

On Top Of The World - Phil Kukudzinski - Mr Universe

Ten years after winning the World's most prestigious Amateur Bodybuilding Title in 2014, the Mr Universe Contest, Inglewood Bodybuilder Phil Kukudzinski returned to the competitive stage in Las Vegas, USA to win his second Mr Universe title. To be a bit surreal really, but it's a very cool satisfying feeling. When I won the Title ten years ago the overriding feeling was relief as I had a number of minor aches & pains, but never the win. This time I tried to just enjoy the whole process and be in the moment and celebrate the achievement," says Phil.

Phil says he mapped out a detailed plan 18 months ago to get back on stage as the Mr Universe Contest. This plan saw him first competing at the Central North Island show in Te Awamutu back in June where he won not only the Masters class but the Overall Bodybuilding title as well. He then competed in early October at the Pan Pacific Pro Am contest in Auckland where he won the International Masters Class. Travelled to Las Vegas two weeks later to compete at the Mr Universe contest with athletes from 43 countries around the world.

"Bodybuilding is a lifestyle for me. I've never stopped weight training, but also emphasis diet, nutrition and cardio. I believe the combination promotes health and longevity," Phil says. I really enjoy measuring yourself against the best in the world. It can get very chaotic, stressful and aggressive backstage and onstage with a bit of pushing and shoving and jostling for position. At the contest everyone is very complimentary and you create lots of new friends from all over the world.



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Points and views expressed are not necessarily the views of The Inglewood Development Trust

Ready for High Tea (IWS) at Stanleigh Gardens

Acquaintances, relatives and friends of the Inglewood Welfare Society (Marionette) all helped at the "High Tea" fundraiser at Stanleigh Gardens (Donna and Wayne Busby) during the Centuria Garden Festival, from November 1st to the 10th. The fundraising was augmented by a raffle donated by Frank Bennett, Karen Dravitski and Stephanie Valentine (the Love Bunch). It was aiming to raise funds for a pressure sore recliner chair for bed-bound patients so they could get out of their room and interact with others in different environments, at Marionette Rest Home and Hospital Stanleigh Gardens beautiful gardens and venue attracted full numbers at the functions. IWS would like to thank Donna and Wayne Busby for their generosity, and all the "helpers" for their assistance.



Above: Welfare members Denise Lovridge and Karina Knowles getting High Tea ready at Stanleigh Gardens.

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St Andrews Parish (Graeme Sykes)

These are the lucky winners who received a New World hamper. They were drawn from a list of people who completed a survey regarding new activities that could be run from a restored St Andrew's. The St Andrews Restoration team were very pleased with the results. It is not too late to enter your ideas through the website www.standrews.inglewood.org.nz or have your say, or click on QR code to enter through your phone. St Andrew's Vestry thank Peter and his New World for supporting them. If you can help in other ways or want further information please email: property@standrews.inglewood.org.nz



Cricket News (Jane Chamberlain)

Inglewood cricket club held a very successful tournament on November 2nd despite the weather which was cold and windy and at times wet!! We just got finished before the rains were flooded. The winners of Section One were Kaye Bird and Heather Surgeon from Hawera. The winners of Section Two were Barry Gibbs and Jane Chamberlain. A huge thank you to all the local businesses for their donations for the spots prizes, everyone went home with a smile on their face. A reminder to those people unable to play during the week we have play on Sunday afternoon starting at 10pm. Do come, bring the family and join us. Contact 0274670462.



Above: Kaye Bird and Heather Surgeon

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Merv 027 481 1882

Above: Barry Gibbs and Jane Chamberlain

Inglewood Community Food Hub News (Mark Belchamber)

Well another Halloween came around which meant another chance for the Inglewood Community and Food Hub to feed the community! Thanks to the generous donations of sausages and bread from Normandy Butcher and Inglewood New World, we were preparing early in the afternoon ready for the evening's onslaught. Opening at 5:00pm in our Halloween-themed and decorated gazebo, we had our first customers almost straight away and the line kept growing from there... hundreds and hundreds of people passed through for a free sausage sizzle - in fact so many people that we temporarily ran out of gas. There were some incredible costumes and some amazing efforts from everyone, including Ben Evans who told me "I love the Inglewood trick or treat. I've been for three years and each year it gets better!"



