

52 Ingestre Street, Whanganui. Phone 345 3666 or 345 3655, email rivercitypress@xtra.co.nz

Lifelong learner and teacher recognised

BY DOUG DAVIDSON

To say that Judith Robinson has had a full life, learning, experiencing, and teaching in many different areas, is an understatement. Community Education (CE) recently recognized this by presenting her a 'Lifelong Learner' award at a special function in her honour.

While Judith has done a number of courses with CE such as French, water colour, clay, needle felting and the ukulele since she came to Whanganui in 2007, the honour was focused more on her participation in the 'Anything Goes Orchestra' – a CE course tutored by Bruce Jellyman. Judith joined the orchestra, later called 'band,' in 2011 and had been there ever since. "I have played the violin all my life espe-

cially enjoying fiddling and dancing with the Christchurch 'Tussock Jumpers' Morris Dancing Sides so was thrilled to join the AGO class. Recently my fingers have stiffened up and I now play a glockenspiel." (a mallet percussion instrument) She started learning the tenor horn with Brass Whanganui a few years ago. Learning and teaching started for Judith back in England where, after her degree, she taught geography at a Girls'

Grammar School before moving on to tutor at a Residential Field Studies Centre.

However, "I had a hankering to travel and in 1969 accepted a job at Tongariro High School, Tūrangi." Its proximity to Tongariro National Park appealed and she was soon tramping and doing field studies there.

In 1972 she returned to the UK to be nearer family and taught at field study centres in Kent and Yorkshire before returning to teach in Tūrangi. But in 1981 she was back, on a late O.E, travelling, backpacking throughout the USA and Canada. In the UK, she volunteered at Youth Hostels and Amnesty International's Head Office while doing casual work. Coming back to New Zealand she did relief teaching before getting a job in a summer programme, leading groups on informative walks in Westland National Park based at Franz Joseph Glacier. She also volunteered at the Picton DOC Visitors' Centre, as well

as at the Pūkoro Kororo Miranda Shorebird Centre (Firth of Thames) "learning and interacting with visitors – and bar-tailed godwits."

Judith eventually got a job teaching geography at Oxford Area School teaching outside the classroom as much as possible, including taking a group of year 13 students to Arthur's Pass and Franz Josef Glacier on the West Coast.

She took advantage of the funded adult education programmes run at the local school such as painting, (she had previously studied pottery back in England) and woodworking. Through the University of Canterbury's Department of Continuing Education, she contributed to Elderhostel International's tours to Australia/New Zealand leading a field trip to Bank's Peninsula.

She had an interest in archaeology including volunteering for a dig in Sinai in the Middle East on one of her overseas trips. More recently "I got involved in a Kaiapo-

hia Pā dig organised by the Canterbury Museum.

Many of the courses Judith has studied have been through Open University UK and 'Future Learn' – a British digital educational platform founded in 2012; subjects including Bronze Age, Spanish and Genetics. She has also studied Māori through Adult Education classes.

Activism is an important part of Judith's life as well. She has joined peace and CND rallies, attending the famous Greenham Common anti-nuclear protest by women in 1981. She has argued for penal reform and animal welfare, holding up placards reading "Support Animal Free Circuses, opposing vivisection and promoting affordable adult education.

She says, "Adult Education is not only to learn new but also to use and develop already held skills, and should be affordable. Funding has been reduced over the last 20 years resulting in evening classes not being offered in many



Judith Robinson

places. We are lucky in Whanganui that the CES staff worked tirelessly to continue Adult Education at reasonable rates."

No-one could ever accuse Judith of living a boring life. It has been a challenging, interesting, and committed one.

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Check out what's in this week's RCP

Judith Robinson is a lively, interested, and interesting person and this has been the key to her being a lifelong learner and teacher. (See our front-page article) I could have written more about what she has done and is still doing.

Rain Forest's experience of attending the Catholic 2023 World Youth Day in Lisbon, Portugal, and being part of 1.5 million people "all heading in the same direction with the same purpose" was such a positive one. (Page 20)

Another positive experience could be your daily drink(s) of coffee. It is International Coffee Day, and we have an article about the benefits of drinking coffee (page 16). As drinking coffee is an occupational 'hazard' for a community newspaper journalist, I was pleased to find out this information.

Thanks to Jayden and Sam for telling us what it



Doug Davidson
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is like to have ADHD (see page 14). The figures suggest 5 to 6% of children have it and most teachers will notice the difference in focus. But it can be successfully medicated.

Betty Stent is another lively 100-year-old character interested in people and life (she turns 100 this Friday). There seems to be quite a number of centenarians in Whanganui. Can we credit that to our lifestyle, weather or what?

- Doug Davidson

Betty Stent turning 100 on Friday

Betty Stent is living happily at Kowhainui, and this Friday, she will be 'nipping' across to Great North Road, where her son Roger and family will be hosting afternoon tea for the relatives. That includes two sons, four grandchildren and nine great-grandchildren, some coming from Wellington and Christchurch.

Betty was born in Frankton, Hamilton. Her father had been in WW1, and soon after, they came to Whanganui as Betty needed to look after her mother.

After going to Whanganui East School, then Tech (now City College) for just over a year, at age 14 she had to stay at home and look after her mother. After three years she got a job sewing in the Wanganui Woolen Mills factory, making grey coats for those serving in WW2 as well as uniforms for

the 'Land Girls' in New Zealand.

Prior to WW2, Betty had met Bob at the Whanganui East baths and he took her out on his red BSA. When he went off to war, he told Betty that he would see her for her 21st.

Betty remembers how he wrote letters that had parts blacked out due to army censorship: "but we had our own code, so I knew when he was coming home." They were soon engaged and married 12 months later at St Pauls in Guyton Street.

Bob became a fitter and turner working for Hume Industries, while Betty "endeavoured to bring up two boys." But when Roger was five, she realised that if they were to have holidays, they needed extra money, so she used her dress-making skills to work for the women's wear company Westeins

which was above Eides Sports or now Andersons Uniforms. She stayed there for 11 years.

They enjoyed fishing out on a boat, so after son Gary married Carolyn, they went up to Taupō to live, staying 28 years. She became busy in the local RSA becoming ladies President, Welfare Officer for ten years and was awarded honorary life membership. The two of them were also involved in the Whanganui Motorboat Club with Bob being given life membership.

Betty kept up her dress-making skills, winning an award in Taupō for a dress made from black plastic bags because you were not allowed to buy anything. She also made numerous wedding dresses. The first was for Heather, who married Roger, and the last was for Carolyn who married second son Gary.

The family persuaded her to return to Whanganui and Betty lived in one of the Masonic flats, close to Jellicoe Street, where she had been brought up. However, about 18 months ago she had a fall, breaking her arm. She went to Kowhainui for rehab and has stayed there ever since.

She uses a small exercise cycle as well as going for a walk outside each day.

She says, "You have to enjoy yourself and be prepared to give things a go. For my 80th I went on a cruise around the islands on my own." She even admits to "being a bit pig headed at times," but she enters her 101th year full of life and energy.

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Betty Stent

Children's free arts and crafts workshop

By Staff Reporter

Children of all ages who love to get creative with arts and crafts will want to be at the Whanganui Environment Base behind the Resource Recovery Centre on Friday.

Sustainable Whanganui is running another Creative Kids session for the school holidays.

They will have multiple work areas where kids can make grass-head creatures, robots, and do cardboard looms and moons.

The workshop is free to all participants, thanks to funding from the Whanganui District Council's Creative Communities Scheme.

The session is in the Harakeke Room from 10am to 2pm. Parents can stay or leave their tamariki, as they will be well supervised.



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Fundraising auction for community hub project

New board chairperson for Whanganui and Partners



Michael Simmiss, left and Neville Gorrie with just some of the items going under the hammer at the All Saints Auction on Saturday.

By Jared Smith
A whole lot of gems and hidden treasures will go under the hammer at the All Saints Church in the Whanganui East Shopping Centre on Saturday.

The collection of items is being auctioned as fundraising for the Whanganui Anglican Parish Community Hub project.

Organiser Neville Gorrie, the former publican of the Grand Hotel, was brought a lot of memorabilia from the hotel and pub, while a vast array of donated items have also been polished up for those looking for both practical and nostalgia

items. "We've been collecting things for a year with an idea we were going to have an auction," Gorrie said.

"It's an eclectic mix of collectables, antiques and general furniture."

There are church pews, bar leaners, stools, beds, tables, chairs, paintings, brass ornaments and a number of other antiques.

"Lots of treasures" Interested bidders can view the displays on Friday between 10am and 7pm, and again from 8am on Saturday, before the auction starts at 10am.

Brian Hayward will be the honorary auctioneer.

Whanganui & Partner's has a new board chairperson as the deputy chair Gaele Deighton has ascended to the top seat.

She has been elected to the lead governance role of the Whanganui District Council's economic development agency after the departure of long-standing chair Pahia Turia, who is taking up the position of Chair of Te Ohu Kaimoana Māori Fisheries Trust.

Taking Deighton's previous position as the new deputy chair will be Anne-Marie Broughton.

Having been part of the board since August 2019, Deighton had also previously serviced as acting Chief Executive from July to December 2020.

She has over 30 years' experience in economic development, including being Chief Executive of Manukau City's economic development agency.

Deighton said the role required a passion for people and a desire to see them thrive and succeed. "To be involved in this work you need to have a strong sense of community and a visionary approach."

"I know these are values shared by the team at Whanganui & Partners and the role of the chair and board is to empower our people."

The departing Turia, who had been on the board since February



Gaele Deighton and Anne-Marie Broughton

2015, said the appointment of Deighton reinforced the agency's belief in maintaining confidence through consistency, being able to promote from within.

"With a few changes lately, it has been a great source of reassurance to see that we have not had to sacrifice quality of leadership either at the agency or Board level."

"We've been able to look to our own people to find the best leadership available, which is a position we feel very fortunate to be in."

Turia recently announced the appointment of Jonathan Sykes as Chief Executive following the stepping down of predecessor Hannah Middle-

ton to focus on her young family.

Deighton's wealth of experience includes in-depth knowledge of central and local government processes and policies for development in economics, employment, community and business.

She wished the departing Turia well.

"Pahia's strengths are too many to count and his contribution to Whanganui & Partners, the impact of his leadership, is extraordinary."

Deighton said she was delighted to have Broughton as Deputy Chair.

"Anne-Marie and I joined the board at the same time in August 2019 and it has been a pleasure

to govern together alongside a motivated and dedicated group."

Broughton was born and raised in Whanganui and is an experienced governor and manager — currently on the board of Crown Regional Holdings (Kanoa), Parinihihi Ki Waitōtara Incorporation and chair of Whenuakura Marae.

For over five years she was Kaiwhakahaere (General Manager) of the Ngaa Rauru Kiitahi Post Settlement Governance Entity — Te Kaahu o Rauru.

Deighton and Broughton are supported by directors Stephen Lee, Phill Bedford, Michelle Caldwell and Mark Cleaver.

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Local grain grower awarded national recognition

Simon and Kate Nitschke of Arable Solutions are excited to start planting this season after being awarded the highest yielding grain trial for the 2023 season. The Paul Baker Cup is a national competition between five growing regions. It's based off of a series of on-farm grain strip trials which contribute to Pioneer Brand Products maize hybrid evaluation programme. The five growing regions mark a regional winner before the highest yielding trial

is awarded the Paul Baker Cup. The competition has been running for 25 years but this is the first time the cup has been awarded within the Rangitikei region. Simon and Kate were recently presented the prestigious cup at Pioneer's Grain Growers Conference in Hamilton along with the regional Manawātū / Rangitikei grain yield trophy.

"This year's winning P0937 trial was planted on 10 October and harvested in early May. It's proven to be a high yielding hy-

brid, well adapted to the Rangitikei and very defensive against northern leaf blight which impacted many crops last season, says Simon. "Farming can be long and challenging days with unsettled weather but to be able to celebrate our industry and the growing conditions the Rangitikei offers makes this season extra special."

Simon achieved a maize grain yield of 20.20t/ha with the Pioneer brand P0937. Pioneer regional manager, David McDonald, notes that this

season's trials include a number of stable new hybrids with the potential to deliver even higher yields. "While Northland and East Coast growers haven't been as fortunate this year due to rain and wind, the Rangitikei, Manawātū and even the South Island have produced some exceptional yields. I am proud of the dedication Simon has shown to the industry and am thrilled to be able to welcome the Paul Baker National Grain yield cup to the region."



