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# Electra

A weekly feature on the communities in Horowhenua & Kapiti

## Caring for Our Community

### This week's featured Organisation – Soroptimist International

Soroptimist International (SI) is a world-wide organisation for women in management and the professions, working through service projects to advance human rights and the status of women. Soroptimists work together in a spirit of friendship and fun to make the world a better place for all. Members are encouraged to be aware of and involved in issues of society.

The first Soroptimist Club was chartered on October 3, 1921 in Oakland, California. The name comes from two Latin words - 'soror' meaning 'sister' and 'optima' meaning 'the best of'.

On the Kapiti Coast the Soroptimists are active in many facets of community life, fund-raising and actively involved in working bees and service.

"And we have a lot of fun too," says Soroptimist spokeswoman, Lorraine Marshall.

The 33 members of the Kapiti Coast Soroptimist International Club are involved in helping a number of groups at local and regional level. They have a member on the Birthright board, having had an involvement with Birthright since its inception. They have assisted the Women's Refuge in Kapiti and have on-going commitments to the Malaghan Institute for its medical research and the Life Flight Trust.

Very successful fund-raisers have been held in conjunction with Coasters with show nights being well patronised.

Part of the money the Soroptimists raise goes to support the child they have 'adopted' through



Kapiti Coast Soroptimists take a morning tea-break during a working bee at the Kapiti Women's Refuge.

an international aid agency.

Support has also been given to the Manawatu and Bay of Plenty flood relief appeals.

Soroptimist Clubs have always given solid support to the United Nations and its agencies, furthering the United Nations causes of women's and human rights, development and international understanding.

Project work is undertaken at international, federation, regional and club level. International projects are often conducted in partnership with other major non-government organisations and/or United Nations agencies. Project 50 is an international project to further the aims of women, which involves Soroptimist International, Zonta International, the Federation of

University Women, Business and Professional Women (BPW) and the International Council of Women.

Kapiti Coast Soroptimist International members meet once a month for a dinner meeting and to hear a guest speaker.

For more information contact Lorraine Marshall on 904 8499 or email kapiticoast@siswp.org.

In October the Kapiti Coast Soroptimist International Club will hold a GOLF TOURNAMENT, raising funds for breast cancer research. The goal is to raise \$10,000

### Conservation Week 2nd-8th August

Conservation Week is a great time to focus on our heritage and to celebrate the amazing work being done in the community to protect it. This weekend why not grab a trash bag and enjoy the outdoors while

picking up any rubbish along the beach or bush area. Planting native trees on your property is another activity that people can participate in as part of community conservation that helps support our native birds. Successful conservation needs community participation for more information on conservation activities please contact: Stacy Moore at the DOC Kapiti Office on 04-296-1161



### ENERGY SMART PACK

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- Pipe Lagging in Hot water Cupboard up to the first metre of hot water feed pipe (Installed)
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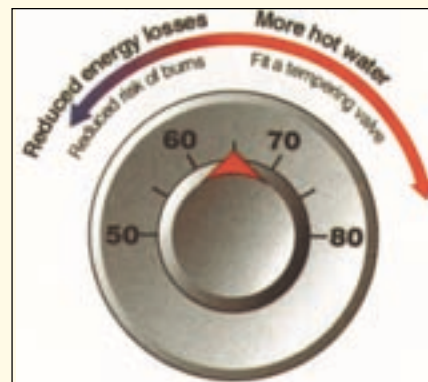
#### Not enough storage?

Your hot water cylinder thermostat controls the amount of heat energy stored and determines the volume of water available at a suitable temperature for washing or bathing. A hot water cylinder set at a relatively low temperature, perhaps for safety reasons, will run out during a period of high demand sooner than it will if it were set at a higher temperature. Why? Because there is less heat energy stored in the cylinder.

#### Increase energy storage with an adjustable thermostat and tempering valve!

A consumer adjustable thermostat allows you to easily raise the temperature of the cylinder when you need more hot water available (visitors staying) and lower it for maximum economy when demand is lower. A tempering valve, fitted close to your hot water cylinder, automatically mixes hot and cold water before it is delivered to your taps at around 55°C so there is minimal risk of burns occurring.

These two devices work together to give you total control over your hot water needs. The thermostat gives you more hot water when it's needed and the valve takes the worry out of running your cylinder at a higher temperature.



NEXT WEEK:  
Low Pressure or Mains Pressure

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