

Wanganui Classic Motorcycle Club formed by three friends

The Wanganui Classic Motorcycle Club has been formed by three friends, a Kiwi, a South African and an American each with very different classic motorcycle experiences during the past thirty years. Local schoolteacher South African Paul Kasner came across classic bikes when the Cape Town Classic Motorcycle Club used to gather in Greenmarket Square on a Sunday morning and park their bikes on display while having a coffee. Paul had owned a new Moto Guzzi Le Mans, a Royal Enfield and SR500 Yamaha machines and eventually purchased a BSA 250 Starfire from a university friend, Paul Whitehead, the rider of a wartime WLA Harley Davidson. When Paul Kasner emigrated to New Zealand in 1998 he brought his Starfire along and a couple of years ago purchased his latest classic, a Laverda Jota from South Africa via his old friend.

Stan Millard from

Janesville, Wisconsin is on his fourth trip to NZ to take in a Kiwi summer and enjoy some motorcycle events, having been to the Boxing Day races twice and the Pukekohe festival as well. Stan first went to the Daytona 200 in 1954 as a boy with his dad's BSA Gold Star race team and has been every year since, except when in New Zealand. In the late 1960s Stan was a Suzuki and BSA/Triumph dealer and competed in ice racing, observed trials and flat-track events but a knee injury forced his premature retirement. Stan turned his talents to engine preparation and, on his flow-bench, he developed some of the fastest Rotax-powered Harley Davidson's in the USA, as well as his BSA units which won State Championships. In 2003 in the National series, one of his BSA engines was protested for taking 3rd place against the Harley factory works machines. His work with the BSA B50 engine in American Historic Motorcycle

racing saw his riders win numerous national titles. These days Stan spends a lot of his spare time online helping other BSA owners around the world and prepares a rigid-framed 250 BSA for a close friend to race.

Robert Cochrane has been a native of Wanganui for the past decade and has made contributions in various sectors of the local motorcycle community. He is best known for his involvement with the BSA Owners Club of NZ. Robert founded the club with his brother John and friends in 1978. He met Stan while organizing the 1992 Hutt Park North Island Longtrack Championships as Rob set up a Classic Flattrack Championship for Triumph Trackmaster and Norton Redline machines with Stan's guidance. Robert has been active as a photographer in the VMX movement for a few years and Stan developed a BSA 250 motocross bike for his son Daniel to race in the NZ series. Robert

has wide interests in both our national and local motorcycle history and competes in classic/twinshock trials running an annual event in both Wanganui & Wellington and has assisted with South Island events.

Paul had suggested we get an inclusive classic club running in Wanganui for probably the past three years and with our good friend Stan in town for a few months, it seemed like a good time to get the ball rolling, especially in time for the first Wanganui Classic Motorcycle Rally & Suzuki 50 Year weekend on March 5-7. The aims of the club are to foster and preserve the active use of motorcycles twenty years of age or older and includes the wide interests of local enthusiasts from road bikes to rallies, to classic & post classic road racing, classic & twinshock trials, classic to VMX off-road, and includes all British, Japanese, European and American machines. Subs will be kept low at \$10 a year with a regular e-newsletter, monthly gatherings, and a website is planned with a series of online classic motorcycle quizzes as Paul is a real wiz. It will be quite an interactive innovation when it is launched. We felt it was time Wanganui as a region had its own Classic Club, a voice and identity, and it just adds to the diverse mix of local motorcycle groups and clubs' says Robert Cochrane. For further info contact Robert Cochrane robertc@amcom.co.nz or (06)343 7585.

Join the GirlGuiding NZ biscuit army



Sera Lilly, Allyson Gofton and girl guides.

Join former Girl Guides Allyson Gofton, Bernice Mene and fashion designer Sera Lilly as they get behind GirlGuiding NZ's biscuit-selling army to fundraise during Guide biscuit month in March.

To join the Girl Guide 'army', all you have to do is put an order form up at your work, club or local noticeboard and collect orders for New Zealand's favourite biscuits. In return, you'll earn a special keepsake badge designed by the three celebrity Guides.

"Our celebrity former Guides have all gone on to lead fulfilling lives in food writing, sport and fashion and we're thrilled to have

their passion for GirlGuiding NZ to support this year's campaign," says Ruth Teasdale, Chief Executive, GirlGuiding NZ.

"When I was a Guide I remember selling the biscuits, the recipe is unchanged and still as loved now as it was back then," says Allyson Gofton of the popular biscuits made in New Zealand by Griffin's foods for more than 50 years.

The biscuits are a huge part of the Girl Guide brand and selling them each year provides a large part of the Girl Guide's revenue," says Teasdale. "Look out for them to buy or become a Girl Guide army member and earn a special badge - all while helping our

young Kiwi women fulfil their potential."

"Because they're not available all year round, Girl Guides biscuits always create special memories," says Lilly. "Selling the biscuits brings the girls together to work with each other towards achieving a mutual goal, something that is a valuable life lesson."

The highly anticipated Girl Guide biscuit month happens in March each year and people have been known to stockpile theirs to last the winter! The Australian Guide's even ship our biscuits over for their own fundraising efforts.

"GirlGuiding NZ gave me hands-on opportunities for learning, leadership and confidence building to go on and achieve my netball career," says Mene. "By being part of this campaign I hope I can help the organisation to inspire other Kiwi girls."

The iconic biscuit comes in three varieties: plain, 'choc' and mini choc. Register your interest at www.girlguidearmy.co.nz and join the Girl Guide Army today.



From left: Robert Cochrane - BSA 1971 Lightning 650cc, Stan Millard - Suzuki 1987 GN250cc, Paul Kasner - Laverda 1982 Jota 1000cc.

Top nine foods for older people

1. Yoghurt: "Friendly" bugs to help digestion and calcium to keep bones strong and blood pressure down.
2. Fish: Especially salmon and tuna: Vitamin B12 and omega-3 fats for healthy blood, joints and eyes.
3. Nuts: fibre, unsaturated fat and vitamin E for a healthy heart, gut and eyes (walnuts, almonds, brazils).
4. Avocado: monounsaturated fat, vitamin E, folate and B6 for a healthy heart, brain, immune system and eyes.
5. Rolls oats: soluble fibre and resistant starch for a healthy bowel and to reduce cholesterol, plus zinc, iron, potassium, vitamin E.
6. Green tea: less caffeine and lots of antioxidants.
7. Legumes: soluble fibre and resistant starch for a healthy bowel, lower cholesterol and weight control.
8. Dark green vegetables: vitamin A, C, K, folate and antioxidants.
9. Berries: sweet treats packed with antioxidants.

- Courtesy of Diatribe

Robots in retirement villages?

The University of Auckland and ETRI Korea are jointly researching the use of inexpensive robots in retirement villages.

The university has been asking residents and workers at Selwyn Village Anglican aged care service in Auckland what kind of robot they feel most comfortable around. They have indicated that appearance and the kinds of tasks it would perform are important. Detecting falls, calling for help, switching on & off appliances, lifting heavy things, and medication reminders are some of the tasks residents would like a robot to do. It should not be too large and imposing in appearance, about 1.25m with wheels and a screen on the body. ETRI Korea's robots are already being used in homes in Korea, and a trial of a modified Korean robot is now about to start here.

It's hoped that the robot will eventually help support better quality care for residents while being affordable for service providers.

- Rural Bulletin

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Crossword answers

