome. And the more we do things, the more people are coming. They enjoy themselves and then come back again." Hilton Hall's 2016 Christmas party is at 4pm on Sunday, 4 December, wet or fine. For more information, phone Michelle on 027 324 7174.

Jan Finlayson



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MAKE A FRESH START



Spring is a time for new beginnings. Think about a move to McKenzie Lifestyle Village, where there is more time to simply enjoy life. For more information about the benefits that Geraldine's McKenzie Lifestyle Village has to offer, call David Connolly on 03 693 8340.



MCKENZIE LIFESTYLE VILLAGE IS A MEMBER OF RVA

Singer rewarded for skills



Mid Canterbury Choir is thrilled to support young people with a passion for choral singing by awarding a scholarship to four singers in the region.

Seventeen-year-old Freya Bates is in year 12 at Geraldine High School. She has been a member of one of the school choirs, Colla Voce, since she was in year 7. Freya has shown a total commitment to the choral music at Geraldine High School. To quote her choir director, Sylvia Watson, "Freya is helpful to younger singers and to her peers. She is a reliable 'part holder' and is able to take parts of rehearsals."

At the most recent performances by Colla Voce, Freya was featured as a soloist. Freya also contributes to the school's choral scene by being on stage in school musical productions; her latest show being *Oliver* earlier in the year. Again, Freya's ability gained her a solo part.

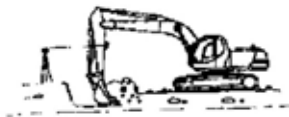
Freya has a passion for music. She takes singing lessons and is versatile in the style of songs she is now singing. In doing Level 2 Music this year, Freya has used her singing for her solo and group performance achievement standards in NCEA.

Submitted by Mid Canterbury Choir

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Vibrant local music scene

"With live music, you can look the performers in the eye, you can see how talented they are and it's raw, stripped-down... People are moved by it: it's soul-head stuff, atmosphere – stuff that you can't get from a recording. And we have local people who are very, very talented," says Mike Joiner regarding Geraldine's music scene.

Mike is co-owner of Peel Forest Bar and Café and he puts his money where his mouth is – and musicians on stage. "They're not necessarily commercial acts, but they're very good. They're young and older folk musos, blues, Irish, country. It's music that's real. Real and important: grassroots Kiwi music." It is a district-wide thing, he says. "Geraldine's a haven for talent." Mike says there is a fusion of influences behind it. "There's a healthy mix of nationalities and ages, all with love and appreciation for music, which fosters talent. Talent fosters talent."

Musician and Peel Forest resident Bruce Allan says local venues are important parts of that nurturing process also. "Places like the academy, the Farmers' Market, Peel Forest Café, the Lodge Theatre and Geraldine Town and Country have added to the landscape."

"The district's venues probably favour non-commercial music," says Geraldine High School head of music Shirley Lindroos.



Local musicians Michael O'Reilly, Rob Hill and Leo Sun play their ukulele and euphonium take on The Ramones' *Blitzkrieg Bop* at Geraldine Farmers' Market. Photo: Jan Finlayson.

Geraldine Community Arts Council chair Elaine Taylor says they "offer affordability, good acoustics, good seating and ease of parking and many have bars. Attending is easy. People come and support each other."

Open mic sessions running monthly at Peel Forest Bar and Café and the academy are just some of the chances growing musicians have to develop their repertoires and performance skills. "People can listen or join in. They can try things out, have fun, build confidence. A number of people who come are established musos," says Mike. National award-winning musician Lorina Harding says, "I do it because I want to. I love it."

Shirley's high school music programme is an engine room where, she says, "I live it

and breathe it. The number of students who learn music privately has dropped drastically over the last 20 years. I try to give the children the opportunities and encourage them to take them up. It's my passion."

She says Geraldine's flax-roots musical strength "is part of the school: part of living here."

Mike says, "It's important to support it. Music is good for the soul. It's a shitty old world out there and sometimes it's important to let that all go."

See what is happening in music around Geraldine on the Facebook pages of local arts organisations and venues.

Jan Finlayson

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Local player in Junior Black Sticks

In just one year, Geraldine's Jesse Drake, has bolted from the Timaru Boys High School 2nd XI hockey team into the New Zealand Junior Black Sticks squad. Recently named as a goalkeeper for the squad, Jesse is home for the holidays and busy training for his upcoming New Zealand training camps.

The 18-year-old started playing hockey as an eight-year-old for the Geraldine Combined Hockey Club. By his second year of hockey, Jesse was playing in goal under coach Sue Sheed who, he says, has "helped out ever since".

Jesse initially opted to play social hockey when he started at TBHS. However, everything changed in his final year at school when he started training with Timaru-based Cambridge Hockey Club and he represented South Canterbury in both the under-18 and senior men's teams by the end of the year.

Jesse shifted, at the beginning of 2016, to study biochemistry and microbiology at University of Otago. He began playing in goal for the Taieri Tuataras and was a member of the team that qualified for the Premier One division for the first time in the club's history. Jesse says, "It was pretty fun to come in and play the best in the region."

From there the selections flowed thick and fast. Jesse represented Otago in the under-18, under-21 and senior men's teams in the 2016 season. However, the highlight of his sporting year came at the conclusion of an exam when he received a text directing him to the Hockey New Zealand website, where he discovered he was selected for the Junior Black Sticks squad. Jesse says he was "pretty excited. I made a few of my neighbours a bit deaf."

Regarding the six field sessions and three fitness sessions per week plus one or two games each weekend, he says, "It's pretty full on. I missed four weeks of uni this year but I was lucky to have a good group of mates who kept me up to speed."

This summer, Jesse plans to call on another mate, Geraldine's Tom Johnstone, who also represented Otago as a striker for the senior men's team this year. They have played hockey together since they started as eight-year-olds. While Jesse will be developing his agility and leg strength over summer, he also hopes to spend time at the Geraldine High School turf honing his goalkeeping skills with Tom.

