



## Active a2b News

### When walking to work saves lives



Elaine Powell, an Active a2b participant from the Ministry of Education, got together with some workmates and signed up for the Summer Steps Challenge. She lives in Houghton Valley so walking all the way into work wasn't realistic. Instead, she now parks in Evans Bay and walks the remainder of the trip around the harbour to her office on the Terrace. One day a few weeks ago, during her stroll along the water, Elaine stumbled across the little fellow featured above outside the Port Nicholson Yacht Club, shaking and looking distinctly unwell. She retrieved an empty box from Martin Bosley's restaurant, scooped him up in her fleece and called the SPCA who promptly came and picked him up.

Send in your  
NOMINATE a MATE  
FEEDBACK through the  
links below and be in to  
**WIN!**

#### **This week's prize winners**

Congratulations to K. Coolbear for winning last week's Nominate a Mate prize.

You can enter this week's draw by sending feedback to your mates through the links below.

Click on the links to send your [cheerleader](#), [taskmaster](#) or [mentor](#) your weekly feedback.

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#### **Numbers update**

879 registrations

Welcome to Te Aho o Te Kura Pounamu - The Correspondence School

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The SPCA thanked Elaine for calling them and took him away to check him out and release him when he had recovered.

“Since this, I keep an eye out for things in the water and have also seen two stingrays by the floating crane. I moved here from the UK three years ago and have to say these are things which would never happen to me on a walk to work in the UK. Thanks for getting me walking again!”

The Active a2b team are thrilled that the benefits of walking to work now extend to protecting marine wildlife!

### **Walk to Work Day celebration**

Last Wednesday, hundreds of Wellingtonians turned out for the Walk2Work Day celebration in Frank Kitts Park. Amongst the crowds we found Samantha, from the Department of Internal Affairs, and Jennifer, from the Ministry of Economic Development - two Active a2b participants who flat together in Newtown and had walked in together that morning.



Ian McKinnon presenting the Summer Steps Challenge prize to the Transpower ‘Power Rangers’

Congratulations to the Power Rangers, a Transpower team, who were announced at the event as the 2010 Summer

### **Movin' March**



Kids learn, grow and have fun when they walk, scoot or cycle to school! All schools in the Wellington Region are invited to join us in celebrating active journeys to school during the week of March 22-26.

[www.gw.govt.nz/movin-march](http://www.gw.govt.nz/movin-march)

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**Back by popular demand**

**'How to fix a flattie in 5 minutes'**

**One final workshop!**

Thursday 25<sup>th</sup> March.

12.30-1pm. Meeting room 1, Ground Floor, Greater Wellington, 142

Wakefield St. Please

RSVP to

[active@gw.govt.nz](mailto:active@gw.govt.nz)

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Steps Challenge winners. The five member team have clocked 249 walking journeys and saved 142 car trips over the last two and a half months. With two consecutive mentions in Active a2b news, Transpower is building its reputation as a very active workplace indeed!



Flatmates, Samantha and Jennifer walked together to Walk 2 Work Day.

To unsubscribe - email [active@gw.govt.nz](mailto:active@gw.govt.nz)

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