

**BULLS VOLUNTEER FIRE BRIGADE
PRESENTS
BULLS RIVER RAFT RACE 2020**



SUNDAY 22ND NOVEMBER 2020

From Kakariki Bridge to Bulls Bridge
Safety Check and Scrutineering- 10am
Race Commences- 11am

Prizegiving- from 3pm on the riverbank at the finish line

- 1st Prize Fastest Team
- Best Presented Raft
- Best Dressed Team
- NZ Services Challenge Trophy

COST: \$30 Per person (minimum 4 per raft, maximum 8 per raft)

AGE LIMIT-Minimum age of 12. All persons aged under 18 must be accompanied by an adult

Funds raised for Bulls Volunteer Fire Brigade

This event is organised by Bulls Volunteer Fire Brigade

Enquires to bullsriverrafttrace@gmail.com
or Gavin 0274355173

Please return entry form and payment by Sunday 8th
November 2020

lamberts
BUSINESS SYSTEMS

Supplying all printing solutions for the Bulls
and District Community Trust

BULL-IT-INN CUT OFF
24th of each month

Email: office@bulls.kiwi by the

BULLS & DISTRICT COMMUNITY TRUST
To Our Funders, we would like to thank
you for your ongoing support:
*COG's, DIA, Lotteries, Rangitikei
District Council, Pub Charity, Whanganui
Community Foundation,
Dudding Trust and Horizons*

September 2020



Issue 171

BULL•IT•INN

Te kawerongo o Bulls

BULLS AND DISTRICTS COMMUNITY TRUST PROUDLY PRESENTS

ART 4 ARTS SAKE EXHIBITION

3 - 11 OCTOBER 2020

10am - 4pm DAILY

**BULLS COMMUNITY CENTER
Criterion Street, BULLS**

Registration forms available from
Bulls Library & Information Centre

Entries close 1st October
Contact Heidi Macaulay
021 174 5951
office@bulls.kiwi

PROUDLY SPONSORED BY



YOU HERD IT HERE

THE CAMPING KID

When a five year old asks you if they can sleep in a tent by themselves on the front lawn most parents would think they'd be lucky to last the night. Well 7 years later and nearly 1400 nights camping out in his tent it's hard to think that we ever doubted him! It all started with a pup tent on the front lawn. A week later I moved him along a little so as not to kill the grass beneath. Another week went by and again he got shuffled along the lawn. This continued for a month until we decided to set his tent up out the back under the fruit trees as it seemed he could possibly be here for a while!

After 61 nights of summer camping he came inside for the winter. This continued throughout the years stretching out his camping 'season' from 61 nights to 180 nights until he was 9 years old. The trouble with summer camping in NZ is that it perishes a tent pretty quickly and we had already been through three tents. He was lucky enough to be helped out by Simon at Hunting and Fishing in Palmerston North with an amazing Zempire inflatable canvas tent and decided he wasn't coming inside for winters anymore! This was October 2018 and come October this year Jonty will have been sleeping in his tent for two years! This tent has been incredible and only needed one top up of air in it's structure over this time.

When asked 'why' he simply answers "because I like the sound of the birds at night and the wind and rain against the tent". So I guess it is the simple things that make us the happiest.



Jonty's First Tent



Jonty's Current Tent

An advertisement for All About Children Early Learning Centres. The top half shows two children, a girl and a boy, sitting on a colorful mat and playing with wooden blocks. The girl is wearing a blue jacket and the boy is wearing a colorful striped shirt. In the background, there is a globe and a white fireplace. The logo for All About Children Early Learning Centres is in the top right corner, featuring a tree with colorful flowers. The bottom half of the advertisement is a yellow banner with pink and green text. The main headline is "FIRST 4 WEEKS FREE*" in large pink letters, followed by "(This offer is for a limited time only)" in smaller green text. Below that, it says "AFFORDABLE & QUALITY EDUCATIONAL CARE FOR YOUR CHILD" in green. A list of features follows in green text: "Experienced, qualified and loving teachers", "Good teacher/child ratios", "Fun, safe and nurturing learning environment", "Nutritious, cooked meals", "Comforting nursery", "0-6 year olds welcome", "WINZ subsidies available", and "20 hours free for 3 & 4 year olds". At the bottom, the contact information is listed: "106 High St, Bulls • Ph: 06 322 1744", "bulls@allaboutchildren.co.nz", and "www.allaboutchildrenchildcare.co.nz". A small vertical text "Conditions apply" is on the right side. The bottom of the banner has a colorful floral and geometric pattern.