"Being a goalie is a pretty mental position. You've got to



Junior Black Sticks goalie Jesse Drake.
Photo: Pip Goldsbury.

be able to take yourself past barriers and you've got to be willing to take on strikers." He starts to grin. "It takes a certain kind of person, but it's good fun."

Pip Goldsbury

Christmas at the Races this Saturday

It's Christmas at the Races time again.

The festival, now in its tenth year across the country, has been a success wherever it has been tried – nowhere more so than at Orari.

The Geraldine Trotting club is small but it has shown some of its larger colleagues in the trotting and galloping industries how to go about organising an enjoyable day's racing. In 2015, Geraldine's Christmas at the Races event was judged runner-up in Excellence of Customer Experience nationwide.

The popularity of the marquee hospitality packages is borne out by the fact they sold out months ago. On Saturday 753 adults will be catered for in the marquee area.

The club's recent meetings have been profitable and it has therefore been able to maintain its \$10,000 minimum stakes.

"It's important that these profits get returned to the industry" says club secretary Gareth Murfitt. "Owners and trainers greatly appreciate the minimum stake level, that's

why they continue to bring good horses to the Orari meeting."

The feature race on Saturday is the Geraldine Trotting Cup, run over 2850 metres. Big-name trainers like Cran Dalgety, Robert Dunn and Mark Purdon/Natalie Rasmussen all have promising prospects.

"Last year the race was a Purdon/Rasmussen quinella and with Stroke of Luck and Chase The Dream being nominated there is every chance that this could be repeated on Saturday in the Fresh Choice Geraldine-sponsored event," says Gareth.

Sure to attract plenty of attention on the tote in an early event is a three-year-old colt called Raukapuka Ruler (Bettor's Delight/Miss Elsie).

"He's trained by Cran Dalgety, and is owned by a group of Geraldine locals says Gareth. "He had an exciting first run at Ashburton during Cup Week, winning very well."

The all-important weather forecast suggests it is likely that Saturday will be fine, with a pleasant 17 degree high.

Neil Wilson

Wet weather poses problems



A Timaru District Council worker busily unblocking a drain on the corner of Huffey and Talbot Street last week. Torrential rain on 16-17 November tested the capacity of many of Geraldine's stormwater drains.

Jo Bates

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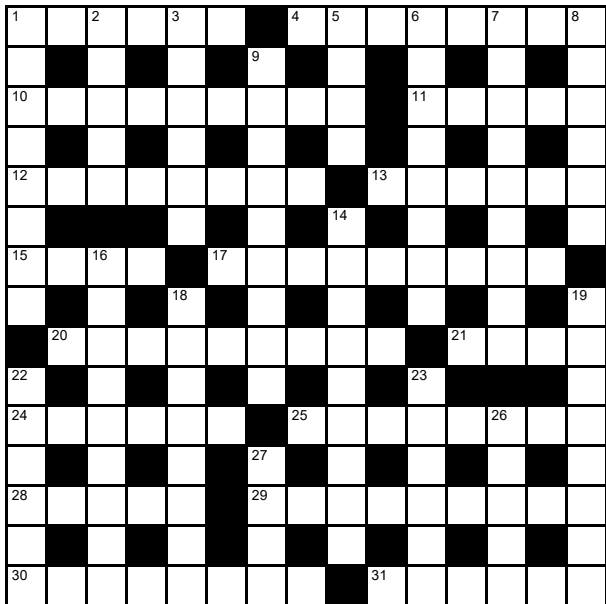
Christmas at the Races

Geraldine Trotting Club
Saturday 26 November
ORARI RACECOURSE

First race 12.30pm
Family day out
Santa for the kids
Kids' entertainment
No BYO



JW CRYPTIC CROSSWORD 222



A \$20 voucher will be awarded to the first correct solution drawn. Entries to the Verde Cryptic Crossword can be left at Verde, Hammer Hardware or posted to 65 Connolly Street, Geraldine by Friday 9 December. The winner of crossword 221 was Glennys Sullivan.

Name:

Address:

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ACROSS

- Extra chatter unfinished is only human (6)
- Dodgy teams hang around the joint for your pal on board (8)
- Pleased to see the candle blown out? (9)
- Such custom you hear of is wise (5)
- The effect of badly applied mascara could be devastating financially (4,4)
- Tin in the tub but there's nothing in it (6)
- Wise words - they could make chips? (4)
- Lack of awareness shown by one caring (9)
- Delighted to sing for those unfortunately in need (9)
- He may cure Tom and get nothing but a blackball (4)
- See top pupil use it for protection (6)
- Give the cast a shake-up about ties (8)
- Sudden attack of bad wind! (5)
- Dog goes in to be healed but gets docked! (9)
- If he holds out he may probably be back (8)
- Let stormy sea break in - you went first (6)

DOWN

- Held firmly and deprived of food? (4,4)
- Unsavory rice left as it was so old (5)
- Ranges far and wide and sees red (6)
- Skin cover (4)
- Keep working at what empties the tub (4,4)
- A drop of snow? (9)
- Picks carbon with an unusual steel frame (6)
- The way to call 'net' perhaps is tight (9)
- Fleeting sign on time held by routed army (9)
- Pale crimson returned is rotten so walk away (6,3)
- Semi-rich flier to be in charge of discussion (8)
- Desktop, spoiled badly is a bit wonky (8)
- We are told it's taken to be finished (6)
- Bill might go in and become faint but it's just for show (6)
- Asserts they're where goods are stored on board (5)
- Some teachers find them a pain (4)



LAST MONTH'S SOLUTION

FINANCIAL FOCUS: Procrastination

Procrastination has many guises. We might resolve to tackle a task, but find endless reasons to defer it. We might prioritise things we can readily tick off our to-do list, like answering emails, while leaving bigger, more complex tasks untouched. We can look and feel busy, while subtly avoiding the tasks that really matter. And when we eventually look at those long-untouched items at the bottom of our list, we can't help but feel a little disappointed in ourselves.

