

Wanaka MIRROR

‘Big deal’ chopper drops in

Otago and Lakes District Freemasons have donated \$54,000 to the Otago Rescue Helicopter Trust. The world’s first instrument rated BK117 visited Wanaka last Friday to collect the cheque. Pilot Graeme Gale said the flight instrument rating was a "very big deal" and allowed pilots to set routes that had previously not been possible. Read more: www.stuff.co.nz/national/84672995

Mayoral candidates spend up for win

DEBBIE JAMIESON

At least two Queenstown Lakes mayoral aspirants are spending up to their \$20,000 election limit as they throw it all in to win the top job.

Postal voting in this year’s election closes on Saturday and a new mayor is expected to be named by Saturday evening.

Five candidates are vying for the seat in the most hotly contested election in recent times.

The expenditure limit is based on population and for mayoral candidates in the Queenstown Lakes District it is \$20,000.

Roger Tompkins says he intends spending his full allowance: “smashing open the piggy bank if necessary”.

Jim Boulton also says he has spent close to the \$20,000, while John Mann estimates he has spent about \$8500.

At the other end of the scale Al Angus says he has used about

2016

“two or three hundred dollars” worth of fuel, his time and mostly old billboards.

“I get a lot of bang for my buck - just goes to show ordinary people can do extraordinary things,” he said.

Deputy Mayor Lyal Cocks has declined to give his expenses but

says he will do so after the election, as per the Electoral Act.

Candidates are also required to declare election donations higher than \$1500.

Most declined to give details of theirs ahead of fulfilling the post-election reporting requirement, but John Mann said he did not accept donations.

“My wife Ann and I funded the campaign, and my daughter Catherine ran the social media.”

Boulton said he had accepted

donations as a mark of respect to those who wish to be part of a positive campaign.

The Queenstown mayoralty race is making national headlines after Boulton announced last week he asked police to investigate an alleged “campaign” against him.

By Monday 6765 votes had been returned representing 32 per cent of registered voters in the district. Less than 45 per cent of voters had their say in the 2013 election.

YOUR PAPER, YOUR PLACE

FROM THE NEWS DESK

I am reflecting on Peter and Dee Gordon’s remarkable four year labour of love for Wanaka. Also on former district resident Stina Mooyman’s remarkable six-figure donation to the Upper Clutha Hospice Trust (Mooyman, 93, now lives in Henderson.)

The \$9.3 million Aspiring Enliven Care Centre is a district asset for seniors and the terminally ill.

To quote a Longfellow poem read by Presbyterian Support Otago chief executive Gillian Bremner at Friday’s official opening:

“Age is opportunity no less than youth itself, though in another dress, and as the evening twilight fades away the sky is filled with stars, invisible by day.”

That is what the benefactors and partners were aiming for - that the stars do get to shine.

Bremner said, and I agree: Everyone should be proud of what has been achieved at the Aspiring Enliven Care Centre because it is absolutely stunning.

Marjorie Cook

to do list

1. DIWALI FESTIVAL

Celebrate the vibrant Indian culture at Queenstown Memorial Centre from 6pm on Sunday.

2. SNOW SPORTS AWARDS

Winners to receive their awards on Saturday, 7pm, at the Lake Wanaka Centre.

3. HOCKEY FIGHTS CANCER

Charity ice hockey matches at Queenstown Ice Arena at 6.30pm on Saturday.

4. SPIRITUAL FAIR

Readers, healers, crystals and more at Arrowtown’s Athenaeum Hall from 9.30am on Sunday.

5. BOOK LAUNCH

The Mt Pisa Station Story is being launched at Cromwell Paper Plus at 5.30pm on Friday.

TELL US ABOUT IT

Let us know what is happening in your street or community. Email mirror@stl.co.nz

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New aged care centre opens

MARJORIE COOK

At least 300 people celebrated the opening of Wanaka’s first dedicated hospital for seniors and first palliative and respite care unit.

The \$9.3 million Aspiring Enliven Care Centre was founded by retired farmers Peter and Dee Gordon, who are also directors of the Aspiring Retirement Village.

The village and Presbyterian Support Otago are partners in the facility, which is to be built in three stages.

Stage one provides hospital and rest home level care for 20 residents and rest home dementia care and accommodation for another 20. It will eventually provide for up to 80 people.

A separate palliative and respite care suite has been funded by the Upper Clutha Hospice Trust and another suite is likely in due course.

The palliative and respite care suite has been named after benefactors and former Wanaka residents Stina Mooyman, 93, of Henderson and her late friend, Dirkje Veenstra.

The celebration was so well attended, Wanaka’s Presbyterian community provided two afternoon teas.

Visitors were thrilled with local art works on the walls and delighted with the quality of the fittings.

Aspiring Enliven Care Centre founders Dee and Peter Gordon, left, chat at the opening.

The 3750m2 project more than triples the current capacity of residential aged care in the Upper Clutha.

Stage one is expected to reach 50 per cent occupancy within three weeks, while the Stina Mooyman suite would be occupied this week.

Queenstown Lakes deputy mayor Lyal Cocks said the centre was an important asset.

“Some people may say it is a bit big for Wanaka but the way we are growing, it is right on the button,” Cocks said.

Dee Gordon acknowledged many people who supported her family through planning and construction.

She also thanked Wanaka’s floral society, the Presbyterian women’s group and local artists for styling the centre and cater-

ing.

“It has been a such a heart warming thing when you go and see an artist and ask, “Do you want to put something in the hospital” and they say, “Oh yes, I can give you two pieces if you like.”

Read more: <http://www.stuff.co.nz/business/84920327/wanakas-new-aspiring-enliven-care-centre-celebrated-with-two-high-teas>

ALCOHOL FREE

The new Wanaka Recreation Centre will be an alcohol-free venue unless a special licence is obtained, the Queenstown Lakes District Council decided last Thursday. Councillors were unanimous in using the standard Queenstown Lakes District Council policy for the centre.

SPORTS FIELDS

The council has agreed to put aside \$260,000 for two sports fields at the Wanaka Recreation Centre. The money covers turf and irrigation work. The annual amount of operational funding for the fields has yet to be decided.

BULLOCK CREEK

Te Kākano trust and Otago Fish and Game have started a Bullock Creek restoration project. Weed control work is being done at the source near Stone Street. Native trees will then be planted. A public access walkway is also planned.

FIFTY, REPRISED

SKY Sport will broadcast Wanaka ultra distance runner Mal Law’s movie, FIFTY, from October 8-15 on pop-up channel 057. FIFTY was filmed by John-Jo Ritson and tells Law’s story of 50 peaks in 50 days to raise money and awareness for mental health. The screenings are during Mental Health Awareness Week.

MARJORIE COOK

Visitors beat Dean to car park

MARJORIE COOK

Waitaki MP Jacqui Dean was gobsmacked by Wanaka traffic last week.

“What the heck? You can’t even get a carpark here,” she said at a meeting with Lake Wanaka Tourism and the *Wanaka Mirror*.

The private secretary for tourism and local government is no stranger to Wanaka but she’d picked a lovely spring day during the first week of school holidays, in the last week of snow season.

Shoulder season starts - well, who knows when it might start this year? The proverbial rolling tumbleweed doesn’t seem to exist anymore.

Statistics New Zealand’s latest Commercial Accommodation Monitor has confirmed what locals instinctively felt: There have been more Wanaka visitors this year than ever before. And yes, it’s virtually impossible to get a carpark in the main street.

CAM tells us there were a record 794,840 “bed nights” in Wanaka in the year ending July.

But Lake Wanaka Tourism general manager James Helmore says Spark’s new cellphone data tracking venture, Qrious, was suggesting more than 1.2 million visitors, counting those who just come for part of a day.

“When you are talking about 1.2 million people coming through Wanaka, we do need to cater for that demand,” Helmore told Dean.

He rubbed the point home: visitor growth is forecast to continue through to 2022, with a 65 per cent increase in value and 45 per cent increase in volume.

Most visitors are coming from China, United States and Australia. They are smoothing over the traditional humps between winter and summer and while Wanaka has beds for them, there are not enough toilets and carparks.

Lake Wanaka Tourism has joined forces with the Wanaka Community Board and Queenstown Lakes District Council to apply for more central government funding for infrastructure. Better carparks and toilets were needed at the bottom of the Mount

Roy track and at the lakefront, plus anything practical that made the visitor experience better, Helmore said.

Read more: www.stuff.co.nz/business/84908228/Waitaki-MP-Jacqui-Dean-struggles-to-find-carpark-in-Wanaka

Lake Wanaka Tourism general manager James Helmore and Waitaki MP Jacqui Dean in Wanaka.

MARJORIE COOK

Board responds

MARJORIE COOK

Wanaka’s community board candidates are united in promising to do something about the impacts of visitor growth.

Suggestions range from better strategy, bed taxes, central government infrastructure funding, and a Crown Range road toll.

Deputy board chairman Bryan Lloyd said tourist numbers “have gone bananas” and the board had to ensure tourists had a positive experience. More “basic requirements” were needed, Lloyd said.

