HORQWHENUA Ngā kōrero o Horowhenua



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Two vie for mayoralty

By Janine Baalbergen

Nominations have closed with two people vying for mayor of Horowhenua and a healthy number of nominations received for council roles, including a record number of women.

Bernie Wanden is seeking a fourth term at the council and a third term as mayor, while Justin Tamihana is seeking promotion to the top job as mayor having cut his teeth as a Māori ward councillor since 2022.

A total of 46 people put themselves forward in a late flurry for a seat at Horowhenua District Council, Horizons Regional Council, and/or Te Awahou Foxton Community Board. There were 42 candidates in the 2022 election.

Former deputy mayor Jo Mason is seeking re-election after a term away from council and is among a record 16 women candidates, while several other candidates are seeking to step from community board to ward councillor.

There will be some tightly contested seats:

- The five Levin ward positions have attracted 14 hopefuls.
- The two-seat Kere Kere Ward in Te Awahou/ Foxton has five nominees.
- The one-seat Miranui Ward for the Shannon/ Opiki/Tokomaru region has two nominees.
- The two-seat Waiopehu Ward has attracted six nominations with incumbents Jonathan Proctor and Rogan Boyle both not seeking
- The two-seat Māori ward has four candidates.
- Nine people are standing for five seats at the Foxton Community Board.
- The two vacant seats at Horizons Regional Council have attracted six nominations with incumbents Sam Ferguson and Emma Clarke both not seeking re-election.

One position will be elected unopposed. Te Kenehi Teira will be elected for Tonga Māori Ward for the regional council, as he is the only one standing for the ward.

The October election will also include a referendum to decide the future of Māori wards. The two-seat Horowhenua Māori Ward was established after community engagement in 2021, and council voted 11-2 to retain the ward at a meeting in September last year, after community consultation.

However, a legislation change in 2024 meant councils with Māori wards not established by a poll of voters were required to either dissolve them or hold a bunding pool to decide their

Having voted not to dissolve the Horowhenua Māori Ward, a referendum is now required alongside the 2025 local body election, with the result effective from 2028.

Council chief executive Monique Davidson says regardless of the outcome, the Māori Ward and Māori constituencies will remain in place for the coming term.

Whether you are for or against Horowhenua having a Māori ward, every vote counts and I encourage you to make sure your voice is heard . . . every voter can vote on whether to keep or remove the Māori ward," she says.

"This next council term will be one of our most significant, full of challenges and opportunities. Whether standing for council or voting, involve yourself in the election process rather than sit idly by as others shape

Voter participation in local body elections is traditionally dismal. Since the 1989 local government restructure, voter turnout nationwide

the future for you."

has declined from 56 percent of the eligible population to 42 percent in 2022.

Horowhenua was middle of the road at the last election with 46.1 percent voter participation.

The official election date is October 11. The last day to enrol to vote is Friday, October 10.

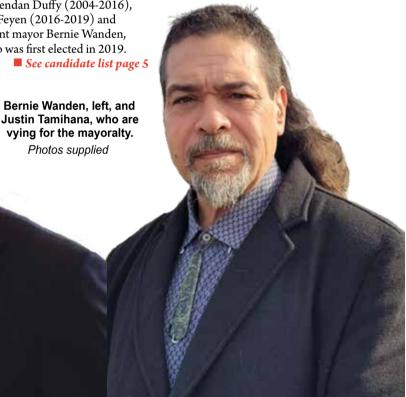
Voting is not compulsory in New Zealand, however you must be enrolled to vote. You're eligible to enrol and vote if you are 18 years or older, a New Zealand citizen or permanent resident, and you've lived in New Zealand continuously for 12 months or more at some time in your life.

Since the 1989 local government reform the district has had five mayors; Malcolm

Guy (1989-1995), Tom Robinson (1995-2004), Brendan Duffy (2004-2016), Michael Feyen (2016-2019) and present mayor Bernie Wanden. who was first elected in 2019. ■ See candidate list page 5



The Horowhenua Star urges all eligible voters to have their say by voting in the October elections. Your vote will determine who will represent us over the next three years. Make it count - make sure you vote!





174 Oxford St, Levin Ph. 06 368 0130



HOROWHENUA

DESIGN by ID Media

PRINTED by Beacon Print, Whakatāne.

Online: horowhenuastar.com

ISSUE 28: ISSN: 3021-3630 (print)

ISSN 3021-3649 (online)

Next copy and advertising deadine: Tuesday 5pm, August 12.

Publication: Friday, August 15. Delivery: If you don't

receive your copy of Horowhenua Star, please text or call 027 2411 090.

The Star is published by ID Media Ltd 13 Te Manuao Road Ōtaki

The Horowhenua Star is a member of the NZ **Community Newspapers** Association





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that's one





FOXTON CROP SWAP

Third Sunday each month, 1.30-2.30pm Te Awahou Nieuwe Stroom

Bring anything to do with gardening: seedlings, cuttings, seeds, suplua produce, pots, plants, gardenong magazines. Meet others, get ideas, take home surplus. And if you don't have anything to bring at the moment, join us to share what we have, and learn growing tips from each other. Check out Foxton Crop Swap Facebook page for details.

APRIL PHILLIP'S STIFF R18

August 8, 9, 15, 16: 7:30-10pm August 10, 2-4:30pm Levin Little Theatre, 75 Weraroa Road, Levin Angel Delight, the illegitimate daughter of a funeral parlour director, inherits the business when her father dies. Before she can sell the business and the land (which is much more valuable) she has to continue to run the business as a funeral parlour for a further five years. Unfortunately she knows nothing about the funeral business but a lot about prostitution. Angel and her team of 'girls' (including an obsessive compulsive transvestite named Delilah) run an undercover massage parlour in the funeral home keeping up appearances despite the prying of disgruntled former employee Mr R. Swipe who felt he should have inherited the business.

LUTHIERS CORNER

Levin Folk Music Club, Scottish Society Hall, cnr **Bartholomew Rd** and Middlesex St, Levin. Friday, August 8. Open 7pm for a

7.30pm start. \$15 at the door.

Members: \$10. Students: \$3. A light supper is provided.

Two musicians from different worlds but with plenty in common will play a gig in Levin tonight (Friday), with instruments they have made themselves. They might have lived 10,000km apart in the early 1970s, but they were both being influenced by folk music and it's that music and musical instruments that saw their paths cross.

Peter Madill and Jack MacKenzie were both involved in music and the construction and repair of instruments. As it turned out, the respective universes were not only parallel but converging.

They first met at the 2019 Wellington Folk Festival where it became obvious they were kindred spirits. Both were performing at the festival – Peter with the Madillionaires and Jack with the Downunderdogs while also displaying their work as luthiers. Peter, the more experienced luthier of the two, began helping Jack develop his skills.

Before they hit the stage together their music was well received and with encouragement they've carried on playing. Although both have different approaches to the music, the common thread of the folk music tradition allows an intuitive understanding of the music.

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LEVIN

Chaineys – 183 Oxford Street Cossie Club, 47 Oxford Street Countdown, cnr Bristol/Stanley St The Garden Depot, 4 Buller Road HMC Levin, 15 Bristol Street Levin Lucky Lotto – Oxford Street Mall Lotto - Levin Mall New World, Bath Street Property Brokers, 1 Bristol Street Queenwood Road Dairy Ray White, 118a Oxford Street Te Takeretanga Library, Bath Street Tremains Real Estate - 265a Oxford St Wilton & Co, 530 Queen St East

WAITĀRERE BEACH

Waitārere Gift Shop

FOXTON

Te Awahou Nieuwe Stroom Foxton PostShop The Windmill 4-Square

FOXTON BEACH

Foxton Beach Community Centre

SHANNON

Shannon 4-Square Allied Service Station

TOKOMARU

Tokomaru Dairy

Overpaying parker caught out on Oxford St

By Janine Baalbergen

A Levin local was miffed recently when parking on Oxford Street. While she has no objection to paying for parking, she found her overgenerous payment didn't result in more time to park, nor a refund.

"I know you need to pay on parts of Oxford Street, but it wasn't clear how long I could park there," the woman, who did not want to be named, says. "Needing an hour-and-a-half and assuming an hour would cost \$2, I paid \$3.50, only to find it entitled me to an hour only as that is the maximum allowed."

She feels it isn't clear that parking is restricted to one hour only.

"I think there should be a big sign on the meter giving price and maximum parking duration. I know it's on the screen, but that at times is really hard to read."

Nonetheless she feels the meter should be able to refund any payments over that maximum hour allowed.

Another issue is the price of parking. The council website says all parking meters are restricted to one hour and the cost of that hour – from July 1 – is \$2.10. However, when the *Star* checked recently, the meter still listed the price at \$2/hr (it has since been updated).

Council chief executive Monique Davidson says she appreciates that the information on the LCD screen can be difficult to read in certain lighting conditions.



A parking meter on Oxford Street that until recently showed the old \$2/hour pricing.

"We are currently working with our provider to explore options for improving screen visibility, including increasing the brightness of the displays," Monique says. "The parking fee is \$2.10 per hour. While there are 'metered parking' signs throughout the CBD, the one-hour maximum is currently only displayed on the meter screens.

"We acknowledge this isn't clear enough, and adding signage to show the one-hour limit is something we support. We'll look at installing these signs on the poles where metered parking signage is already in place."

She thanked the *Star* for bringing to the council's attention the discrepancy between the pricing on its website and what was shown on the meters.

"Pricing should be consistent across all platforms and equipment, and we're in the process of correcting this to ensure clarity and consistency for users."





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Meaty medals for Woody's

By Janine Baalbergen

Organic meat producer Woody's got two big medals at the 2025 Ham and Bacon Awards.

The local company bagged two awards for two entries - a gold for Woody's chili bacon and silver for its pork pastrami.

Awards for both entries delighted Daniel Todd, who owns and manages the Horowhenuabased organic, free range meat producer. And it's not the first time Todd has walked away with the prestigious medals – in 2024 Woody's won bronze for its ham and gold for its back bacon.

