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Caring for Our Community

Enthusiast for savings

Waikanae resident with a determination to save energy at all costs was last week named winner of Electra's "Cent-A Meter" quiz. Chris Bonnett, a contract consultant, who has installed energy savings devices in his home is pictured with his prize- the "Cent-A Meter"- which monitors household electricity use and can display electricity usage and costs per hour as well and providing information about inside temperature and humidity. He said he had been attracted to the competition by the savings aspect and planned to have the unit working for him immediately.



WINNER

Quiz Answers

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

either 16 degrees c or 18 degrees c

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

R1.8

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

55-60 degrees c

An energy efficient shower should deliver no more than **7.9** litres per minute?

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

18-20 watts



Free - and easy!

We were made to walk.

It is the most basic of physical activities and is beneficial to our health. It is also relatively cheap - a good pair of shoes is the key

All over New Zealand people are out walking. The Kapiti-Horowhenua region has a number of groups who undertake regular walk programmes.

The Levin Wednesday Leisure Walkers' club welcomes new members, club captain Alan Singer saying they are an informal group who "have lots of fun while building friendships at the same time."

The club has a planned annual programme embracing both town and country walks as well as bus trips to explore new ground. During each walk time is set aside for members to take a break, have a cup of tea and "chew the fat."

Kapiti also has a number of clubs and groups who between them have a timetable of walks, which accommodate a wide range of needs.

Barry Blake of Waikanae is a member of the district's Wednesday walkers and says he has found this form of exercise along with cycling most enjoyable and beneficial to his health.

"Before I started walking regularly my blood sugar, cholesterol and blood pressure were heading in the wrong direction."

Such has been the turn-round that he not only walks regularly but also took part in the recent round Lake Taupo cycle festival, which attracted 11,500 riders.

Next year the Monday group is planning a week away walking in the beautiful Hanmer district and along the Kaikoura coastline".

Sport and Recreation New Zealand emphasises that the golden rule of any physical activity is to go at your own pace, particularly at the beginning. With walking you can go as slow or as fast as you like - but a brisk pace produces better results.

Readers wanting information about the walking groups in the region should contact the following:

Horowhenua -Levin: Alan Singer (06) 367-9575 and Sport Horowhenua (06) 367-0083

Kapiti: Sport Kapiti (04) 293-1041 (Peter Ellis) Wednesday walkers - Graham Kaywood (04) 293-7898; Basil Kruse (04) 298-6159; Monday walkers- Reg Goodsell (04) 904-7558; Sunday walkers Steven Brazier (04) 905-8752 and the Kapiti Rotary walking group Margaret Hall (04) 904-8302.

Start walking and enjoy!

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