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Above: Ben Evans with Alice and Edward were firm favourites with their costumes.

Gardening Clues with Sue (Sue Harris)

Labour Weekend has been and gone, but this signifies that it is now safe to plant out all those heat loving vegetables into the outdoor garden. Yes, there was snow in the South Island, but not up here in Taranaki, so even with the odd occasional wild patch of weather, it should be safe to plant tomatoes, cucumbers, pumpkins, squashes and capsicums.

Sometimes we get too keen, but in reality certain plants really only start to grow once they have adequate warm temperatures and more importantly consistent hours of sunshine. Even in a tunnel house, you can plant when you think its warm enough, but certain things will only start to take off when conditions are right.

This week, we look at companion planting, the practice of grouping plants together so they are mutually beneficial, creating an ecosystem within the garden for plants to thrive. Let's look at some of the basic options in the vegetable garden. Celery keeps white cabbage butterfly away as they don't like the smell of it. Celery is a great companion for brassicas and beans, plant one celery plant to every six plants. Grow carrots and leeks together. Both have strong scents that drive away each other's pests. Asparagus, basil, carrots, celery and parsley are ideal companion plants for tomatoes to help each other grow, while popping in some marigolds should attract pollinators but keep pests away. Tomatoes are also compatible with chives and onion. Nitrogen fixing peas and beans improve soil fertility, so plant brassicas and sweetcorn where beans have been growing the previous season. Sweetcorn does well planted with potatoes, peas, beans and squash. If you try some of these combinations, and you get good results, mark it down in your garden diary, and if you don't then try other options the next time round. It is a busy time in the garden, but I hope you got out, enjoyed and experienced some amazing gardens and dreamt of what is possible in your own back yard from the festivals over the last few weeks.

Lions News (Wendy O'neal)

Each year Lion Clubs around the country have a Peace Poster Competition, where children aged between 11 and 13 years of age can enter. The winner of the entry will then go onto the National Competition and from there the winner of the National Competition will go forward for the International Lions Peace Poster Competition.

This theme this year was "Peace without Limits". The competition was held at St Patrick's Primary School, and the winner was Chloe Mayon, she will go through to the District Final. Chloe won an Achievement Award Certificate and \$30 book voucher. Highly commended Sophia Monforte won a Certificate of Appreciation and \$15 book voucher. Tessa-Jay Komene, Adawitha Jyotirathin, Olivia Saunders and Harper-Vickers each won a Certificate of Appreciation.

The Christmas Parade will be held on Saturday 14th December, the theme is "Christmas Through the Ages". If you have any queries or would like to enter, please phone Peter on 027411622 or Karina on 027498025. As Christmas fast approaches, Inglewood Lions will be selling our Famous Christmas Cakes, these will be the usual \$25. These make great gifts to family and friends, also a really good idea to give to staff for their Christmas Bonus. If you are interested in ordering Christmas Cakes, please phone Graham Robinson on 0211425920. We will be putting something up on Facebook, so keep an eye out for that. If you would like to join Lions or come along to take a look at what we do please contact me on 021677494 or Graham Robinson on 0211425920.



Above Back Row: Julie Ann Hall (teacher), Lions President Graham Robinson, Deputy Chairman Youth Kevin Knowles, Front Row Adawitha Jyotirathin, Harper Vickers, Sophia Monforte (Highly Commended), Chloe Mayon (Winner), Olivia Saunders, Tessa-Jay Komene

Local Show Days

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BY DANIEL ANDRUSIUS AND MATT CHAMBERLAIN 6 DECEMBER 2PM

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TE KŌHANGA MOA MARAE HUI A TAU (AGM)

Notice of Annual General Meeting
To be held at Te Kōhanga Moa Marae, James Street, Inglewood
Date: Saturday 1st December 2024
Time: 9:00am

AGENDA
Karaka/Mihi
Apologies
Chairperson's Report
Financial Report
Nomination- Election of Komiti positions
Charter Document Amendment
General Business
Karaka Whakapipi
Naumai Haere Mai. All are invited to attend.
Any postal please email: kauaui1086@gmail.com

Te Kōhanga Moa Aza Whiwhia, Ata Rawa, Ata Kura!