Funding Support for New Rail Hub Welcome News

Rangitikei District Council has received \$9.1 million from the Government's Covid-19 Response and Recovery Fund for a new rail hub in Marton.

This key infrastructure development will support a debarking facility and forestry hub which makes the possibility of bio-forestry coming to our district a reality. The facility will also provide the ability to transport logs from Marton to North Island Ports.

Mayor Andy Watson said "This is a game-changer for our district – Marton was built as the rail junction in the North Island to service our agricultural sector, this now gives our district the opportunity to again grow. The idea of the rail hub has been more than three years in the making and I am thrilled the Government has recognised the opportunity this brings to us.

Not only does this recognise the importance of funding key infrastructure in our small towns, but it will also provide jobs in our local community."

Council will go through a resource consent process once the District Plan change has been completed, a decision on that change is imminent.



Update: With the construction finished inside, work has begun on the outside carapace – the building is due to open at the end of September.

BULLS BEATS + BITES
COMMUNITY OPEN DAY

SATURDAY 26 SEPTEMBER 10AM - 3PM
Come and celebrate the opening of the Bulls Community Centre
Criterion Street - Bulls

FREE ACTIVITIES: BOUNCY CASTLE, POOLER FUN ZONE, APPEARANCE FROM RAW PATROL, MAGICIAN, BALLOON MAKING, FACE PAINTING, HDVNA, KIDS PLAY AREA, PERFORMERS, FOOD AND COFFEE AVAILABLE TO PURCHASE

FOR MORE INFO: Bronwyn Meads
bronwyn.meads@rangitikei.govt.nz

A postponement date will be announced if our district is at Covid 19 Level 2 or above.

Enrol now. It's quick and easy to do it online at vote.nz

ELECTION DAY NOW 17 October!



RURAL WOMEN NEW ZEALAND - BULLS TO SCOTT'S FERRY BRANCH

Nothing says thank you for a job well done better than a traditional kiwi morning tea shout. The lovely ladies from our NZ Rural Women, Bulls to Scott's Ferry section, wanted to say thank you to our essential workers who worked through level 4 to keep us safe, fed, informed and cared for while we stayed at home. Including: Bulls Fire Brigade, rural and urban postie, Clifton and Bulls school, Bulls Medical Centre, Platts Pharmacy, Farmlands, Southern Rangitikei Veterinary Service, Four Square supermarket, and Road Runners Transport.

THANK YOU ESSENTIAL WORKERS - THANK YOU RURAL WOMEN



From left, Angela Stephenson, Shona Field, Marilyn Ellery and Vicky Rout



From left Adrian Burn, Clifton School Principal, Vicky Rout, Shona Field, Marilyn Ellery, Kim Gordan, Bulls School Principal.

LOOKING FOR WORK?

MAHI TAHI

RANGITIKEI EMPLOYMENT PROGRAMME

Are you under 25 and want to work OR have you lost your job because of COVID-19?

Are you an employer looking for staff and need help with training and costs?

Email mahitahierangitikei.govt.nz to find out how we can help you. Or register on our FB page:
Mahi Tahi - Rangitikei Employment Programme

RANGITIKEI MTFJ



THE BULLS TOY LIBRARY

The Bulls Toy Library has over 600 toys available to be borrowed! We have several membership options which allow you to borrow up to four toys and three puzzles at a time:

- 12 month membership - \$40
 - 6 month membership - \$25
 - Casual membership - \$10 per fortnight (great for grandparents!)
- If you wish to borrow more than four toys at a time, we now have these great membership options available:

- 12 month membership - \$60 to borrow 6 toys plus 3 puzzles
- 12 month membership - \$80 to borrow 8 toys plus 3 puzzles

**Please note our change of opening hours
We are trialling an evening session!**

- Tue 2-4pm
- Every 2nd Tue night 7:30-8:30pm
- Saturdays 9:30-11:30am (open September 1st, 15th, 29th)

We are located at 198 Bridge Street, Bulls (in the Anglican Church hall). New members are always welcome – feel free to pop in during our open hours and have a look!