Chairwoman Rachel Brown said an application has gone to the \$12 million MBIE regional mid-sized tourism facilities fund “but the criteria are very limiting”.

A local tourism levy and sharing tourist infrastructure costs with central government would help, she said.

“We can’t keep inviting people to stay and not providing facilities. That is bad for us, for them, and for the environment,” she said.

Similar responses were received from candidates Quentin Smith, Ed Taylor, and Ruth Harrison.

Mike O’Connor suggested a tourist only toll gate on the crest of the Crown Range, while Barry Bruce listed options to reduce traffic congestion.

Read more: www.stuff.co.nz/national/politics/local-body-elections/84690757/tourism-goes-off-in-wanaka-board-candidates-promise-to-respond

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Walnut Cottage to go: Akarua winery moves in

DASHA KUPRIENKO

The 150-year-old Walnut Cottage cafe has been sold and is being renovated and turned into a “contemporary” restaurant. Akarua Wines general manager Kathryn Pettit said the changes to the heritage building would be minimal. “We want to retain the lovely feel and give it a refreshment, give it more love and care,” she said.

The company was working closely with the landlord to maintain the heritage values, she said. However, the pond and the bridge near the building were demolished to build a wine testing area.

She expected the new business to open in November.

The Walnut Cottage cafe was owned for six years by Rick and Dini Siddik who said it was sad to see their business go.

“It kind of breaks my heart a little bit,” Dini said.

“I try not to get too emotional with businesses,” Rick said.

However, the pair said the building needed some tender loving care.

“This is going to be good for the building to preserve it, definitely,” Rick said.

The couple were the longest owners of the Walnut Cottage, which was a gift and craft shop, a garden shop and was well known for its scones.

The pond and the bridge at Walnut Cottage cafe have been demolished to make way for a wine tasting area.

The majority of cafe customers were locals who might come in for a coffee after a run or pop in for breakfast while walking the dog.

Rick and Dini were afraid the place would lose its casual feel once it turned into a restaurant.

Pettit said after the renovations the restaurant would still be focusing on the local market.

“Coffee and breakfasts play a big role. It’s the key to making it work,” she said.

Akarua, which has five wineries near Cromwell, was excited to build a profile in

Arrowtown.

“It was crucial for us to make a presence in Queenstown,” Pettit said.

The works on the site started at the beginning of September and the business was sold in June.

The Siddiks will take a break, and Dinni will travel to Indonesia to see her family.

However, the Indonesian couple were hoping to open a traditional restaurant in Queenstown in the future.

The couple will continue working in hospitality. “It’s in our blood,” Dini said.

CT scanner promised by 2018

DASHA KUPRIENKO

Diagnostic services at Lakes District Hospital will be improved, with a CT scanner due by 2018.

Southern District Health Board deputy commissioner Richard Thompson said diagnostic services were a priority at the Lakes Hospital development.

A CT scanner was needed in Queenstown and it was “quite a critical” matter.

“If you don’t have CT, ultrasound and an X-ray and that diagnostic system in the

hospital you do not have the decision-making tools that a modern hospital needs.”

The Queenstown hospital facility had had no upgrades for a long time, which was no longer acceptable, Thompson said.

Speaking at a public meeting in Queenstown, he said the building still needed be assessed in early 2017 to decide where the scanner would go.

No extra staff were needed to operate and monitor a scanner, he said.

“If we are doing CT scans here we don’t have to have a

radiologist.

“That could be done from anywhere in the world. We have scans now that are read in overseas countries.”

A two-stage project’s aim was to ensure Lakes District Hospital could meet the needs of the region’s growing population in the short and longer term.

The first stage will focus on addressing immediate needs and improving the hospital’s emergency department, providing a better patient flow, Thompson said.

The meeting was held in Queenstown on Thursday.

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Saturday 22nd October | 10am - 6pm

Sunday 23rd October | 10am - 6pm

Monday 24th October | 10am - 2.30pm

\$5 DAILY ENTRY

Noodles impress QT locals

DASHA KUPRIENKO

Nearly 50,000 foodies visited the Queenstown Night Noodle Markets and organisers say the event will return next year.

Fairfax Media NZ events manager Brett McMeekin said the five-day Asian food festival was a booming success.

“We definitely want to come back and it’ll be around the same time period,” he said.

“We had a lot of positive feedback from locals saying it’s a great family event with lots of kids around and no aggression.”

As things were winding down on Sunday and light drizzle

“Everyone has been talking about it.”

Beatrice Onions

started falling, two Wakatipu High School students said the market had been popular amongst their friends.

“Everyone has been talking about it,” Beatrice Onions said.

Loren Hanrahan said Queenstown needed more events for locals.

“I think it’s cool to have something in Queenstown like this.”

Rain on Friday and Sunday nights didn’t stop the food-lovers from arriving.

On the last day of the markets 1600 visitors came through within two hours of the opening.

The Queenstown crowd didn’t favour one vendor specifically, but Madam Woo’s hawker rolls, Hoy Pinoy’s skewers and Nom Nom dumplings were the most popular.

Pot Sticker Dumplings had to hire a local chef to help two Christchurch chefs make enough dumplings to feed the hungry crowds.

“Most days we’d sell out of one flavour of dumplings, but we have our amazing chefs making dumplings as we need them,” a worker said.

Queenstown Night Noodle Markets had almost 50,000 visitors in four nights.

JACKIE GAY

QT mayor treated to gifts, cheer

RHYS CHAMBERLAIN

There was no tears, no hugs, no high-fives, but Queenstown Lakes District councillors sitting at the penultimate meeting before Saturday’s election did make some important decisions - following gifts from a member of the public.

In a lighter moment during the public forum on Thursday, regular attendee Evan Jenkins - after complementing the council on “the bikini beach willows [having had] a Brazilian” - presented outgoing mayor Vanessa van Uden with chocolates.

Jenkins said it was in recognition of her being “unelected”. Van Uden thanked him for being a “rare and unique” presence at meetings.

PUB CRAWLS

Pub crawl businesses will have to be permitted from next month.

Nine of Queenstown’s 10 councillors voted in favour of imposing the regulation. Only councillor Simon Stammers-Smith voted against changes to the Activities in Public Places bylaw, formally the nuisance bylaw.

Regulatory manager Lee Webster urged councillors to accept the recommendation, while bar crawl supporters spoke against it. Changes to the bylaw take effect from November 30 with a review scheduled in 12 months.

SKYLINE RIGHT-OF-WAY EASEMENT

A right-of-way proposal by Skyline Enterprises in addition to its \$60 million upgrade was approved unanimously by councillors.

The right-of-way will run between the new gondola base building and the Kiwi Birdlife Park through council reserve land. It would incorporate a cycleway and pedestrian access with the primary function being for vehicle access to the back of the new building. Construction would commence subject to resource consent.

COUNCIL RESERVE OFF STANLEY ST

What to do with council space presently incorporating the Queenstown Performing Arts Centre, Wakatipu Abuse Prevention Network and two car parks off Stanley St will be put out for community feedback. The new council will be briefed on any feedback received after October 8.

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Queenstown Lakes District Mayor Vanessa van Uden is stepping down after six years in the role.

Backyard banter

Reach out and connect with elderly

Be a relationship builder – get to know the older people in your neighbourhood.

Many older people have good social networks, but isolation and loneliness are a daily reality for some.

Recent research shows that around 60,000 older people in New Zealand are likely to be severely lonely.

One Age Concern client who felt desperate for more company shared: “I live alone. No family near. My wife died. I’m the last of eight. I’m 92 years old.”

Friendly contact with neighbours can be very important for older people who have trouble getting out and about, but people of all ages can benefit from getting to know the people around them.

Louise Rees, Age Concern New Zealand’s national adviser – Social Connection Service, says, “Getting to know my older neighbours was wonderful. They were here when their house and ours were built in the 1950s, and filled us in on the history of the

street. We now know why there is a rimu floor in our garage. It’s where the neighbourhood dances were held!

“Our neighbours were great gardeners, so we got to know them at first by chatting over the garden fence. They were always ready to share their knowledge, and gave us the occasional gentle steer on how to control the weeds. They are no longer living next door but every time I see the rimu floor in the garage, it makes me smile as I think of them dancing.”

So what can you do to make your neighbourhood a great place for older people to live?

Do you have an older neighbour next door or close by? With International Day of Older Persons having just passed (October 1) – now is the perfect time to connect with them. It can be as simple as a chat over the fence, popping around with a few flowers from the garden or some baking, or inviting them around

You can make your neighbourhood a great place for older people to live.

SUPPLIED

for a cup of tea. Start with a simple smile and hello when you’re out walking or at the shops. It could make the difference to someone’s day.

Think about getting out and about. Transport can be a big problem for older people, especially if they’ve given up driving. Take a few moments to think about what you would miss out on if you didn’t have a car,

and whether you’re in a position to offer a lift to someone local from time to time.