Regional Manager David McDonald, (left) and Managing Director Will Yates (far right) present Simon and Kate Nitschke with both the regional and national awards

Fun get-togethers for women who live alone

By Jared Smith

A monthly fun, social gathering for women, who could really use some time together to chat, is proving very popular through the Women's Network.

The gatherings take place on the first Wednesday of each month, and so the next is this coming October 4th: two Whanganui Women's Network gatherings for local women who live alone.

There is a lunch group that meets at 'The Barracks' bar and restaurant on St Hill Street, and an after-work hours group in the early evening at the network offices just down the road.

Manager Carla Donson said the initial social gathering, which was held during this year's La Fiesta in March, was intended to be a one-off.

However, so many of the 40 women who attended, who live alone for various personal reasons, asked when the next one would be held, while also telling Carla they had

discussed the event with others who wanted to take part.

"As the manager of a women's organisation, I felt I couldn't do nothing with that.

"We started something we couldn't end there.

"It's diverse. All ages, 20's to their 80's."

Many women, either due to age or having a hectic lifestyle, struggle to arrange a social outing, and so the gatherings were proving perfect for them.

Carla made clear to stress this was not a support group, which has a different dynamic as people come together to discuss specific issues — but just a fun gathering to relax and chat.

Holding it in both the afternoon and early evening catered for the women's various preferred schedules — those who don't or can't come out during the evening, especially in winter, and those who are available after work.

While the gatherings are primarily for women living alone, Carla said



Carla Donson

they would also welcome women who have just moved to the area and don't have any connections.

The lunch group is 1.30pm at The Barracks,

and the evening group is 5.30pm at The Women's Network, 75 St Hill Street.

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Heart Kids NZ is having its annual street appeal on Friday 29 and Saturday 30 September. Volunteers, possibly dressed up as super heroes will be raising awareness and funds to make a difference to thousands of heart kids, teens, adults and families across New Zealand.

Bunnings stores across New Zealand, regrettably not in Whanganui, will be running in-store activities on the Saturday.

You can also donate by going to <https://www.heroesforheart-kids.org.nz/>

"Heart Kids NZ have been such a huge part of our journey, supporting us both at Starship and also while we're home in our community. We're so grateful to them!" Hannah, heart mum.

Street appeal this Friday and Saturday



Children's heart conditions

An acquired heart condition is an issue with a child's heart that develops after birth. They can be caused by bacterial or viral infections or be the result of chronic diseases or medications that affects other parts of the body.

The main congenital (present from birth) heart conditions are:

- Rheumatic Fever and Rheumatic Heart Disease (RHD)

- Kawasaki Disease (KD) - a rare condition that causes inflammation of the blood vessels throughout the body, most commonly affecting children.

- Myocarditis, Endocarditis and Pericarditis - all types of inflammation of the heart.

- Long QT Syndrome (LQTS) This can result in an increased risk of an irregular heartbeat which can result in fainting, drowning, seizures, or sudden death
- Arrhythmia - irregularities in heart beats.

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Koha Shed to host annual Christmas party and a Christmas Day dinner

By Jared Smith

Whanganui's charity organisation the Koha Shed is anticipating there will be a lot more families struggling to provide presents for their children this Christmas, and so the call goes out to the kindness of strangers.

In December the Koha Shed will be hosting two events on the 16th — their annual Christmas party for the youngsters as well as their free Christmas market for people to come in and choose gifts to give out on the big day.

Not only that, in a first, Koha Shed will be organising a Christmas Dinner on December 25th

— a lunchtime gathering for 100 people at Whanganui's Central Baptist Church.

"We kindly have two vans and two drivers offered from David Jones Motors, and we have a chef," said Koha Shed manager Sherron Sunnex.

Tickets will be sent out through Age Concern and Birthright Whanganui, with any remaining then going out to others in the public who could use it.

"There's a lot of people on Christmas Day just sitting at home feeling very lonely, we need to cater to them."

When Koha Shed receive new goods such as

toys and label clothes for the needy, they are stored away to be available for the Christmas market.

However, Sunnex anticipates that after giving out around 500 last December, they will probably need at least 100 more than that figure this year.

Also, volunteers would be greatly appreciated to help out with the market and Christmas party.

"We seem to be getting new people each week [needing help]."

"It's a very small handful of volunteers doing two big events."

Sunnex will be checking the inventory of the items Koha Shed has tak-

en in this year in the next couple of weeks, such as books and toys, and will then update on social media what other kinds of items they would like to be donated to help make a happy Christmas for those in need.

The Christmas Party for the kids on the 16th will involve fun games, presents, and some food, the latter of which Sunnex said they will "simplify" this year.

If the Christmas Dinner on December 25th proves successful, Koha Shed will look to turn it into an annual event.

Anyone looking to assist with these Christmas events can contact Sunnex on 027 404 240, or follow their social media such as Facebook.



Volunteers at a previous Christmas party at the Koha Shed

Blind Spot with Marion Hainsworth

During the winter and springtime the low position of the sun can affect our ability to see people walking, to identify various obstacles, and perceive the differing height of steps. These complications can cause accident and/or fatigue.

Blind Low Vision NZ (BLVNZ), has a range of filter lenses available through its equipment shop, which might be suitable for its members. The filter lenses can amplify colour definition and contrast, reduce glare, and lessen fatigue. So, if members would like to trial the filter lenses, then contact Allie at the local Blind Centre here in Whanganui — 10.00-1.00pm, Mondays through Thursday: phone 348-4401.

The Blind Bowlers will be going off

to the National Tournament, being held this year in Lower Hutt over Labour Weekend. We wish them all well in their games and fellowship.

The Craft Groups continue on Mondays and Tuesdays - 1.30pm. Maybe it's time to be thinking of Christmas gifts from their wide selection of novelties.

The Association of Blind Citizens (ABC) Thursday afternoon socials will be held on 5 and 19 October, starting at 2.00pm. Good entertainment and delightful afternoon tea.

If you require more detailed information please contact:

Dave, on 343-3117 — for socials, etc.
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Jazz Club presenting immense talent

Local Castlecliff tamariki inspire basketball court design

It has been said that 'jazz music is a gift that America has given to the world'. That is one way to acknowledge that this uniquely American art form has taken root in countries everywhere you look. Wherever it goes, it morphs into the culture it inhabits; after all, it is improvisation that defines its essence. Here in Aotearoa New Zealand, there is no better exponent of its vitality than the next Kiwi jazz musician coming to the Whanganui Jazz Club on Sunday.

Meet Oscar Laven — an eclectic tenor saxophonist and multi-instrumentalist based in Wellington. Coming from a musical family, he learned music at an early age and went on to earn a Bachelor's Degree in jazz and classical performance from the New Zealand School of Music. Now in his thirties, Laven is a busy full time performer, composer and teacher. You are likely to have heard him with one of the country's symphony orchestras or, with the Royal New Zealand Air Force Band or, anywhere where serious music (or any other music for that matter) is on offer.



Oscar Laven

Should you take a look at his diary entries for the past month, you would see eight events, from gigging with American blues guitarist Chris Cain and the mighty Rodger Fox Big Band to performing 90's nostalgia video game tunes.

Oscar will be bringing one of his all-star quintets to town, featuring vocal-

ist Eugene Wolfin and hometown favourite Ayrton Foote on electric keys. This will be an exciting evening of well known tunes interpreted in new ways. Not to be missed!

Sunday 1 October, 6:30pm @ St Johns Club, 158 Glasgow Street

Doors open at 5:30pm for meals. General Admission \$25, Members \$15

A stunning new design for the basketball court for the Castlecliff Park has been revealed. Artist Mike Marsh says "It is inspired by an amalgamation of design elements submitted by local tamariki. It reflects its own environment and includes the Maunga, the Awa, the Moana with te Rā and te Marama. The design also uses rainbow colours to reflect inclusivity and diversity."

The design followed an open design competition that attracted over 30 entries. A panel of Anique Jayasinghe (Whanganui District Council) and Edén Waitai (Progress Castlecliff) assisted Mike Marsh (artist) in interpreting the submissions into the design.

The exceptional number and quality of submitted designs from Castlecliff School was recognised at last Fridays assembly with Edén Waitai for Progress Castlecliff and James Barron for Ngā Ringaringa Waewae presenting the school with a custom black & gold CASTLECLIFF basketball.

Over 40 additional balls from a sponsor will be provided to Castle-



At Castlecliff school assembly — James Barron, Mike Marsh (artist), Edén Waitai (with Amo Momoisea Castlecliff Park users) and Whitney Cox (Sport Whanganui) and some of the tamariki tauria who put in design ideas with the Spalding "CASTLECLIFF" basketball.

cliff Primary and other schools in the suburb. All entrants will also have their names on a plaque on the court.

James Barron says "The generator of this idea and our principal sponsor is Fleet Line Marking who are based right here in Castlecliff. Caleb and his team are simply awesome to work with. The Whanganui District Council Creative Communities NZ team have also been exceptional in their support and constructive advice and encouragement to do more, like trial painting the skate bowl and bringing back the graffiti/ideas boards used when the skate bowl was inaugurated in 2006 and Sport Whanganui are outstanding."

Jamie Waugh (Ngā Ringaringa Waewae) says of recent engagement with Castlecliff Schools/Kura "It has been a privilege learning from tamariki in Castlecliff, seeing their passion for their place, and their excitement for an abundant future at O'Kupe — Mouri Ora, Mouri Awa, Mouri Tangata."

Jodie Brunger, Sport Whanganui Active Communities Manager says "The court design will

be a fantastic complement to the hoops that were installed last December. We look

forward to continuing to support the ongoing development at the park into the future."



The design

ASK AN AGENT

Question: Rob we are relocating for work, we had planned to renovate our home in Gonville, but we haven't gotten around to it. We have some money set aside, however to improve the sale price we achieve, where should we focus our efforts to maximise our sale price?

Answer: It's great that you are thinking of improving your property to boost your sale price. If done wisely every dollar spent can come back to you two or three fold. Statistics say that improvements made in the bathrooms, kitchens landscaping then exterior paint (if required) and new carpet and floor coverings. In that order. Have one of our professional real estate sales and marketing specialists assess and give professional advice on where to spend and, importantly, where not to spend money to make the most of your sale!



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OSCAR LAVEN QUINTET

St Johns Club
158 Glasgow St, Whanganui

Sunday 1 October
from 6.30pm-8.30pm

Doors open at 5.30pm for meals, snacks & bar.
Admission: Members-\$15 Non-Members-\$25
Enquiries to Ken, phone 022 431 5434
www.wanganuijazz.org.nz - All Welcome - Pay at the door.

"Bright, exciting, foot-tappin' fun."

WANGANUI JAZZ CLUB

Whanganui school holiday dental service



Te Whatu Ora children's dental service will be available from Whanganui Intermediate School during the school holidays.

Open Monday to Friday from 8am to 4:30pm for relief of pain and appointments for children ages 0-18 years.