New members can sign up online at: <https://bullstoylibrary.setls.com.au>, or come in and chat to one of our friendly volunteers!



BULLS KINDERGARTEN

Children at Bulls Kindergarten engage in a range of science experiences that inspire curiosity and a sense of wonder. Recent favourites have been our magnet resources, Brainbox electric current kit and our new 3D bubble makers. Our science resources have been enhanced through a generous grant from Duddings Trust, for which we are very grateful.



Rangitikei Country Quilters are a group that meet to share their quilting journey and joy of stitching. You are welcome to join us on the 3rd Saturday of the month at Rangitikei College at 1.30pm

On 19 September our speaker is Ulrike Usler who does social story telling through the media of quilting.

In October we are starting with a Stash Buster sale in the morning, followed by our monthly meeting at 1.30pm when David Traub will share his glass-works which have been inspired by quilting - this is a fascinating story.

If you'd like to know more, don't hesitate to contact Raewyn Turner 3221181.

When life hands you quilts, Make Quilts!

Sunday's are experiencing high numbers which is great for us and a fantastic income stream. We have noticed that over the time we have had helpers in the office on Sunday's that income is higher than when not. We thank as always our amazing volunteers and thanks to those that have donated money or plants for the planting project. Our lovely citrus groves are currently flourishing and the beautiful camelias are all out in colour.

Last month Rangitikei held its Club Championship Finals. It started out a bit wet on Sunday 23rd Aug, but it soon cleared into a gorgeous day. Congratulations to all of those who played in the final and to the winners of each section. Special note of life member Noel Crocker who has been in many finals over the years having a great win at the championships. A great day was had by all.

RANGITIKEI GOLF CLUB - CLUB CHAMPIONSHIPS ON 23RD AUGUST RESULTS

- Ladies: Bronze 1- Cynthia Luckham, Runner up: Edith Leary
- Silver - Jill Hall Runner up:: Karen Yorke
- Mens: Junior B - Noel Crocker, Runner up: Steve Boyens
- Junior A - Dan Scotson, Runner -up: Joseph Tapper
- Intermediate - Peter Thompson, Runner Up; Rob Giles
- Seniors: Marty Field, Runner up; Jason Harris.



ALIVE AND WELL AT THE BULLS MUSEUM

The little museum that punches above it's weight

Our new display acknowledging the Bulls Volunteer Fire Brigades 75th Jubilee is nearing completion in the museum. At this time there will be celebrations Labour Weekend, but who knows with this Covid distraction, that this event will actually take place, more so as former volunteers both locally and overseas have shown interest in attending.

Our photographic project "A Moment In Time" is in it's final stages and WOW, the photos are absolutely fantastic. Thanks for a wonderful job, Peter McDermott, an amazing photographer. To those who took part, you'll be receiving your invite soon along with your own photo. Our planned opening at this stage is 30th October 2020. Who would have thought this year has brought so many ups and downs with the changes and ongoing of Covid levels, but through the foresight of our wonderful archivist, Anne Simms, who had the vision for this project last year, we will have a fabulous record of the Bulls community in 2020.

Fantastic to see so many kiwi's getting out and about, visiting us, many of them being groups and organisations.

The Bulls museum members wish to acknowledge the passing of a great supporter of the museum, Mrs Mildred Funnell. A lovely lady with an amazing sense of humour, who also had many stories to tell. When one was to visit Mildred, you had to make sure you had plenty of time, there was no such thing as a quick visit.

RIP Mildred, you will be missed by many. Our sympathies to the extended Funnell family.