The problem is our brains are programmed to procrastinate. In general, we tend to struggle with tasks that promise future upside in return for immediate effort. That's because it's far easier for our brains to process concrete rather than abstract matters, and the immediate hassle is uncomfortably tangible compared with unknown and uncertain future benefits. So, in our minds the short-term effort dominates the long-term potential upside. This is a trait that behavioral scientists call present bias.

How can you attempt to defeat this? It's all about rebalancing the cost-benefit analysis. You need to identify ways to make the benefit of taking action feel bigger, and the cost of action feel smaller. The reward for doing an annoying task needs to feel larger than the immediate pain of tackling it.

Here are several ways to make the benefits of action feel bigger:

Visualise how good it will be to get it done

Researchers have discovered that people are more likely to save for their future retirement if they're shown digitally aged photographs of themselves. Why? Because it makes their future self feel more real - making the future benefits of saving also feel more significant. We could apply a similar approach to everyday tasks we have been avoiding by taking a moment to focus on the mental picture of the benefits of getting it done. This simple exercise can sometimes be just enough to get us unstuck. So if there's a call you're avoiding or an email you're putting off, give your brain a helping hand by imagining the satisfaction you'll have once it's dealt with.

Make a public commitment

Telling people that we're going to get something done can powerfully enhance the appeal of taking action, because our brain's reward system is highly responsive to our social standing. It matters to us whether we're respected by others - even by strangers. So by promising "I'll email you by the end of the day" we add social benefits to following through, which can be just enough to motivate action.

Confront the downside of inaction

Research has also found that we're strangely averse to properly evaluating the status quo. While we might weigh the pros and cons of doing something new, we are much less likely to consider the pros and cons of not doing it. Known as omission bias, this often leads us to ignore some obvious benefits of taking action sooner rather than later.

To make the costs of action feel smaller:

Identify the first step.

Sometimes we're just overwhelmed by the task we're avoiding. We might have "save for retirement" on our to-do list, but who can slot that into an average afternoon? The trick is to break down large and unstructured tasks into baby steps that don't feel so difficult. Even better, identify the very smallest first step, something that's so easy that even your present-biased brain can see that the benefits outweigh the cost of the effort. So instead of "save for retirement" you might decide to "run a google search on how to find a financial adviser in New Zealand". Achieve that initial small goal, and you are more likely to be motivated to take the next small step than if you continue to beat yourself up about your ongoing lack of a financial plan.

Tie the first step to a treat

We can make the cost of effort feel even smaller if we link that small step to something we're actually looking forward to doing. In other words, tie the task we're avoiding to something that we're not avoiding. For example, you might allow yourself to browse lowbrow magazines when you're at the gym, because the guilty pleasure helps dilute your brain's perception of the short-term "cost" of exercising. Likewise, you might muster the self-discipline to complete a problem task if you promise yourself you'll do it in a nice cafe with your favorite drink in hand.

The next time you find yourself mystified by your inability to get important tasks done, be kind to yourself. Recognise that your brain needs help if it's going to be less short-sighted. Try taking at least one step to make the benefits of action loom larger, and one to make the costs of action feel smaller. Your languishing to-do list will thank you for it.

To contact Damon, phone 029 977 8861, or email damon@consiliumnz.co.nz

DISCLAIMER: Damon O'Brien is an Authorised Financial Adviser. His column provides general information and opinions and it should not be considered personalised financial advice. Damon is not liable for any loss suffered by those who follow the information provided in his column. A disclosure statement is available on request and free of charge.

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COLLECTION EVENT

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GERALDINE PGG Wrightson, 58 Talbot Street
Wednesday 30 November, 10am – 2pm

Your containers and drums must be:

- Containers - plastic, 0-60L in size, with lid removed
- Drums - plastic or steel, 61-1000L in size, bung in
- Free from chemical residue and dirt inside and out*
- From participating brand owners – leave product label on for identification*

* Triple rinsing is recommended and containers/drums must be well drained. + Only containers/drums from participating brands are free to recycle. All containers/drums will be inspected before being accepted.

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Local artist features in Whites Aviation book

New Zealand's hand-coloured landscape photographs of the 1940s and 1950s - especially those by Whites Aviation - have become iconic mid-century art, forming part of many home décor and art collections,

Formed in 1945 by Leo White, Whites Aviation photographed New Zealand from the air before colour photography existed. Captured in black and white, these landscapes were then hand-coloured by a team of colourists.

In a celebration of this art form, a new book, *Hand-Coloured New Zealand: The Photographs of Whites Aviation* by Peter Alsop, is a 411-page hardback that explores the history of aviation and hand-coloured photography in New Zealand. While the focus is very much on Whites Aviation, a contemporary chapter also delves into the work of Geraldine artist, photographer and hand-colourist, Susan Badcock.

Susan says she is excited to feature in the book. "It feels very special and I feel understood in what I'm doing."

"The book is one of the most exciting things for me on the history of hand-colouring. There are lots of images around but there's very little information about it other than a few techniques. A dying art is being revived."

Susan began hand-colouring when she was at



Susan Badcock with a copy of the book she features in. Photo: Pip Goldsbury

art school and working with old cameras and techniques. Printing photos in black and white, she was able to introduce her own colour and artistically enhance her work. "I de-saturate the colour and re-colour it in my mind." Susan realised early on that hand-colouring gave each piece originality over mass-produced photos. The film, *Schindler's List* was a timely inspiration. "The red girl got me thinking. Everything was black and white except the girl."

Susan's grandfather, the late Douglas Badcock and renowned artist, was also

a hand-colourist around the inception of Whites Aviation, working as an aerial photographer and doing mapping during the second world war. Susan says she regrets not knowing this earlier and she has not been able to source any of his photography work.

Hand-Coloured New Zealand: The Photographs of Whites Aviation is available at the usual bookstores and Susan has a copy in Susan Badcock Studio for anyone interested in viewing it.