Join Neighbourly. If your older neighbour uses a computer, tell them about it, and encourage them to join. If they don’t – keep them updated with information that may be of interest to them. Knowing who lives around us, and what’s happening helps everyone, including older people,

to feel safer and to be more connected.

If you have more time you could make a difference by volunteering to visit a lonely person in your neighbourhood. Local Age Concerns across New Zealand are always looking for people to visit and you could be just the person they need.

To join in the stand against ageism, you can play a part by acting as an Age Concern Dignity Champion. Learn more at www.ageconcern.org.nz. Older neighbours need communities that support them to feel safe, included, and able to contribute. Knowing our neighbours helps that to happen.

Neighbourly is a NZ-owned social media site creating easy ways for neighbours to talk and connect. Join us at neighbourly.co.nz or download our new iPhone and Android apps.

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Conversations

“As ski season 2016 draws to a close we just want to say - it was a blast! ”

LETTER TO THE EDITOR

Interesting to read the proposed councillors’ views on what they will do for Queenstown. Sadly, only one mentioned our debt (\$85.5 million), which is a disgrace and a shame on previous councils.

Whether councillors like it or not, running a town this size is a business and the books should balance every year. The easy way out is to shove it onto the ratepayers.

It is not the ratepayers’ responsibility to pay for council’s overspending. It is also not the ratepayers that should even be considered to pay for a convention centre, that none of us will ever use. I thought user-pays was the way. Let some business person build and operate it. It is an individual business. Council is not there to take gambles on running business, it is there to run the area and the services that are needed, for its people.

There should be a freeze put on rates. They are too high already for people to live here that are not in the million dollar bracket -

We need councillors who know when to stop spending other people’s money, writes J McLaren.

that’s your workers, retirees, middle class people who were born and bred here, who worked hard to make the town a place for people to enjoy. Sadly, it is not a place for people to enjoy anymore.

Instead of a holiday place to relax, it has become a nightmare, and unless council stop letting developers break up more land for a few years and just develop what we already have, old houses and land, then people will stop

coming. The town cannot cope - simple!

All councillors need to remember that they need to listen to the people because they are put there by the people, for the people and they are paid servants. Sewerage, roads, rubbish, water, footpaths and green areas, these are all the problems they need to keep running smoothly.

Sections and land that belong to the council, actually belong to

GET IN TOUCH ONLINE

“Enjoy the memories and we look forward to seeing you in 2017!”

Coronet Peak

the people. It’s their assets too and before council thinks of selling land off for cheaper housing...remember, its all been done before by previous councils, and these people stay for a while and when a price rise comes, they all sell, take the profit and go. So perhaps council should lease the land on a 100 year term, giving council an income and the town and its people still have an asset.

Things need to change for the town and its people. Locals have lost their lifestyle.

Regarding the Otago Regional Council. This needs to go off our rates. This is just another area dragging off us all. Those areas need to stand on their own feet. The local people, ratepayers, deserve a better deal than what previous councils have given us.

When the new elected councillors take their seats they need to have some business knowledge, some people skills and know when to stop spending other people’s money. We need brains, good thinking and wisdom to get our town back on a debt free road, so we can get our lifestyle back.

J McLaren, Queenstown

ONLINE CHATTER

It’s the last week of the season. Mixed bag of weather with sun & showers forecast. **Cardrona** Thank you for an awesome awesome season. Can’t wait till next year. What’s new and exciting on the cards for next year? **Brigitte Rogers** Flights and accommodation already booked for 2017. Us Queenslanders will see you then. **Catherine Kingston** See ya next year. Until then... **Tania Bromley**

WRITE TO US

Letters must have full name, residential address and phone number. Hard-copy letters must have a legible signature. The editor reserves the right to edit, abridge or withhold any correspondence without explanation. Letters may be referred to others for right of reply before publication. Mail: The Mirror PO Box 770, Queenstown. Email: mirror@stl.co.nz

What’s On

Get
involved!

WEDNESDAY
School holiday music: Workshop for 4-7 year olds at the Art Centre, 10am-11am. Cost \$10. More info Ann-Marie 021197811.
Healthy hens party: Exclusive launch of Queenstown healthy hens party and wedding brand from 5.30 to 6.30 at Toro Kitchen. Complimentary bubbles and canapes.
Pilates: Lake Hawea Community Centre. Every Wednesday from 6pm. Cost \$10.
Stich ‘n Bitch: Craft and chat at Edgewater Hotel, Sargood Drive, Wanaka, every Wednesday from 7pm. All welcome.
Altrusa International Queenstown: meet first Wednesday of each month at the Senior Citizens rooms, 10 Memorial Street. New members welcome. Enquiries to president.queenstown@altrusa.org.nz
Queenstown Pure NRG (New Rotary Generation): meet every Wednesday. Contact purenrgqt@gmail.com
Shotover 4WD Club: meet first Wednesday each month at 7.30pm at St Johns rooms, Frankton, Contact; 442 9168
Learn salsa: Wanaka Social Dance presents beginners and intermediate street Latin dancing every Wednesday at the Dance Out Loud Studio. For more info on 021 0396537.
Preschool story time: Bring your 3-5 year old to Wanaka Library for crafts and books from 10am - 11am.
Kangatraining: babywearing postnatal exercise class, 9.45am every Monday and Wednesday at Presbyterian Community Church Centre, 91 Tenby Street Wanaka, and 10am Thursday at Cromwell's Scout Hall on Ortive Street. It's \$5 to try a class. To book: Go to facebook page or fiona@kangatraining.co.nz.
Mixed craft group: 1pm every Wednesday at the Alexandra District Club. Learn how to do different crafts and share the knowledge of crafts that you participate in. No charge. Just come along. Contact hazyfrazy@gmail.com.
St John Cromwell Youth Division: Meet every Wednesday at St John Rooms, Barry Ave. Penguins 5-6.15pm and cadets from 6pm-7.30pm. Inquiries to nicola.hansen@gmail.com or visit

Event listings

Events in the Mirror coverage area are listed free of charge subject to space availability and may be removed without notice. Email listings to dasha.kuprienko@fairfaxmedia.co.nz by noon on the Friday before publication.

youth.stjohn.org.nz
Care and Friendship: 11am in the Catholic Church Hall in Sligo St, Cromwell. This is a light-hearted day out for senior people, all welcome. \$8 for lunch, transport available. Phone 445 1044.

THURSDAY
Light Up Wanaka: The third and final street party for 2016. Street stalls, musicians and more on lower Helwick Street. From 4pm - 7.30pm.
Meditation Class: every Tuesday 11am and Thursday 5.45pm. Classes ongoing-everyone welcome, no previous experience needed. Koha accepted. Queenstown Dharma Centre, 12 Lake St. Contact Andrea 021440537
Queenstown Organ and Keyboard Club: meet fortnightly on Thursdays from 1.30pm to 4pm. Contact 441 4123.
Queenstown Car Club: meet first Thursday of each month at Goldridge Hotel at 7.30pm. Contact 442 2746

Quiz Night @ Armando`s: Melmore Terrace. 6pm start, \$5 per-person. Pizza and drinks available throughout the evening. Get your team together and come and enjoy our fun alternative quiz nights.
Crank Cycles Ride Night: 7pm every Thursday, departing from the Golden Gate Lodge. Everyone welcome. Bikes available. Phone 445 4107
Cromwell Pottery Group: Meets every Thursday 10am-4pm, Saturdays club day 10am-4pm @ the clubrooms on Inniscort St. Inquiries 4453010.
Wanaka Farmers Market: Every Thursday, 3pm - 6pm outside Speight's Ale House on Ardmore Street. Now with arts and crafts.
Knit Club Wanaka: Every Thursday, Alchemy Bar, 5.30pm. Contact shop@woven.co.nz.

FRIDAY
Vintage clothing art: Wanaka artist

Remarkably competitive

Are Queenstown’s builders a competitive lot?

Maybe a little, concedes James Clarke of Climate House. Clarke (pictured above centre) is one of several local builders and architects who will compete in the inaugural Remarkables Primary School Chippy Challenge. The competition is being held as part of the school's CAR-nival on October 15. The CAR-nival features Queenstown's only major car show/ display this year and the school

community is organising activities including food stalls, a plant sale of herbs, a book stall, dozens of children's activities including a Spider Web obstacle, golf putting, dunking machine, speed competition, and a chocolate wheel. Funds raised will go towards developing the school's playground, outdoor eating areas and additional shade spaces. The playground was well used by students and had become very popular with the wider community, using it after school hours and in the weekends and holiday time. **WHAT:** Remarkables CAR-NIVAL, sponsored by Queenstown Car Club and Remarkables School

WHERE: Remarkables Primary School
WHEN: Saturday, October 15 from 10am to 2pm
INCLUDES: Car show, stalls, dozens of children's activities, food stalls, plant sale, and pampering.
ENTRY: Gold coin donation with some great spot prizes.
CAR/BIKE ENTRY: Entry for cars and bikes is \$5. Prizes include principal's choice top 5 cars, top 3 bikes and people's choice. Pre-entry is recommended as spaces are limited. Entry forms are available from the Queenstown Car Club website: queenstowncarclub.co.nz or by contacting Simon Jones 0274 322 303.