Don't forget, if you have a few hours to spare, come and volunteer at the Bulls museum, you will be most welcome.

BOOK REVIEW BY BULLS LIBRARY

AMERICAN DIRT

Jeanine Cummins

I read this book during Level 4 lockdown, and thought to myself a Pandemic is very scary, but after reading this book, escaping the Mexican Cartel to travel to the United States would be equally scary if not worse scenario.

You can tell when reading this story the author has done an enormous amount of research as it reads like a work of non-fiction.

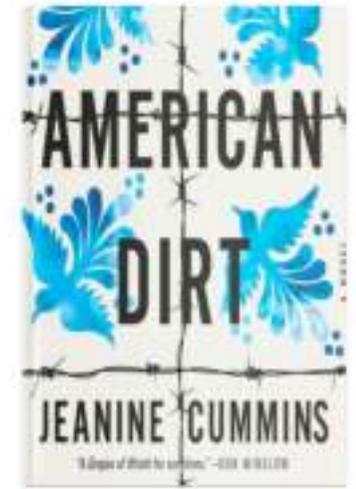
Mother Lydia and 8 year old son Lucas were living a middle class family life in their Mexican city until a New Mexican Cartel took control, over taking the city.

Changing circumstances see them fleeing for their lives, they have no choice but to ride the La Besta, trains that make their way North to the United States.

Other Migrants join them on this harrowing journey all carrying stories that will shock the reader.

My heart was racing from the beginning to the end.

Best read so far for 2020.



Scotts Ferry to Bulls Branch Rural Women
proudly presents

MEET THE RANGITIKEI CANDIDATES

2020 GENERAL ELECTION

7th September
Bulls Town Hall Supper Room
7.00pm

Rural Women
NEW ZEALAND
Ngā Wāhine Taiwhenua o Aotearoa

For more information contact
Scotts Ferry to Bulls Branch
Rural Women
President—Shona Field
063220927

Empowering Rural Communities since 1925
Heritage · Social Connection · Support · Leadership · Community Development · Authoritative Voice

Do-A-Bulls In & Around Bulls

5 September RSA Comedy Show
7 September Meet The Candidates
13 September Bowling Club Open Day
13 September Bulls Junior Rugby Tournament
17 September Rongotea Spring Show
18 September Memory Walk for Alzheimers - Feilding
19 September The Mudder - Marton
19 September Taihape Spring Fling
25 September Community Centre Grand Opening Ceremony
26 September Bulls Beats & Bits Open Day - Bulls Community Centre
27 September Manawatu Tattoo
27 September Junior Rugby Prize giving
3 - 11 October Art 4 Arts Sake Exhibition
16 October Pink Shirt Day
31 October Huntaway Festival Hunterville
14 November Bulls Annual Rose Show

22 November Bulls River Raft Race
27 November Silver Fern Car Rally
28 November Marton Market Day
12 December Bulls Christmas Parade, Market and Whanau Day
13 February 2021 Rhythm in Bulls FREE Community Concert



BULLS BOWLING CLUB HOUSIE

With Covid still threatening, please look on Facebook regarding HOUSIE nights

UNANSWER-A-BULL



SOUTH RANGITIKEI DOG OBEDIENCE CLUB
 Training nights at the Bulls Scout & Guide Hall
 Classes start at 6pm
 Every Tuesday of the School term
 Contact Margaret
 06 3221085

RANGITIKEI AREA DISTANCE RIDERS (RADRs)

Rangitikei Area Distance Riders (RADRs) is gearing up for its 6th season, with the popular Start of the Season Event to be held in Bulls on 31 October and 1 November. The calendar this season features 6 competitive events which includes a Roadshow event where the club is hosting an event in Shannon over the summer holidays. An extra element of competition has been added this season with a *Battle of the Breeds* Competition, where a points competition is held with 10 popular horse breeds taking part (Thoroughbreds, Arabians, Standardbreds, Kaimanawas, Clydesdales, Welsh Ponies, Quarter Horses, Stationbred, Appaloosa and Crossbreds).