Pip Goldsbury

NEWS IN BRIEF

Recommended books

A small group of Ladies' Probus Book Club recommend these books:

Fiction

- *The Girl on the Train*, by Paula Hawkins.
- *The Mill Girl*, by Rosie Goodwin.
- *The Tea Chest*, by Josephine Moor.
- *The land of the Long White Cloud*, by Sarah Lock.
- *The Light between Oceans*, by M.L. Stedman.
- *Don't stop the Carnival*, by Herman Wouk.
- *The Parrots*, by Filippo Bologna.
- *Lighthouse Bay*, by Kimberley Freeman.

Non fiction

- *Sold for Silver*, by Janet Lim. China.
- *The Lost Wife*, by Alyson Richman.
- *I Can't begin to Tell You*, by Elizabeth Buchan - Nursing during the war.
- *Five Sons and 100 Muri of Rice*, by Sharyn Steel. Nepal.
- *The Cook's herb Garden Revisited*, by Nancy Tichbourne, Mary Brown, Helen Leach.

Submitted by Noeline Cottam

Letter to editor

Arts & Plants Festival

I'd like to join with many in the Geraldine community to express my appreciation for all the hard work done by the members of the Arts & Plants committee. Their efforts ensured that, despite atrocious weather, this year's festival was a resounding success.

Hilary McCullough

Results

BRIDGE

Thursday 17 November. Xmas H'cap Pairs 3. North/South: D Kelland & C Law 67.32%, E Lyon & J Meijer 63.74%, A Bragg & V Hill 55.15%. East/West: J O'Brien & M Thatcher 58.03%, V Crawford & G Hole 55.01%, R Pitelen & P Sutcliffe 53.93%.

GOLF

Grande Vue Golf Club

Sunday 13 November. Farnville Trophy–American Foursome. C Patrick C Seaton 71 15 56, T Kerr P Oliver 83 22.5 60.5, J Muff A Muff 77 15 62, J Patrick, D Bruce 90 27.5 62.5, M Denton D Stenhouse 92 26 66, M O'Malley S McShane 91 25 66. Nearest the pin: C Patrick

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Helping children deal with trauma

Traumatic experiences can trigger a very wide range of symptoms for kids. Because they have an underdeveloped 'emotional vocabulary', children sometimes express their emotions in immature and inappropriate ways. Parents need extra patience and love for kids at this time, which can be especially hard if our own emotions are still raw and stressed.

After this North Canterbury earthquake, kids may be fearful of more earthquakes and of being left alone. They may worry about their safety and their future welfare. They may also be worried about other people and pets, and even worried about you, especially if they have seen you upset. After a big shock or a prolonged period of stress, children may be easily triggered into a fearful state.

Your children may never have experienced such strong or dismaying emotions before. Repeatedly reassure them that big feelings are understandable after a scary experience, but the feelings will pass. Where your insight will be especially valuable is helping them label their emotions – "You normally don't yell and act angry like this. I think it's because of the upset from the earthquake. It stirs us all up." "You're feeling sick... and we will certainly take you to the doctor if it doesn't get better soon, but sometimes people feel really sick after a fright like the one we have had".

A key insight – emotions tell us about what has been, not about what will be

- Emotions cannot be commanded to go
 - Emotions don't always tell us the truth
 - Emotional upsets take time to get over
 - Reassure children – things like bad dreams are normal and go away
 - Talking about how they are feeling helps
- Assure them not to feel ashamed of their emotions, especially when talking to parents

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Photography competition focuses on rivers



Three prize winners, from left, Tim Rimmer, Jen Newton and Michael Bajko with their prizes, at the Geraldine Museum last Friday. Photo: Submitted.

Three winners of the South Canterbury Rivers Photographic Competition were presented with their prizes last Friday in the Geraldine Museum.

Winning photos along with others taken by competition organisers and entrants illustrate three large posters on display this month at the Museum, alongside older pictures of local rivers from their historic collection. The Museum is open daily from 10am until 3pm (Sundays from 12.30pm).

"This poster display features valued places in South Canterbury river catchments," says Rhys Taylor from Waihi Catchment Group, one of the competition organisers, who worked alongside Geraldine Photography Club, Environment Canterbury and the Geraldine Historical Society.

"The display is timed to accompany the Healthy Catchments Project public meetings in November, February and March, including one to be held in Geraldine on Monday 28 November from 7pm at Seniorcare Function Room, Waihi Lodge."

Project information and details of other meetings are at www.ecan.govt.nz/healthycatchments.

Changing rivers. A documentary set of up to four photos. Won by Tim Rimmer of Geraldine with a set featuring the Waihi River where it runs dry on the surface – the flow continues underground - near the town in a dry summer.

A place for wildlife. Birds, plants, fish and insects. Won by Jeanette Newton for her 'Shags' picture.

Beauty and delight in water. Won by Michael Bajko for his picture of the Wainono Lagoon, near Waimate – looking beautiful, despite its recent poor water quality.

The competition was devised by Rhys and the Waihi Catchment Group, with help from Geoff Cloake, to draw attention to local waterways and how we use and value them. It has been supported by Environment Canterbury with prize sponsorships by Geraldine Camera Club, Timaru Copy and Photo, Hunting and Fishing Timaru shop, McAtamney Gallery and Design Store.

Geraldine Museum is hosting the first display of the resulting posters, which will later visit other venues in South Canterbury.

Submitted by Environment Canterbury

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- Topsoil, screened. Loan trailer and delivery available.
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- Blurred vision
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RECENT AGM / Hui ā tau - Nō nā tata nei

GERALDINE Bridge Club: President: Helen Rinaldi. Secretary: Caroline Law. Treasurer: Leslie Graybill. Committee: Shirley Anderson, Freerk Numan, Stan Rinaldi.

PUBLIC NOTICES / Pānui a whānui

YOU ARE INVITED! Living Waters Christian Fellowship, a non-denominational authentic christian fellowship, meets every Sunday at 10am at the Orari Domain Hall in Orari. A meaningful time of worship and a special children's time every Sunday. Grab a comfy family couch, enjoy a Living Word and experience what Christianity is really all about.