"These awards mean a lot, not just for the products themselves, but for the people behind them," he says. "To our small but mighty team in Levin: this is your win. Every early start, careful trim, mix, smoke, slice and pack, it all matters.

"You've taken traditional craft and free-range ethics and turned them into something that stands up at a national level, two years running."

Todd takes pride in Woody's using everything on the carcass and recycles as much as possible.

"We sell the bones, we recycle our cardboard, too," he says.

Only a weekly bin full of plastic, which is contaminated in the meat processing, gets sent away to landfill.

Todd, who spent nearly two decades in consumer electronics in the UK and Australia, came to Manakau in 2013 to start a free range organic pig farm. In 2017 he started his own butchery on Levin's Cambridge Street.

The butchery became so busy that Todd closed the pig farm and now sources his meat from the only commercial free-range pig farm in the South Island.

His beef comes from Heights Farm in



Daniel Todd outside his Woody's business in Hokio Sand Road.

Photo Janine Baalbergen

Koputaroa. Goat meat comes from a farm in

In 2023 he began looking for larger, MPIcertified premises and found it on Hokio Sand Road. He employs 10-12 staff, including two apprentices, and three trained butchers.

These existing premises provided what we needed and have a very high food standard," he

For an appointment phone

0800 55 11 77

Todd makes a food podcast through RipplMedia (ripplmedia.co.nz), which is on Spotify and Apple.

"It allows me to talk to other food producers around the country, share stories and feel more connected," Todd says.

■ For more, see woodysfarm.co.nz

BRIEFS

Bridge repairs

Roading crews will be repairing a damaged flexible median barrier at Manawatū Bridge (Whirokino) on SH1 near Foxton on Sunday night. The southbound lane will be closed between 7pm and 6am. Work will be complete and the bridge back to two lanes by 6am Monday. The northbound lane will stay open during this time, while a detour will be in place for southbound motorists down Foxton Shannon Road to SH57 in Shannon to Queen Street East, and back to SH1 in Levin. The detour is expected to add 10-15 minutes to travel times.

One dies in ATV crash

One person died as a result of an ATV crash on Foxton Beach near the surf lifesaving club last Saturday afternoon. Emergency services were called to the beach about 1.10pm. Another person on the ATV was uninjured.

Michelle new hockey CEO

Former Horowhenua College student Michelle Hollands has been appointed Hockey NZ's new chief executive. Michelle, 50, (nee Turner) is a NZ representative with 99 international caps. She has worked with NZ Rugby, Rowing NZ, Basketball NZ and Hockey NZ to design high-performance strategies and strengthen community engagement. Michelle has held board roles at Oceania Hockey Federation, Badminton NZ and Northern Districts Cricket, and is a chartered member of the NZ Institute of Directors.





Business owners were given the chance to talk about their business at the Electra Business and Innovation Awards entrants event at Horowhenua District Council last week.

Photo Janine Baalbergen

Surge in Foxton Electra entries

By Janine Baalbergen

Mayor Bernie Wanden hosted an event on Thursday last week for all local Electra Business and Innovation Award entrants.

Sponsored by power company Electra with support from Kāpiti and Horowhenua councils as well as a host of others, the awards have been held for more than 30 years.

There is a surge in entrants from Foxton this time, with six entrants, and one from Shannon.

Several entrants have entered a few times before, while for others it's their first time. Not

all are businesses either – the local Repair Cafe has also entered. There are builders, joiners, a holiday park, grocers, mortgage brokers, an accountant and mushroom growers among them. They were given an opportunity to profile themselves on the night.

Horowhenua entrants are:

Customer Experience: Davie Construction, Foxton Hammer Hardware, Foxton Rugby Club, Four Square Shannon, Jumpstart Fitness Foxton, Kalos Windows and Doors, Levin Top Ten Holiday Park, Lucy's Bins, Mewington's Book Shoppe Foxton, Nation Beauty NZ, Ōhau Gourmet Mushrooms, Petal and Bee

Grocers Foxton, Robert Harris Foxton, Salt and Honey Foxton, Stonewood Homes Manawatū and Horowhenua, and TS Surveyors Ltd.

Main awards: Davie Construction, Foxton Hammer Hardware, Kalos Windows and Door, Levin Repair Cafe, Lucy's Bins, Nation Beauty NZ, Ōhau Gourmet Mushrooms, Petal and Grocers Foxton, Rippl Media, Robert Harris Foxton, Stonewood Homes Manawatū and Horowhenua, and TS Surveyors Ltd.

The awards night will be on October 23 at Southward Museum in Otaihanga (Kāpiti), with Jesse Mulligan as MC.

■ Tickets at bkh.org.nz/events/awardsnight-2025

Candidates for 2025 election

Forty-six people have put their name forward for council positions.

HOROWHENUA DISTRICT COUNCIL

Mayoralty (1 position): Bernie Wanden, Justin Tamihana.

Levin Wards (5): Catriona Finau McKay, Clint Grimstone, Viv Bold, Jo Mason, Katrina Mitchell-Kouttab, Glen Stevenson, Andre Thompson, Alan Young, Mike Barker, Don Campbell, Tony Collis, Avril Lang, Heke Keremihana, Jane Masoe.

Kere Kere Ward (2): David Allan, Trevor Chambers, Nola Fox, Brett Russell, Justin Tamihana.

Miranui Ward (1): Susan Conway, Paul Olsen

Waiopehu Ward (2): Dan Okano, Judy Webby, Bruce Eccles, Morgan Gray, William Ranginui, Sam Jennings.

Horowhenua Māori Ward (2): Nina Hori te Pa, Lani Ketu, Kelly Tahiwi, Troy O'Carroll.

Te Awahou Foxton Community Board (5): Trevor Chambers, Jason Davy, Brett Russell, Irene Wakefield, Judy Sanson, Susan Galea, Ross Brannigan, Hayden Turoa, David Roache.

HORIZONS REGIONAL COUNCIL

Horowhenua (2): Hamish Easton, Josephine Gutry, Donald Hayes, Luka Jansen, John Girling, Pou Sefesi.

Tonga Māori Ward (1): Te Kenehi Teira – elected unopposed

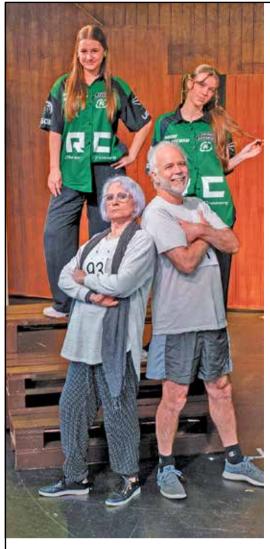






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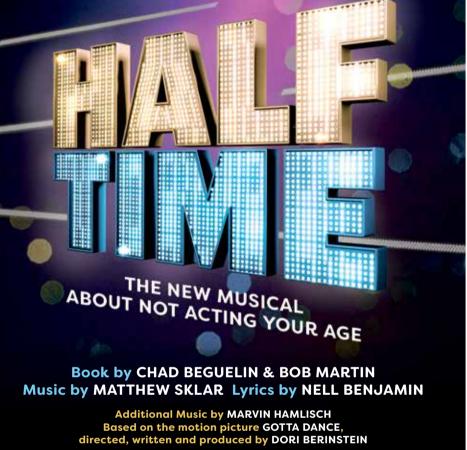




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Sunday August 31 2pm
Thursday September 4 7.30pm
Friday September 5 7.30pm
Saturday September 6 7.30pm

New name springs forth

By Paul Williams

Horowhenua Learning Centre and Life to the Max were given an official rebrand as Te Puna Whai Mātauranga last week.

The two organisations merged in 2020 and chief executive Patrick Rennell says retaining the two names had been "a bit of a mouthful".

"Our services came together really well and we can see the benefit for the people we work with, but we wanted a name that more accurately reflected the work that we do," he says. "We were honoured to be gifted this new name by Muaūpoko kaumātua, and to see it come to life through the new branding."

He Kura Hokioi, Muaūpoko Tribal Authority chief executive Di Rump says the name means 'a special place, the spring where knowledge, insight, learning and wisdom can be accessed and transformation is possible.

"We also recognise that Te Puna Whai Mātauranga has campuses in Taitoko in Horowhenua, Wairarapa, Kāpiti and, Palmerston North, so the name encompasses the organisation's abundance, growth, and possibility."

Māori design artists and sisters Ana and Sian Montgomery-Neutze collaborated to design a new brand logo for Te Puna Whai Mātauranga. Ana says the logo expresses the organisation's core values of unity, transformation, and the sharing of knowledge.

"The overall form draws on the shape of a puna [spring], symbolising the mātauranga [knowledge] that flows from this space. While its design acknowledges the puna of the Horowhenua region, it also speaks to the idea of knowledge as a life-giving source; one that



Muaūpoko Tribal Authority chief executive Di Rump and kaumātua Tim Tukapua help to unveil the new brand - Te Puna Whai Mātauranga. Photo Paul Williams

is relevant and meaningful across all the places and communities Te Puna Whai Mātauranga will serve," she says.

Patrick Rennell says it was important for the organisation to reflect te ao Māori in its new branding, and it will continue to provide education, social services, employment and workplace training across the region.

"We work with a significant number of rangitahi Māori and it's important that our students, clients and their whānau see themselves in our organisation. We've had really positive feedback from kaimahi and ākonga

so far, and people are wanting to represent the organisation with pride," he says. "We've put a lot of time into doing this the right way. We wanted to understand what our organisation means to our people, and then apply that understanding through the branding process.

"While our name has changed, we're working under the same kaupapa, with the same people. We're still a proud not-for-profit charitable trust that's here for the long haul."

Te Puna Whai Mātauranga now has 2000 students, 58 fulltime staff and five contractors, and has an annual operating budget of \$6.1 million.