RADRs hosts primarily Competitive Trail Rides (CTRs) and prides itself on an inclusive, friendly but professional organisation. Events are affordable (ranging between \$15 - \$30), and riders can be as competitive (or not) as they wish. Many riders just enjoy a fun ride out with their horses at a unique location they may not normally be able to access. Children can ride alongside adults (on or off the lead), so it is a great family sport also.

Information packs are available by emailing radrsnz@gmail.com

Entries for the first event open 1 September and can often be a sell out so get in quick if you are keen. Entries are done online at www.sporty.co.nz/radrs

Rangitikei Area Distance Riders (RADRs)
Season 6 Calendar
2020/2021

Event 1
Start of the Season Event - Bulls
31 October & 1 November 2020
 A perfect place to start your distance riding journey! Day 1 generally features Intro (7-10km) distances and a fun ride, Day 2 a full range of competitive classes.

Event 2
Teams Challenge & CTR Event
6 December 2020
 Into the hills to the amazing Tara Hills (3 mins from Turakina township). Featuring our annual Teams Challenge as well as a regular CTR competition.

Event 3
Horowhenua Roadshow Event
February 2021
 The first ride of 2021! Heading into the hills for an amazing Roadshow event in the Horowhenua.

Event 4
RADRs Champs 2021
7 February 2021
 Our Annual Club Champs. Options for members and non-members with amazing prizes!

Event 5
Palanrang Station CTR
7 March 2021
 Join us at the iconic McKeivie property for a great days riding on Whale Road (between Season & Foxford).

Event 6
Fundraiser Event 2021
11 April 2021
 Who we will fundraise for in 2021 is still to be confirmed, but it will again be a worthwhile Rangitikei Community Group.

FOR MORE INFORMATION
 Want to know more? Please visit:
www.sporty.co.nz/radrs
 FACEBOOK - Rangitikei Area Distance Riders
 Email radrsnz@gmail.com
 Phone 0274-463-925

Pānui Hākinakina/Sports Updates



Bulls Rugby Football Club

Prize Giving

Saturday 12th September 2020

Happy Hour 6pm – 7pm



WHISKER
HARVESTING LTD.
↑ ↗ →

BULLS JUNIOR RUGBY CLUB

The 2020 season has been anything but normal! Our tournament scheduled for the 6th of September has now been moved to the 13th of September, we really hope that our levels get back down to 1 so the kids get to play.

Playing regular season games under level 2 has proved slightly challenging, but with support from everyone we were able to pull it off, thank you to everyone who is contributing to making things happen.

Junior rugby prize giving will be held on Sunday the 27th September down at the club rooms, we look forward to seeing you there.



BULLS INDOOR BOWLING CLUB

Daniel Street Bulls

Our **OPENING DAY** is on **Sunday Sept. 13th**

The Convenor would appreciate entries in by 12.30pm for a 1.00pm start. Members a plate please, & whites worn if available. As a warm-up for the year ahead on a recent beautiful Sunday the Club held 3 games, 2 bowl triples and it was great to see over twenty players playing for the E & M Jones cup with the winning team of Bob Caldwell, Mike Ansell and Ryan Cooper taking out the prize.

Lovely to see so many new faces, but the club would love to have more ladies, as we are rather outnumbered.

You are welcome to have ago on any Club social day, you can check details on Facebook, contact Mike on 021 190 1567 or phone the Club on 06 322 1284



THE MUDDER

MARTON | NEW ZEALAND

SATURDAY SEPTEMBER 19TH 2020



www.themudder.co.nz



Sanson School

... Making a difference ...

"Kia Tu, Kia Kaha, Kia Manawanui"

State Highway 1, Sanson

063293768

secretary@sanson.school.nz

principal@sanson.school.nz

www.sanson.school.nz

OUR VISION

We want our students to love learning, do their best, and work co-operatively with others.

We are a country school with extraordinary outcomes. Our small class sizes enables individual learning needs to be easily met.