Come and see for yourself what God is doing.

We look forward to welcoming you. Enquiries:

693 8056 or 03 688 8702. www.headingforhim.com

LIVING WATERS. In-depth Bible Study, Wednesdays at 7pm, the Orari Hall, Orari. Ph 03 688 8702.

MCKENZIE Lifestyle Village, 33 Connolly Street, open this Saturday and Sunday, 11am-3pm.



Geraldine High School JUNIOR PRIZEGIVING

Friday 9 December 2016

1:30pm in school assembly hall

Parents / caregivers and friends of the school are cordially invited to join in the celebration of achievement by our junior students.

Please be seated by 1.15pm.

Simon Coleman, principal

GERALDINE COMMUNITY CHRISTMAS TREE 2016 *at Geraldine Resource Centre*

- Donations of gifts are now welcome to put under the Geraldine Community Tree - please wrap gifts and write the age & gender of who it would suit.

Thank you for helping to make Christmas a festive time for local families who are finding things tough this year.

Ph 693 7001 for any queries.

Cut off Date for gifts - Monday 12th December.



A joint project by Geraldine
Lioness Club & Geraldine
Community Resource Centre



TRADES AND SERVICES / Mahi a ratonga

GERALDINE phone repairs, iPhone, iPad and Samsung – batteries and screens. Ph 021 902 501. Check us out on Facebook.

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BROOKSIDE Boarding Kennels. Farmstay for dogs. 208 Woodbury Road. Ph 693 9929.

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TRAVEL broker, Sue Hammond. Ph 693 9141. Email: sueh@thetravelbrokers.co.nz

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CAR grooming. North End Motors, ph 693 8673.

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BOTTLE-STORE attendant wanted. Experience preferred but not essential, 35 hours per week. Super Liquor, Village Inn, Geraldine. Email CV to info@villageinn.co.nz

Recruiting Now



People love working at McKenzie HealthCare as we are a medium sized team and we pride ourselves on our friendly and supportive culture. We are a 50 bed Aged and Medical Care Hospital providing a range of quality care services to Geraldine and surrounding districts.

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To Apply contact:

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Geraldine Community Social Worker

We have a vacancy for a part-time (10 hrs/wk) community social worker. This is a new, contract position for 2017.

If you are a qualified and/or experienced social worker who wants to make a difference for Geraldine people and families then we want to hear from you.

For more information and/or an application pack please contact the Geraldine Resource Centre on 693 7001 or email geraldinecentre@xtra.co.nz

**Applications close at 4pm on
Monday 12th December, 2016**

Geraldine Community Resource Centre
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CASUAL APRICOT PROCESSING STAFF

We invite registrations of interest from people for the above role to work on our processing line which will run from approximately 23 January 2017 until 17 February 2017. This role will particularly suit university students who, provided they are available until 4 February, will be most welcome, as will other casual staff who can commit for the four weeks of the season.

The days of work will be Monday to Friday, at our site in Shaw Road, Geraldine with the shifts generally worked between 5.00am and 1.30pm and 1.45pm to 10.00pm.

Your own transport is essential for this role and you may qualify for a travel subsidy.

If you are interested in applying for this role please ring Howard Chellew, HR Administrator at Barker Fruit Processors Ltd, 03 693 8969 x852.

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CASH for stamps. Do you have an old stamp collection tucked away somewhere? You never know, it could be worth a fortune! I will be in Geraldine and surrounds this coming week and can tell you what they are worth. Phone Matt Power on 0800 239 325 to make an appointment. Free valuation. Zealandia Stamps, Christchurch.

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GERALDINE COMMUNITY DIARY - DECEMBER 2016 & JANUARY 2017

DECEMBER & JANUARY ONE-OFF EVENTS

- **Go Geraldine Xmas Parade**, Fri 2nd Dec, Xmas Parade begins 6.30pm, then entertainment with local bands and choirs, lolly scramble, Santa Sack & prize giving in the Geraldine Domain 7.15pm, ph Janene 027 555 6524
- **Xmas Crafts Market** at The Academy, 10am-4.30pm Sat 3rd Dec, ph Jill 027 452 4791 for more info.
- **Geraldine High School**, last day Fri 9th Dec, restarts Year 7 students Thurs 2nd Feb and all students Fri 3rd Feb
- **School's Out Youth Concert**, 7.30pm, Sat 10th Dec at The Academy, featuring Zhar, Pseudo Sane, and more...
- **Himalayan Lily Day**, Sun 11th Dec, 10.30am at Orari Estate
- **Community Xmas Tree Donations**, donate Xmas gifts for local families in need at Geraldine Resource Centre. Deadline for donations is **Mon 12th Dec**. Ph 693 7001 for info
- **Geraldine Primary School**, last day Wed 14th Dec with Xmas Carols 11am at Village Green, restarts Mon 30th Jan
- **Woodbury School**, last day Thurs 15th Dec restarts Tues 31st Jan
- **Red Cross Remembrance Day Service**, 10am Sat 17th Dec, St Mary's Church. Ph Campbell 027 647 1711 for info.
- **Geraldine Farmers Pre-Xmas Market**, Fri 23rd Dec, 5pm at St Mary's carpark. Ph Adele 0210 236 967
- **Christmas Church Services:**
 - **St Andrew's**, Xmas Eve service 8pm carols & readings, Christmas Day service 9am.
 - **St Mary's** Xmas Eve: 5pm Crib Service at St Mary's, 7pm Carols at St Anne's, 11pm Carols & Midnight Mass at St Mary's. Christmas Day services: 8.30am at St Stephen's, 10.30am at St Thomas', 10.30am at St Mary's
- **Xmas Dinner at The Corral** for those alone, 12noon, 25th Dec at 28 Peel St. Ph Cyril 693 8630 to confirm by 20th Dec
- **Entertainment Afternoon** for seniors with Smokey Marshall's country music group, Sun 29th Jan, 2pm at the SeniorCare Function Centre. All welcome.