Phone 0800 TALK TEETH (0800 825 583) for an appointment

Te Whatu Ora
Health New Zealand



REPORT THROUGH THE CHAIR

*Piki mai, kake mai ki runga ki tēnei kohikohinga
o ngā whakaaro nei,
Piki mai rā, kake mai rā,
Ngā kāhui mate o tērā pito, o tērā pito,
kia mihia, kia tangihia tātou mā koutou,
Nō reira, ngā uri o hine-nui-te-pō,
haere atu rā, haere, haere atu rā, hoki atu rā.*

*Haere mai e ngā purapuratuawhiti, takahia ngā huarahi e,
horohia te māramatanga ki roto i ngā hinengaro maha o te ao nei e,
haere mai rā, haere mai rā, nau mai rā.
Whakatau mai rā ki runga i te tūrangawaewae nei e,
Ngā amorangi ki mua, ngā hapai ō ki muri,
whakatau mai rā, whakatau mai rā.
Tēnā rā koutou katoa*

Capital Projects Grants	Amount Granted	Quick Response Grants Continued	Amount Granted
Ruapehu Emergency Services Charitable Trust ** <i>Pledge w/ conditions</i>	\$ 100,000	Pride Whanganui Trust	\$ 4,000
		Raetihi Community Charitable Trust - Waimarino Shears	\$ 5,000
Community Support Grants		Raetihi Marae Trust	\$ 8,500
Birthright Wanganui Inc	\$ 8,000	Road Safety Education Limited	\$ 2,000
Bulls and District Community Trust	\$ 10,000	Royal New Zealand Foundation Of The Blind Inc	\$ 1,000
Cancer Society Of NZ Wanganui - Rangitikei - Waimarino Inc	\$ 10,000	Sport Whanganui	\$ 3,378
Community Education Whanganui Trust	\$ 15,000	Springvale Playcentre	\$ 3,500
Converge Trust	\$ 30,000	Stroke Central New Zealand Inc	\$ 2,000
Family Support Services Whanganui Trust	\$ 35,000	Sustainable Whanganui Trust	\$ 5,000
Gabby's Starlit HOPE	\$ 10,000	Taihape Playcentre	\$ 2,000
Hakeke Street Community Centre	\$ 15,000	Tennis Whanganui Inc	\$ 4,000
Life to the Max Trust	\$ 45,000	The Compassionate Friends Whanganui Chapter	\$ 1,000
Presbyterian Support Central	\$ 10,000	The Girl Guides Association New Zealand Inc	\$ 6,500
Te Ora Hou Whanganui Inc	\$ 10,000	The Hearing Association Wanganui Branch Inc	\$ 2,000
Te Whawhaki Trust	\$ 30,000	The Marton and Surrounds ICT Hub Charitable Trust Board	\$ 6,000
Volcano Vibe Collective	\$ 10,000	The Orautoha School Board of Trustees	\$ 4,700
Wanganui Central Baptist Kindergarten & Creche Trust	\$ 10,000	The Scout Association of New Zealand	\$ 4,000
Women's Network (Wanganui) Inc	\$ 15,000	The Wanganui Blind and Partially Blind Craft Group Inc	\$ 3,000
Woven Rivers Trust	\$ 30,000	Waimarie Operating Trust	\$ 4,000
YMCA Central Inc	\$ 15,000	Wanganui Agricultural and Pastoral Association Inc	\$ 2,217
Youth Services Trust Whanganui	\$ 25,000	Wanganui Multiple Sclerosis Society Inc	\$ 2,000
		Whanganui Creative Space	\$ 3,300
Quick Response Grants		Whanganui Cricket Association Inc	\$ 5,000
Aphasia New Zealand (AphasiaNZ) Charitable Trust	\$ 4,000	Whanganui Regional Heritage Trust Board	\$ 2,912
ARAN Animal Rescue NZ	\$ 4,000	* Multi-year Quick Response Grant	
Autism New Zealand Inc	\$ 4,500		
Brain Injury Association Whanganui Inc	\$ 2,500	Special Purposes (Housing) Grants	
Chamber Music Whanganui Trust	\$ 2,000	Grace Foundation Charitable Trust Wanganui	\$ 33,720
Citizens Advice Bureau Whanganui *	\$ 15,000	TCLD Trust ** <i>Pledge w/ conditions</i>	\$ 170,000
Community Governance Aotearoa	\$ 3,200	Wai Ora Christian Community Trust	\$ 200,000
Counselling Centre (Marton) Inc	\$ 10,000		
Dance Therapy NZ	\$ 4,000	Hikurangi Fund	
Epilepsy Association of New Zealand Inc *	\$ 15,000	Bulls and District Community Trust	\$ 10,000
Heritage Food Crops Research Trust	\$ 5,000	Cancer Society Of NZ Wanganui - Rangitikei - Waimarino Inc	\$ 10,000
Life Education Trust Wanganui and Districts *	\$ 16,500	Community Education Whanganui Trust	\$ 5,000
Momentum Charitable Trust	\$ 8,000	Hakeke Street Community Centre	\$ 5,000
New Zealand Choral Federation Inc	\$ 3,000	Mens Shed Wanganui	\$ 4,000
New Zealand Council Of Victim Support Groups Inc	\$ 4,000	Raetihi Marae Trust	\$ 1,500
Ohakune Carrot Adventure Park	\$ 2,500	Royal New Zealand Foundation Of The Blind Inc	\$ 2,500
Para Kore Marae Inc	\$ 10,000	The Hearing Association Wanganui Branch Inc	\$ 1,043
Philanthropy New Zealand	\$ 1,600	The Stroke Foundation of New Zealand Limited	\$ 10,000

Greetings to everyone, and again it is my privilege as Chairman to report to everyone on the operations of the Whanganui Community Foundation.

The 2022-2023 year has been one of continued restructuring of our approaches across the various sectors and the community as a whole, and we have continued to look for ways to support initiatives throughout our various communities.

Personnel Changes

The past year has also been eventful for our Foundation with some of our members leaving. We must acknowledge Jeff Whitlock, Michael Dewhirst and Douglas Wilson and thank them for their contributions. We welcome two new trustees in Kevin Ross and Mary Bennett, adding a depth to our board as we begin to move forward. We also welcomed in Brent Hood.

Directions

With the changes taking place across the sector, so too changes have taken place in regards to our strategic direction as a foundation. We have continued our pledge to being 'Greener' in our support and this has led to the Foundation becoming a signatory to the Funders' Commitment on Climate Change. Another shift in philosophy is the recognition of the Tiriti o Waitangi and the partnerships envisaged and foreseen within this founding document. This shift has afforded us the opportunity to think seriously about our funding priorities. There was a brave decision made by members of the foundation to work towards ensuring that our support enables people and organisations to move forward into the future with notions of self-development, setting goals for self-sustainability. From this bravery emerged the notion that grants whereby people and organisations can be given a 'hand up' rather than a 'hand out' will be given priority, with a focus towards those people or organisations moving from a situation of seeking monies for the "next thing on the agenda" to "future planning and provision".

We have listened to the voices of the various communities across our rohe and have identified five specific areas that will be the focus of our work and funding support for the next five years; they are:

- Equitable outcomes
- Community outcomes
- Funding the gap
- Benefit to our community(ies)
- Transformational change – enhances wellbeing

Alongside these areas are specific criteria and foci that will be to the forefront of our work as we move forward into the future:

1. 40% of funding will be devoted and earmarked to projects that engage with and empower whānau, hapū and iwi māori, including tauiwi and taura here;
2. Initiatives that involve 'Whole of Community';
3. Initiatives that provide opportunities for employment or entrepreneurial development from within the Community.

There are new requirements to be introduced to all applicants that I am happy to announce here: *What are the impacts their work is making in one of the following areas:*

1. Active engagement with Whānau Māori and the local iwi in the Community? Actual participation statistics, not educated guesses;
2. Active engagement with low socio-economic sectors of the Community; this includes those within the elderly community who are often overlooked;
3. Reasons why Central Government cannot or will not pick up this area?

These new priorities will allow us to engage with and enable the foundation to support the notions highlighted.

Financial Position

As we are also reviewed on our finances, we have been very fortunate that our financial position has been maintained despite the market volatility over the past year. We must acknowledge the work done by all our financial advisors and Accountants - *Craigs Investment Partners and Spooner, Hood & Redpath Ltd* for their astute handling of our portfolios to ensure our level of income has not been impacted for grants. Our grants for the year ended March 2023 totalled \$1,087,570 incl. pledges. This year we expect to be even busier with local developments and economic shifts across the spectrum.

Closing words perhaps

So, to all our Grant recipients, keep up the great work you are doing, as we say, *ko koe ki tēnā, ko au ki tēnei kiwai o te kete, ka ora ai te iwi*. By our unity of purpose, and support of our actions, we create a community that looks after each other and thrives. Tēnā tātou katoa

Dr. Mike Paki
Tumu Whakarae – Chair
Whanganui Community Foundation

You can view the Full Annual Report and Financials in full on our website or we can email you a copy in full by request to info@whanganuicommunityfoundation.org.nz



WHANGANUI HIGH SCHOOL

www.whanganuihigh.school.nz

IMPORTANT DATES

Monday 9th Oct
Term 4 Begins

Thursday 12th Oct
Sports Awards

Wednesday 18th Oct
Cultural Awards

Wednesday 25th Oct
Māori Awards

Friday 27th Oct
Pasifika Awards

Tuesday 31st Oct
Year 13 Prizegiving & Breakfast

Wednesday 1st Nov
Year 12 Prizegiving

Thursday 2nd Nov
Year 11 Prizegiving

More information will be provided closer to these dates.

Tēnā koutou katoa,

Term 3 finished on an academic high as Year 11 to Year 13 students completed their Senior School examinations. It is essential that all students maintain this focus and momentum as we build towards the NCEA and Scholarship examinations beginning in early November.

We are all looking forward to the school celebrations and prizegivings at the beginning of Term 4. I wish all students, staff and parents all the very best for the term break.

Ngā mihi nui
Martin McAllen - Principal



BATTLE OF THE HOUSES WINNERS 2023!!



CONGRATULATIONS MAUNGA HOUSE



AUCKLAND - VENI, VIDI AND ALMOST VICII! NSSCC NATIONAL FINAL

After the excitement of winning the regional NSSCC round, getting to the finals necessitated more recipe development, more practise and lots more washing up, for which our team of Year Twelve students Olivia Cox and Madelyn Connole were more than prepared. They did not win the competition but did gain a gold medal and the prize of a \$150 knife each.



WHS ACHIEVERS TO SEE THE COMPLETE LIST VISIT OUR WEBSITE: www.whanganuihigh.school.nz

WORLD SPEED SKATING CHAMPIONSHIPS

Chase Morpeth (Year 13) achieved an 11th placing in the Junior Men (Under 19yrs) 10,000m Elimination race at the World Speed Skating Championships in Alte Ceccato, Italy. Great result Chase!

All of our teams had a great week away with some awesome results.



WINTER TOURNAMENT WEEK 2023

SEVEN SPORTS TEAMS WENT AWAY TO WINTER TOURNAMENT WEEK FROM 26 AUGUST - 1 SEPTEMBER AROUND NEW ZEALAND

A huge thank you must go to our wonderful coaches, managers and staff that went away with the teams throughout the week. This could not have happened without these people.

Thank you to NZCT and Grassroots Central for supplying grants to our teams to support with accommodation and travel. Tournament Week is the pinnacle of the season and allows our teams to travel outside their regions to play against some of the best teams from around the country.

Thanks to our sponsors:
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JUNIOR BOYS BASKETBALL

Our team started the basketball campaign in the Hawkes Bay where they played some great games and grew each game. The boys were playing off for 5-6 placing but had to abandon the game with water on the court. They will sort a time to finish this game against PNBHS within the next month.



PLACED 3RD

GIRLS 1ST XI FOOTBALL

The team played in Blenheim having some close games throughout the week. Our senior girls led by example on and off the field. The team finished 11th overall.



PLACED 11TH

SENIOR BOYS BASKETBALL

The team went down halfway through the week once the Juniors had finished for their tourney. They unfortunately had some top basketball teams in their grade but did well against them finishing 15th.



PLACED 15TH

BOYS 1ST XI HOCKEY

Our team had a great week in the Hawkes Bay. This team has grown and developed over the last 2 years. They have had a great season and played against some top schools holding their own finishing 5th.



PLACED 5TH

A1 NETBALL

Our team played in Wellington. Their first game certainly showed the girls how physical and tough this competition can be, but the girls learnt from that game and found their rhythm having some very close games but coming out on top with a win. They went on to finish 19th in A Grade.



PLACED 19TH

GIRLS 1ST XI HOCKEY

Our team had some tough games over the week, but kept their heads high and once again the senior girls led the team well. They finished 16th.



PLACED 16TH

Vivienne enjoying music once again after Cochlear Implant

This year the Southern Cochlear Implant Programme commemorates 20 years of providing hearing to recipients in your region and Whanganui's Vivienne Anderson shares her story to help celebrate.

Vivienne admits she never acknowledged her deafness even though her hearing was gradually abating since she was eight years old, and she had worn powerful hearing aids since her thirties.

Vivienne is the first to admit her deafness isolated her and backed her into an emotional corner as she was missing the critical social interaction that underpinned her wellbeing.

There was an element of grief involved when she was diagnosed as profoundly deaf in early 2020, even though those close to her were not surprised. "I couldn't pretend anymore."

The stress of understanding group discussions became too much for her.

Qualifying for an implant was a relief and receiving it in 2020 had momentous consequences.

Vivienne set up her Whanganui home as a haven and took pleasure in her garden and the beach.

She is a Christian and is thankful to be participating again at church for the first time in a decade.

However, she withdrew from social activities, including church, as she couldn't lip read in group situations and was embarrassed if she spoke too loud.

"I suffered from depression over the years, and I don't have any of that anymore," Vivienne says.

"The world is available to me now. My hearing is re-

stored, and I am just blown away."