Excellent Programmes:

- Sports and Cultural Activities
- Adventurous Outdoor - Education
- Performing Arts
- Environment Education
- Free Duffy Books in homes
- Pet/Craft Day
- Positive Behaviour for Learning (school - wide STARS)
- Free start up stationery pack on enrolment
- Outstanding facilities including a 20m indoor pool

Hapori whānui/Community Groups

BULLS FRIENDSHIP CLUB

We welcome new residents to join us on Fridays 2pm at Friendship Hall for a chat, cuppa and entertainment

If you require any information Please contact Elaine Jeffree 322 1494



BULLS RSA LADIES

Due to Covid we have had a quiet few weeks.

We had a pleasant visit to Levin Women's Section, lucky enough to bring home 4 raffles.

We have a trip to Foxton on 17 September for their fellowship afternoon.

Keep Safe & Take Care

For any information please contact: Elaine Jeffree 322 1494



BESS OF FLOCK HOUSE
Get your very own "Purple Poppy Pin" for only \$10.



All money is going to the Purple Poppy day fund to help service animals in New Zealand.

To purchase please contact Stub Wilson on 0274443341



FROM THE PRINCIPAL'S PEN TERM 2

Welcome • Haere Mai • Talofa Lava • Bula • Hallo • Susadei



As I look outside and see the pouring rain it has made me reflect on the weather so far this term and how lucky we have been with this term so far. I am sure the gardens and the farmers will be happy though.

This past month we have spent a large amount of our focus on the story of Tutaepororo and this local area. We have had some panels depicting this story put in at school and the children have been in awe of these. It is an important and significant story for our place and has been the foundation for much of our learning.



It is important that the children and us as a school take note of our place in the world and recognise the place 'where our feet are'. As a Kahui Ako the schools are continually working together to improve knowledge and learning across all the schools and for all the children and this focus of 'where our feet are' is a significant part of this work. The children, as well as the staff, are passionate which has been evident in the work that we are seeing.

Adrian Burn
Principle



BULLS AIR SCOUTS GROUP Join us at the Scout Hall in Wilson Street, girls and boys are welcome in all sections.

Keas aged 5 to 8 Wednesday nights 6pm to 7pm
Cubs aged 8 to 10 Monday nights 6pm to 7.30pm
Scouts aged 10 to 15 Monday nights 6pm to 8pm

HALL HIRE Contact Lynell Arnott on Bulls@group.scouts.nz or 0274312184



**FROM THE PRINCIPAL'S PEN
TERM 2**

Tēna koutou katoa,

Just over mid-way through the school year and it is dawning on us, as it is for the whole of New Zealand and across the world, that Covid-19 will be impacting on us for some time to come.

Pondering the implications of this I have noticed something about our tamariki. They are building resilience. They are coping with birthday parties being cancelled, holidays deferred, family get-togethers scaled down, events they have practiced and trained for being postponed or worse cancelled. They are getting used to new ways of doing things like entering their classrooms and going into shops and where their parents stand on the sidelines of sports games. A lot is happening and yet they are coping, they are managing, they are still out in the playground laughing and playing and doing what kids do. It hasn't broken them, they may have experienced some disappointment but they are finding ways to work through that.

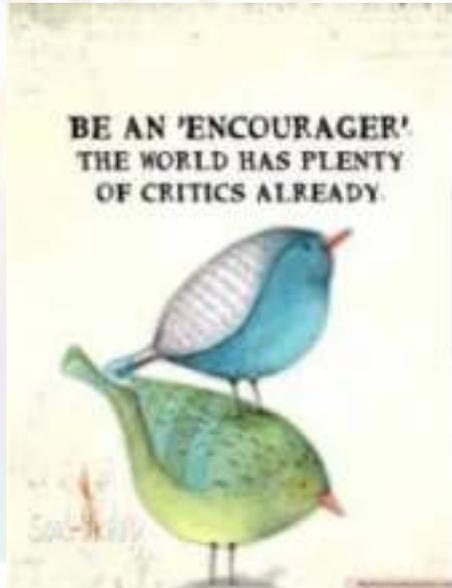
We should be so very proud of the way these young people are negotiating this new world and we, the adults or even older students, could learn something from them. We can learn from them to seek joy in the little things.