Brittons House Movers took care of their fourth expressway house on Tuesday. Photo Janine Baalbergen

Contracts move **Ō2NL** ahead

The 24km Ō2NL expressway has taken another step forward with NZTA Waka Kotahi signing construction contracts with two

The two alliance teams will each deliver a section of the highway and associated works. Downer, McConnell Dowell, Beca and Tonkin and Taylor will focus south of the Ōhau River; Fulton Hogan, HEB, WSP and Aurecon will be to the north.

Construction is expected to start soon and the new road is expected to be completed by 2029. It is being touted as shaving six minutes off the trip between Ōtaki and

Meantime Brittons House Movers are busy moving houses in the way of the expressway. On Tuesday they removed a house on the corner of Arapaepae Road and McLeavey Road. It's their fourth one for the expressway. It was moved to a yard in Wellington early on Wednesday morning.



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HUATAU/Opinion



COUNCILLOR CORNER: PROF JONATHAN PROCTER

Why I'm not seeking re-election to Horowhenua District Council

As the Horowhenua District prepares for its next local election, many have asked why I've chosen not to stand again.

It's a fair question, and one I've reflected on deeply.

The simple answer is that my fulltime role in the tertiary education and research sector now demands more of my time and focus. Our sector is facing significant challenges, particularly due to funding cuts. Despite the government's stated commitment to innovation and growing the tech sector, there's a troubling disconnect: it is not



investing adequately in the students and researchers who will become the innovators and problem solvers our nation needs.

I've decided to dedicate more time to supporting our students and researchers, many of whom have endured a tough few years due to Covid-19. They deserve every opportunity to succeed and to participate in research that drives positive change in our communities.

Serving Horowhenua has been an immense privilege. From Waikawa to Levin, from our rural heartlands to our coastal whānau, I've witnessed the strength, resilience, and mana of our people.

I've also seen the challenges – development pressures, conflict over coastal access, environmental degradation, poorly thought-out rating models, and the ongoing need for stronger partnerships with iwi.

I'm proud of the progress we've made as a council, especially in providing stable governance amid financial and legislative shifts from central government. I'm particularly proud of the way the previous council worked collaboratively to strengthen relationships with our community and iwi.

However, there have been moments when individual councillors have prioritised personal or hapū interests over the collective good. While some may dismiss this as "just politics," I believe our district – and our ratepayers – deserve better.

We need councillors who are fully committed, suitably experienced, and focused on delivering sound governance and practical solutions. I also believe it's time to consider reducing the number of councillors to

improve efficiency and accountability.

My decision not to run again isn't about walking away from these issues – it's about shifting focus to where I can make the most impact.

To those standing for election: Horowhenua needs your voice, your vision, and your courage to serve the best interests of all in our community. And to the people of Horowhenua: thank you for your support, your challenges, and your trust.

This is not the end of my contribution to our district. It's simply a new chapter, one where I'll continue to serve, advocate, and support Horowhenua in different ways.

■ Jonathan is a Horowhenua councillor

THE ELECTORATE: SUZE REDMAYNE

An exciting time for Ō2NL

It's official – construction on the new Õ2NL highway will kick off this spring.

Last week, Transport Minister Chris Bishop confirmed that NZTA had signed construction contracts to deliver our new Road of National Significance. The site office on Tararua Road is now complete and other site establishment works are in full swing – it's an exciting time!

In other good news for road users, Chris, along with



Police Minister Mark Mitchell, announced last week boy racers will face serious consequences under tough new laws. The Anti-Social Road Use Legislation Amendment Bill has

been introduced to Parliament with the first reading of the bill this month.

Our government is serious about cracking down on unruly and dangerous driving and restoring safety to our roads.

We're backing police with the tools they need to act, and we're backing our communities who have had enough. I'll be sure to keep you up to date as the bill progresses.

At the end of July, I had a fantastic Saturday at the Levin Racing Club meeting at Ōtaki-Māori Racing Club, alongside my colleague Tim Costley, MP for Ōtaki. Congratulations to all the winners, participants, stewards, volunteers and supporters who made it such a fun and memorable day. It's always great to see the community come together for events like these.

After the last race, I headed to Manakau for the Horowhenua NZ Trust's celebration gala dinner at the wonderful Tatum. The evening raised funds for the new Health and Wellbeing Hub under construction in Levin'S Durham Street. A huge thank you to trust chair Antony Young and his team, auctioneer extraordinaire David Haworth, and to all the sponsors, donors and enthusiastic bidders who helped make the night a success.

Before I sign off, I want to mention the NCEA announcement made this week by Education Minister Erica Stanford. It's big news for parents and students, particularly those starting high school next year. We're proposing to replace NCEA with a simpler, clearer and internationally benchmarked national qualification. The evidence shows NCEA isn't working as it should – it's not consistent and can be hard to navigate.

This change is about setting our young people up with the skills they need to thrive in today's fast-moving global economy. I encourage you to learn more about the proposal and have your say at www.education.govt.nz/have-your-say

I often pass through Horowhenua on my way to Parliament, so if you're from a local organisation or business and would like to chat, please email: Suze.RedmayneMP@parliament.govt.nz

■ Suze is MP for the Rangitīkei electorate

PLAIN SPEAKING: IAN CARSON

Worse things certainly happened at sea

I was pondering what I should write about this week when I noticed another column by Ginny Williams, the purveyor of practical advice.

Her column (below) was just a bit different this time. She wasn't writing about how to deal with a neighbour who wanted to chop down your tree, or what to do if a cop notices

you've got a familiar smelling pouch in your back pocket. This one is about depression.

I don't think I've personally suffered from depression, which is a bit different from stress, an often self-inflicted ailment that seems to plague us all in our 21st century world. But I do know a bit about it.

My dad suffered from depression most of his life. It was a deep, debilitating depression, leading to bouts of incredible sadness that my mother, a former nurse of Queen Mary Hospital, struggled to help with.

For some people, depression is an illness much like any other. It can be treated with medications designed to numb the pain and divert the neural pathways away from the darkest corners of the cerebrum.

My dad had plenty of that. It slowed him down, but didn't otherwise help him much. You see, Dad had post-traumatic stress disorder – PTSD. In 1945, it wasn't identified as such. "Shell shock", they called it after the terrors of the First World War.

Dad went to war – the second one (I'm not *that* old) – aged 20. He was a star rugby and cricket player, and dux of the prestigious



John McGlashan College in Dunedin. He was studying mine engineering when the war broke out, so he did his duty and signed up, heading for England and training with the Royal Navy.

What was to happen next was to scar him for life. He was assigned to the Arctic convoys. On its first voyage, his formidable cruiser, HMS *Trinidad*, torpedoed itself. Men died. Dad knew

them, and saw them struggle in freezing water, gasping in the oil slick.

The *Trinidad* survived and limped to Murmansk, hounded by U-boats, German bombers and surface ships. After it was patched up, the ship left for further repairs in the US, but only a day out, it was bombarded by air for hours before finally being hit midships. Eighty-three men died. What died for others, like Dad, was a little bit of happiness – the stuff that makes you feel great, that life has so much to offer.

Don't get me wrong, Dad wasn't morbid or morose. But like many veterans of that era, he didn't talk about his experiences. He should have. It would have helped.

In this story I'm not trying to diminish the depression many feel today. It's just as valid and can be just as debilitating. But what is available today that wasn't for my dad, is an acceptance that it's OK to ask for help, just as Ginny advises.

So if this sounds like you or someone you know, have a chat to someone. Get help. Get better. Live life as it should be lived.

■ Ian is managing editor of ID Media

CITIZENS ADVICE: GINNY WILLIAMS

Don't let depression get you down

It's winter and people are feeling a bit more shut-in.

Times can be a little tough in our town and this can lead to feelings of sadness or depression.

The two key signs of depression are:

- frequently feeling sad or hopeless, and
- no longer getting pleasure from activities you normally enjoy.
- Other signs of depression include:
- feeling tired all the time
- loss of pleasure in everyday activities
- having no energy
- feelings of low self-esteemunable to concentrate
- sleeping all the time, or unable to sleep thinking about death a lot
- frequent feelings of irritability or anxietysadness or emotional "numbness".

to offer you some helpful advice.

If you are feeling like this (especially the two key signs), and your feelings persist, it might help to talk to someone about it. Your doctor or health professional might be able



Talk to a friend or confidant. Go for a walk. Look for ways of helping our community outside the home as a volunteer – there are plenty of worthwhile organisations that might be able to use your help.

There are some free telephone counselling services as well as online services.

1737 Need to talk? is a free mental health counselling helpline. You can call or text 1737 at any time, any day, to talk to a trained counsellor.

The Depression and Anxiety Helpline is a free helpline. You can call 0800 111 757 or text 4202, at any time or day, to talk to a

trained counsellor.

Depression.org.nz is a website for people coping with depression, the website includes plenty of information around:

- ways to ask for help and seek support
- a test you can take to understand if you have depression
- online learning about mental wellbeing.
 information about the signs of depression,
 what causes it and how you can help
 someone who is depressed, is on the
 Ministry of Health's website.

Citizens Advice Bureau can provide phone numbers for organisations in our community that hold an interest for you. We maintain an up-to-date list of community organisations, as does Horowhenua District Council, so ring for contact details once you've made a decision where and with whom you want to

Phone 06-368-5921 or send an email to levin@cab.org.nz for further information.

■ Ginny is chair of Citizens Advice Bureau Levin

Work to do as parties eye 2026 elections

Within the two major political parties the search is on for policy planks that can carry them through to the Treasury benches at next year's general election. The Big E may not come for some 15 months, but both National and Labour need by the end of this year to feel comfortable they have the basics and substance for the campaign.

POLITICS

BRUCE KOHN

In a number of respects National has the hardest task. On the one hand it has the advantage of incumbency in office and therefore

detailed knowledge of what is on the horizon, pluses, and minuses. On the other hand, two minor parties with similar knowledge aim to pick off votes from National's core constituency and three other opposition parties aim to make life as difficult as they can for it over the next 15 months.

This downside also does not take into account that incumbency makes National a sitting duck for criticism of the coalition's policies

as government. It either did not do enough to beat back disliked Act or NZ First policies and therefore carries responsibility for them, or its failure to accept their proposals has led to weaknesses in coalition performance.