Sonia Richter hosts “Unveiling” on Friday at Studio 7, 5 Frederick Street, Wanaka, 5.30pm-7pm. Free. Studio 7 is also open Saturday and Sunday 3pm - 6pm.
Book launch: The Mt Pisa Station Story which is being launched at 5.30pm at Cromwell Paper Plus. Author Nicola McCloy will be there. Tickets are \$10.
Winter table games: Weekly cards and table games at the Lake Hawea Community Centre, every Friday from 1.30pm. Contact Louana

4432345 or Marj 4437472.
Simply Meditate: Escape the stress and busyness of life and discover the peace of meditation for yourself with Buddhist nun Kelsang Luma. Classes are suitable for everyone. Bookings not required. Friday's from 10.15am to 11am at St Peter's Parish Centre, 2 Church St, Queenstown. Suggested donation of \$5 per class.
Local Produce Market: Pioneer Park, Centennial Ave, Alexandra, 11 to 2.30pm. Seasonal fruit and vege, European bread, cheese, beef

including sausages, smoked salmon and mussels, preserves, cordials, sweet treats and lunch time food. Contact Adrienne Lamb 027 248 8815.
SATURDAY
Klezmer from The Kugels: Dance to wild, spirited and haunting Jewish folk music by The Kugels, at the Albert Town Tavern, 7.30 pm. Members \$30, non-members \$35, schoolchildren free. Book at Gifted 19 Helwick St.

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What's On

Klezmer with The Kugels

The Klugels play klezmer music, a style they say “makes you want to dance - spirited, wild and haunting”. Klezmer is the folk idiom of the Jewish people and was originally played at weddings and other celebrations in Eastern and Central Europe.

While jazz elements have been assimilated into the music, The Kugels play the ‘original’ pre-jazz klezmer, influenced by revivalists this century.

Their repertoire also includes music brought to the US by Soviet and Israeli immigrants in the 1980s.

Accordion player Ross Harris is New Zealand Arts Laureate.

Woodwind instrumentalist Debbie Rawson teaches at Victoria University's NZ School of Music.

Violinist Robin Perkins recently retired from New Zealand Symphony Orchestra.

He now devotes himself to the art of klezmer/gypsy fiddle.

Bass player Jacqueline Nordon

From left, musicians Robin Perks, Ross Harris, Debbie Rawson, Jacqueline Nordon are The Kugels. SUPPLIED

is an eclectic orchestral player/ street band leader and all round klezmer music enthusiast. **I Hear The Klugels:** Albert Town

Tavern, Saturday 8 October from 7.30pm. **I** Tickets \$30/\$35 from Gifted at 19 Helwick Street.

or Neha 02102711415

Spiritual fair: Clairvoyants, healers, readers, crystals, reflexology and much more. Pop in, enjoy the vibes and discover something new at the Arrowtown Holistic Spiritual Fair. At the Athenaeum hall from 9.30 to 6pm. Gold coin donation.

Central Cinema: Alexandra at 2pm, screening of *This Giant Papier Mache Boulder Is Actually Really Heavy* and the director will be there for a Q+A. Bookings on 448 7850.

Alexandra Croquet Club: Learn and play 1pm Sundays and Tuesdays. Kenmare St, Green, Alexandra. New members welcome. Contact Carol on 448 6511.

Shotover Country Music Club

Concert: third Sunday of each month, 7.30pm at Athenaeum Hall, Arrowtown. Contact 442 0785.

Petanque Cromwell: Every Sunday and Wednesdays 1.30pm at Old Cromwell Town. Inquiries Margaret Ball 445 3678.

MONDAY

Queenstown Photography Club: Meet first Monday each month at 7pm at Goldridge resort . More info

gillian@volunteering central.org.nz or 027 506 5705.

Weight Watchers: Alexandra meeting 6pm at Central Stories side room. All welcome, membership fees apply. Contact Amelia.Paterson@weightwatcher-s.co.nz for more details or just pop along to a meeting.

Queenstown Contract Bridge Club: Bridge sessions every Tuesday 7pm upstairs at Queenstown Events Centre. Convenor Justine Cranfield 4423432

Queenstown Film Society: Every Tuesday at Dorothy Browns Cinema from 8.30pm. More info: queenstownfilmsociety.co.nz

Queenstown Toastmasters: Meet every second Tuesday from 7pm to 8:30pm at St John Rooms, Douglas St, Frankton. Contact: Simon on 441 4611 or visit queenstowntoastmasters.org.nz

Meditation Class: every Tuesday 11am and Thursday 5.45pm.

Everyone welcome, no previous experience needed. Koha accepted. Queenstown Dharma Centre, 12 Lake St. Contact Andrea 021440537

Rotary Club: Wanaka Rotarians meet at the Mt Iron Garden Bar and Function Centre, Albert Town Tavern, 6pm for 6.30pm.

Meet a Justice of the Peace: JP services are available at Community Networks, 73 Brownston Street, 10-2pm. Make an appointment 4437799.

Alexandra Pipe Band: meets Tuesdays 7.30pm. Transport from Cromwell available. Contact Duncan 4450400.

Fine Thyme Singers: meet Tuesdays 7pm at the Supper Room, Lodge Bldg, Old Town. Inquiries 4453245.

Cromwell Drop-In Centre: The Hut from 10am-2pm every second Tuesday. Play pool, bring crafts or a movie. Cost \$4 and must be over 18.

REGULAR

Gentle yoga: Lake Hawea yoga collective presents weekly yoga classes. Rotating teachers. Every Monday 5.45pm - 7.15pm and every Tuesday 9:15 to 10:45. Cost \$15/\$12. Contact jen.gratitude@gmail.com.

Coffee Chat and Craft: Every first Thursday of the month at 10am at St Peters Church Lounge.

Artists exhibition: Visual artists of Central Otago at 2 Church St 10am to 4pm daily - Contact (03) 448 6230 - Entry by donation.

BOOK LAUNCH

The Mt Pisa Station Story - A Stroke of Luck, by Nicola McCloy, will be launched at Cromwell Paper Plus on Friday, October 7 from 5.30pm. Established in 1858, Mt Pisa Station was one of the largest landholdings in Central Otago. The current owners, the MacMillan family, have been on the station since 1924. It is a tale of boom and bust, gold and water, drought and rabbits, and of a changing agricultural world. It is also the story of the MacMillan family and their connection to this iconic piece of land.

SATURDAY (CONTINUED)

Black stilt field trip: Join Central Otago Lakes Branch of the Forest and Bird Society for an exciting day at the DoC Captive Breeding Centre, near Twizel. Starts 10am. More info Rachel Hufton rhufton@gmail.com or Denise Bruns denise.bruns@gmail.com.

Snow Sports NZ Awards: Ceremony at the Lake Wanaka Centre from 7 -11pm. Winners will be presented with their awards and a guest panel on the coaching life. Guest speaker is Bud Keene.

Bathurst Fun Day: Heavy Trax Hire Central Motor Speedway, Sandflat Rd, Cromwell. Shoot-out starts 10am. Three-hour endurance race starts 12.30. Entry - gold coin donation.

Hockey fights cancer: Annual charity match at Queenstown Ice Rink. The night starts at 6.30pm with Pink In The Rink ladies game followed by the Hockey Fights Cancer All Star Mens Game.

Spring planting: Join the Wakatipu Reforestation Trust in tree planting at Lake Hayes (access from

Rutherford Rd) from 9am till 12pm. Bring gloves, tools and your enthusiasm. More info: facebook.com/wrtqt.org.nz

Alexandra Harriers/Walkers: visit the Roxburgh Dam areas. Meet at usual spot at 1pm. Day guests welcome. Details alexharriers.co.nz

Queenstown Embroiderers Guild: Second Saturday of month at St Margaret's Church Hall, Frankton from 10am to 4pm. Stitching days each Wednesday 10am to 3pm at the Stitching Post, in Arrowtown. Contact: Jenny (03) 248 8502

Remarkable Runners: Queenstown running club meets every Saturday for social fun run. All welcome. More info on remarkablerunners.co.nz.

SUNDAY

Snow and dirt adventure: Cardrona Alpine Resort snow/ mountain bike event 2.30pm. Enter as team or individual. More info cardrona.com.

Diwali Festival: Queenstown Memorial Centre from 6pm. Adults \$35, children (5 to 12) \$15. No door sales. Tickets: Poonam 0211492356

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Ken McKenzie
021 373 111
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Tim Duggan
021 676 364
tim.duggan@winger.co.nz

Out & About

Rescue cheque lodged

The Otago Rescue Helicopter Trust flew to Wanaka on Thursday to pick up a \$54,000 cheque from Freemasons lodges throughout Otago.

Wanaka Masons from left, Gordon Girvan, David Harwood with son Henry, and Henry Thayer.

Helicopter Trust chairman Ross Black of Wanaka (left) drives pilot Graeme Gale (middle) and chief executive Ken Franklin to afternoon tea.