Socially Vivienne is re-engaged with new friends and weekly catchups with her sister Helen on the phone can last an hour or so.

She loves volunteering at the local Salvation Army op shop and chatting with customers.

She's enjoying music again, singing and going to the local musicians' club.

When Vivienne played her piano before her implant, she hadn't realised that nobody could decipher her performance.

She laughs when she shares that story as she has since had her piano tuned –

twice!

Vivienne re-entered the workforce with a part-time job cooking at a small rest home and is now the Parish Treasurer for Whanganui Anglicans.

She had coped for years as a financial administrator for a church organisation in Whakatane as much of her role was face-to-face. Vivienne lip read and positioned herself where she could best follow discussions.

Her career had been focused on the written word — research, technical and policy writing, and creating training manuals.

Unfortunately, she gave up employment when her

workplace became a more verbal environment and chose to live a more introverted lifestyle.

To garden in peace, she takes out her cochlear implant, so she doesn't hear the traffic – she was unaware of it when she bought her house.

Vivienne's story is included in the Southern Cochlear Implant Programme's commemorative book *Hear our stories – Celebrating 20 years*. Here's a link to the book on the SCIP website: <https://scip.co.nz/hear-our-stories/>

Vivienne Anderson
Photo credit: Tammie Pittwood



NZ poet celebrated in upcoming fashion talk

Junette Ward in the textile room at the Museum, preparing the 1920s dress for display.



Article and photo by Karen Hughes, Museum

The Whanganui Regional Museum has selected a dress worn by well-known New Zealand poet Eileen Duggan (1894-1972), for the upcoming Outfit of the Month exhibit.

Grace Burgess, a long-time personal friend of Eileen Duggan, donated the dress to the Museum in 1984.

Kaihapai Taonga/Collection Manager, Trish Nugent-Lyne said the dress is distinctly 1920s style, with its long bodice and short skirt. The mustard-gold colour of the dress was also very popular in the 1920s.

Kaiārahi Manuhiri/Visitor Services team member Junette Ward, also a textile specialist, has been preparing the fragile dress for display. She is pleased to see the Outfit of the Month series highlighting important pieces in the Museum's extensive fashion and textile collection, "It's lovely that this wonderful collection in the Museum is getting more of the attention it deserves."

Trish Nugent-Lyne will present the dress with a lunchtime fashion talk at 12.15pm on Friday 29 September, in the Museum. Entry is free, though koha is always appreciated. No booking is required, and all are welcome – meet in the Atrium. The dress will then be on display in the Museum throughout the month of October.

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Meet the team



COURTNEY

Caci Whanganui are proud to announce that Courtney Collins has been promoted to Assistant Manager!

Courtney was born and bred in Whanganui and received her Beauty Therapist qualification here at UCOL in 2022. That same year, she joined our team as a Treatment Advisor, where her passion for skin health has helped our customers begin their journey to achieving their skin goals.

If you'd like some expert advice on getting great looking skin, please come in and see Courtney!

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Preview - Meads Cup semi-final this Saturday

By J B Phillips
Steeform Whanganui has a golden opportunity this weekend to press for a home Meads Cup semi-final if the Butcher Boys can continue their present fine form and claim maximum points over struggling Horowhenua-Kāpiti at Cooks Gardens.

Currently second-placed along with Thames Valley going into the final day of qualifying fixtures in the 2023 Bunnings Warehouse Heartland championship, Whanganui would welcome a maximum five-point victory over the "Nua Boys" on Saturday.

To score four tries and pocket the sought after bonus point is well within the range of the six-time Meads champions, who have scored 30 plus points in each of four outings this month.

Whanganui currently holds a plus 72 pts differential to plus 21 advantage over the Swamp Foxes in the

championship, but Thames Valley would host the 7 Oct semi-final if the teams remain locked together after Saturday because they beat Whanganui 36-33 earlier in the season.

Valley, however, faces a much tougher opponent this weekend — fourth-placed Ngāti Porou East Coast, at Waihi.

The Foxes have lost their last two fixtures – 31-36 at home against champions South Canterbury and 33-34 away to fifth-placed North Otago last weekend – and prior to that struggled against Mid Canterbury 34-31 away, King Country 27-21 in Thames and West Coast 30-22 at Greymouth.

Valley has scored 29 tries in seven fixtures and conceded the same number but may find it difficult to pick up four against East Coast who have conceded only 18 this season.

Whanganui, who also has scored 29 tries this campaign, has swept aside

West Coast 36-12 and East Coast 40-24 at Cooks Gardens and West Coast 36-12 and Wairarapa-Bush 36-18 in away matches this month.

Hopefully, Whanganui can move ahead of Thames Valley on the Heartland points table after Saturday's fixtures with East Coast and North Otago also in the mix to join South Canterbury in the Meads Cup play-offs.

Although Horowhenua has sprung a few surprises against Whanganui over the years the Butchers have scored 40 tries in winning all five victories since 2018 and four more tries this weekend for a valuable bonus point could lead to a local Meads Cup semi-final next month.

Fortunately the Thames Valley v East Coast match is being played at 1pm and

the result will be known before Whanganui kicks off on Saturday.

Horowhenua-Kāpiti, runners-up to Whanganui in the 2017 Meads Cup (14-30 in Levin) and 2018 Lochore Cup champions, have placed 7th overall in 2019-21 and 8th last season.

This year, they have scored home wins over Wairarapa-Bush 24-19 and Buller 33-32 and losses at home against West Coast 28-48 and Poverty Bay 17-31 and away v South Canterbury 14-40, Mid Canterbury 14-43 and King Country 27-31.

The team has scored 157 points (21 tries), conceded 242 (38 tries) and has an average match score of 22-35 compared with Whanganui's 209 pts (29 tries), 137 against (18 tries) and an average score

of 30-20.

Current championship points – South Canterbury 35, Whanganui 27 (72 diff), Thames Valley 27 (21 diff), East Coast 25, North Otago 22, Wairarapa-Bush 17, West Coast 16, Poverty Bay 15, Mid

Canterbury 14, Buller 13, King Country 11 (minus 78 diff), Horowhenua-Kāpiti 11 (minus 85 diff).

The draw for Saturday (home teams first) – Whang v H-K, PB v SC, TV v EC, MC v EC, KC Bull, WC v NO.

Horowhenua-Kāpiti will lift the Bruce Steel Memorial Cup off Whanganui for only the third time if it wins on Saturday, the previous victories being 34-23 at Cooks Gardens in 2014 and 15-8 at Levin in 2017.

Bruce Steel Memorial Cup

Whanganui has the second best record in the 58-year history of the Bruce Steel Memorial Cup which the union will defend against Horowhenua-Kāpiti at Cooks Gardens on Saturday.

The Butcher Boys have won 34 cup matches since Mike Farrell kicked a penalty goal to beat Manawātū 3-0 at the PN Show Grounds in 1970.

First division Manawātū won 103 of 110 cup games between the inaugural year (1995) and handing the trophy over to the Heartland unions in 2012.

Whanganui has won 34 cup fixtures, Wairarapa seven and Horowhenua six with the trophy changing hands 22 times in 58 years.

The cup was donated by Carterton publican William Steel in 1965 in memory of his son Bruce who played senior rugby for the Oroua, Masterton and Featherston clubs before dying of cancer at the age of 29 in 1964.

William Steel was the youngest son of West Coast publican Jack Steel, a 38-

cap 1920-25 All Black winger who also reped for Canterbury and captained NZ several times.

Jack Steel, who toured Australia with the 1920 All Blacks who included Whanganui's Moke Belliss, died in a car crash on the West Coast at the age of 42 in 1941.

Steel Cup trophy change-over sequence from the year 2000 –

2000 – Wairarapa-Bush 19, Manawatu 14, Masterton. 2001 – Whanganui 33, Wairarapa-Bush 26, Cooks Gardens; Manawatu 19, Whanganui 15, Cooks Gardens. 2012 – Manawatu 40, Whanganui 7, PN (Hand-over of Cup). 2014 – Horowhenua-Kāpiti 34, Whanganui 23, Cooks Gardens. 2015 – Whanganui 39, Horowhenua-Kāpiti 34, Levin. 2017 – Horowhenua-Kāpiti 15, Whanganui 8, Levin. 2018 – Whanganui 57, Horowhenua-Kāpiti 27, Cooks Gardens. 2019 – Wairarapa-Bush 28, Whanganui 18, Masterton. 2020 – Whanganui 29, Wairarapa-Bush 8, Cooks Gardens

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Five percent affected by ADHD

- Local mum explains her son's condition

Attention deficit hyperactivity disorder (ADHD) is likely to affect 5% of children and adolescents worldwide and is one of the most common neurodevelopmental disorders affecting both adults and children.

During October, ADHD Awareness Month aims to heighten awareness of this condition, which can affect a person's work, school performance, relationships, self-esteem, and more.

Raising awareness helps to create welcoming, accessible schools and workplaces. It also helps to improve the quality of life for people with ADHD and those close to them. Because ADHD is so common, everyone likely knows someone with the diagnosis.

Although ADHD is one of the most common developmental disorders, it is also one of the most misunderstood. Myths about ADHD can

harm people living with the condition.

12-year-old Jayden has ADHD. Mother Sam says when Jayden "was only just past two years, he was always on the go. He just wouldn't sit still and watch TV or colour-in." But it wasn't until Jayden was five that Sam was able to get him diagnosed by a paediatrician.

Jayden takes Rubifen at breakfast and at lunch time at school. "I can now take it without water," Jayden says. "It makes me quieter and I don't eat as much." He has a regular paediatrician appointment to make sure all is well. Sam does not give him Rubifen on the weekends or during school holidays.

There are probably three children at Okoia School who have medication and with a school role of 50, makes it 6% which is on the average figure.

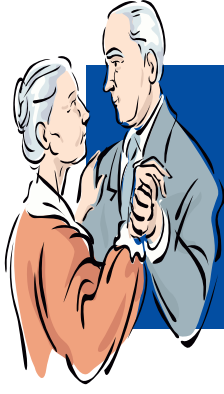
Sam explains that if Jayden is not medicated,



Jayden and his mum, Sam

"he will start fidgeting, day dream and soon is all over the place. Other signs are stomping his feet and making stupid noises. The school is very understanding, especially if Jayden has had a bad start to the day."

"It is me who struggles the most," says Sam. "I try to work out how his brain is operating as he generally doesn't explain it to me." But much of the time Jayden is happy to do Lego (but it is not allowed to be broken up) and play on his Xbox.



INTERNATIONAL DAY of OLDER PERSONS

OCTOBER 1st

Age Concern services provided

Support & Advocacy - We can provide support, assistance and liaise with other community agencies.

Elder Abuse Response Service - Our social workers are available to confidentially discuss and respond to situations where an older person / kaumatua's safety or wellbeing is at risk.

Age Concern Visiting Service - Our co-ordinator trains and supports volunteers who visit those living alone and socially isolated in the community.

Steady as You Go (SAY-Go) Falls Prevention - A unique community-based strength and balance exercise programme for men and women. Classes in Whanganui, Rangitikei and the Waimarino.

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We provide a range of programmes.

- **Staying Safe** - Improve safe driving practices and increase your knowledge of the current Road Code. Classroom based.

- **Hanging Up the Car Keys** - Planning for life after driving. Learn about the options available in Whanganui for those no longer able to drive themselves.

Health Promotion - Seminars and forums organised on a range of topics relevant and interesting to older people.

Information - Contact us for a wide variety of information on available services. Call in or phone to speak with our reception volunteers or staff.

Supermarket Shopping (Whanganui Only) - Volunteers take those who have no transport to the supermarket, assist with shopping and return them home. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

Grocery Shopping (Whanganui Only) - We can provide this service on a short term basis, which is subject to criteria and there is a charge for delivery.

Transport (Whanganui Only) - Volunteer drivers help those who have no transport by taking them to medical and other essential appointments. The service



is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

Total Mobility Scheme - We complete the Horizons Regional Council Assessments to access subsidised taxi fares. An Assessment fee applies.

Volunteer Opportunities - all volunteers are given training and support - A number of volunteering opportunities are available:

- Meals on Wheels delivery

- Transport & Supermarket Service
- Visiting Service
- Reception

Membership and donations to Age Concern Whanganui are appreciated and accepted. Donations of \$5 or more are tax deductible.