Budget setting in 2026 is a key element in the policy setting exercise of the three partners in coalition. But while the budget will set a tone on which the public will judge National, as the lead political combatant, the process of discussion and negotiation between the partners will highlight differences in approach that its partners can exploit on the campaign trail.

Labour enjoys the freedom to both criticise and assess without, until the last three to six months of the pre-election period, having to front the public with commitments for the

future shape of governance. The Greens are already out there with a focus on tax and social spend. Te Pati Māori (TPM) unapologetically

> looks to support policies it believes will be beneficial to Māori.

The pluses for Labour in setting a base of policies are that it knows well in advance the positions of its potential coalition partners, can work away at its own plans in reasonable secrecy from them, and all the time beat a constant drum of resistance to coalition policies and operational deficiencies.

It was not this way under the First Past the Post electoral system. Incumbency then was a huge advantage to the governing party. Its internal workings a

the governing party. Its internal workings and considerations of policies – plus and minus points, strengths and weaknesses, popularity with its constituencies – could be kept largely within party ranks until revelation at a time of the party's choosing.

The economy – covering cost of living, unemployment, and growth/no growth; law and order, health and education – come in as National priorities. Labour is battling out internally its response to the legacy issue left by David Parker and Grant Robertson – introduction, or not, of a capital gain and/or a wealth tax.

One, the other, or both may pick up on is

The Big E may not come for some 15 months, but both National and Labour need by the end of this year to feel comfortable they have the basics and substance for the campaign.

advocacy by Sam Stubbs from funds manager Simplicity that KiwiSaver and its fund managers are a potential source of investment cash for infrastructure development – new hospitals, new roads, new schools.

Approaches based around such use of longterm managed funds need not be confined to KiwiSaver. The financial engineers of the Treasury, banking sector and high-level consulting firms will have plenty of advice available to all parties.

Opening up Kiwi Bank to more investment so that it may begin to throw off its tag as being a sparrow among well fattened kereru in the banking sector, looks an option for National, especially in view of the bank's willingness to fully engage competitively in the mortgage market. That Labour could take a similar approach is expected.

Currently Labour and National look likely

to diverge on foreign policy. Labour's base demands more action supportive of the Palestinian cause and seemingly an expressive hardened stance toward Trumpism policies on tariffs.

Hostility between the two on environmental issues is in prospect.

While the Greens appear to have lured off from Labour hard-line political activists in the environmental movement, it does retain staunch support within the conservation community. Thus, National's willingness to go along with Shane Jones in placing mineral extraction ahead of environmental protection demands covering conservation stewardship land, has set the stage for robust future debate.

Frustration is evident within Act at what it sees as educational establishment filibustering over its charter school reforms. Last year the bureaucracy delayed and delayed approvals for charter schools seeking government approval and funding. Applicants were given deadline upon deadline when a decision would be made, until for many the time needed to get under way at the start of the school year was insufficient. A similar pattern seems to have unfolded this year.

There is, however, cheer in the Beehive at the successes achieved under the decision to proceed with water reform by giving communities a choice between amalgamating with others to form a regional Council Controlled Organisation, forming one themselves or continuing with the status quo. It has not attracted the bitter divisive commentary that bedevilled Labour's compulsory Three Waters project.

 Bruce has been an economics and business editor, and a foreign correspondent in Washington, London and Hong Kong.



Poetry & Pizza – a slice of verse, a slice of life

By Jennifer Walton
Library Engagement Team Lead.

Think poetry is all rhyming nonsense and dramatic heartbreak?

Think again. Poetry is the wild card of the creative world – it can be cheeky, chaotic, heartfelt, hilarious, or downright weird (in the best way). It's for daydreamers, over-thinkers, quiet types, loud types, and everyone in between. You don't need to wear a beret or speak in riddles to be a poet – you just need something to say.

Poetry lets you turn your tangled thoughts into something beautiful, or bizarre, or both. It's where big feelings fit in small spaces. It's the art form where rules are optional and metaphors reign.

It's a diary with flair. A rant with rhythm. A love letter to your dog. A rant about laundry. It's all poetry, and it's all valid.

Still not convinced? Maybe all you need is a little encouragement – and a slice of pepperoni.

Join us for Poetry & Pizza, an open mic night at the cosy and vibrant Firebird Café, proudly brought to you by the Libraries Horowhenua Book Crawl.

Poetry & Pizza is on Friday. August 22, 6pm to 8pm at Firebird Café, 58 Oxford Street, Levin. Open mic sign-ups on the night. Free pizza for those brave enough to share (limited supply, so first in, first served).

Bring a poem, bring a friend, bring your appetite. No judgment – just good vibes, good words, and good food.

Because honestly, the world needs more poetry. And pizza.



Exhibitions

Te Takeretanga o Kura-hau-pō Gallery – Mangahao: The Power, The People, The Place by Kiri Pepene: 5-31 August 2025. This month's exhibition offers a glimpse into one of Horowhenua's most impressive feats of engineering: the construction of the Mangahao Power Station Dams. Curated by Kiri Pepene, Library Information Research & Local History Team Lead, Mangahao: The Power, The People, The Place showcases photographs from the era, capturing both the scale of the project and the daily lives of those who worked on it. Set in the rugged hills above Shannon, the exhibition invites visitors to reflect on the impact of power, perseverance, and community.

Aquatics

Term 3 Swim School enrolments are still

open. Don't miss out!

Sign up for our 6-week fitness challenge, running 1 September to 12 October. Get moving and make a splash this season!

Heritage Rooms

Te Takeretanga o Kura-hau-pō: Tues, Wed, Fri (10am–12:30pm), Thurs (10am–3pm). Te Awahou Nieuwe Stroom: Research librarian available all day Fridays.

Weekly Events

Fridays (8 & 15 August)
Friday Live Concert: Waireka, Te
Takeretanga o Kura-hau-pō, noon–1pm
Mondays (11 & 18 August).
Storytime, Te Takeretanga o Kura-hau-pō,

10–10:30am. Meet Street, Te Takeretanga o Kura-hau-pō,

10–11am. (11 August only), Digital Learning: MyMSD, RealMe & SuperGold, Te Takeretanga o Kura-hau-pō, 1–3pm.

(18 August only), Digital Learning: Intro to Social Media, Te Takeretanga o Kura-hau-pō, 1–3pm.

(18 August only), Digital Drop-in, Shannon Library, 1.30–3.30pm.

Tuesdays (12 & 19 August)

Digital Drop-in, Te Takeretanga o Kura-haupō, 10–11am.

Storytime, Te Awahou Nieuwe Stroom, 10:30–11am.

JP Service, Te Takeretanga o Kura-hau-pō, 11:30am–1:30pm.

Lego Hour, Te Takeretanga o Kura-hau-pō, 3:30–4:30pm.

Sensory Sessions, Levin Aquatics, 7–8pm. *Wednesdays* (13 & 20 August)
Aqua Tots: Foxton Pools, 10:10–11:15am /

Levin Aquatics, 10:30–11:15am.

Digital Learning: Smartphone Basics, Te
Takeretanga o Kura-hau-pō, 1–3pm.

Takeretanga o Kura-hau-pō, 1–3pm.
Pop-Up Eats, Te Takeretanga o Kura-hau-pō
Carpark, 5–8pm.

Quiz Night, Te Takeretanga o Kura-hau-pō, 7–9nm \$5

(6 August only), FOHL Morning Tea, Te Takeretanga o Kura-hau-pō, 10–11am (6 August only), Teen Book Club, Te Takeretanga o Kura-hau-pō, 4–5pm (6 August only), Page Turners Kōrero Group,

(6 August only), Page Turners Kōrero Grou Te Takeretanga o Kura-hau-pō, 7–9pm *Thursdays* (14 & 21 August) Sewing Workshop, Te Takeretanga o Kura-

hau-pō, 9.30–11.30am JP Service, Shannon Library, 2–3pm (14 August only), Digital Drop-in, Te Awahou Nieuwe Stroom, 10–12pm

(14 August only), Digital Learning: Smartphone Basics, Te Awahou Nieuwe Stroom, 1.30–3.30pm

HEADS UP: WAIOPEHU COLLEGE





Sports, culture, music start term 3

Waiopehu College has kicked off term 3 with a vibrant mix of academic achievement, cultural celebration, musical talent, and sporting success.

The term began on a high note with the junior prizegiving for semester 1, where more than 80 percent of junior students were recognised for their efforts across terms 1 and 2.

Awards were presented for academic excellence, accelerated progress, and attendance – specifically to those maintaining rates above 90 percent, in line with national attendance targets. The event was well attended by family members.

Week 1 also saw the school's muchanticipated Cultural Day, a celebration of the diverse backgrounds within the student body. Thirty nationalities were represented in a lively flag parade, where students greeted the audience in their native languages. The school's lunch menu reflected the global theme, with options including chickpea curry, boil-up, wonton soup, and samosas.

Coinciding with Cultural Day was the arrival of seven international exchange students – two from Germany, two

from Italy, and one each from France, Switzerland, and Belgium. Several of these students quickly immersed themselves in college life, including taking part in a recent restaurant evening.

This annual event showcases students' hospitality skills as they prepare and serve a three-course meal of restaurant quality, earning valuable credits in catering and front-of-house service.

The creative energy continued the next night with Waiopehu's inaugural Battle of the Bands. Ten acts competed, with bands from Manawatū College, St Peter's College, Ōtaki College, and Queen Elizabeth College. Top prize went to Curly Fretz of Manawatū College. Waiopehu's own Rip The Spine won the crowd choice award, while The Stonehenge Hippies were honoured for best musicianship.

Drama students are also in the spotlight this term performing in a local production of *The Wizard of Oz*. The show is directed by year 13 student Myah Snow, who is also head of performing arts on the student executive. With extensive performing experience, Myah is bringing both passion and leadership to the production.

Waiopehu's 1st XV rugby team is set to play in their grade final against Manu Kura this Saturday – their first finals appearance in 26 years.

