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Caring for Our Community



It's a cover up!

It's that time of the year again - daylight saving is with us; winter wardrobes have been packed away and we are hopefully into summer gear with the opportunity to spend more hours in the sun.

Sure, the sun is good for us - but like everything else there is a need for moderation.

New Zealand's ultra violet rays are said to be among the strongest in the world and therefore the risk of sunburn is greater here than in many countries.

Exposure to solar radiation may account for as much as 90 per cent of all skin cancer cases. The New Zealand Cancer Society is actively and aggressively promoting the need for all of us to COVER UP.

In Kapiti-Horowhenua the Cancer Society has two co-ordinators responsible for promoting Sunsmart initiatives and helping you avoid cancer.

They are Judy McIntyre (Kapiti) who works for the Wellington Division of the society and Yvonne Norfolk (Horowhenua) who comes under the wing of the Manawatu Cancer Society.

Late October-November traditionally marks the start of requests to the Society for sunscreen.

Judy McIntyre says "As well as providing sunscreen, we need to take a step back



SUNSMART

and ensure we provide shade at outdoor events and plan for these facilities to be in place for the peak ultra violet radiation period between 11am and 4pm."

On the Kapiti Coast, the society offers a Shade Loan Scheme for organisations planning outdoor events. Included are umbrellas, tents and sunscreen for groups committed to promoting the Sunsmart message.

It is important, say Judy and Yvonne that anyone who notices a change in a freckle, a mole or skin lesion to check with their health professional immediately.

Readers wanting additional information about the Sunsmart programme and services available from the Cancer Society should telephone Judy McIntyre at Paraparaumu 298-8514 or e-mail cancer.kapiti@paradise.net.nz.

Yvonne Norfolk is available at 0800 366 689 or e-mail cancer.soc@paradise.net.nz.

WIN

A CENT-A-METER

Win this Wireless Electricity Monitor - it monitors household electricity use, can display your electricity usage and cost per hour as well as inside temperature and humidity! Valued at \$170.00 plus free installation.

Electra Quiz

What is the minimum internal temperature recommended by the World Health Organisation for a home?

What is the required R Value for ceiling insulation in the Kapiti-Horowhenua area?

At what temperature is it recommended to set the thermostat on your electric hot water cylinder?

An energy efficient shower should deliver no more than litres per minute?

When replacing a 100w light bulb with an energy efficient one what equivalent wattage would you buy?

If you answer all five questions correctly you will go into the draw to win a CENT-A-METER. Entries close Monday 21 November 2005. Cut this panel out, add your details and post to:

Win a CENT-A-METER
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PO Box 51-200
Tawa

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