Please contact us at: 164 St Hill Street, Whanganui 4500, Email: info@acwhanganui.org.nz, Phone (06) 345 1799 website: www.acwhanganui.org.nz

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INTERNATIONAL DAY of OLDER PERSONS

OCTOBER
1st

One in five New Zealanders will be aged over 65 by 2028

The theme for this year's commemoration of International Older Persons Day is "Fulfilling the Promises of the Universal Declaration of Human Rights for Older Persons: Across Generations".

This aims to highlight the importance of ensuring that all people, including those older, get to fully enjoy their human rights and fundamental freedoms.

The United Nations General Assembly adopted the Universal Declaration on Human Rights 75 years ago, which was a monumental document in the history of human rights.

The 2023 theme wants to remember the legacy and relevance of the declaration by empowering both youth and older persons to work together to fulfil its



promises. In July 2022, Stats NZ announced that the

number of people aged 65 years or older living in New Zealand is likely to reach 1 million by 2028.

"Population projections show that while there are currently about 842,000 people aged 65+, this number will continue to increase over the next 50 years.

"The number of people aged 65+ years is increasing by about 80 people a day and is likely to reach one million people within six years," said Hamish Slack,

population estimates and projections manager.

The number of people in this older age bracket could reach 1.3 million around 2040, and 1.5 million by the 2050s.

The proportion of the total population who will be aged 65+ years is also increasing.

In 2022, one in every six people in New Zealand were in this older age group, and this will be one in five by 2028.

"By the 2050s, this group could make up one-quarter of the popu-

lation."

The number of people aged 85+ years is also increasing.

As of July 2022, there were about 93,000 people in this age group, and by 2025 there will be more than 100,000.

By 2040, this could increase to 200,000 people aged 85+ years.

Proportionally, one in 50 people in New Zealand are 85+, which could increase to one in 30 during the 2030's, and one in 20 by the 2040's.

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Enquiries welcome.

Stroke Wanganui President

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Phone 348 9554

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Sharon Winduss

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INTERNATIONAL COFFEE DAY

1st OCTOBER



Foxton organist to perform next week in lunchtime concert

On the first Wednesday of the month Friends of the Organ at Christ Church Anglican Church in Wicksteed host a lunchtime organ concert from 12.15 to 12.45pm. There is no cost although a koha is appreciated. This month Chris Mawby, who currently lives in Foxton will be playing. He gives the following information about his background in organ music.

"I was fortunate to be born into a very musical family. Mum played the piano and both my parents were members of church choirs and the Wellington Operatic and Gilbert & Sullivan Societies.

Piano lessons began for me about age six with the late Sister Mary Casimir (Sisters of Mercy) at St. Catherine's in Kilbirnie. In my early teens I got the pipe organ bug. While attending a wedding at St Mary of the Angels in Wellington, I got to see Maxwell Fernie playing the organ. Thereafter frequent bus trips into town saw me conversing with him and of course watching him play the organ while simultaneously he would conduct the church choir.

Through the 80's and 90's I played on both cathedral and suburban parish instruments. Frequently I ran between services; from the Presbyterians to the Catholics, then to the Anglicans, all on a Sunday morning. That schedule worked out very well so long as the sermons were brief and hymns didn't have elevenverse verses.

In 2005 I resumed organ studies achieving Trinity College's ATCL and LTCL Recital Diplomas in Organ.

Today I reside in Foxton where I play for St Mary's Catholic Church, while occasionally assisting at Our Lady of Lourdes in Palmerston or the Cathedral of the Holy Spirit."

The programme is as follows:

- Sinfonia from Cantata 29 'Wir danken dir, Gott' (We thank you God) - J S Bach. Arr. by Martin Setchell
- Gymnopedie II - Erik Satie. Arr. by June Nixon
- Polovtsian Dance from 'Prince Igor' - Alexander Borodin. Arr. by Martin Setchell



Chris Mawby

- Prelude in a classic style - Gordon Young
- Ave Maria - Franz Schubert. Arr. by Lawrence Grant
- The Lost Chord - Arthur Sullivan. Arr. by Andrew Gant
- Toccata - Eugene Gigout

Wynne Costley essay scholarship placegetters

Some of the most promising young female writers in Whanganui were recognised at the annual Wynne Costley Research Essay Scholarship evening on September 19, Suffrage Day in New Zealand.

Organised by the Whanganui branch of the National Council of Women NZ, the scholarship is in its sixth year and is open to students in the region.

Spokeswoman Jenny Saywood said this year's essay topic was to write about "a New Zealand woman or women who have made a valuable contribution to society".

Saywood said there were 23 entries from students of Whanganui Collegiate and Whanganui High School.

"All essays made interesting reading with a range of women chosen including Beatrice Hill Tinsley, women involved in Vietnam War, Dame Whina Cooper, Dame Anne Salmond, Megan Tapsell, Jazz Thornton and Parris Goebel."

The overall winner of the Wynne Costley Cup was Collegiate's Amelie van Florenstein, who wrote an excellent essay on Margaret Bullock and her tireless work for the emancipation of women.

Bullock was a journalist and parliamentary correspondent who in the late 1800's became a leading figure in the



Wynne Costley - place getters and overall winner Amelie van Florenstein (fourth from the left)

Opportunity for teachers to learn about indigenous seed saving and growing kumara

Horizons Regional Council would like to invite teachers and other community educators to attend 'Hui-a-Kōanga' (spring hui), a free NZ Association for Environmental Education (NZAEE) local connection day at Marton School on Tuesday 3 October between 9am-4pm.

Horizons is a member of NZAEE as their kaupapa is aligned with councils' environmental education vision of empowering communities to create a sustainable future.

Horizons' senior environmental educator Sarah Williams says holding an event under the umbrella of NZAEE opens up additional resources and learning opportunities to our teachers to build their capability to support their tamariki to take action for a sustainable world.

"It is spring time so a time for planting. Hui-a-Kōanga is focussed on indigenous planting with guest speakers from the NZ Indigenous Flora Seed Bank (NZIFSB), Tāhuri Whenua (National Māori Vegetable Growers Collective), and local tangata whenua representatives.

"We invite teachers and other community educators from across our region to come along and learn how to propagate native plants, prepare and plant kumara beds, and connect with other teachers and educators."

Registrations are required and teachers can register by going to the events page on the NZAEE website.

Coffee - Drink up, it's good for you!



Most coffee drinkers don't need to have an International Coffee Day to drink another cup. This is probably especially true in Whanganui where we must have the biggest number of coffee outlets per capita in the country.

If you do need another excuse to drink more, there has been some in-

teresting research on its health benefits. A major 15-year study of more than half a million participants showed that people who drank more coffee were less vulnerable to a range of chronic illnesses.

It also showed that milk or not doesn't seem to make a difference but as soon as coffee is sweetened

with sugar, you start losing the beneficial effects.

So how much coffee should you have? Well Harvard University recommends two to five cups of coffee daily, although not for everyone - for example people with irritable bowel syndrome.

So, what can coffee do for you?

1. Reduce the risk of colorectal cancers. This was one of the findings from the 15 year study, probably because it encourages bowel turnover. Coffee drinkers have also been found to have different species of bacteria in their gut microbiomes compared with non-coffee drinkers.

2. Improve brain function in later life. Researchers believe there is an association between coffee drinking and better cognition in later life.

3. Help prevent Type 2 diabetes. Researchers say drinking 3 to 5 cups of coffee (doesn't matter whether it is caffeinated or decaffeinated) "appears to lower the risk of diabetes." They don't know why but possibly the complex mixture of minerals and chemicals within coffee "seem to potentially alter how the body produces and uses insulin."

4. Boost your metabolism. Possibly due to its impact on the gut microbiome.

5. Protect the central nervous system.

6. Help prevent depression. A study in Spain found that people who drank at least 4 cups of coffee a day had a significantly lower risk of depression compared with those who drank less than one cup per day.

So, no need to say more. After you have read this, either brew up or go down to your nearest or best loved coffee outlet and have a cup ... or two.

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Talented young rower gains NZ record



Te Atakura with her certificate on the rowing machine

Te Atakura Huiarere Potaka-Osborne Milner-Skudder may have the longest name in New Zealand Rowing but certainly knows the shortest way to get to the finish when undertaking 100 metres on the indoor rowing machine.

Te Atakura recently secured the New Zealand Lightweight (under 61.5kg) Championship record in the 13-14 year female age group, covering the distance under the watchful eye of Aramoho Whanganui Club Rowing Director, Axel Dickinson.

Te Atakura's second name, Huiarere, is after a rapid on the Whanganui awa near Parikino, which is where her Great Koko, Mike Potaka, was from and according to her mum Ashleigh, also reflected the "rapid" arrival of Te Atakura into the world as she was born three weeks early in 2008.

Mike Potaka was a member of the Aramoho Whanganui Boating Club coxed four, which won the NZ Championships in 1955 at Wairoa, being the first local rower of Māori lineage to win a prestigious Red Coat (National Title).

Te Atakura was motivated to undertake the sport of rowing as her mum and aunts rowed as well. Her whānau say they took up rowing to stay connected to her Great Koko. Te Atakura also has a distant cousin, Bill Osborne, who was a member of the Whanganui High School's winning Maadi Cup Eight in 1972, the only time the school has ever won this historic trophy.

Joining the Whanganui High Schools Novice intake in 2022, Te Atakura quickly adapted to her new sport with successes at the NZ Club Championships (Bronze Medal) and the NZ Secondary School Championships, where she was in the two crews who secured Silver Medals in the Girls Under 15 and Girls Novice Under 18 Coxed Quads.

Te Atakura particularly admires NZ Olympic Gold Medallist Emma Twigg, whom she was lucky enough to meet at the North Island Secondary Schools Regatta earlier this year.

Te Atakura now aspires to see if she can break the NZ indoor rowing record in the Girls 15-16 Lightweight category. Her longer-term ambitious goal is to be selected for the Girls' Under 18 New Zealand Team.

In the meantime, Te Atakura continues her rowing development with her crewmates from Whanganui High School at the Aramoho Whanganui Rowing Club and is enthusiastically looking forward to the forthcoming summer regatta season where her competitive attributes can be further challenged.

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Breast Cancer Awareness Month - October 2023

Whanganui shines pink for Breast Cancer Awareness Month

The Royal Whanganui Opera House and Whanganui War Memorial Centre are turning pink this October to show support for Breast Cancer Awareness Month.

On 15 October they will be glowing in pink for the Global Illumination campaign. They join more than 60 of New Zealand's landmarks, streets and prominent buildings in a global campaign to shine a spotlight on the importance of detecting breast cancer early.

The campaign runs throughout the whole month of October and ends with Breast Cancer Foundation NZ's annual Pink Ribbon Street Appeal.

On 27 and 28 October, 10,000 volunteers will be out in force throughout the country collecting donations for breast cancer research, education, and patient support.

Breast Cancer Foundation NZ's chief executive, Ah-Leen Rayner, says October is the time to show support for the 3,500 Kiwis diagnosed with breast cancer every year and take action to end deaths from breast cancer:

"Our aim is to make all of Aotearoa pink throughout October – it's a key way for us to get

people talking and thinking about breast cancer, and this year we're highlighting how breast cancer is survivable if diagnosed early enough. Having the whole country lit up in pink is a spectacular way to help us spread that message.

"Everyday Kiwis play a vital role in our mission to stop breast cancer deaths. Every donation made through our street appeal makes a huge difference as we receive no government funding for our life-saving work," Rayner adds.

The Foundation is still seeking volunteers in Whanganui to collect for the Pink Ribbon Street Appeal. For more information on this and other ways to get involved with Breast Cancer Awareness Month, visit breastcancer-foundation.org.nz/bcam



The Royal Whanganui Opera House is just one of the buildings to be lit pink for Breast Cancer Awareness

Every year around 55 women are diagnosed with breast cancer across the Whanganui region. Early detection is crucial for surviving breast cancer – the 10-year survival rate if breast cancer is detected by mammogram is 95%. Women should be 'breast aware' from the age of 20, which means getting to know the

normal look and feel of your breasts so you can tell your doctor if there are any changes. Breast Cancer Foundation NZ recommends considering annual mammograms from 40-49, then every two years from 50. Free mammograms through BreastScreen Aotearoa are available when you're 45-69.

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Breast Cancer Awareness Month October 2023

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Owner Liz Brett has been helping ladies following surgery after breast cancer for more than a decade, including five years with her own company Pure Breast Care, which operates regular clinics and in-

home visits across much of the lower, central and eastern North Island.

