

Wanganui entries shine at national motor show

Local communities helping provide 1 million breakfasts to students

Paul Gibson led the Wanganui charge at the prestigious 4 & Rotary Nationals-Show N Shine motor show in Auckland last weekend.

Held at the ASB Showgrounds, the show returned to a one-day format this year and attracted more than 300 show vehicles, drag and drift cars.

Paul, competing in the Show Stopper For All Classes category with his 2005 Ford Courier mini-truck, won seven awards to take



Paul's mini truck

overall points for the round, with two rounds remaining in the series in Christchurch and Manfeild.

His prizes included: Show Stopper - Interior-Scotts Upholstery, BodyKit-Autostyle Kits, Paint-Dr Bob, Engineering-4 & Rotary; Open Class - RX Master-Pac Performance, Best Custom Audio install-4 & Rotary Promotions;

Individual Awards - Best Airbrushing/ Graphics.

Features of Paul's mini truck includes airbags, custom suspension, interior and sounds, and a new 20B PP Rotary engine built by Pulse Performance at Aramoho. The truck is low to the ground.

Paul, a car painter at Paintworkz on Taupo Quay, said it was a real buzz to hear people go "holy hell" when they looked at his entry. He was also proud to produce something "radically different" from everyone else.

He has been working on the truck for two and a half years, with help from the likes of Pulse Performance, Tom Ditchfield Panelbeaters, Paintworkz, Plastic Repairs, Shaun Terrey Upholstery and Signs & Engraving.



Paul Gibson won seven awards at the Show N Shine motor show

"It just goes to show that we can build cars like these in a small place like Wanganui. Hopefully it will encourage others to come and spend their dollars here, because we can do it locally."

Fellow Wanganui car enthusiasts Chass Wardle and Dustin Ng also won prizes. Chass, a boat builder at Q-West, took out the Best Modified Interior and Best Wagon in the Rotary class with his Mazda 808, while Dustin's Mitsubishi Mirage was one of six entries to receive a Judges Choice award.

Dustin, a mechanic at the Wanganui Exhaust Centre, said he was "stoked" to pick up the award considering his car had no paint on it this time last week.

Paul added that it was "bloody fantastic" for Wanganui to do so well at such a big event, and he's looking forward to the upcoming Christchurch and Manfeild shows. He finished second overall over the three rounds last year.

With the new school year starting this week sending our children off to school ready to learn is front of many people minds. There's growing evidence that the way the child starts their day will make a huge difference to how they perform and respond at school.

Two food companies that are making a difference to the learning day of thousands of kiwi kids are Fonterra and Sanitarium. Together they have created KickStart Breakfast, a breakfast in schools programme that lets students experience the value of a nutritious breakfast of Weet-Bix and Anchor Mega Milk at school.

Support from the community is a big part of delivering the programme and Fonterra and Sanitarium thank the hundreds of volunteers, teachers and student leaders that will help deliver close to 1 million breakfasts to KickStart Breakfast clubs across New Zealand this year.

Local schools that will benefit from the free breakfasts are: Aberfeldy School, Aranui School, Castlecliff School, Keith St School, Okoia School, Te Kura Kaupapa Maori O Te Atihaunui-a-Paparangi, Wanganui East School and Whanganui Awa School.

Photo/video competition - why being kiwi is good

Our mates at Billi Tees are running an *If it's Kiwi it's Good* video and photo competition and with all the great entries for grabaseat's Get Amongst It competition we thought you might be up for entering this one too.

All you need to do is upload a video or photo showing something that explains why being Kiwi is so good. It could be your hometown or a great Kiwi invention like the Pavlova.

The prize for best video entries is flights for four to a New Zealand destination, two nights in a flash hotel, three days car rental and heaps of Billi Tees for good measure. The photo winner gets flights for two and one night in the hotel.

You can enter the photo or video you've already uploaded onto Get Amongst It or something completely different. Just head to www.billitees.co.nz to enter.

Visit Get amongst it at: www.getamongstit.co.nz to further information.

- Supplied

Stay in the shade

Shade provides good protection from the sun and can reduce overall exposure to ultraviolet radiation by about 75%. It is particularly important to seek shade between 11 and 4pm during the daylight savings months, when UV Index levels reach their peak. Maximum sun protection can be achieved by seeking shade and wearing sun protective clothing, hats, sunglasses and sunscreen.

However, Dr Judith Galtry, the Cancer Society's Skin Cancer Prevention Advisor, acknowledges that there are particular challenges designing and constructing effective shade. "In many parts of New Zealand the climate is temperate, with often cool air temperatures, but high UVR in summer. This means that there is a need for 'warm shade', using materials that maximise light and increase warmth. To be effective, shade needs to block indirect radiation, e.g. some trees do not have thick enough foliage to provide adequate protection, as well as radiation

from surrounding reflective surfaces such as concrete, sand, or snow.

"An increasing number of organisations are recognising the need to provide shade and as the community's knowledge about sun protection improves, so does their demand for public facilities with adequate shade," she says.

"A well designed and correctly positioned shade structure casts shade where and when it is most needed. Best protection is offered by shade that has extensive overhead or side cover and is positioned away from highly reflective surfaces if possible," adds Dr Galtry. For further information on building effective shade structures, contact your local Cancer Society or consult the Society's website.

The Cancer Society of New Zealand is the leading charity dedicated to reducing the incidence of cancer and ensuring the best cancer care for everyone in New Zealand.

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