The school had a sports exchange with Inglewood High School in Taranaki, with competitions in netball, basketball, girls rugby, and boys football.

The inter-house basketball competition is under way, fuelling a healthy rivalry between houses. May the best house win.

In international news, three Waiopehu students – Oscar Bland, Fletcher Warren, and Kahu Paurini – are representing New Zealand in the US, competing in the Babe Ruth U14 and U16 Baseball World Series. The school looks forward to news of their achievements abroad.

- Kaye Fraser, executive assistant, Waiopehu College



Council adopts water plan

Horowhenua District Council unanimously adopted a Water Services Delivery Plan (WSDP) at its Wednesday meeting this week, while at the same time leaving the gate open to form partnerships with other undecided councils.

The plan sets out a partnership between Horowhenua District Council, Palmerston North City Council and Rangitīkei District Council, which was formed to comply with the government's Local Water Done Well policy.

It outlines how the three councils will work together to deliver drinking water, wastewater and stormwater services in a way that meets regulatory standards, supports growth, and is financially sustainable.

But while council has voted to adopt the water services delivery plan, it still needs to be approved by the other two councils. Palmerston North City Council will put it to the vote on Wednesday next week (August 13), and Rangitikei District Council the following day.

The plan will then be submitted to the Department of Internal Affairs for approval, working to a deadline of September 3.

Horowhenua also passed a resolution noting that Ruapehu District Council and Whanganui District Council might be willing to join the Joint Water Services Organisation (JWSO). However, chief executive Monique Davidson says the onus would be on those two councils to align with the existing three members of the JWSO.

The joint organisation will be fully



Council chief executive Monique Davidson.

operational by July 1, 2027. Until then the member councils will continue to deliver water services individually.

Providing water services is expensive, accounting for more than 85 percent of the rates increase this year. Teaming up with the other councils in a JWSO is estimated to save the average Horowhenua household between \$195 and \$300 a year by 2027-28, through economies of scale and greater efficiency.

One of the key principles of the plan is that water revenues, for example from rates, would be spent on water services and not diverted into other council spending.

"Adopting this plan is an important step towards delivering safer, better, cheaper water services," Monique says. 'There is no doubt that the three councils can do this better together.

"But it's important to note that we will retain a strong local voice and decision-making power in the new water services organisation."





Waiopehu College

Open Evening

Thursday14th August 2025 5.30pm to 8pm



Year 8 students and families are warmly invited to attend our Open Evening, Thursday 14th August.

You will have the opportunity to meet staff and students and explore and discover Waiopehu College.





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DEADLINE SALE



A wee ripper - It's a winner!

Tidy, well-presented, and ready to go, this gem is an ideal choice for savvy investors or home buyers looking for value in a great

Inside you will instantly appreciate the near new carpet, light-filled living space, and generous layout. The spacious lounge flows effortlessly into the open plan kitchen and dining area, which extends out to a brand new deck, perfect for summer BBQs or simply relaxing with a coffee in

the afternoon sun. The kitchen offers great bench space and ample storage, while the bathroom includes a shower and vanity. The main bedroom features a double wardrobe, with the second bedroom bring ideal for guests, a home office, or a childs room. Warm, well-maintained, and compliant with Healthy Homes standards.

Deadline Sale (Unless Sold Prior) Closes 1pm, 26 August 2025, Wilton & Co, 530 Queen Street East, Levin

Ref: www.wiltonandco.nz/WIL01940 **OPEN HOME** SUNDAY 12.30PM-1PM

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≒3 **≒**2 **≘**2 **=**1 A hidden gem! Easy living

Tucked away on a private rear section, this light-filled and inviting home is the perfect match for first home buyers or active retirees seeking comfort, space, and convenience. A bright, open-plan living area enhanced by charming chapel ceilings that create a wonderful sense of space. The living flows effortlessly to a sunny north-facing deck, plus there is a verandah. ideal for relaxed morning coffees or entertaining friends. The kitchen is open to

connected with family or guests. It features excellent bench space, ample storage, and a handy breakfast bar, perfect for casual dining or sharing a morning chat. The master bedroom offers a peaceful retreat with its own walk-in robe and ensuite.

the living area, making it easy to stay

Deadline Sale (Unless Sold Prior) Closes 1pm, 28 August 2025, Wilton & Co, 530 Queen Street East, Levin

Ref: www.wiltonandco.nz/WIL01939 **OPEN HOME** SUNDAY 2PM-2.30PM

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The complete package

This beautifully renovated home sits proudly on a generous 880m2 section and effortlessly blends timeless charm with contemporary upgrades. Thoughtfully transformed throughout, it retains the warmth of native timber while embracing modern standards of comfort and efficiency.

Nearly every aspect of the home has been updated - re-gibbed walls, new insulation in the walls, ceiling, and underfloor, plus

Ref: www.wiltonandco.nz/WIL01910

OPEN HOME SUNDAY 1.15PM-1.45PM

upgraded electrical wiring, plumbing, and stylish new light fittings and a near new roof. A heat pump ensures year-round comfort. Three generously sized bedrooms, a sleek new bathroom complete with a luxurious soaker bath, and a modern kitchen designed for everyday living and entertaining. Outside you will find a fully fenced backyard - private, secure, and perfect for children and pets

> **Adriana Wilton** 0297766902 adriana@wiltonandco.nz



Modern, light filled, and move in ready

Step into this beautifully modernised 1970s gem, where timeless architecture meets contemporary style. Fully refreshed throughout, this two bedroom home showcases a modern colour palette and quality finishes that enhance its warm, welcoming feel. Sunlight floods the open plan kitchen, dining, and living area through expansive west facing windows, while doors open effortlessly to a spectacular deck, your perfect spot for

entertaining or relaxing at the end of the day. Stay comfortable year - round with a heat pump, and enjoy the convenience of an internal access single garage. The bathroom is stylish and practical, featuring a shower and vanity. Set on a fenced section, this private retreat offers peace and security - ideal for couples or an

Ref: www.wiltonandco.nz/WIL01938 **OPEN HOME** SUNDAY 11.45AM-12.15PM

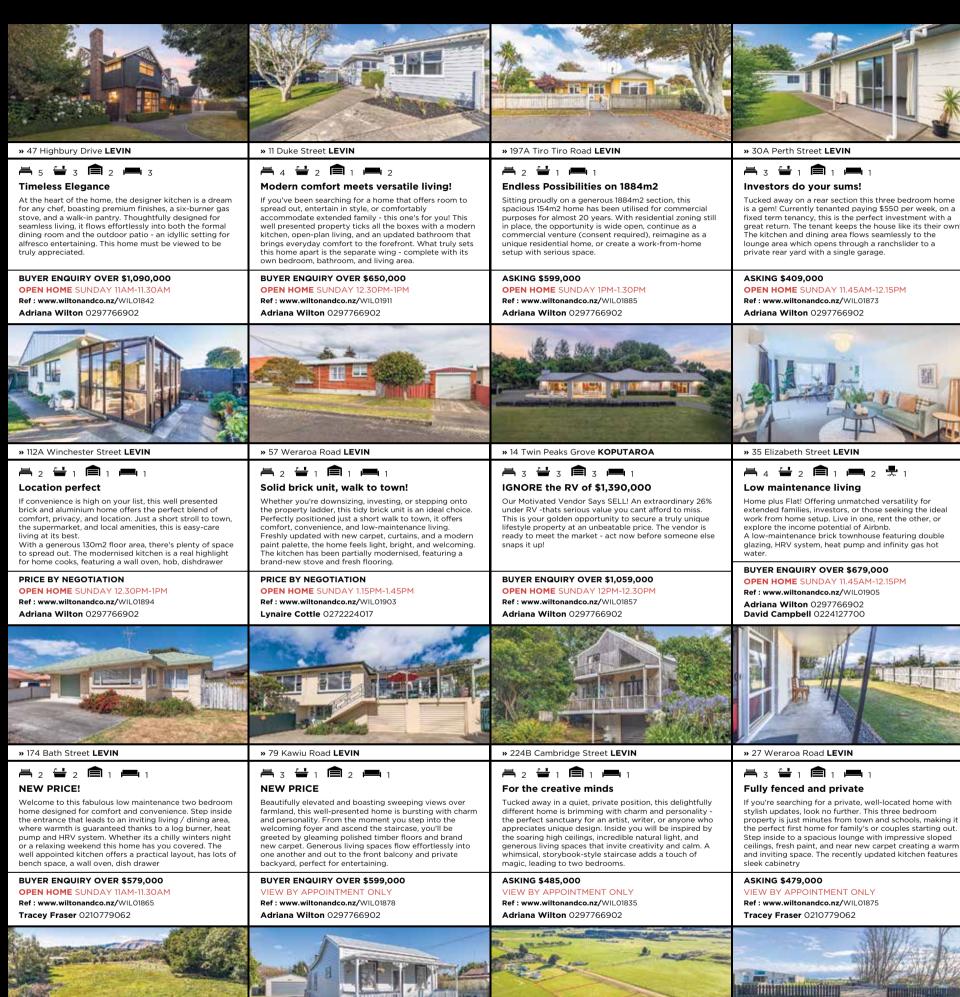






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Ä 2 ₩ 1 🗐 2 💻 Charming 1915 character home

Step through the white picket fence and be transported to a bygone era. This beautifully restored 1915 colonial style home captures the essence of timeless charm while offering modern comfort and convenience. From the moment you arrive, you'll be captivated by its classic character- leadlight windows, natural timber floors and a welcoming colonial aesthetic. The heart of the home is the well appointed kitchen

BUYER ENQUIRY OVER \$450,000 VIEW BY APPOINTMENT ONL Ref: www.wiltonandco.nz/WIL01916 Halev Sturt 02102387699

Choice of Three

Welcome to an exceptional opportunity in the heart of nature! We present three stunning lots, each spanning approx. 5,000 square meters, perfect for you to build our dream home or invest in the future With no covenants, you have the freedom to create you ideal living space. Each lot is priced at BEO \$310,000.