"I've hand-picked a large range of products for our clients from the world's leading manufacturers of breast prostheses, pocketed bras and swimwear. In most cases, ladies we see can take all their choice of products home with them after their free fitting with one of

my experienced consultants," she says.

Liz says there are no extra costs and often the Ministry of Health subsidy for a first-time fitting covers a breast prosthesis and up to three pocketed bras.

"We don't have any extra consulting fees or upfront costs. Each lady receives a personal, one-on-one consultation for up to an hour if

necessary, where she can try on garments from our wide range and take their preferences home from the fitting," she says.

"There's usually no waiting for something to arrive in the mail weeks or months later. It's all sorted in one visit with one of our experienced consultants."

Liz says her range of pocketed bras or swimwear is designed to mirror the look, weight and feel of a natural breast and, importantly, to hold the prosthesis in place so there is no risk of it slipping up and being seen, or worse, dropping out of a non-pocketed bra or swimsuit.

"Our prostheses are also fully sealed, not porous, so there is no risk of water or sweat entering and creating any issues with odour, skin irritation or deterioration in the prosthesis. Being held inside a pocket inside the bra or swimsuit also means that it's firmly held in place, even when someone is exercising," she says.

Liz says it is essential for ladies dealing with life after or before surgery to know they can talk to an experienced breast care consultant.

"My team often meet with ladies before their surgery to run through our product range and discuss the Ministry of Health subsidies avail-

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Breast Cancer Awareness Month October 2023

Local Pink Ribbon volunteer urges others to help kick breast cancer to the kerb

About the Breast Cancer Foundation NZ

A Whanganui local is heeding the call to "kick breast cancer to the kerb" this October by collecting for Breast Cancer Foundation NZ's Pink Ribbon Street Appeal, and she's encouraging others to take part too.

Cheri Patea-Mathews will be one of 10,000 volunteers hitting the streets all over New Zealand on Friday 27 and Saturday 28 October, raising vital funds for breast cancer research, education and patient support.

Cheri knows first-hand how important it is to be vigilant with breast screening after she was diagnosed with breast cancer following a mammogram.

Cheri says: "Firstly

what an absolute blessing that we have the technology of the "mammogram" machine for I'm guessing without it I may not be telling my story today."

Breast Cancer Foundation NZ is still looking for more people in Whanganui to sign up for a two-hour collection shift.

The Foundation's chief executive, Ah-Leen Rayner, says: "The Pink Ribbon Street Appeal is one of our biggest fundraisers and it couldn't go ahead without amazing volunteers like Cheri."

"As a charity doing vital work to stop Kiwis dying of breast cancer, we rely entirely on the goodwill of generous New Zealanders. By contributing just two hours of your time, you'll be making a massive difference to help

us to kick breast cancer to the kerb this Breast Cancer Awareness Month."

Every year, around 55 women are diagnosed with breast cancer in the Whanganui region. All of the money raised from the Pink Ribbon Street

Appeal goes towards Breast Cancer Foundation NZ's work to advance breast cancer research, educate Kiwis about the importance of early detection, and support patients through their treatment and recovery.

The deadline to sign up as a volunteer for the Pink Ribbon Street Appeal is midday on Thursday 26 October.

Visit pinkribbonvolunteer.org.nz for more information.

BCFNZ is a not-for-profit, non-government funded organisation that depends on donations and fundraising for its work in breast cancer education and awareness, medical research and training grants, advocacy, and supporting Kiwis with breast cancer. BCFNZ's programmes are evidence-based, and overseen by its medical advisory committee. The pink ribbon symbol is a trademark of BCFNZ.



Cheri Patea-Mathews and her daughter collecting for the Breast Cancer Foundation

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Locals attend Catholic pilgrimage in Portugal for young people

By Jared Smith
It is a most humbling experience to be walking in a gathering of one and a half million people — all heading in the same direction with the same purpose.
Rain Forest, Youth Minister for Cullinane College and the Catholic Parish of Whanganui, can certainly attest to that feeling after her pilgrimage to the 2023 World Youth Day in Lisbon, Portugal, last month.

Forest was in a group of 130 young New Zealand Catholics from around the country who made the pilgrimage to the recurring Catholic festival for young people, organised by the Holy Church after being initiated by Pope John Paul II in 1985.
Traditionally, the event is held every 2-3 years, the previous being in Panama City in 2019, but plans to hold it in 2022 were postponed due to Covid-19.

As the event is for people aged 18-35, and Forest is in her 35th year, she decided this year was now or never to take part.
“Because there was a long period between the two, everyone decided to go.
“The knowing what it will be like, and the reality of experience — it was quite different.”
The New Zealand pilgrimage was over three months and started in France, where they visit-

ed a number of important sites in terms of the history of Catholicism in this country.
This included the church where the first New Zealand missionary was baptised, as well as the site of the baptism of Suzanne Aubert — the religious sister who started a home for orphans and the under-privileged in Jerusalem on the Whanganui River in 1885.
Aubert later founded a religious order, started



Above: Crowds Gather for Pope Francis to arrive at the overnight vigil on the last day of World Youth Day 2023 in Lisbon, Portugal.



Right: Rain Forest and friend Louise Lloyd together at World Youth Day.

Sports Talk with Jared Smith

Whanganui Women's rugby finished for season

By Jared Smith
It was a slightly sad conclusion, but there was so much to like about the first true WRFU senior women's rugby season which culminated in a knife-edge game at Taupo's Owen Delany Park on Saturday.
The Chesters Plumbing & Bathroom Whanganui Women's team were unbeaten going into the inaugural North Island Heartland Series final, having beaten the teams from King Country, Wairarapa Bush,

Thames Valley, Poverty Bay and East Coast.
However, King Country had been a touch unlucky in the opening game of the series at Cooks Gardens, beaten 34-29 by a try right on full-time off what could be generously be described as a 'line ball'.
Despite the disappointment in Taupo, losing 19-14 after being down 19-0 in 16 minutes, you kind of have to smile at the discussions afterwards — the opposition having more wet weather experience, a couple of questionable referee calls — the ladies

really do sound no different than the lads after their matches.
The team grew out of the new WRFU Women's Club competition — with over 110 players registered to take part across the teams from Marist, Kaierau, Taihape and Marton.
That competition started as 10-a-side, but the momentum grew and full XV's were taking the field before we reached the semifinals on June 3.
Marist were crowned the new champions after a thrilling final with

Kaierau.
Two players from the competition then played Farah Palmer Cup — former Black Fern and 2023 Hurricanes Pouna player Sosoli Talawadua linking back up with the Manawatu Cyclones, while 2022 NZ Maori Under 18 representative Hayley Gabriel joined the Taranaki Whio.
Four others played for the Manawatu Development team before coming back to play for Whanganui, as did Gabriel, and they showcased a very exciting brand of football to watch, for which Marist and Whanganui coach Junior Nepia along with his staff deserve plenty of credit.
I cannot wait to see more in 2024. As hopefully that raising of the Heartland trophy has only been delayed.

two hospitals in Wellington, and wrote books in Māori, French and English — the church is currently reviewing her case for Sainthood.
“Just seeing the amount of [Catholic] infrastructure in Lyon, even the small churches,” described Forest, remarking how those early missionaries travelled months by ship to come to New Zealand, and had to start their work with none of that infrastructure present.
The Youth Day in Lisbon was from August 1 to 6, and the mass gathering of people walked to all the events, with the streets cleared of cars, while subway stations were closed.
Forest noted that she had been to big events before like music concerts, and there can often be a tension or a pressure in the crowd to get to a destination quickly.
But here, young people from all over the world moved in harmony and helped each other along in warm conditions.
“The reality of the experience of millions of people [together], at times it was pretty overwhelming.
“It's not just fitting into a city, it's fitting into a venue, and millions with the same intent and purpose — it was pretty amazing.
“It's a very hope-filled experience to be surrounded by 1.5 million Catholics from around the world.”
Everyone had their country's flags and prayed in their own languages.
The highlight of the event gathering was on the last day, for the overnight vigil to hear Pope Francis deliver his final Mass.
As Catholicism in New Zealand is being practiced by an aging population, Forest enjoyed meeting so many young people her own age and younger from around the globe, knowing that was only a fraction of the total for that demographic.
She would encourage others to take the pilgrimage when the time is right for them.
“I definitely would recommend it.”

Top researchers to speak at upcoming U3A meetings

U3A Whanganui Inc is looking to expand on its lecture series so as to provide monthly presentations. The objective of this initiative is to allow opportunities for those people at the forefront of human knowledge development in their chosen field to share their expertise with the Whanganui community. Technological advancement now provides the opportunity for the organisation to bring presenters to our local group meeting facilities.
Both Otago and Massey Universities have expressed their support and will be presenting in future events. We are looking to further expand our contacts with other universities both here in New Zealand as well as in Australia.
Overseas and local expert recorded presentations will also be introduced into our lectures.
As researchers continue to expand human knowledge of the world in which we live their empirical based findings are all too often invisible to societies citizens, due mainly to the vast volume of material that becomes available on a regular basis. The U3A Whanganui Inc. initiative is looking to address that issue.
It is expected that a broad array of subject matter will be presented over the months ahead.
Canadian Neuroscientist Lisa Feldman Barrett presentation to the Waikato University will be the first of the lectures on 5 October at the Josephite Retreat Centre commencing at 10am. The title of her lecture is *The secret life of the brain*. The second and third component of her lecture will be presented on the 2 November and 7 December. Lectures will recommence in late January 2024 with subject matter currently being finalised. The lectures are open to all.
- Max Warburton
President U3A Whanganui Incorporated

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Scott K. Maury MS, PA-C
 Physician Associate
 General Medical & Surgical Dermatology

We welcome Scott K. Maury - Physician Associate into our team at the Whanganui Skin Cancer Centre. Scott provides advanced practice services in dermatology focussed predominantly in general medical and surgical Dermatology.

Scott Maury graduated from the University of Colorado at Colorado Springs with a bachelor's degree in biology and history in 1998. Scott then graduated from Finch University with a Master's of Science in Physician Assistant Studies in 2002. Scott has been practicing medical and surgical dermatology in the United States for over 20 years.

Scott was a lecturer for the PA program at Saint Louis University, has been a speaker for the Society of Dermatology Physician Associates, and helped develop, write and edit questions for the PA certification exam. Scott is a fellow member of the Society of Dermatology Physician Associates (SDPA) and New Zealand Physician Associate Society (NZPAS). He immigrated to Whanganui with his family in 2023. You may find him on the golf course, hiking and exploring the New Zealand landscape, shopping for great local ingredients for cooking or chasing after his 2 children at the park.

Physician Associate - A Profile: Physician Associates (PA) are licensed clinicians who practice medicine in every specialty and setting. There are approximately 170,000 practicing PAs in the United States, 800 practicing PAs in Canada, 3,000 practicing PAs in the United Kingdom, 50 practicing PAs in Australia and 40 practicing PAs in New Zealand. PAs practice medicine in collaboration with and under the license of their supervising physician(s). Doctors do not need to be on-site while PAs are seeing patients. A PA's scope of practice varies depending on where they practice and the scope of their supervising doctor(s).

Physician Associate (PA) education is a Master's degree level program closely modelled after medical school education. It encompasses 27 months of didactic and clinical education, and PAs acquire over 2000 clinical hours during their education. A bachelor's degree is required for acceptance into PA educational programs.

To obtain a license, PAs must graduate from an accredited PA program and pass a national certification exam. To maintain their credentials, PAs are required to complete Continuing Medical Education every year and pass a recertification exam every 10 years. PAs working in New Zealand must maintain their overseas credentials and the New Zealand Physician Associate Society (NZPAS) is applying for full registration with the New Zealand Medical Board eminently.

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Whanganui East

76 Moana Street, Whanganui East, Wanganui 4500, New Zealand
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We welcome Anthony Tae - Nurse Prescriber into our team at Living Waters Medical Whanganui East.

Originally from South Korea, Anthony now calls New Zealand home. He completed his high school years and nursing training in Hamilton, NA. Anthony started his career in nursing in the aged-care sector in a rest home on the Coromandel Peninsula. He then moved to Whanganui, settling down here with his wife and two dogs.

He began nursing in the general practice areas at the Aramoho Health Centre. He credits the team at the Aramoho Health Centre for introducing him the truly beautiful world of Primary Health Care (General Practice). He trained to become a Nurse Prescriber while working as a Practice Nurse. He now joins the

Anthony's skill set extends from the diagnosis and management of long-term conditions like asthma, diabetes mellitus and hypertension etc. to providing treatment for common acute medical presentations like respiratory, urinary tract and skin infections etc.