INGLEWOOD GOLF

Will Wood Trophy - 36 holes

2888 The Winners or the Gross were James McArthur and Daylen McArthur with a total of 151. The winners of the Next Trophy were Geoff O'neal and Steve Wood with a total of 118.
Wood Brothers Trophy - 18 holes 2888 The Winners were: Errol Richardson and John Hardy with a net 58. A glorious sunny and warm day. Congratulations to you all!

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Above: Daylen McArthur and James McArthur Below: Steve Wood and Geoff O'neal



A Heartfelt Evening in Honour of Dr Diane Jones (Vida Harlekin)

An "Appreciation Evening for Dr Diane Jones" recently took place at the Cue Theatre. Chairperson of Inglewood First Trust, Marie Pearce welcomed everyone. Marie highlighted that, despite stepping down as a GP, Dr Jones' dedication to our community has never waned. Her ongoing contributions include 13 years with the Inglewood District Health Trust, involvement with the Inglewood Welfare Society and voluntary medic support for events such as AmeriCARINA. Former staff member Jan Williams who travelled from Wellington spoke highly of Dr Jones as an employer. Pony Hood, District Nurse, fondly remembers Diane's sense of humor and boundless generosity. Leone Soffo, who spent 15 years working with Diane, reflected on how the roles of receptionist evolved over the years, noting Diane was not very strict about keeping to 15 minute appointments. Kevin Koch, shared his family experiences as a patient of Diane's. Martin Hook, praised her services to the ambulance community. Julie Gillespie, recalled working with Diane as a newcomer to the ambulance service, and Denise Loveridge, Chairperson of the Inglewood Welfare Society, commended Diane's dedication to fundraising, especially her talent for selling raffle tickets.

Marie presented Diane with a gift from Inglewood First. The evening concluded with a delightful spread from Funk Fish, capping off a night filled with gratitude and admiration for Dr Diane Jones.



Above: Jan Williams, Maria Wynan, Diane Crocker, Phillipa King, Leone Soffo, Joy George, Diane Jones, Hayley Growcott, Penny Hook, Kay Collins and Jos Leak

INGLEWOOD FIRST TRUST

November IA5

The Hive

Where: 18 Matai Street, Inglewood
When: Wednesday 27 November
Time: 5.15pm

Come and hear Clair's journey into fashion and retail and see the latest summer fashions. Guys there is something there for you as well. Everyone is welcome. Inglewood After 5 evenings are a monthly chance to catch up with anyone interested in all things Inglewood.

Please RSVP for catering
inglewoodfirst@gmail.com or text Vida 021 184 0842
Please pay online to Inglewood First Trust
15-3946-0391253-00 Please put business/name in description
Marie Pearce - Inglewood First Trust chairperson 027 309 2221

What's on and Coming Events

Please advise of your event 7567030 moamail@herko.com

Inglewood Heritage Exhibition
Happy 100th Birthdays
Displays for Inglewood Library, County Council Office and the Courthouse.
Mon - Fri 10.00am - 4.00pm
Sat/Sun and Public Holidays 10.00am - 3.00pm