REGULAR WEEKLY & MONTHLY ACTIVITIES

- **Alzheimers SC Support**, last day Tues 6th Dec 10.30am at Mundells, restarts Tues 17th Jan 10.30am at Resource Centre. Ph Barbara 03 687 7583
- **Arthritis Exercise Class**, Thurs 10.30am St Andrew's Church last day Thurs 8th Dec, restarts Thurs 2nd Feb. Ph Irene 693 9505
- **Blackboard Concert**, Fri 27th Jan, 7.30-10pm at Academy. Ph Adele 021 0236 9674
- **Books on the Brain Club**, Mon 30th Jan, 2.30pm at Geraldine Library. Ph Liz 693 9336
- **Breastfeeding Works**, Tues 6th Dec, at Verde, time to be advised. All welcome. Ph Ricky 022 361 5944 for info.
- **Bridge Lessons**, starts Mon 30th Jan, 7pm at Geraldine Resource Centre. All welcome, ph Helen 693 7566
- **Catholic Mass**, Sun 9am, at Church of Immaculate Conception
- **Chen Style Tai Chi Chuan** Sat 9.30am and **Qigong** Sat 11am, at Geraldine Bowling Club. Last day Sat 17th Dec, restarts Sat 28th Jan. Ph Tim 021 141 9142
- **Children's Choir** Thurs 4.30-5.30pm, last day Thurs 8th Dec, restarts Thurs 9th Feb. Ph Christopher 027 568 5515
- **Geraldine Community Resource Centre**, open Mon-Fri 9am - 4.30pm. Last day Fri 16th Dec, reopens Mon 9th Jan.

- **Creative Fibre Group** (spinners & weavers), Mon 10am-3pm, Vintage Car & Machinery Museum, last day Mon 19th Dec, restarts Mon 6th Feb. Ph Rosie 693 8319
- **Gentle Exercise Class** for elderly, Tues 10am at SeniorCare Function Centre, last day Tues 6th Dec, restarts Tues 7th Feb. Ph Jenny 693 7076
- **Geraldine Archery Club**, coaching by appointment, Sun 10.45am at Orari Racecourse, restarts Sun 5th Feb. Ph Stewart 693 9952
- **Geraldine Athletic Club**, 6pm at Domain Oval, 7yrs-masters welcome, last day Wed 14th Dec, restarts Wed 25th Jan. Ph Bek 027 728 3859
- **Geraldine Bridge Club**, Thurs 7.15pm at Bowling Club, last day Thurs 1st Dec, restarts Thurs 19th Jan. Ph Helen 693 7566
- **Geraldine Craft Market**, Sat & Sun 9am-3pm, Cox St.
- **Geraldine Croquet Club**, Wed 10am & 1pm, and Thurs 6pm at Croquet grounds. Last days Thurs 22nd Dec, restarts Wed 4th Jan. Ph Margaret 693 8816 or Jenny 693 8228
- **Geraldine District Golf Club**, Men Sat & Wed 12.30pm, Women Tues 9.30am & Sat 12.30pm.
- **Geraldine Farmers Market**, Sat 9am-12.30pm at St Mary's carpark, but not on Sat 24th Dec. Ph Adele 0210 236 967
- **Geraldine Floral Art Group**, Xmas Function & 50th Celebration Mon 12th Dec, AGM Mon 13th Feb. Ph Ruth 693 7033
- **Geraldine Four Peaks Seido Karate**, general classes Tues & Fri 6-8.00pm, beginners Thurs 5-6pm. Last class Fri 9th Dec restarts Tues 17th Jan. Ph John 027 204 5057
- **Geraldine Kindergarten Playgroup**, last day Wed 7th Dec, restarts Wed 1st Feb. Phone Tracey 693 8888 for info.
- **Geraldine Ladies' Club**, Mon 16th Jan, 10am at Denfield Golf Club. Ph Alison 693 9583
- **Geraldine Men's Club**, Tues 24th Jan, 10am at RSA. Ph John 693 9833
- **Geraldine Patchwork Groups**, last day Thur 8th Dec restarts Thurs 12th Jan, ph Maureen 693 8328 or Lynne 693 7625
- **Geraldine Photography Club**, restarts Wed 8th Feb. Phone Donna 693 7299 for info.
- **Geraldine Rock'N'Roll Club** Thurs 7.30-9.30pm at Town & Country Club, last day Thurs 1st Dec restarts Thurs 9th Feb. Ph Lynda 693 8652
- **Geraldine Scouts**, last day Thurs 8th Dec, restarts Tues 7th Feb, ph Rebecca 693 9408
- **Geraldine SeniorCare** coffee morning Fri 10-11.30am. Last day Fri 9th Dec restarts Fri 3rd Feb. Ph Lesley 693 8057
- **Geraldine St John Youth**, restarts Tues 14th Feb. For info phone Judy 03 353 7110 ext. 3331
- **Geraldine T&C Club**, Car Boot Sale 9am-12.30pm Sun 4th Dec, Quiz Night 7.30pm Tues 13th Dec. Ph 693 8713
- **Geraldine Toy Library**, Tues 10.30-11.30am & Sat 9.30-11.30am, last day Tues 20th Dec, reopens Sat 7th Jan. Ph Alicia 022 638 3700 for more info.
- **Geraldine U3A**, Wed 7th Dec 10am, SeniorCare Function Centre. Speaker: Dr Carr on "Vitamin C in Human Health and Disease". Phone Liz 697 4868
- **Geraldine Ukulele Jam**, Tues 7.30pm, RSA rooms. Last day Tues 13th Dec restarts Tues 17th Jan. Ph Maggie 027 272 0181