PHOTOS BY MARJORIE COOK

Wanaka boys Lachland Davison, 11, Fletcher Davison, 9 and Cody Bell, 9.

Ava Fitchew and her aunty Judy Wilson, both of Wanaka.

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2013 TOYOTA RAV 4 GXL AWD

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2015 COROLLA GX HATCH 6spd manual..... \$18,995
2014 HILUX SR5 5spd auto with GPS, Luster Gold....NOW \$42,995
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2013 RAV4 GXL AWD, 2.5 litre, Wildfire Red \$29,995
2013 CAMRY GL, wildfire red, low km NOW \$17,995
2009 HILUX SR5, auto, double dab, Silver..... \$29,995
2009 PRIUS ITECH, N2 new lower..... \$18,995
2007 BLADE SPORTIVO, 2.4 litre, Glacier White \$11,995
2007 VITZ HATCH, very low kms, Caribbean Blue NOW \$10,995
2007 AURIS, hatch, Shimmer Blue..... \$10,995
2007 AURIS AWD, low km, black..... \$11,995
2007 TOYOTA AURIS, 1.5 litre VVT, Ink Mica \$11,995
2007 VITZ HATCH, Ink Mica Black \$10,995
2006 PASSO RACY HATCH, Ink Mica..... \$8,995

2007 AURIS, in black \$11,995
2007 TOYOTA AURIS, silver \$10,995
2007 VITZ, The sporty RS model \$9,995
2006 WISH, Popular 7 seater wagon..... \$9,995
2005 TOYOTA LAND CRUISER VX PRADO silver.... \$27,995
2004 TOYOTA WISH Crystal Pearl..... \$10,995

2005 HILUX SR5 double cab, flat deck \$21,995
2005 WISH 7 seats, 1.8 litre, Cascade Blue \$9,995
2004 ESTIMA L 2.4 litre VVTi with 7 seats NOW \$7,995
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Out & About

Queenstown was a blaze of colour for the Night Noodle Markets.

JACKIE GAY

Entertainers kept the crowds amused.

Rhys Owen and Isabelle Haenjens.

JACKIE GAY

DASHA KUPRIENKO

Market booming success

An estimated 50,000 foodies checked out Queenstown's Night Noodle Market, prompting organisers to announce the event will return next year. Dasha Kuprienko and Jackie Gay captured some of the action.

Barb Macandriw and Paul Macandriw with Charlotte, 5 and Louie, 8.

DASHA KUPRIENKO

Aurelia McIntosh, 7, and Belle McIntosh, 5.

DASHA KUPRIENKO

Fire dancers warmed up the crowd.

JACKIE GAY

Eric's Fish and Chips' team.

JACKIE GAY

Zane Rulfrok, 11.

DASHA KUPRIENKO

Sanjay Das.

DASHA KUPRIENKO

Wakatipu High School students Loren Hanrahan, 17 and Beatrice Onions, 17.

DASHA KUPRIENKO

Community cookbook

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

Sweet chilli baked salmon

Salmon is best cooked medium, but if you prefer it well-done, cook a further few minutes until it is to your liking.

This recipe is super simple and full of flavour! It brings you a perfect taste balance with sweet ‘n’ spicy salmon accompanied by a zesty batch of greens.

SWEET CHILLI SALMON WITH POTATO CAULIFLOWER MASH

- Potato Cauliflower Mash**
■ 600g potatoes, peeled and diced 3cm
■ ½ head cauliflower, cut into small florets
■ 1-2 tablespoons butter
■ ¼ cup milk
- Greens**
■ 250g broccolini
■ 300g green beans
■ 1 tablespoon butter
■ Zest of ½ lemon (optional)

- Sweet Chilli Salmon**
■ 450g boneless salmon fillets (skin on)
■ 2 tablespoons GF mild sweet chilli sauce
■ Zest of ½ lemon (optional)
- To serve**
■ 1 lemon
■ 2 tablespoons roughly chopped parsley leaves and stalks

Preheat oven to 220 degrees Celsius. Line an oven tray with baking paper. Bring a large pot of salted water to the boil.

Cook potatoes and cauliflower in pot of boiling water 14 to 16 minutes, until very soft. Drain and mash with butter and milk until smooth. Season to taste with salt and pepper.

Trim ends off broccolini and

green beans; pat salmon dry with paper towels, remove any remaining pin bones and cut into 4-5 pieces; cut zested lemon into wedges.

Arrange salmon, skin-side-down, on prepared tray. Season with salt. Evenly coat with sweet chilli sauce and sprinkle over lemon zest (if using). Bake for 7 to 8 minutes (depending on thickness), or until just cooked through.

When salmon has 5 minutes’

cook time remaining, heat a drizzle of oil and butter in medium fry-pan on high heat. Stir-fry broccolini and green beans for 2 to 3 minutes, or until just tender. Add lemon zest (if using) and season with salt and pepper.

To serve, divide potato cauliflower mash between plates and top with sweet chilli salmon. Serve greens and a lemon wedge on the side and sprinkle with parsley.

Each week Nadia gives you another easy recipe for your family and you'll find all the ingredients in My Food Bag. myfoodbag.co.nz

Sweet Chilli Salmon with Potato Cauliflower Mash.
SUPPLIED/MY FOOD BAG

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Your health

WITH AUTHOR AND NUTRITIONAL BIOCHEMIST **DR LIBBY**

Harmful effects of cleaning products

Q: I'm a cleaner and I spend a lot of time around cleaning products, I'm worried about what this might be doing to my health. How can I minimise the effects of this? Thanks, Cheryl.

A: Great question! Firstly, I would encourage you to air the house as you're cleaning, keeping windows and doors open, if possible, and avoiding being confined with cleaning products (whenever possible).

I also think it's really important to consider what you're cleaning with. Certain synthetic chemicals commonly found in conventional cleaning products present known or suspected problems for the people that use them and the environment once washed down the drain.

Volatile organic compounds, used to enhance the performance of a product, can impair neurological functions, while other problematic chemicals can act as respiratory irritants or endocrine disruptors, depending

on the extent of exposure, according to the National Environmental Trust and other environmental groups.

It's a common misconception that eco-friendly or green products aren't as effective as their conventional counterparts and recent research has proven that green products can achieve your desired results without compromising your health or that of the planet.

Q: Lately I've found that even the smallest things are getting on top of me, I can't seem to keep up with it all. What strategies do you suggest to bring about more balance? With thanks, Gem.

A: I'm sure many people relate to this feeling! When you start to feel overwhelmed it's important to go back to basics, incorporating small changes can make the world of difference, here are a few suggestions:

Create a morning ritual
Some of the world's busiest

Volatile organic compounds, used to enhance cleaning products, can be harmful.

people, attribute their ability to remain calm amidst the juggling act of life, to their morning ritual. Whether it is five minutes, 20 minutes or an hour, whether it is a game of tennis, a walk, meditation, reading or simply drinking a cup of tea while you gaze out the window and think of the things in your life that you are grateful for, time by yourself can set you up for a day with more energy.

Prioritise fun
When life feels like it is all work

and no play, it's very easy to feel fatigued with life. We need things to look forward to and opportunities to be silly and laugh and just play. If you feel silly playing games or making jokes, watch a comedy film and don't hold back. There's nothing like a deep belly laugh.

Re-evaluate the to-do-list
Re-evaluate your to-do-list. How many of the tasks need to be done by you? How many can be done by a colleague, family member or

Ask Dr Libby?

Email your questions for Dr Libby to ask.drlibby@fairfaxmedia.co.nz. Please note, only a selection of questions can be answered.

friend? How many of them need to be done at all? How many of them need to be done now?

Put your legs up the wall
A great way to help you breathe diaphragmatically is to lay on your back with your legs up the wall. Lie in this position for five to 10 minutes and focus on your breath. Place a folded towel under your back or bottom for support if you like. Take 10 minutes to fully relax into this pose, it's especially soul-nourishing with some soothing music.

Ask for help
If simple changes don't make a difference, it is important to remember that help and support are always available. Never be afraid to ask friends or family or a qualified professional for help. You are never alone.

Check out Dr Libby's brand new supplement range, learn how you can optimise your health through the power of plants by visiting www.bioblends.co.nz

NEW ZEALAND CROSSWORD

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Across
1. Dubious (8)
7. Distribute (5)
8. Wairarapa town which holds a daffodil festival (9)
9. Fuss (3)
10. Fury (4)
11. Name of South Island gorge, river and district (6)
13. Species of acacia which was planted on farms for firewood and shelter (6)
14. Vast Siberian plain (6)
17. Three-legged stand (6)
18. Harvest (4)
20. Pair (3)
22. Retirement group whose first village was in Wanganui (9)
23. Result from (5)
24. Trespasser (8)

Down
1. Furnishings (5)
2. Vertical (7)
3. Journey on foot (4)
4. Factually incorrect (6)
5. ___ Kightley: actor who appeared in Sione's Wedding and bro'town (5)
6. Fan (7)
7. Blow up (7)
12. Oval (7)
13. Penned (7)
15. Contented (7)
16. Usual, normal (6)
17. Raise your glass (5)
19. Sir Ed Hillary's son (5)
21. Around 1m of these animals are farmed in NZ (4)

THE TOP 10

- Queues formed on July 22, 1987 as New Zealanders lined up to buy what for the first time?
- Which 1986 film includes the Queen song *Who Wants To Live Forever*?
- The brightness of stars is described by which word?
- Is a fathom approximately 1.8m, 3.6m or 7.2m?
- Who played Gandhi in the 1985 film of the same name?
- What is the state capital of Arizona?
- Nine Men's Morris is a board game for how many players?
- What name is given to a device in which water drives a wheel or motor?
- What is the anatomical name for the lower jawbone?
- In which year did New Zealand celebrate its sesquicentennial?