Inglewood Social afternoons
Thursday 14 and 28 Nov
LeGals Church 4 Hanaki St
1.30 pm - 3.30 pm
Gold Coin Donation
St Andrew's Hall
8 Brown Street
Friday 15.7.00pm (koha)
Craft Afternoon
St Andrew's Hall
Nov 22nd 1.30pm - 3.00pm
Market Day
St Andrew's Hall
8 Brown Street
Sat 23 Nov 9.00am - 12.00pm
Ing Squash Rackets Club AGM
Tue 26 Nov 21 Elliot Street
7.30 pm all welcome
Ing Lions Senior Citizens
Christmas Lunch
Wed 27 Nov - 12.00pm \$20pp
TET Stadium & Event Centre
Lynda Sutton 027 810 3517
Te Kohanga Moa Marae AGM
At the Marae James Street
Sunday 1 Dec 9.00am
St Andrew's Day 8 Brown St
Bishop David and the Haggis
Sunday 1st of Dec 10.00am
A Crudy Night Christmas
Night Market
TET Stadium
Thursday 5 December
Christmas Parade
Saturday 14 December
Summer Fete Market
St Andrew's Hall (Ev: 16-21st
table booking call Gayleen
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Sunday 10.30am

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The Inglewood Heritage Centre are happy to receive family photos and records relating to the Inglewood area.

Families cleaning out estates, just before you throw, pause, there might be something that can be preserved for others to enjoy.

We can also copy and return any items to you. Please let the Heritage know, the heritage and pass it on in your hands 04 7547030

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Inglewood Squash Racket Club AGM
Tuesday 26 November 2024
7.30pm
All members and new members welcome

The Wolf of Rataipiko (Su Young)
RATAIPIKO Rataipiko's Senior room students will soon be primed to face off with the financial giants of the world as they start five weeks of financial literacy sessions. Our highly skilled BOT treasurer, Sarah Tatham, has volunteered her time to introduce the

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concepts of financial literacy to the kids. They will learn about budgeting, saving, debt and even get to observe the performance of a "Sharesees" share portfolio they collaboratively manage. Sarah has noticed that the kids are already pretty switched on with money, so it will be great to see where they can take things. **While I'm sure I will have to put up with plenty of 'Dad, is that a good financial decision?' in future shopping trips... sigh... at least I can rest easy knowing the kids will be able to support me in my retirement.**

Above: Sarah Tatham teaching the Rataipiko Senior class financial literacy

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Inglewood, 40c Mahoe Street
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Buyer Enquiry Over \$245,000
• Build brand new, colours a dazzling landmark
• Affordable family home, spacious living
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• Fully fenced, handy location, supports add value

Inglewood, 1 Brookes Street
786.54 4 BR 2 LW 2 CD
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• Affordable family home, spacious living
• Woodburn, heatpump, HWV
• Fully fenced, handy location, supports add value

Inglewood, 3c Hinau Street
326.55 4 BR 1 LW 2 CD
Buyer Enquiry Over \$350,000
• 2000sq m tapered home, unique, bold & vibrant
• Large entertaining kitchen
• Fabulous landscaped section, down a ROW

Inglewood, 10/33 Maire Street
288 1 BR 1 LW
Buyer Enquiry Over \$240,000
• 5642 bedroom unit, short walk to town
• Secure, fully fenced backyard, attached carport
• Current rental appraisal of \$450/00 p.w.

Inglewood, 38b Maire Street
460.5 3 BR 1 LW 2 CD
Buyer Enquiry Over \$250,000
• Modern Mervin Build home, built in 2020
• Modern decor, double glazing, heatpump
• Single garage, located in a sought after area

Inglewood, 1/58 Cutfield Street
288 1 BR 1 LW
Buyer Enquiry Over \$480,000
• Gas heating, sunny contemporary
• Internal access single garage, handy location

Inglewood, 41 Mahoe Street
469.5 3 BR 1 LW
Buyer Enquiry Over \$550,000
• Affordable, modern, well equipped kitchen
• Spacious open plan living and dining
• Close to schools, off street parking, fully fenced

Inglewood, 9 Koromiko Street
956.54 4 BR 2 LW 2 CD
Buyer Enquiry Over \$770,000
• 730 condition, new carpet, woodburner, HWV
• Spacious lounge with sliders, spacious deck
• Fully fenced backyard with double garage

INGLEWOOD SMALL TOWN, BIG HEART

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