Anthony aim is to promote an environment where access to health care is timely, appropriate and equitable. He believes in promoting a healthier community and building a healthier Whanganui.

Nurse Prescriber - A Profile:

The nurse prescriber can assess and examine you, make a diagnosis and provide advice and treatment including a prescription if required. They can make referrals to hospital doctors or other health care professionals, and admit patients into hospital where necessary.

Nurse prescribers possess strong clinical assessment abilities ensuring accuracy when prescribing medications. Effective nurse prescribers are confident in their assessment skills and recognise when a second opinion is necessary. In certain circumstances, this role may require them to consult with other prescribers, doctors or pharmacists.



Anthony Tae
 Nurse Prescriber

What happens in our gymnastics club?

The Whanganui Boys and Girls Gym club is a busy hub used by schools and community groups, as well as a growing squad of young gymnasts. From 3.30pm to 7pm each night, the club is a buzzing home for our registered gymnasts. On weekends we host more gym sessions, birthday parties and visiting groups staying in the 27-bunk accommodation wing. Currently, the club is running

an OSCAR-approved holiday programme to entertain 5-to-13-year-olds who need a fun space to go in the school holidays. For young children just starting out on their gymnastics journey, we offer a range of classes, beginning with our 'Gym Fun' class for 5-6-year-olds. At this introductory level, tamariki learn core skills and fundamental movement patterns in a structured, coach-led session

while still providing a fun, 'give it a go' experience. When ready to advance, they then move on to Gym Fun Plus, followed by Gym Skills and Gym Skills Plus, learning and growing their confidence along the way. Once a gymnast has mastered the necessary skills, they can then advance into classes of their choice to further their gymnastics pathway. We offer parkour, pre-competitive, team

gym, 10+ gymnastics, and trampolining, to name a few! Registrations are now open for recreational gymnastics classes in term four. A new sensory session for 2-6-year-olds is also being trialled next term for tamariki who need a quiet, relaxed space to be able to enjoy what the club can offer. The new sensory classes will be held on Friday afternoons from 1pm -

1.45pm and have limited spaces available. Registrations for sensory sessions as well as the rest of our classes can be made

through the website, www.whanganuigymclub.co.nz. We are proud to bring the amazing sport of gymnastics to our community in

Whanganui — if you have any questions, please call us on 06 345 8670, or pop in and see us at our club in Springvale Park.

Whanganui rowers shine/shiver at the NZ Masters National Rowing Championships



Rebecca Wilson in winning Women's A Single



Second place in the mixed masters A-C coxed quad, left to right, Rebecca Wilson, Bruce Tate, Emily Budd, Hamish Peters

On Saturday, 16, and Sunday, 17 September 2023, eight masters rowers and a coxswain from the Union Boat Club along with two masters from the Aramoho Whanganui Rowing Club competed in the New Zealand Masters Rowing Championships at Lake Ruataniwha, Twizel. The Whanganui competitors ranged in age from 27 through to their late 70s. Each rowed in boats representing their respective clubs, but also in composite crews to enable a wider range of events to be entered, and this also allowed members of the smaller clubs to race in the bigger boats. There were a few competitors from Australia who crossed the ditch to participate, and some of them also raced in composite crews with the

Whanganui athletes. Conditions for the event ranged from near perfect early each morning to barely rowable later on the Saturday. Eventually, the regatta was abandoned with 3/4 of the programme completed near lunchtime on Sunday. However, in all the events completed, the Whanganui rowers showed great camaraderie and support for one another and acquitted themselves exceptionally well with all competitors medalling. In total the group won seven gold medals, five silver and five bronze. The standout performers from Whanganui would have to be Union Boat Club members, Rebecca Wilson and Bruce Tate. Rebecca and Bruce raced in some mixed-gender

boats together, but also competed in other events alone, or with other Union BC members, and in same composite crews. At the end of the regatta each had won gold in five events, silver in three and bronze in one. Also worth mentioning was the young coxswain, Abbey Peters. Dragged along by her father, Hamish, one of the Union Boat Club rowers, she is very new to the sport and was coxing at her very first regatta in quite trying conditions. However, she did very well and in her three events, the Mens G - M eight, the Mixed D - F eight and the Mixed A - C eight, steering the crews to win two golds and a bronze. All results can be found at - <https://rowit.nz/nzmm2023/results>



Golf results

TAWHERO GOLF RESULTS
22 September Friday 2023 Friday Haggie [stableford] Dave Johnston 21, Trevor Sammons 16, John Deighton 16.
22 September Friday 2023 Twilight 6 Hole Ambrose Pairs: Rome Rarere & Riley Taiwhati 20.2, Rita & Mark Luke 20.2, Trevor & Mark Sammons 20.4.
26 September 2023 Tuesday 9 Hole [stableford]: Tom Clark 20, Dave Johnston 18, Trevor Sammons 17.
Upcoming events: Twilight 2 Team 6 Hole Ambrose Friday's Tee off from 3.30pm. Summer membership affiliated \$265 1st October 2023 - 31st March 2024. ***

Castlecliff 9 Hole Club
 Thursday 21 September - Putting
Ladies: Janice Donghi 14, Marilyn Edmonds 15, Joan Coxon 16, Elaine Everitt 16. **Men:** Mike Meyrick 15, Ike Edmonds 16, Allen Wills 17.
 Stableford - **Ladies:** Joan Coxon 22, Rawinia Connors 20, Anne Cox 19. **Men:** Gerald Connors 21, Allen Wills 20 c/b, Ike Edmonds 20.
Raffle: Ian Kitney

- Bowls results -

Wanganui Indoor Bowls Results
 Wenham Cup Results, Final - Warren Freeman, Maria Klitscher, Roz Freeman and Christine Adams (Eastown Club) bt Anne Goater, Elaine Naysmith, Lyn Cribb and Yvonne Hendry (St John's Club) 23 - 8,
 Third Equal - Brendon Kenny, Ann Kendrick, Jean Silk and Lynne Zimmerman (Castlecliff Club) and Les Heywood, Paul Belliss, Karen Lawrie and Christine Crawford (Eastown Club).

Pigeon racing results

The St Johns Club Wanganui Pigeon Racing Adjunct held its second race of the season with a race from Taumararui. The race attracted 106 pigeons from five flyers. The winning pigeon, from the loft of Jim Pullins, covered the 118km airline (to Whanganui) in 1hr 25min 3sec for an average speed of 1391.95meters per minute or 84kph. The pigeons experienced fine weather on their flights to Whanganui. Results were:
 Jim Pullins (Whanganui)1391.95mpm or 84kph; Shane Gudopp (Marton) 1352.04 or 81.12kph; Dave Lacy (Whanganui)1287.48mpm or 77.25kph ; Brent Miller (Waverley) 1142.53mpm or 68.55kph; B and A Fairweather (Whanganui) 782.57mpm or 46.95kph.



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WORLD ARCHITECTURE DAY

MONDAY 2 OCTOBER

2023 Theme: Architecture for resilient communities

The International Union of Architects (UIA) has announced the theme for this year's World Architecture Day on Monday, 2 October: 'Architecture for Resilient Communities'. This celebration was instituted by UIA to highlight the importance of architecture in developing cities and human settlements.

As World Architecture Day runs parallel with World Habitat Day, the two themes are linked. For World Habitat Day, the theme is 'Resilient urban economies: cities as drivers of growth and recovery.'

The theme for WAD for 2022 was 'Architecture for well-being.'

The UIA is an interna-

tional non-governmental organisation based in Paris. Their 2023 theme aims to place particular emphasis on the capacity and responsibility of architecture to create viable community life and open an international discussion on the relationship between urban and rural areas in all countries.

The UIA emphasized



that "uncontrolled urban sprawl all over the world threatens the environmental, social and economic balance of the globe."

"Climate crises, the global pandemic and political upheavals in many countries have revealed social, economic and environmental inequalities that threaten communities worldwide and disproportionately affect the poor and marginalised groups."

The day also encourages learning more about

architecture throughout the world. Architecture involves the planning, designing, and constructing process of buildings and other physical structures. Consider for a moment some of the most famous structures in the world, such as the Empire State Building, the Taj Mahal, the Leaning Tower of Pisa, the Colosseum and the Great Pyramid of Giza.

These structures did not just come to be. Someone had to carefully plan and design each of them.

They also had to oversee the building process. Many of these structures were built hundreds of years ago. This means that the architects who designed and built them did so without modern tools, machinery, or technology that architects use today. These structures have also weathered storms, disasters, wars, and other events that could have destroyed them. In addition to making a structure look nice, architects must ensure that it is safe for those who go inside.

As you can see, architects have a very important job. But architecture isn't just about designing famous structures. Homes, hospitals, restaurants, schools, and any other kind of building all begin as an idea. These buildings are then designed and planned by an architect. To be successful at this, architects must have a variety of skills. These include skills in math, science, design, problem-solving, team-building, and communication.



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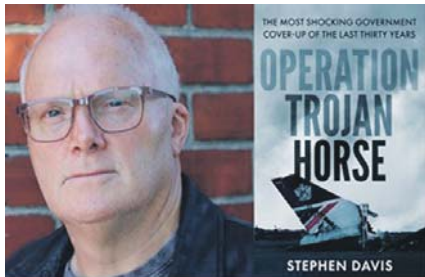
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Operation Trojan Horse author to talk this Saturday in Whanganui



Reviewed by Joan Rosier-Jones

A news item recently announced that airline passengers, taken hostage by Saddam Hussein in Kuwait in 1990, are finally set to sue the UK government and could seek £170,000 each. It just so happened that I was reading the book that divulged information which led to this long-awaited decision, Operation Trojan Horse by Stephen Davis. Also coincidentally, Stephen Davis is one of the featured authors at the Whanganui Literary Festival, 29 September – 01 October.

The British Government, under the iron hand of Margaret Thatcher, was aware that Iraq's threatened invasion of Kuwait, was actually underway, but kept it secret. For their own clandestine reasons, they made no attempt to stop British Airway's flight 149 from leaving Heathrow for a stopover in Kuwait. Just as culpable was Thatcher's attitude towards the fate of the passengers, who ultimately became Saddam Hussein's hostages, used as human shields against Allied attack. The British Government did nothing to help them, and they were dismissed by their Prime Minister as dispensable for the greater good.

Before I started reading Operation Trojan Horse, I thought, I know the story, why bother reading the book? I soon learned why. The news about these events 30 years ago, and even the current news, deals with the political issues involved. What Stephen Davis has done is to meticulously record the human stories with in-depth interviews, diary excerpts and background information. As if their time in captivity was not enough, the survivors faced hostility and intimidation from the airline and the British Government when they were freed. Even the British public, after the euphoria of the release had passed, lost interest in them. This is the human story behind the brutal political one. Stephen Davis was the perfect man for this job. In 1990, he was working as a journalist in London and he spoke in person with many of the survivors. For most, life was just as difficult back home as it had been in captivity, and Stephen has maintained personal contact with several of them, and recorded their lives over the intervening years. The British survivors are, no doubt, delighted to have their voices heard in a court of law.

Their story, narrated chronologically, takes the reader through the whole horrendous experience from many points of view, beginning with the boarding process for BA149 in London on August First 1990, until the present-day consequences. It is a riveting read and I found the book hard to put down.

The book is also now available as a podcast, The Secret History of Flight 149 which includes interviews with survivors and was short-listed for the British ARIA Awards earlier this year.

Stephen Davis talks at the Whanganui Literary Festival on Saturday 30 September at 1.30pm. Admission \$15 if pre-booked at the Opera House and \$20 at the door.

Public theosophy meeting

Theosophy Whanganui's next open public meeting is Sunday 2pm, 8 October, at Community Arts Centre back river entrance in the Awa Room. There will be about a one-hour presentation with an opportunity for discussion afterwards over a cuppa.