The funny thing is that even though a lot of things have been postponed or cancelled we are as busy as ever!

At the end of this term Bulls School is hosting The Rangitikei Tough Kids event at Ohingaiti domain and we are super excited about it. We have fingers and toes crossed that it will go ahead, but we also know it might not.

And that is how things go...

Ngā mihi nui,
Kim Gordon
PRINCIPAL



Bulls RSA

DJ Trump & Alexander Sparrow

Two hit comedy shows, one hilarious night!
BULLS RSA
5 September 7pm - 9.15pm
www.eventfinda.co.nz for tickets

Business as usual with a few adjustments, while on Level 2 everyone must either sign in on the health register or scan the QR code.

Hand sanitiser is placed around the club also. If darts or pool cues are used wipes are available to wipe them down.

**TAIHAPE SPRING FLING 2020
MARKET DAY 19th September**

Be part of **SPRING** with a
stall on the day.



Contact:

admin@taihape.co.nz or call #388 1307 for a
registration form today. Copies at Taihape I-Site.

FREE ENTRY

Rhythm In Bulls

Can you sing?
Want to be a part of our
opening acts?

Contact Heidi on 021 174 5951
office@bulls.kiwi

13th February 2021

FREE ENTRY

**WEEKEND DUTY DOCTOR DATES
'SEPTEMBER'**

*Duty Doctors are subject
to change*

5th & 6th Stewart Street, Marton
13th & 14th Medical Centre Ltd
19th & 20th Stewart Street, Marton
26th & 27th Bulls Medical Centre Ltd

After hours – WHAM, Whanganui or
City Doctors, Palmerston North



CARE FOR YOUR COMMUNITY AND DON'T SPREAD MISINFORMATION

- People are doing the right thing by coming forward to be tested and following the guidance of health professionals.
- Be supportive of those who come forward to be tested – they are doing the best thing for all of us.
- Be kind and don't create anxiety by spreading misinformation.
- Be responsible about what you choose to share on social media – only share from trusted sources of information such as the Ministry of Health and [Unite against COVID-19](#) websites.
- Remember – people are not the problem, they are the solution. COVID-19 is the problem and we all need to work together to ensure we stamp it out.

For the latest information please go to: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

STEADY AS YOU GO

Building Strength and Balance

If you're worried about your balance or falling over this could be the group for you!

Steady As You Go exercises are designed to help older people in their ordinary everyday lives. The group practice balance, coordination building and muscle-strengthening exercises such as standing on tip toes or moving from a sitting to standing position.

There are eye exercises to assist balance and strengthen the muscles used for peripheral vision, which are needed for driving. Steady As You Go is a falls prevention programme and is held weekly, for one hour.

The Bulls SAYGo group is Peer Led by Elaine Lee. The group started February 2016 and meets at the Bulls Friendship Hall Wednesdays 10am-11am. \$3 per session.

For further information call Janet Lewis Age Concern Whanganui 063451799

saygo@acwhanganui.org.nz

or just go along!

We would love to see you!



BULLS MEDICAL CENTRE

As you will have noticed our extensions have started and we are moving along nicely. We are going to have 4 new multi task rooms added to the practice. This should be opening up in November, fingers crossed sooner.



Anyone with Respiratory illnesses, Cough, Colds Sneezes and runny noses please let our staff know so we can take measures to protect you and other patients.

Free fresh food for all
St Stephen's Church Hall
23 Mauner St
MARTON
Everyone welcome
OPEN 3.30pm FRIDAYS

Food Pantry
reduce food waste • feed the hungry • serve our community



WARMER KIWI HOMES

Warmer Kiwi Homes grants for insulation and heating are available through to 2022.

The Government grants help make kiwi homes warmer and healthier.

Grants are available to cover 90% of the cost of ceiling and underfloor insulation and/or an efficient heater in the main living area. Grants for heaters are capped at \$3,000. You may be eligible if you own your own home.

Visit www.warmerkiwihomes.govt.nz or phone 0800 749 782 for more information.