- **Girl Guides**, Thurs 6.30-8.00pm at Guide Den, last day Thurs 1st Dec, restarts Thurs 9th Feb. Ph Nicola 021 150 6765
- **Grande Vue Golf Club**, mixed golf Sun 12.30pm, women's golf Wed 9.30am.
- **Housie**, Wed 7.30pm at Town & Country Club. Ph 693 8713
- **JP Service for certifying documents**, Thursday 12.30-1.30pm at Resource Centre, last day Thurs 15th Dec, restarts Thurs 19th Jan. Ph 693 7001
- **Living Waters Christian Fellowship**, Sun 10am at Orari Hall.
- **Luvaduck Lunch**, Fri 12noon at St Mary's Church, last day Fri 16th Dec, restarts Fri 3rd Feb.
- **Mainly Music**, Tues 9.30am at St Mary's Church, last day Tues 6th Dec, restarts Tues 31st Jan.
- **Milford Clandeboye Young Farmers**, Mon 5th Dec, 7pm, Heritage Hotel, Geraldine. All welcome. Ph Bruce 027 722 7681
- **Morris Dancing**, Tues 5.15pm at RSA. Ph Rhys 021 462 260
- **Netball**, mixed netball competition, Mon 6.15-8.30pm until 12th Dec, starts again Mon 16th Jan. Ph Kim 693 0017
- **Newcomers Coffee Morning**, Tues 10am at Mundell's, last day Tues 13th Dec, restarts Tues 10th Jan
- **Petanque**, Tues 10.30am-12pm at Geraldine Bowling Club
- **Pilates**, no meetings Dec/Jan, restarts Feb. Ph Liz 693 8880
- **Play Group**, Wed 10-11.30am, St Andrews Hall. Last day Wed 14th Dec. Ph Susan 027 318 1657
- **Pleasant Valley Playgroup**, last day Mon 5th Dec 9am, restarts Mon 13th Feb. Ph Rachel 027 271 4185
- **Plunket Nurse in Geraldine**, last day Wed 21st Dec; restarts Wed 11th Jan, ph Paula 693 8177
- **Red Cross Shop**, Tues & Thurs 10am-3pm, Sat 10am-12pm. Only open on Thursdays from Thurs 22nd Dec to Thurs 12th Jan.
- **Rosie's Recycled Clothing Shop**, Tues to Fri 10.30am-3.00pm, last day Fri 16th Dec, reopens Tues 10th Jan.
- **Shine On Community Choir** Thurs 7.15-9pm. Last day Thurs 15th Dec, restarts Thurs 12th Jan, ph Christopher 027 568 5515
- **Singing For Health**, Wed 7th Dec, 11am at SeniorCare Function Centre. All welcome. For info ph Hugh/Fi 693 8237
- **Social Darts**, Thurs 7.30pm, T&C Club, last day Thurs 22nd Dec, restarts Thurs 19th Jan. Ph Marie 693 8664
- **Social Tennis**, Thurs 6.30pm at Geraldine Domain courts. New players welcome. Phone Anita 693 9844 for info.
- **St Andrew's Church**, Sunday, for times ph 693 9503
- **St Mary's Church, St Anne's Church, St Stephen's Church, St Thomas' Church**, ph 693 8380 for Sunday service times
- **The Corral Workshop** Thurs 9am-4pm, last day Thurs 22nd Dec; restarts Thurs 2nd Feb. Ph Cyril 693 8630
- **Walk in Wardrobe**, Sat 10am-12pm at Lodge Theatre, last day Sat 17th Dec, restarts Sat 11th Feb, ph Andrea 693 8133
- **Yoga**, last day Thurs 15th Dec, restarts Thurs 2nd Feb, for holiday class times ph Paula 693 8109
- **Woodbury Yoga Group**, Wed 6pm Woodbury Hall, last day Wed 21st Dec, restarts Wed 18th Jan, ph Paula 021 0238 1968
- **Zumba**® Tues 10am, T & C Club. Last day 20th Dec, restarts 10th Jan. Ph Gisell 021 0228 7049

FEBRUARY COMMUNITY DIARY LISTINGS

To list an Event or Activity in the February Community Diary please phone the Resource Centre on 693 7001 with the details by **Fri 20th Jan**.

The Geraldine Community Diary is collated and produced by the Geraldine Community Resource Centre.
For more Geraldine events go to <http://www.geraldineresource.co.nz/calendar>

UPCOMING EVENTS / Mea pakiri haere

BRIDGET JONES BABY (M) Saturday, 2pm, FINAL.
CHRISTMAS PARADE, deadline for float entries is this Friday 25 November. See display advert this page.
GERALDINE NEWS deadline, noon on Mondays at Hammer Hardware.



Friday 2 December at the new time of 6.30pm. Bring a picnic for family entertainment in the Domain after the parade. Shop local for a chance to enter the Santa Sak competition. Entries in Geraldine shops. Great prizes drawn at the Domain after the parade. You must be there to win! Float entries available at www.gogeraldine.co.nz/events. Closing date for Float entries is Friday 25 November. Call 027 555 6524 for information.



The Geraldine Home & Kindergarten Committee present:

The 2016 Scarecrow Trail



This Year's Theme is... **HEROES & VILLAINS**



Grab your map & entry form for \$5 from, Geraldine Kindergarten, Parkside Dairy or Geraldine Resource Centre.
Entries in by 5pm on Friday 25th Nov

Prizes to be won!
Winners announced Monday 28th Nov

Scarecrows on display for voting from 10th Nov – 25th Nov

GERALDINE CINEMA
Cinema Ph: (03) 693 8118 Country Hospitality at its best

Screenings from Thurs 24th to Wed 30th Nov

He's back! Billy Bob Thornton stars in this great Christmas comedy!
BAD SANTA 2
(R16) VIOLENCE/OFFENSIVE LANGUAGE NO COMPS
THUR, FRI, SAT AT 7.30PM
WED (30th) AT 7.30PM

A moving story, based on ML Stedman's best selling novel
THE LIGHT BETWEEN OCEANS
(M) SEX SCENES NO COMPS
THUR AT 5PM • FRI AT 3.30PM
SAT AT 4.30PM • SUN AT 3.30PM
WED (30th) AT 5.15PM

Produced by Mel Gibson. A true story of courage set during the pacific theatre of WW2
HACKSAW RIDGE
(R15) VIOLENCE/WAR SCENES
SUNDAY AT 6PM

One final showing don't miss out!
BRIDGET JONES BABY
(M) OFFENSIVE LANGUAGE & SEXUAL REFERENCES
SATURDAY AT 2PM FINAL

A bundle of trouble is coming.
An animated family comedy
STORKS
(G) SEXUAL REFERENCES
SUNDAY AT 1.30PM


Geraldine Cinema Movie Gift Vouchers
They make A Great Christmas Gift! On Sale Now!