Don't miss out on this unique opportunity to own a slice of paradise. Contact me today to learn more and schedule a viewing!

1012m2 Industrial section

This 1012 square metre industrial section offers a superb opportunity for small business owners, tradespeople, or investors seeking a well located site with excellent accessibility. Situated right beside State Highway 57 and just a stones throw from the heart of Shannon, this property combines versatility with convenience. The land is flat and usable, making it ideal for light industrial activities, storage or workshops,

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Ref: www.wiltonandco.nz/WIL01934

Haley Sturt 02102387699

» 130 Cummerfield Road FOXTON

ASKING \$120,000 VIEW BY APPOINTMENT ONLY Ref: www.wiltonandco.nz/WIL01923 Richard Wilton 0211557150

MAHI MĀRA/Gardening

Time to start on tomatoes

he first tomato plants in garden centres are now available for the new season and the sooner you get started the sooner you will have those wonderful fruits to eat in salads and sandwiches. Then you will not need to buy those tasteless retail tomatoes.

If you have a glasshouse or conservatory to grow a few tomato plants in containers or in the soil of a glasshouse then thats great, if not as we say, "where there's a will there's a way".

Tomato plants are quite hardy if you do not over water and have them in an open situation exposed to the elements.

If you have not grown some plants from seed then you can buy two or more plants from a plant shop. If they are in individual containers then they are already to grow on before potting up into a larger container. If in a cell pack repot into

GARDENING

WALLY RICHARDS

small individual containers.

You simply place the potted plant onto a plastic meat tray from the Supermarket and place a pinch (quarter a tea spoon) of Wallys Secret Tomato Food onto the mix.

Place the tray and the plant on a sunny north facing window sill and give it about 10-15mils of water every morning.

At night when you close the blinds bring the plant off the window sill and place on a table over night.

Next morning put the plant and tray back on the sill give a little drink and turn the pot

180 degrees so that the other side of the plant gets the direct light for a day.

This is important because the light is not over head; its sideways and the plant will grow unbalanced to the light. Removing it from the windowsill at night will mean it is not sitting next to a cold window and less chance of knocking off the sill when you open and close blinds.

Also you can put a mark like $\{1\}$ on one side of the pot then on odd days that side will be facing the window and on even days it will be facing into the room. (Every thing has an easy solution)

When your plant has doubled in size it is ready to be repotted into a larger container and I would suggest a 20cm pot. Now this is when we start planting the tomato deeper than it was in the smaller pot. In fact you plant it deep up to and including the bottom leaves. The plant will develop roots up the trunk and make for a better plant with a bigger root system. If it is a grafted tomato you cant do this deep planting as it is not needed and also if you do it will likely rot and die at the graft. Apply more Wallys Secret Tomato Food to the top of the medium and this time about a level teaspoon full.

There will likely be laterals or side shoots appearing out of where the leaves emerge from the trunk. The normal thing is to remove these by pinching out while that are small. On bush type tomato plants such as Russian Red you dont need to pinch out the laterals. Only pinch out laterals on a sunny day when humidity is very low as disease can enter the plant otherwise though the wound.

You can also spray the wound with Wallys Liquid Copper to be sure or dust Wally Sulphur Powder over the wound.

It is though wounds that the disease 'Collar Rot' enters which causes a rot some where on the trunk of the plant which as the rot develops it progressively cuts the roots off from the canopy and the plant dies.

In the larger pot it will grow to about a metre tall and will be too big for the window sill nursery.

Instead its going to have to go outside into a sunny protective place but the day before doing so spray the foliage all over with Wallys Vaporgard. This will give it protection from frost if there is one and more so against wind burn. It will also now need support of a suitable size bamboo stake which you can push into the growing medium and with a nylon tie fix the plant to the stake.

The first flowers will appear about this time and with the plant in full sunshine you tap the stake to make the plant vibrate. That is what sets the fruit. Only done on a sunny day in full sun light. It will not be long before you either go into a large container about 50 to 100 litres or a large grow bag.

If you have a sunny place in the garden that is nicely sheltered or under the eaves on the northern side of the house to plant it into the garden.

Apply more Wallys Secret Tomato food and start spraying the plant weekly with Wallys Magic Botanic Liquid (MBL)

Problems that can happen are Blossom End Rot' this is common on potted tomato plants as the mix dries out on a sunny day and there is insufficient moisture to move the calcium at fruit set so the tomato grows with a black patch on the bottom of the fruit. Hence it is important to keep the plant's growing medium moist.

On a tall plant on a hot sunny day even if the medium has sufficient moisture the top trusses lack sufficient moisture at fruit set as the plant cannot move enough water up to the fruit set. Spraying the plant all over with Wallys Vaporgard will reduce the plants moisture requirements of up to 30% and help reduce the problem of blossom end rot. A good idea for tomato plants in containers in a glasshouse when they are mature.

So when it is going to be a nice hot sunny day in the morning or before lunch time go out and gently shake the plant so it vibrates and thus the flowers that are ready to set will set while there is moisture available. Later in the day in the hot sun the flowers that were going to set for that day have done so and you have fixed another problem.

No good shaking the plant too early or too late as flowers only produce pollen when it is nice and sunny. Mid morning is ideal time.

Once a month give the plant a sprinkling of Wally Secret Tomato food with Neem Granules. The Neem Granules are not only a natural food but they smell and that smell helps to disguise the smell of the tomato plants. If the white fly adult pests cant smell the tomato plant then they don't know its there to lay their eggs.

I have taken this a step further in my glasshouse where I



hang small gauze bags of naphthalene (Wallys Cat Repellent) from the roof of the glasshouse. This is an even stronger small than the Neem Granules and by doing this for two seasons now and I have had no white fly in my glasshouse.

As an added precaution I also hang a few Wallys Yellow sticky White Fly strips in the glasshouse. I catch lots of flying insects but never a white fly. Another nasty problem solved.

The gauze bags you can buy from a \$2 shop and place the naphthalene crystals inside the bags hanging where they are not going to get wet and they will last most of the season working for you.

If you are concerned about blight when once a month spray the tomato plants with the new Wallys Copper Nutrient.

Do the above and with a few of your favorite types of tomato plants you will have the best crops ever and more than enough to give away and made sauce etc.

Wally has owned plant shops, a garden centre and three nursery sites.
 He operates an online business called Wally's Garden Enterprises.
 Phone 0800 466464. For garden information and news go to gardenews.co.nz





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HĪTŌRIA/History

SHANNON Compiled by Debbi Carson

River and Rail: the story of Shannon

By R D Ayson (1977)

A river and a railway both share an important place in the history of Shannon. From the river came the first settlers and from the railway Shannon was born.

Starting as a tiny stream deep in the Ruahine Ranges the Manawatū River flows for more than 160km through the Manawatū district, till it reaches the coast at Foxton Beach and empties into the Tasman Sea.

The most popular meaning of the word Manawatū is "depressed spirit" or "heart stood still", and according to legend it was named by an early Māori explorer named Hau. During his journey up the coast he came to a wide river, and he became sad at the thought of being unable to cross to the other side, and so continue his journey.

The first people to settle along the river were the Rangitāne iwi. They lived peacefully there for many centuries. But their peace was shattered in the early 1800s when Ngāti Toa, led by their great fighting chief, Te Rauparaha, swept down from the north.

The Rangitāne, armed with only stone and wooden weapons, were no match for the invaders who were heavily armed with Pakehā muskets. Many of the Rangitāne were killed, eaten or captured for slaves. A few escaped and hid in the thick forest.

The victorious Te Rauparaha then claimed all the land from Kāpiti to the Rangitīkei and invited some friendly tribes from the north to share his new-won land.

The invitation was accepted by the friendly Ngāti Raukawa and hapu Ngāti Whakatere, who travelled from the Waikato district to the Manawatū in a migration between 1825-1830. Ngāti Whakatere settled on the area of land we now call Shannon.

They were named after their ancestor, Whakatere, and are descended from a formidable array of chiefs who arrived in New Zealand on the Tainui canoe.

In the early days, their powers of public opinion and speech-making were remarkable and had no small effect in the preservation of law and order. Matters of general interest were discussed, the building of a meeting-house, or church, or anything affecting the general welfare of the hapū. They possessed a marked sense of dignity, which was seen to its greatest advantage at these gatherings.

Men, women, and children worked together in some cases, as in the clearing of a piece of land for cultivation, but the men alone worked at any tasks that were covered by a tape, such as house-building or waka-making. In fact, every activity was covered by some form of ritual or ceremony.

A considerable amount of time was taken up in fishing and obtaining other food supplies. They were experts at fresh-water fishing and the eel, being plentiful in the creeks and streams, especially the Tokomaru and the Manawatū River, furnished an important food supply. They were caught in hinaki (eel-baskets), baited with earthworms. They were also taken with barb and spear, and surprisingly, often caught with bare hands.

There was always a good supply of birdlife in the dense forest, such as tui, kaka, and pigeon. These were caught by spearing or laying snares. The birds were attracted by a call leaf, and as they came close, were killed with a spear or by a piece of hard wood thrown at them. Snares were set in the pathways of flightless birds, just above the surface of the water for ducks, and in trees for forest birds.

The most favourite method of cooking was the earth oven or hangi, in which food was cooked on heated stones in small pits excavated in the ground. An ordinary meal would be cooked in about two hours.

The Poutu Pā, built in 1876 on the northwest side of the Manawatū River, is the centre of the Māori community. On the marae is the church Turongo, built in 1869 by Bishop Hadfield. In 1965 it was moved to its present position from its original site in Bowes Road.

It is said that an elder dreamed that two big tōtara trees grew near the Manawatū River at Rangiotu. The trees were found and floated downriver, the timber being used in construction of the church.

War was always a threat and all able-bodied men were trained in warfare. The Whakatere were fierce fighters and employed strategy and decoy manoeuvres to outwit their enemy. So successful were they in combat that other iwi believed some mythical being or war-god was blessing them with assistance. Many iwi sought their help to avenge some insult or wrong.