NZ CROSSWORD

1. Lotto tickets, 2. Highlander, 3. Magnitude, 4. 1.8m, 5. Ben Kingsley, 6. Phoenix, 7. Two, 8. Turbine, 9. Mandible, 10. 1990.

Across: 1. Doubtful, 7. Issue, 8. Carterton, 9. Ado, 10. Rage, 11. Wattle, 14. Steppe, 17. Buller, 13. Vulture, 14. Steppe, 17. Tripod, 18. Reap, 20. Two, 22. Summer, 23. Ensure, 24. Intruder.
Down: 1. Decor, 2. Upright, 3. Trek, 4. Untue, 5. Oscar, 6. Devotee, 7. Inflate, 12. Ellipse, 13. Written, 15. Please, 16. Common, 17. Toast, 19. Peter, 21. Deer.

TOP 10

SUDOKU

Fill the grid so every row, column and every 3x3 box contains 1-9

JUNIOR CROSSWORD

Across
6. The number of people who live in a place (10)
8. Frequently (5)
10. A measuring-stick (5)
13. People minding other people's children (11)
14. Unclean (5)
17. These birds go "honk, honk" (5)
19. Moving stairways (10)

Down
1. Mislead (4)
2. A heat injury (4)
3. Barbers cut this (4)
4. Small mountain (4)
5. With clothes off (9)
7. Not allowed (9)
9. Country in Africa with the Sphinx (5)
11. Remove bindings from (5)
12. A lubricant liquid (3)
15. Speed contest (4)
16. The centre part of an egg (4)
17. A door in a fence (4)
18. Human listening devices (4)

SOLUTION




Across: 6. Population, 8. Often, 10. Ruler, 13. Babysitters, 14. Dirty, 17. Geese, 19. Escalators.
Down: 1. Lost, 2. Bum, 3. Hair, 4. Hill, 5. Undressed, 7. Fortbiden, 9. Egypt, 11. Untie, 12. Oil, 15. Race, 16. Volk, 17. Gate, 18. Ears.

Mythbusters
7:30pm Thursday on Prime

9am The Ellen DeGeneres Show *TV*
 10am Morena
 10:30 Jo Frost Family Matters *PGR*
 11:30 Come Dine With Me
 Noon 1 News At Midday *TV*
 12:30 Emmerdale *PGR TV*
 1pm Coronation Street *PGR TV*
 2pm Guess This House
 3pm Tipping Point
 3:55 Te Karere
 4:25 Millionaire Hot Seat *TV*
 5pm The Chase *TV*
 6pm 1 News At 6pm *TV*
 7pm Seven Sharp *TV*
 7:30 MasterChef Australia *TV*
 8:35 Offspring *PGR TV*
 9:35 20/20 *TV*
 10:35 1 News Tonight *TV*
 11:05 Britcam: Emergency On Our Streets
 AO *TV*

8:10 Jake And The Neverland Pirates *7* **8:35**
Sofia The First *7* **9am Infomercials** **10:30**
Neighbours *7* **11am Home And Away** *7*
11:30 Shortland Street R *PGR 7* **Noon The**
Ellen DeGeneres Show R *PGR 7* **1pm Jeremy**
Kyle *PGR* **2pm Judge Rinder** **3pm America's**
Funniest Home Videos *7*
3:30 Spongebob Squarepants *7*
4pm The Simpsons *7*
4pm Best Friends Whenever *7*
4:30 The Adam and Eve Show *7*
5pm 8 Simple Rules R *7*
5:30 Home And Away *7*
6:30 Neighbours *7*
7pm Shortland Street *PGR 7*
7:30 Police Ten 7 *PGR 7*
8pm Renters *7* **8:30 Motorway Patrol** *AO*
7 **9pm Car Crash TV** *7* **9:30 Obsessive**
Compulsive Cleaners *PGR 7* **10:35 Charlies**
All Time Favourite Men R *PGR 7* **11:05**
Police Ten 7 *PGR 7* **11:35 Ramsay's Kitchen**
Nightmares: Costa Del Sol *AO 7*

9am The Café
10am Infomercials
11:25 Family Feud R
Noon Dr Phil R PGR
1pm MOVIE Puppy Love PGR 2012 Family.
2:50 Entertainment Tonight
3:20 Sticky TV
4:25 Minute To Win It Australia
5:25 Family Feud

6pm NewsHub Live at 6pm
7pm Story
7:30 George Clarke's Old House New Home
PGR 
8:35 Married at First Sight Australia *AO* 
10pm Lip Sync Battle *PGR*
10:25 NewsHub Late
10:55 Golf World
11:30 CSI R *AO* 

MasterChef USA
7:30pm Friday on Prime

8:30 Hot Bench R
9am The Crowd Goes Wild R
9:30 Home Shopping
Noon The Doctors PGR
1pm CSI: Cyber R PGR
2pm The Tonight Show Starring Jimmy Fallon R PGR
3pm The Crowd Goes Wild R
3:30 Antiques Roadshow R
4:30 Hot Bench
5pm Million Dollar Minute
5:30 Prime News
6pm Wheel of Fortune
6:30 Jeopardy
7pm The Crowd Goes Wild
7:30 Mythbusters PGR
8:35 MOVIE Dragon Eyes R AO 2012 Action.
 Jean-Claude Van Damme, Cung Le.
10:35 The Tonight Show Starring Jimmy Fallon PGR
11:35 The Crowd Goes Wild R

The X Factor Australia
7pm Saturday on TV3

8:30 Motorsport: British Superbike Championship Highlights.
9:30 #SkySpeed
10am European Tour Weekly
10:30 Golf: Asian Tour Highlights.
11:30 AFL Weekly Highlights
12:30 Super League Fulltime
1pm Fight Night 3pm The Ultimate Fighter
4pm Rugby Documentary
5pm Rugby: Mitre 10 Cup Highlights.
5:30 Rugby: The Breakdown
6:30 Mainfreight Rugby The weekend's Heartland Championship as rugby provinces compete for the Meads and Lochore Cups.
7:30 [LIVE](#) Rugby: Mitre 10 Cup Auckland v Tasman. From Eden Park, Auckland.
9:30 Rugby Documentary
10:30 Rugby: Championship Highlights.
11pm Rugby: Mitre 10 Cup Highlights.
11:30 Mainfreight Rugby

9am The Ellen DeGeneres Show *📺*
10am Morena
10:30 Jo Frost Family Matters *PGR*
11:30 Come Dine With Me
Noon 1 News At Midday *📺*
12:30 Emmerdale *PGR* *📺*
1pm Coronation Street *PGR* *📺*
2pm Guess This House
3pm Tipping Point
3:55 Te Karere
4:25 Millionaire Hot Seat *📺*
5pm The Chase *📺*
6pm 1 News At 6pm *📺*
7pm Seven Sharp *PGR* *📺*
7:30 MasterChef Australia *📺*
8:35 Coronation Street *📺*
10:35 1 News Tonight
11:05 Dirty Laundry *📺*

8:15 Jake And The Neverland Pirates *📺*
8:35 Sofia The First *📺*
9am Infomercials
10:30 Neighbours *📺*
11am Home And Away *📺*
11:30 Shortland Street R *PGR 📺*
Noon The Ellen DeGeneres Show R *PGR 📺*
1pm Jeremy Kyle *PGR* 2pm Judge Rinder
3pm America's Funniest Home Videos *📺*
3:30 Leon *📺*
3:35 Spongebob Squarepants *📺*
4pm Best Friends Whenever *📺*
4:30 The Adam And Eve Show *📺*
5pm 8 Simple Rules *📺*
5:30 Home And Away *PGR 📺*
6pm The Simpsons *📺*
6:30 Neighbours *📺*
7pm Shortland Street *PGR 📺*
7:30 Take Me Out *PGR 📺*
8:40 The Voice Australia *📺*
10:35 Two And A Half Men R *PGR 📺*
11:35 2 Broke Girls R *PGR 📺*

9am The Café
10am Infomercials
11:25 Family Feud R 
Noon Dr Phil R *AO*
1pm MOVIE All Of My Heart *PGR 2015*
Romantic Comedy.
2:50 Entertainment Tonight
3:20 Sticky TV
4:25 NEW Minute To Win It *UK*
5:25 Family Feud 

6pm NewsHub Live at 6pm
7pm The Friday Story Panel discussion of the news stories of the week, entertainment, and regional news.
7:30 Jono and Ben *PGR*
8:30 NEW The Graham Norton Show *AO* 
9:30 7 Days *AO*
10:05 Funny Girls *AO* Jamie Curry. 
10:35 NewsHub Late
11:05 Bob's Burgers *PGR*
11:35 NEW Live from the BBC *AO*

8:30 Hot Bench R
9am The Crowd Goes Wild R
9:30 Home Shopping
Noon The Doctors PGR
1pm FINAL CSI: Cyber R PGR
2pm The Tonight Show Starring Jimmy Fallon R PGR
3pm The Crowd Goes Wild R
3:30 Antiques Roadshow R ⚡
4:30 Hot Bench
5pm Million Dollar Minute
5:30 Prime News
6pm Wheel of Fortune
6:30 Jeopardy
7pm The Crowd Goes Wild
7:30 MasterChef USA PGR
8:30 Bones PGR ⚡
9:30 Sleepy Hollow PGR ⚡
10:30 Jane the Virgin PGR
11:30 The Tonight Show Starring Jimmy Fallon R PGR

8am **LIVE** Golf: Web.com Tour Championship Round One.