COMING SOON... • Star Wars Rouge One (15/12)
Moana (26/12) • Sing (Tba) • Red Dog 2 (Tba) • Whisky Gallore (Tba)

The Geraldine News

This colour display advertisement could be yours for \$42 incl gst

The Geraldine News
geraldinenews@ihug.co.nz
ph 0800 693 800, fax 03 525 8699



Orari-Temuka-Opihi-Pareora Zone Committee
November 2016



Addressing local water quality challenges

The OTOZ Zone Committee is working with the community to address local water quality and quantity challenges, and your input is vital to the success of the project.

The Healthy Catchments workshops held in September presented the science behind the project and the assessments of the current state of our catchments.

What you told us

The feedback from the meetings confirmed the outcomes that were established with the community during the first stage of the project.

Other common feedback focussed on making rivers safe for immersion, the effects of intensification, encouraging water efficiency, and using new water from outside of the zone.

All of this feedback provides actions that can be put into practice now to encourage sustainable land management.

Play your part

The zone committee is holding its next round of community meetings which will focus on how water quality and quantity in the zone will change over time, and what impact current and future plans will have on the resource.

It's important you come along and have your say.



Meeting details (7pm start)

Thurs 24 Nov, Fairlie Golf Club, 34 Talbot Rd
Mon 28 Nov, Waihi Lodge Care Centre, 16 Shaw St, Geraldine
Wed 30 Nov, Grosvenor Hotel, 26 Cains Tce, Timaru

For more information visit ecan.govt.nz/healthycatchments



A planting day was held at Awarua wetland as part of a project by Arowhenua to restore the natural flax-pukio wetland opposite the marae. More than 600 plants were planted on the Temuka side of the stream. The project is now in its third year thanks to funding from the committee's Immediate Steps programme.

Funding signals commitment to protect bat population

The Orari-Temuka-Opihi-Pareora Water Zone Committee recently committed \$29,722 towards the protection of the Long-tailed Bat habitat in Raincliff.

There are around 100 long-tailed bats in South Canterbury - the only known long-tailed bat population on the east coast of the South Island.

'Long Tailed Bats have been found in a small area from Peel Forest in the north, southwards through the foothill gorges of the Orari, Waihi and Te Moana rivers. They are also found in Geraldine, Pleasant Point, and around the Kakahu, Tengawai and Opihi rivers.

The main threats to the bat is habitat loss, through the felling of old poplar, willows, elm and macrocarpa trees; and predation.

Immediate Steps funding was allocated to a local project to fence 630m of waterway and swale, and plant kanuka and cabbage trees to provide short-term roosting habitat for the bats. Additional Totara and matai plantings are also planned to provide long-term roosting habitat for the bats.


What you can do

If you live in one of the bat roost areas- check with DOC or an Environment Canterbury biodiversity officer before felling any old trees- one tree could potentially house a whole population of bats!

Get involved with the bat protection and predator control projects! You can help out with plantings, or join a local predator control group. Contact DOC, Environment Canterbury or Forest & Bird to find out more.

You can also check out Forest & Bird's 'Pekapeka protection project' on Facebook.





Tom, 2, and Emma, 4, have been doing their bit to help protect the local Long-tailed Bat population by taking part in some predator monitoring.

The 'ice blocks' they're holding have an aniseed scent which attracts possums, mice and rats. When they bite into it we can see what type of predators are around.

Christmas at Verde Cafédeli
Evening dining \$50 per head

Friday 9 December
Saturday 10 December
Friday 16 December
Saturday 17 December

Bookings are essential
Verde Cafédeli 693 9616



JACQUI DEAN
MP FOR WAITAKI





Jacqui is in Geraldine each month.

Please contact Jacqui's office if you would like an appointment. Jacqui also has a member of her team available each week on Fridays 10am – 12pm at the Geraldine Community Resource Centre.

OAMARU OFFICE: 127 Thames St, Oamaru 9400
Ph: 03 434 7325 | 0800 MP WAITAKI
waitaki.mp@parliament.govt.nz | www.jacquidean.co.nz

Funded by the Parliamentary Service and authorised by Jacqui Dean MP, 127 Thames, Oamaru



Christmas Colouring Competition

Pick up instore or head to FreshChoice.co.nz/Christmas



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RED HOT special
\$6⁹⁹ kg

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RED HOT special
2 for \$5⁰⁰

Sweet Juicy Strawberries



Bluebird Chips/Summer Flavours 140/150g



\$3⁸⁰ each

Alpine Butter 500g



4 for \$6⁰⁰

Wattie's Fruit 400-410g (Excludes Tropical)



Speight's/Summit 24 x 330ml Bottles

Saint Clair Premium/
Mud House
750ml
(Excludes Pinot Noir)



\$10⁹⁹ each



\$6⁰⁰ pack

Streets Magnum/
Mini Magnum/
Paddle Pop Cyclone
4-8 Pack

Win a Birthday cake!

If you know someone who deserves a special treat on their birthday, register their details in our Birthday Book at checkout.
Birth dates published in Geraldine News each week.
Submissions close Monday at 11am.

This week's winner is:
Jean Cullen



BEST DEALS

Shopping just got easier
Best deals are here!

FreshChoice Geraldine
Peel Street, Geraldine.
Open 7am-8pm, 7 days.

Prices apply from Thursday 24th November to Sunday 27th November 2016, or while stocks last.



FreshChoice.co.nz



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by locals



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