The Whakatere have been recognised as great haka performers. In 1929 they won the NZ Haka Championship, held in Shannon, and in 1931, won the NZ Haka Challenge Cup in Whanganui.

In 1889 a Māori sports club was formed. One of the principal events was horse racing and a mile track was laid down near the pā. Successful meetings were held for 18 years and competitors came from as far as Auckland and Rotorua.

The first white man to come into contact with Māori of the Manawatū was a runaway sailor named Bush. He was called Te Puihi by the locals. He married one of them and remained with them for three years, then left as suddenly as he had arrived.

However, his presence marked a new era and soon after immigrant ships arrived in Wellington. The more adventurous of the pioneers established a precarious trade in flax and pigs in the Manawatū.

(To be continued.) Source: Kete Horowhenua



Shannon Bridge, Manawatū River.

Photos and story: Kete Horowhenua



Looking towards the old Shannon Post Office and further down the road to the bank.

LETTER

Gunning's nanny

We were interested in the Gunning article (*Star* July 4). My mother, Elizabeth Conchie (nee Harris), daughter of Dal and Ellen Harris, grew up in Shannon. She left college at 14 and worked at Gunning's home looking after the children – probably son Eric's family, this would have been 1920. Mum loved looking after the children but after a couple of years left and worked at a nursing home in Palmerston North. She wasn't happy there, so she went back to Gunning's until about 1925. Mum then went to work as a housemaid at the Club Hotel. Mum married in 1927. Later on she lived with my husband and I for five years before passing away in 1999. We had many conversations about Shannon and when she worked at Gunning's. Mum loved children and there were 11 in our family, four boys and seven girls – heaps of descendants. – Wendy Bove, Levin.



A wet day in early Shannon.

Shannon was named after a Wellington businessman, George Vance Shannon, who was among those who formed the Wellington & Manawatū Railway Company in 1881. Shannon was born in Ireland and came to Wellington in 1865. The town's population is now about 1620 (Stats NZ 2024). To be known as Te Maire, the town planned on the site by the New Zealand Company in the 1840s was never built. The first settlers to Shannon arrived after land sales in 1887. Flax milling, the development of farmland, and dam building at Mangahao kept the town buoyant until the 1920s. Many Māori casual workers were rehoused in Shannon from rural shacks in the 1950s and 1960s. In 2013, 42.8 percent of the population identified as Māori (compared with 14.9 percent nationally). Large manufacturing businesses set up in the 1960s reduced to only one by 1987 - in 2013 the Richmond fellmongery also closed.

TAKĀRO/Sport



Another Won't Hurt winning Foxton's Adam Scott his first race as a trainer.

Image LOVERACING

Win won't hurt Foxton trainer

By Joshua Smith LOVERACING.NZ

A race meeting at Waverley late last month will live long in the memory of Foxton horseman Adam Scott, who recorded his first win as a trainer courtesy of Another Won't Hurt in the Sandfords Rural Carriers (1400m).

The rambunctious 5-year-old was having just his second start and he was unwanted by punters following his debut antics where he bucked off rider Nick Downs shortly after the start at Woodville earlier in the month.

He trialled to the satisfaction of stewards at his home track on the Tuesday and started a \$61.70 outsider.

In stark contrast to his debut, Another Won't Hurt showed perfect manners and jumped well for jockey Ashvin Mudhoo, but was trapped out three-wide from his outside draw.

From his midfield position, Mudhoo asked for his charge to improve four and five wide from the 600m. The son of Turn Me Loose continued his forward momentum entering the straight and was able to show a good turn of foot in the concluding stages to reel in Riomosa to score by a head, much to the delight of Scott, who could be heard cheering home his pride and joy.

"It was a big thrill," Scott beamed after the race on July 25. "I have had a lot of placings and it was getting to me a little bit.

"I was getting close, but I just wasn't getting across the line. I am happy to finally get that win."

Another Won't Hurt has been a project horse for the 24-year-old, and he has had a fair reputation for his behavioural issues at the Foxton track. Where others would have given up, Scott persevered, and he was duly rewarded with a winning result.

"It's really rewarding to have a horse that I have had around for two years to finally get him to the races and do everything right and get that win." Scott said.

"I got given him for free because he has always had a reputation and a very good strike-rate about him when it comes to track work and bucking. In his first start he lost the rider after 20m [after bucking]. It was a character-building sort of day.

"I am a very patient sort of person and once I put money into something, I love to see a result. Until they tell me they don't want to do it, or



Foxton trainer Adam Scott.

they are slow, I will keep on persevering.

"I got him and thought he had shown enough in his early jumpouts to push on. I put him out for 18 months and here we are. The last jumpout he would have had would have been two-anda-half years ago, so to see it all come together is very rewarding."

Scott said it was also great to be able to give his part-owner, Jayden Moore, his first win as well.

"This is the first horse the owner has been a part of," Scott said. "We have ridden the rollercoaster together.

"This is my first win as a trainer and we are all just thrilled to be here, having a happy and healthy horse, and be looking forward to the future over ground."

The son of trainer Anna Scott, racing is in the blood for Scott, who always envisioned following in his family's footsteps. "I am the fifth or sixth generation in racing," he said. "The Scotts have always been in racing. My mum is a trainer, my grandad was a trainer, and I always wanted to be like them.

"When you grow up around something, what else are you going to do? If you grow up around All Blacks, you are going to be a rugby player.

"I got involved when I was 17 when I was looking for a job. I always wanted my trainer's licence and finally got it on August 1 last year. I have been searching for the first winner for a very long time, so it was great to get it today."

Scott has a dozen horses in his care at Foxton, and he said his partner, jockey Crystal Lindsay, is instrumental in his operation. He was pleased to see her place on his horse Tramore earlier on the card.

"I primarily do pre-trainers and breakers, but I race a few on my own," he said. "I have got six in work, and I do about six breakers and pre-

Photo Peter Rubery, Race Images Ltd

trainers at the same time. That's all I want to get to at the moment.

"My partner, Crystal Lindsay, helps me closely in the mornings and I wouldn't be doing it without her because otherwise it gets a bit tricky trying to do everything on the ground and ride

"Tramore is a jumper and was there for a fitness run and she is going to go over the jumps again next start. I was thrilled with her running third."

Scott, who has also won three races as an amateur jockey, was thrilled with the July 25 outcome and he's looking forward to celebrating the result with his loved ones.

"When you have spent time with a horse for so long, to win a race is a feeling that is hard to describe," he said.

"I will remember this day for the rest of my life"

Tenacious Tessa back winning



Tessa Field, who's representing New Zealand at the World Masters Championships. Photo supplied

By Paul Williams

Finding the courage to come back from serious injury has seen Foxton swimmer Tessa Field on a plane for Singapore this week to represent New Zealand at the World Masters Championships.

Tessa, 31, was a promising swimmer as a youngster, but a back injury sustained in a race crash when she was 16 forced her from the pool.

The mini-stockcar she was driving crashed into the wall, fracturing vertebrae in her spine.

At the time she was competing at national swimming events and held Manawatū age grade

With time, her back slowly healed to the point where she could entertain the thought of swimming again.

"It was quite limiting, but with time it has repaired and everything is fine now," she says.

Two years ago she spied a masters swim meeting advertised on social media, so contacted the local club and joined in fortnightly Friday night trainings.

"I was so tired after the first training," she says. "It's taken quite a while to get back that endurance.

"It takes a lot of training to get that fitness back, that muscle memory.

"To get back into it as an adult, you really have to want to do it. You have to want to be there. But being in the right place with the right people helps."

Working with swimming coach Dave Haworth, she stepped up her training over time

RESULTS

GOLF

Levin (week ending August 3) Monday: Speldhurst 9 Hole Stableford - Wayne Nation 19, Neville McRae 19, Mick Thomson 18. Tuesday: Men Stableford - Ian King 18, Klass De Graff 18, Brian O'Donnell 18. Wednesday: 9 Hole Mixed Stableford - Paddy Enright 19, David Douglas 17, Stu Reid 16. Birdies: David Douglas. *Thursday:* Early Men Stableford – Soon Song 37, Peter Clarke 33, Vili Tia 32. Twos: Vili Tia; Late Men Stableford: Neville Simpson 36, Gerald Harpur 35, Chris Allum 35. Twos: Barry Judd, Philip Smith, Neville Simpson; Friday: 9 Hole Mixed Net - Kuresa Faleseuga 34, Ross McCormick 35, Eunok Kim 36. Speldhurst 9 Hole Stableford - John Griffin 19, Mike Cashmore 19, Wayne Nation 19. Saturday: Early Men 4BBB Hidden Pairs Stableford: Brett Gordon + David Pick 40, Ivan Franklin + Barry Judd 40, Kevin Campbell + Ian Moby 39; Ladies Stableford: Leaanne Ward 36, Anita Davidson 23, Robyn Saulbrey 23; Late Men Stableford: Gavin Jones 37, Sui Toa 37, Pete Greig 37. Twos: Gerald Harpur.

Foxton Midweek (August 5)

Malcolm George 36, Lorna Soo c/b 35, Barry Graham 35, Russell Jack 35, Marty Berry 35, Tyler Minarapa 35.

9 Hole (August 6): Stableford Competition – Carol Kupa 19, Sylvia Young 17, Rae Jack 16, Steve Kupa 16, Kevin Young 15, Neil Thompson 13

to the point where she is now swimming four times a week and going to the gym three times

That hard work has seen her speed return. Recently she broke the NZ Masters record for 50m backstroke – 31.58s at the Sir Owen Glenn Pool Auckland – allowing her to set her sights on Singapore.

Tessa says she enjoys being part of a swimming club again and seeing young swimmers come through, although at the same time can't help but notice that she is now the same age as some of the parents.

"It's humbling, but very cool," she says. Tessa is back behind the wheel now too, this time track racing at Manfield driving a Honda with the Manawatū Car Club, with success.

The World Masters Swimming event will be at the OCBC Aquatic Centre with swimmers from 100 countries competing.