11am Golf: PGA European Tour Highlights. Alfred Dunhill Links Championship – Round One.

11:30 Golf: LPGA Tour Highlights.

Noon Golf: PGA Tour Of Australasia Highlights.

12:30 Mainfreight Rugby

1:30 Rugby: Mitre 10 Cup Replay.

3:30 Rugby Documentary

4:30 Mainfreight Rugby

5:30 World Rugby

6pm Rugby: The Breakdown

7pm **LIVE** Rugby: Mitre 10 Cup Canterbury v North Harbour. From AMI Stadium, Christchurch.

9:30 Rugby: Mitre 10 Cup Highlights. Auckland v Tasman. From Eden Park, Auckland.

10pm Rugby: Mitre 10 Cup Highlights.

10:30 World Rugby

11pm Fox Sports News

11:30 Rugby: Mitre 10 Cup Highlights.

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Food for Thought

Father's Day in the tea pots

ATMOSPHERE

It was rainy, cold and Father's Day and we were among many families to head for the warm and cosy atmosphere at The World in the hope the spacious environment meant there would be room for us all. We were not disappointed. In the eclectic mix of tea pots, tools and rustic dingle dangles was a table large enough for our group in the back room known as The Shed.

FOOD

There are lots of solid bar choices on the main menu and the slightly cheaper lunch menu (ranging from \$9 to \$14) - each with their own twist. It was great to see a kid's menu available (no colouring or other entertainment though) but choices were limited (only four) and very basic (except for the Chicken Salad, which neither of my kids would ever order!). I let Miss 9 choose off the

Fast Facts

Name: The World Bar
Address: 12 Church St, Queenstown
Phone: 03 450 0008
Hours: Mon to Sun 11:30am to 2:30am, Lunch and Kids' Menu 12-3pm
Ratings: Atmosphere 2/2, Food 3.5/4, Service 2.5/4
Total: 8/10
Reviewer: Debbie Jamieson

main menu and she chose the most expensive meal of the day - the bacon cheeseburger and fries (\$18) - of which she only ate about one-third. Never mind - her loss was our gain and it was one of the best tasting burgers I've sampled - juicy and full of flavour. My pulled pork tacos (\$14) beautifully combined the rich pork flavour with fresh slaw and spices, even if they were a little messy to eat. One of the fathers ordered the fish and chips (\$14) and while he is not

a great fan of hoki, he commended his beer batter and was unexpectedly delighted with the addition of pea and mint puree. The chicken and waffles (\$14) with its bacon and bourbon maple syrup was unusual but it and the pulled pork bun (\$13) got the thumbs up. Miss 6 was rather more interested in the shoestring fries and tomato sauce on her

plate than the crispy chicken (\$7).

SERVICE

Our serving staff did a fine job and while there was a small stomach-rumbling delay in receiving our food, we acknowledge it was a pretty busy day. The only disappointment was the ladies' loos. Upon noticing the seat was a bit marked in one

cubicle I headed to the other to find no toilet seat at all. Eeek. I decided to hold on.

VERDICT

The World Bar lives on in Queenstown presenting a mix of traditional, quirky and a bit of fun. Located centrally this is a great place to hang out and have a nosh up with family and friends.

Bacon, Cheeseburger and Fries from The World Bar, Queenstown.
DEBBIE JAMIESON

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OFF**
PLANO
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Banking with dementia

ROB STOCK
MONEY MATTERS
rob.stock@fairfaxmedia.co.nz

“Ageing is not for wimps,” I was told once by a senior life insurance executive whose mother had dementia. He was speaking a few days after police had rescued her from a roadside after she’d got lost.

Around 60,000 people have dementia, a number expected to climb to around 150,000 by 2050 as the population ages.

An Alzheimer’s diagnosis will generally come after people begin to struggle with some aspects of their lives, including managing their banking.

I hadn’t thought about Alzheimer’s since the “ageing is not for wimps” conversation, perhaps eight or so years ago.

Then a week ago, I met Lorraine Hunter from Westpac, who made a deathbed promise to her father to do something to help people living with dementia.

The result was Westpac’s dementia banking programme to help people diagnosed with Alzheimer’s disease put in place banking disciplines and processes to protect their

GOLDEN RULES

- Every adult needs a will
- Every adult should have EPAs in place
- Many of us will become a trusted helper to an older relative

money, while retaining their independence for as long as possible.

When a diagnosis of Alzheimer’s disease is made, Westpac customers can ask for a “notification” to be put on their accounts to ensure an extra level of care from bank staff.

Westpac staff are now trained on how to serve people with Alzheimer’s, including what to do if they think a person has become confused.

People diagnosed with Alzheimer’s can also ask Westpac to recognise an “alternative contact person” who can be called when assistance is acquired. It’s usually a close family member.

Westpac also helps people dementia-proof their banking, for example, making sure accounts like the power are paid by direct debit.

It’s important to make sure insurance policies that are in place do not lapse.

Closing redundant accounts to simplify banking can play a part. Some also put a low limit

An Alzheimers's diagnosis opens a new, uncertain chapter in life.

on their day-to-day account to limit the amount of funds that can accessed.

Having a proper filing system at home with all important documents in one place is also important.

So is preparing for the day when some trusted other will take the lead in decision-making.

It is when a person is still able to make decisions independently that a will and enduring powers of attorney (EPA) should be put in place.

An EPA allows the person named in it to act for you, doing things like paying your bills and collecting income on your behalf.

Learning about dementia banking reminded me how

many people I know who do not have wills, EPAs and trusts in place.

What also struck me was the commitment that family members have to make in helping loved ones with dementia remain independent for as long as possible.

For while 60,000 people may be living with dementia, there’s a greater number helping them manage the ordinary things in life like banking.

Hunter works in Westpac’s private bank, helping wealthy people with their banking.

But her promise to her father means she’s helped make it easier for families to play a similar roles for loved ones suffering from Alzheimer’s.

Rosy, relatable and rewatchable

Bridget Jones’s Baby

(M)

Directed by Sharon Maguire
Starring Renee Zellweger, Colin Firth, Patrick Dempsey
122 mins
★★★★

Bridget is older. Single again. We find her awakening to a 43rd birthday, ditched by her friends and scolded for her childlessness by her mother.

She faces increasing irrelevancy at her TV news producer job (as much a satire of modern media as aging-woman-in-the-workplace) and after a couple of saucy middle-aged romps with ex-flame Mark Darcy (Colin Firth) and hunky one-night-stand Jack Qwant (Patrick Dempsey), finds herself pregnant and not entirely sure of the baby’s parentage.

This is the point at which the wheels might have come off – had single, pregnant, 40-something Bridget cried into her non-alcoholic Chardonnay for half the film I would have disconnected immediately. But 2016 Bridget doesn’t seem particularly helpless. She seems comfortable in her skin. Live television is still her sworn enemy, and the propensity to fall off and into things remains, but I saw enough of my own evolution as an awkward girlwoman to realise the film had captured something much subtler than just the passing of time.

The romance and the rivalry of the love interests are played less desperately than

One set piece in Bridget Jones's Baby will elicit some of the heartiest belly laughs you'll hear in a cinema all year.

PHOTO: SUPPLIED

previous films – until a final piece of slapstick involving all three, which elicited some of the heartiest belly laughs I’ve heard all year.

All of which is just a wonderful set up for the real star of the film – Emma

Thompson (who co-wrote the script) as Bridget’s fabulously droll obstetrician. Thompson absolutely chews through scenes in a way that would tickle Alan Rickman pink beyond the grave.