Entrance tides August 8-15

https://www.metservice.com/marine/regions/whanganuimanawatu/tides/locations/foxton

https://www.metservice.com/marine/regions/kapitiwellington/tides/locations/waitarere-beach

Please note: The actual timing of high and low tide might differ from that provided here. Times are extrapolated from the nearest primary port for this location, so please take care.

MANAWATU RIVER FOXTON

HIGH LOW HIGH LOW HIGH

03:37 09:26 15:54 21:46 FRI 8 AUG

04:17 10:07 16:33 22:24 SAT 9 AUG -SUN 10 AUG -04:56 10:46 17:11 23:01

MON 11 AUG -05:35 11:25 17:50 23:40

TUE 12 AUG -06:15 12:05 18:30 -WED 13 AUG 00:20 06:57 12:46 19:12 -

THU 14 AUG 01:03 07:40 13:30 19:58 -

FRI 15 AUG 01:49 08:27 14:19 20:50 -

WAITARERE BEACH

HIGH LOW HIGH LOW HIGH

FRI 8 AUG -02:35 08:41 14:52 21:01 03:15 09:22 15:31 21:39

SAT 9 AUG -

SUN 10 AUG -03:54 10:01 16:09 22:16

MON 11 AUG -04:33 10:40 16:48 22:55

05:13 11:20 17:28 23:35 TUE 12 AUG -

WED 13 AUG -05:55 12:01 18:10 -THU 14 AUG 00:18 06:38 12:45 18:56 -

FRI 15 AUG 01:04 07:25 13:34 19:48 -

SPORTS BRIEFS

HK influence in Heartland XV

There will be a strong Horowhenua-Kāpiti influence to the New Zealand Heartland XV this year, which has a short tour of Samoa towards the end of the season. HK manager Tom Zimmerman is again managing the NZ team, while HK head coach Aleni Feagaiga has been named as assistant coach, along with Aarin Dunstar of Thames Valley. The NZ Heartland team has a game against a Prime Minister's XV and a Samoa selection in a two-game, threeday tour in October. Last season Shannon lock Dallas Wiki was in the team for what was to be an internal

Pre-season at Playford

The Horowhenua-Kāpiti representative rugby team has

a pre-season match against Wellington Māori at Playford Park on Saturday. The traditional preseason match will provide coach Aleni Feagaiga with a chance to test combinations ahead of the first Heartland competition game, against Buller at Levin Domain, a week later. The Wellington Māori match will be played in four quarters of 20 minutes each. Kick-off is at

Levin AFC in winning form

Levin AFC Mens team continued its winning way with a 6-1 win against Moturoa at the weekend, with the club's leading goal scorer, Olly James, scoring a brace of goals. The club's reserve team had a 3-0 win against Feilding, while the Levin AFC Masters team had

a 6-1 win against RSM Old Boys. Levin AFC premier women's team beat Feilding United 2-1, while the women's reserves team posted a 1-all draw, also against Feilding. The Colts team didn't fare so well, losing 12-1 to North End, while Levin AFC Sports lost 5-3 to Marist Park

Riccarton beckons

Two Levin horses will be chasing big money at Riccarton tomorrow. Mr Fabulous, trained by Allen Baker, lines up in the \$100,000 Grand National Hurdles, while Hey Hey Hey, trained by Wayne Moorehead, takes on the \$200,000 Grand National Steeplechase. Mr Fabulous will be ridden by Will Featherston, who also rides Hey Hey. Both horses are at lucrative odds.



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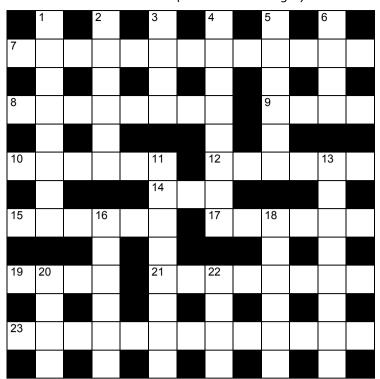
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THE CROSSWORD #NZ1944K (answers below right)



SUDOKU PUZZLES thepuzzlecompany.co.nz HARD #87H Use logic and process of elimination to fill in the blank cells using the numbers 1 through 9. Each number can appear only once in each row, column and 3x3 block.

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WORD SEARCH ANSWERS

5 8 G E N E S I S O U L S O

ORTALSBIRTHR

Arctic foxes. 4. a. Paris. 5. June 21, 2025. 6. Aomori City in northern Japan. Each year citizens are pummeled with about 26 feet of snow on average. 7. Hōtoke. 8. Matariki. 9. 2022. 10. The high-altitude Vostok weather station in Antarctica. 11. Yakutsk, in the Russian Far East, has an average annual temperature of -8.0 °C. 12. A high ridge in Antarctica on the East Antarctic Plateau where temperatures in several hollows can dip below minus 92° Celsius)on a clear winter

WINTER QUIZ ANSWERS: 1. b. Stonehenge. 2. c. Sweden. 3. a. night. 13. Mars is very cold, with an average temperature of about -63°C. 14. No, snow is actually clear and colourless. 15. When combined, windblown snow and black dirt make what is called snirt.

SUDOKU SOLUTION #87H

4 7 2 2 9 6 8 4 5 4 8 1 9 4 3 5 7 2 6 564724839 1 7 2 3 9 6 4 8 5 9 8 8 8 6 4 4 5 6 8 1 7 2 9 3 231649578 7 4 5 4 8 8 6 8 6 9 8 5 7 2

2. Char (6)

ACROSS

(8)

7. Colours worn by

team (5,3,5)

9. Wild cat (4)

Hawke's Bay rugby

8. Children's hospital

10/15. New Zealand's

most successful

12. Dark blue (6)

'love' (3)

15. See 10

17. Hire (6)

21. Ragged (8)

in 2022 (7,6)

DOWN

Paralympian (6,6)

19. Church recess (4)

23. Politician who was

briefly banned from

parliament grounds

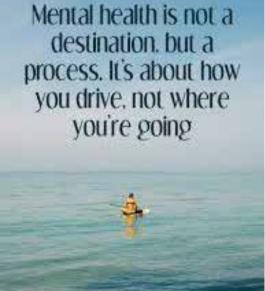
14. Informal spelling of

- 3. Holiday house (4)
- 4. Having the capacity to adjust to new conditions (8)
- 5. Formed (6)
- 6. Ernest Rutherford's research target (4)
- 11. Poll that occurs every three years in NZ (8)
- 13. Branch of mathematics (8)
- 16. Dairy product produced widely around New Zealand (6)
- 18. Attractive (6)
- 20. First song in Māori to be No1 in the charts (3,1)
- 22. Sacred or forbidden (Māori) (4)

1. An excess of (8)

Proverbs 12:25

"Worry ways a person down. An encouraging word cheers a person up."



MID-WINTER QUIZ Answers bottom of page.

- Where do people go to witness the winter solstice in the UK?
- a, Mam Tor b. Stonehenge c. Avebury. 2. Which European country is home to the 'Icehotel'?
- a. Norway b. Denmark c. Sweden
- 3. Which animal's fur turns white in winter? a. Arctic foxes b. Harp seal c. Caribou.
- 4. In Home Alone, where does Kevin's family end up for the holidays? a. Paris b. Rome c. New York City
- Winter Solstice is the shortest day and longest night of the year. What day did it fall on this year?
- Where is the snowiest city on Earth?
- What is the Māori word for winter?
- What do we celebrate in winter each year marking the beginning of the new year in the Māori lunar calendar?
- Which year was Aotearoa New Zealand's warmest and wettest winter on record?
- 10. The world's coldest temperature record was -89.2°C on 21 July 1983, Where was this?
- 11. What is the coldest city on Earth?
- 12. What is the coldest place in the world?
- 13. How cold is Mars?
- 14. Is snow Is white?
- 15. What is snirt?

WORD SEARCH; LIF AND DEATH

answers below

S	В	G	Ε	N	Ε	S	I	S	0	U	L	S	(
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MORTALITY DEMISE DEATH EXTINCTION SOULS ETERNALITY GENESIS

HUMANNESS SLEEP **PASSING AGING OBLIVION TRANSIENCE** BIRTH

CREATION IMPERMANENCE AFTERLIFE SICKNESS MORTALS

CROSSWORD #1944K ANSWERS Across: 7. Black and white, 8. Starship, 9. Puma, 10/15. Sophie Pascoe, 12. Indigo, 14. Luv, 17. Employ, 19. Apse, 21. Tattered, 23. Winston Peters. **Down**: 1. Plethora, 2. Scorch, 3. Bach, 4. Adaptive, 5. Shaped, 6. Atom, 11. Election, 13. Geometry, 16. Cheese, 18. Pretty, 20. Poi E, 22. Tapu.

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HOROWHENUA 11 PART RESERVATION TRUST Notice of Adjourned AGM and Election Result

He Pānui

There was not a quorum of owners for the AGM on 3 August 2025, the AGM was adjourned to 11am Sunday 24 August 2025.

Kawiu Marae, 294 Kawiu Road, Levin Registration from 10am

Agenda

- 1. Financial Reporting
- 2. Trustee operations of the last year
- 3. Trust Project Updates
- 4. Resolutions regarding support for the three nominees
- 5. General Business

6. Presentation on Review of Trust from Renika Siciliano & Baden Vertongen (Court Appointed Counsel) Documents available prior to the hui can be found on the

trust website and Facebook page. Note that this is the 2024 AGM for the Trust. The delayed scheduling has been approved by Judge Warren of the Māori Land Court.

Notice of Election Result

The Horowhenua 11 Part Reservation Trust gave notice inviting nominations to fill 6 trustee positions. The Registrar of Māori Land Court Aotea, as Returning Officer, has confirmed three nominations were received:

Selena Hunt

Marokopa Wiremu-Matakatea

Jonathan Proctor

Judge Warren has confirmed that, as there were just three nominations for the six positions, no election is required. However, Judge Warren requires indications of support for each of the three nominees by way of resolution and a show of hands at the AGM.

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