Rosy, relatable and

entertaining enough for a rewatch with some takeaways and a bottle of wine. – *Leonie Hayden, Flicks.co.nz*

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Collection bowie knives, pocket knives, oil bottles, pourers & cans, split cane fishing rods & fishing gear, collection bottle openers, car mascots & badges, early railway trolley, ice pick, advertising signs & tins, wagon wheels, leather suitcases, trunks, garden seats & ends, port holes, Victorian cast safe, church pews, tractor seats, all brass fender, mahogany cased drawing set, kero lamps & parts, mirrors, lge collection mcdonald toys, huge collection lego, old toys & dolls, lge collection of meccano, matchbox toys, cast irons stoves, coat hooks, cream cans, lge selection old tins, chiffioneer base, art deco bedroom suite, oak table, bookcases, walking sticks, paintings & prints to include W.Allen Bollard, Morrison etc, dressmakers dummy, guitars etc

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- The drive to achieve productivity goals and deadlines
- Licences Class 1, 2, 4, WTR
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You will bring to the role

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- Self motivated on coupled with ability to problem solve
- Strong focus on safety and quality
- Preferable experience in water treatment plants and reticulation of water and wastewater systems
- National Certificate in Water Treatment (or working towards this) is preferable

For the right candidate who is genuinely interested in this area of work we will help you work towards you qualifications. This role involves being on call at times as part of a rotating roster so some flexibility is required

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Changes to Cromwell half marathon

JO MCKENZIE-MCLEAN

The Cromwell Summer Series is fast approaching, with the first of its five events kicking off at Labour Weekend.

Earlier this year, the Cromwell and Districts Promotions Group tendered its Summer Series events to veteran athlete and sports administrator Bill Godsall, who has taken on the running of the Lake Dunstan Cycle Challenge, Lake Dunstan Triathlon and Bannockburn Classic. Highland Events will run the Pub to Pub Gutbuster and half marathon 10km events.

Highland Events co-director Terry Davis said this year the half-marathon and 10km courses had changed, and took competitors around many of the town's features including the golf course, heritage precinct and shores of

Lake Dunstan.

"People have been giving feedback saying they didn't like running along the highway so we have taken that on board and now have a 10k lap which goes around the outside of Cromwell, but not on the busy highway.

"It is all on a paved surface and is flat. People doing the half marathon will do the lap twice. We are keeping the paved surface feature as it sets itself apart from other events, the majority of which are trail races or run on gravel surfaces. This is our point of difference. And it is exactly one month before the Queenstown marathon so it is a perfect lead in event."

They had also included a schools' relay event because of the strong interest from young people to participate, he said.

"This year we will also have a

corporate team relay and they can have between five and 11 runners. The kids' teams can have between five and 11 runners. People can run one leg or multiple legs."

Early-bird entry is \$45 for the half marathon and \$35 for the 10km run or walk. The standard entry fee of \$50 for the half-marathon and \$35 for the 10k run/walk will be effective from Monday, October 10. The race starts and finishes at the Cromwell Sports Club on Barry Avenue. Registration is from 8am, but competitors should register before 9.30am. Eftpos is available this year.

The "Gutbuster" mountain bike race is the next Summer Series event on November 26. The race starts at the Garston Hotel in Northern Southland and follows the Nevis Valley through to Bannockburn Hotel.

The Cromwell half marathon course.

Olympic medalist to visit CO

JO MCKENZIE-MCLEAN

A New Zealand kayaker and Olympic silver medalist is coming to Central Otago to support a group of students selected for the New Zealand development squad.

Luuka Jones, 27, who competed in the K100 canoe slalom at the Olympic Games in Rio de Janeiro, won silver after posting a blemish-free 101.82sec time that was only beaten by Spain's Maialen Chourraut.

Central Otago Whitewater

Club spokeswoman Julie Nelson said Jones will be in Alexandra on Saturday, October 8, for a fundraising dinner at Orchard Gardens to support six Dunstan High School students who had been selected for the New Zealand under-18 canoe slalom development squad.

Jones, from Tauranga, had competed in numerous canoe slalom world cup campaigns and the London Olympics before winning silver at the Rio games.

She created history with her

silver medal in the K1 canoe slalom, as it was New Zealand's first medal on the Olympics whitewater.

Jones was still a pre-teen at Otumoetai Intermediate in Tauranga when she noted some life goals on a school English project, which included such gems as "When I grow up, I want to be a world famous kayaker" and "Olympic medal".

Tickets cost \$40 for adults and \$25 for pupils from Community House in Alexandra.

Luuka Jones secured a silver medal in the women's K1 final in Rio.

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SEE YOU IN 2017!

#NightNoodleMarketsNZ

Celebrate the 50th anniversary of our **horizontally opposed Boxer engine** with one of these two deals. And that's not the only thing you'll get with a new Forester. It also features **Symmetrical All-Wheel Drive** as standard, **ANCAP 5-star safety**, **220mm Ground Clearance**, **17" Alloy Wheels**, a **Rear Reversing Camera** and **8.1L/100KM Fuel Consumption**.

2015 Audi Q5 2.0 TDI quattro
ex-demo, balance of factory warranty and
service plan, 10,000km

2014 Kia Sorento LX
2.2 diesel, 7 seats, balance of factory
warranty, diff lock, 15,000km

\$24,990»

2009 Volkswagen Passat R36
89,250km, 3597cc petrol engine,
automatic

\$17,990»

2009 Volkswagen Passat
125 kw TDI Wagon
85,935km, 1968cc diesel engine, automatic

SOUTHERN WIDE REAL ESTATE

SRM Realty Ltd, Licensed under the REAA 2008, 84 Centennial Avenue, Alexandra 9320 **p** 03 440 2163 **f** 03 440 2167 **e** central@southernwide.co.nz

23 OLD BRIDGE ROAD, BRIDGE HILL

13A CHICAGO STREET, ALEXANDRA

OFFERS - 929SQM Want a View??

Well this is the place for you, 3 bedroom home on Bridge Hill. Beautiful views to the clock, and the Clutha and Manuherikia Rivers. Large lounge area with good heating with a great flow to the outside. Open plan dining and kitchen with new appliances. 3 bedrooms plus an office/study or nursery with 2 bathrooms. One bedroom downstairs with bathroom and 2 upstairs with new bathroom. This house has a huge amount of storage leaving many options for a family. Both bedrooms upstairs have balconies. The grounds are low maintenance and well presented. Large double garage.

Web Ref SWCU10782

REBECCA Web Ref SWCU10783

STACEY

755 LOOP ROAD, SAINT BATHANS

BY NEGOTIATION - 170HAAPPROX

4 1 3

DESIRABLE PROPERTY WITH OPTIONS

Options available to purchase this productive unit at Cambrians. Current development will result in Spring cover of approx. 130 ha lucerne and 26 ha ryecorn. Balance being permanent pasture. Fertiliser and soil test records available. Reliable stock water by natural springs, creeks and ponds. Vendors 700ha (approx) run block available for lease, plus 40 - 50ha lucerne block.

Web Ref SWCR10775

STEVE

7 STRODE AVENUE, NASEBY

\$185,000

3 1 2

QUINTESSENTIAL NASEBY BACH

Sunny, warm 3 bedroom Naseby cottage, with spacious living / kitchen area, large double garage and private section. This property has been recently insulated, and is to be sold fully furnished. Call Sarah to view.

Web Ref SWCU10778

SARAH

16 AND 16A ROYAL TERRACE, ALEXANDRA

\$395,000

2 1 1

INVESTMENT UNITS

Two x two bedroom units to be sold together as one. Both units are on individual Titles. Both Tenanted. These tidy 2 bedroom units with own individual garden areas and carport offer the chance to get into the market for rental properties. Better returns than the bank.

Web Ref SWCU10730

JIM

46 LETTS GULLY ROAD, ALEXANDRA

16 GILLALY WAY, BRIDGE HILL

20 ROCK VIEW ROAD, SPRINGVALE

FERRIS ROAD, ALEXANDRA

\$795,000

Spaciously designed 4 BR home built for indoor/outdoor living that embraces 360 degree views. Large modern kitchen breakfast bar. Double glazed & well insulated. Separate studio accommodation.

Web Ref SWCR10512

STACEY

\$695,000 - 1.1413HA

Superb retirement home with room for all the grandchildren to explore. Sunny open-plan living with woodburner. 3 good sized bedrooms. 2 bathrooms. Large site, walking distance to town.

Web Ref SWCU10729

FELICITY/NATASHA

BY NEGOTIATION

Lifestyle house, land and buildings (approx 5.5ha). Cherry Orchard - Fully netted - Irrigated (approx 4ha). Option to purchase orchard only. Phone Steve Battrick for more information.

Web Ref SWCR10771

STEVE

\$210,000

5.1380ha bareland block with 360 degree superb mountain views. Good potable and irrigation water quota. Private location down the end of a no exit road. Buy your own piece of tranquillity.

Web Ref SWCR10750

NATASHA/FELICITY

REBECCA IRELAND
Branch Manager
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m 021 023 02729

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Residential & Lifestyle Sales
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Residential & Lifestyle Sales
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NATASHA MCLEOD
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STACEY WALDRON
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