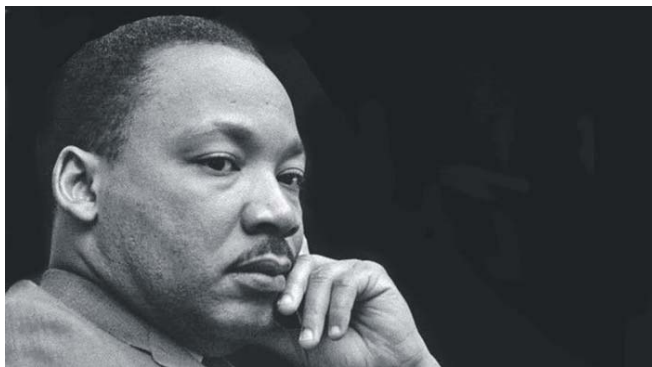
Jim Scrivener, current president New Plymouth, will give a presentation on Sacred Geometry. We will have the opportunity to meet for lunch prior for those who would like to. Jim is a recently retired architect with an interest in music and theosophy. He has been involved in the Theosophical Society since 1988 serving the NP Branch in various roles. Jim says "Have you considered whether there is a

divine plan in the world, or whether there is some kind of ordering principle that underlies the forms we see around us? Patterns or geometry in nature that might be considered to be evidence of a creator's geometric plan or ordering principle. An introductory talk with some examples of patterns in nature, stone circles, buildings and its use to help understand the divine."

Theosophy Whanganui supports personal exploration creating opportunities to develop and practice open, respectful and diverse communication - no soap boxes available. We would love to see you there. And it's free; a gold coin donation appreciated but is not required.

international day of Non-violence October 2

Martin Luther King's six key principles for non-violence



Martin Luther King

Non-violence has been promoted and practised by people and movements such as Martin Luther King (USA) and Nelson Mandela (South Africa), Mahatma Ghandhi (India) and also in New Zealand by Te Whiti o Rongomai (Parihaka) and by the Moriori of the Chatham Islands.

Martin Luther King wrote, 'True pacifism,' or 'nonviolent resistance' is "a courageous confrontation of evil by the power of love." King believed that "the Christian doctrine of love operating through the Gandhian method of non-violence was one of the most potent weapons available to oppressed people in their struggle for freedom."

His notion of non-violence had six key principles:

1. One can resist evil without resorting to violence.
2. Non-violence seeks to win the "friendship and understanding" of the opponent, not to humiliate him.
3. Evil itself, not the people committing evil acts, should be opposed.
4. Those committed to non-violence must be willing to suffer without retaliation as suffering itself can be redemptive.
5. Non-violent resistance avoids "external physical violence" and "internal violence of spirit" as well: "The non-violent resister not only refuses to shoot his opponent but he also refuses to hate him".
6. The non-violent resister must have a "deep faith in the future," stemming from the conviction that "The universe is on the side of justice".

King grew increasingly committed to non-violence. "The potential destructiveness of modern weapons" convinced King that "the choice today is no longer between violence and non-violence. It is either non-violence or non-existence".

International Day of Non-Violence observed on Mahatma Gandhi's birthday

The International Day of Non-Violence is observed on 2 October, the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence.

It is an opportunity to spread the message of non-violence, including through education and public awareness.

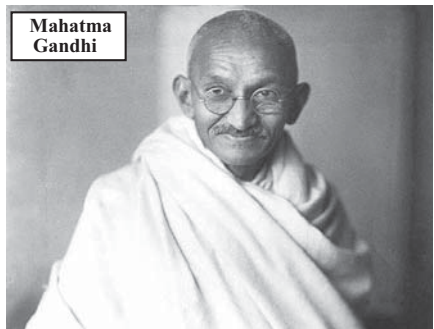
Mahatma Gandhi said, "Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man."

Gandhi has been the inspiration for non-violent movements for civil rights and social change across the world. Throughout his life, he remained committed to his belief in non-violence, even under oppressive conditions and in the face of seemingly insurmountable challenges.

The theory behind his actions was that "just means lead to just ends"; that is, it is irrational to try to use violence to achieve a peaceful society.

The principle of non-violence rejects the use of physical violence in order to achieve social or political change. Often described as "the politics of ordinary people", this form of social struggle has been adopted by mass populations all over the world in campaigns for social justice.

One key tenet of the theory of non-violence is that the power of rulers depends on the consent of the population, and non-violence therefore seeks to undermine such power through withdrawal of the consent



Mahatma Gandhi

and cooperation of the populace.

There are three main categories of non-violence action:

- protest and persuasion,
- including marches and vigils.
- non-cooperation; and
- non-violent intervention, such as blockades and occupations.

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Jumbo crossword

ACROSS

- 1 Do something to hide one's intentions (3,2,1,11)
- 10 Conversation (8)
- 15 Day nursery (6)
- 16 Restless desire to travel (10)
- 17 Displaying vigour, liveliness (8)
- 19 Clothes for newborn (7)
- 21 Whiskers (5)
- 22 Ill-judged, unwise (9)
- 25 Free from defect (9)
- 27 Never growing old (7)
- 29 Arm muscles (6)
- 33 Enraged (5)
- 34 Excessively ingratiating in manner (8)
- 36 Ghost (10)
- 39 Young child (3)
- 41 Submissive (7)
- 42 Rainwater channel (6)
- 43 Horse's feet (6)
- 44 Overtake (4)
- 45 Mailers (anag)(7)
- 48 Cave projection (10)
- 53 Sunshade (7)
- 57 Throbbing pain (4)
- 58 Browbeat (6)
- 59 Dried grape (6)
- 60 Précis (7)
- 62 Pair (3)
- 64 Feelings of doubt about (10)
- 65 Blunt criticism (8)
- 66 Minimum (5)
- 69 Critical evaluation of a book, play (6)
- 70 Foils (7)
- 71 Invaluable (9)

- 76 Tureen lid (anag)(9)
- 77 Boggy area (5)
- 78 Russian tea urn (7)
- 83 Corner-to-corner line (8)
- 84 Funeral organiser (10)
- 85 Off course (6)
- 86 Steam-heated coffee (8)
- 87 Disappear completely without a trace (6,4,4,3)

DOWN

- 2 Imaginary (6)
- 3 Male relation (5)
- 4 Beer (3)
- 5 Scythed (4)
- 6 Doghouses (7)
- 7 Alcoholic drink (6)
- 8 Regulation (4)
- 9 Set of clothes worn together (8)
- 11 Hinder (6)
- 12 Voice box inflammation (10)
- 13 Hinged barrier (4)
- 14 Puts up with (7)
- 18 Assume beforehand (10)
- 20 Heel over (4)
- 23 Make less sharp (5)
- 24 Articles (anag)(8)
- 26 Advent (7)
- 28 Of the stomach (7)
- 30 Explosive exhalation (6)
- 31 Accommodation house (6)
- 32 Cosmetics (4-2)
- 35 Gibe (5)
- 37 Of the nose (5)

- 38 Positive quantity (4)
- 40 Siamese (4)
- 45 Brings up (5)
- 46 Sticky (8)
- 47 Short-sightedness (6)
- 48 Fortress (10)
- 49 Mimicked (4)
- 50 Tumbling athlete (7)
- 51 Petty details (6)
- 52 Use one's mind (5)
- 54 Malarial fever (4)
- 55 Directionless (7)
- 56 Stampede (6)
- 61 Assign to a preconceived category (10)
- 63 Temporary repair (5)
- 67 Large neckerchief (8)
- 68 Supplication (4)
- 69 Remaining matter (7)
- 72 Small baking-serving dish (7)
- 73 Holds up (6)
- 74 Change around (6)
- 75 Hunting expedition (6)
- 79 Frequently (5)
- 80 Moist (4)
- 81 Food shop (4)
- 82 Threesome (4)
- 85 Tree (3)

1	2	3	4	5	6	7	8	9	10	11	12	13	14		
15				16					17						
19			20		21			22					24		
	25	26					27	28			29				
	30						31				32				
33				34		35			36				37		
			38					39	40						
41					42				43			44			
45	46			47		48	49	50	51	52		53	54	55	56
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83														85	
86									87						

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SIMON SHUKER'S CODE-CRACKER Extra 759

EACH number in our Code-Cracker grid represents a different letter of the alphabet. For example, today 21 represents P, so fill in P every time the figure 21 appears. You have one letter in the control grid to start you off. Enter it in the appropriate squares in the main grid and solve the starter word. Fill in other squares in the main and control grids with the found letters and look for the next word. Follow the word trail through the puzzle to its completion. Visit www.codecracker.co.nz

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
2		8			9		10		11					11
3	2	9	7		11	12	13	14	5	3	2			15
8		2		7		8		9		16				15
17	2	18	9	18	8	3	7	1	19					8
		8		2		7							20	12
21	8	8	3	2	3		14	17	1	8	8			22
3		15					8		5		14			
8			2	23	8	12	2	17	7	3	5			12
21		9		3		2		2		17				11
8	14	7	9	2	10	10	9		24	11	23			9
9		14		2		8			10					7
2	16	25	2	15		7	11	26		9	2			2

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Sudoku

				8		1	3	
		3			9	7	6	
				3				8
	2		7			4	1	
8								7
4	7			2		6		
7			9					
	5	6	8			3		
	4	9		6				

MEDIUM

Previous solution

8	2	9	3	4	7	1	6	5
7	5	3	6	1	8	9	4	2
4	1	6	9	2	5	7	8	3
1	8	2	7	3	6	5	9	4
6	4	7	2	5	9	3	1	8
9	3	5	1	8	4	2	7	6
5	6	1	8	7	3	4	2	9
2	9	4	5	6	1	8	3	7
3	7	8	4	9	2	6	5	1

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

Previous solution

1	A	J	S	E	U	D	O	M	L	N	T	R	H
14	F	I	V	G	Z	Y	P	Q	X	B	C	K	W

All puzzles © The Puzzle Company
www.thepuzzlecompany.co.nz

Previous crossword solution

ACROSS: 1 State, 4 Slip of the tongue, 14 Berth, 15 Trial, 16 Triple jump, 17 Tibia, 19 Pun, 20 Remnant, 21 Eavesdrop, 22 Snatch, 25 Balalaika, 27 Ration, 28 Fracas, 33 Seismology, 35 Elf, 36 Sultan, 37 Laud, 39 Fat, 41 Bedouin, 42 Banzai, 43 Rigmarole, 44 Ahead, 45 Dead heat, 50 On, 51 Deceased, 55 Syrup, 58 Enigmatic, 59 Elixir, 60 Snigger, 61 Cur, 63 Lair, 64 Embark, 65 Apt, 66 Cordon bleu, 68 Prefer, 69 Accuse, 71 Impartial, 76 Amazon, 77 Scorching, 79 Jugular, 81 Fad, 84 Liken, 85 Equestrian, 86 Minus, 87 Calms, 88 Whiter than white, 89 Cycle.
DOWN: 2 Tureen, 3 Train, 5 Lure, 6 Pep talk, 7 Feeler, 8 Hound, 9 Topmost, 10 Note, 11 Urbane, 12 Graph, 13 Shyness, 14 Battery, 18 Antagonise, 23 Baton, 24 Bollard, 26 Abscond, 27 Ruffian, 29 Chamois, 30 Severe, 31 Seize, 32 Haggie, 34 Yuan, 36 Steel, 38 Dread, 40 Date, 45 Dwell, 46 Asinine, 47 Hemp, 48 Autumn, 49 Trick, 50 Operate, 52 Consortium, 53 Algebra, 54 Eleven, 55 Scratch, 56 Girth, 57 Zinc, 62 Break, 67 Details, 68 Perfect, 70 Unclear, 72 Monarch, 73 Hookah, 74 Chosen, 75 Manual, 76 Adult, 78 Rough, 80 Unity, 82 Knot, 83 Daft.

5x5

S	A		P	
A	A	E		
A	L	E		
S	N		S	

Insert the missing letters to complete ten words — five across the grid and five down. More than one solution may be possible.

F	I	R	S	T
U	N	I	T	E
M	U	C	U	S
E	R	E	C	T
D	E	S	K	S

Previous solution

Heti & Hope doing a Whanganui musical tour

Heti & Hope are a local Whanganui band who have been entertaining here for the past five years. Instead of doing a tour of the North Island or wherever, they are instead doing a Whanganui Swords Down Spring Tour, starting on Friday 29 September and covering seven different locations. Entry is free at all the venues except the Space Gallery.

The band is made up of Heti Hope, their Singer songwriter / keyboard

player; Adie Higginson, Violinist / Guitarist; Ross Laurie, Bass Guitarist and Sara Fredrickson, Drummer.

Heti describes their music as "genre free but with roots in folk, a keen interest in blues, jazz and pop, from Ella Fitzgerald to the present day and with a love and influence of artistic singer songwriters like David Bowie, Janis Joplin and Bob, Dylan, Marley and many more."

The venues and times are as follows:

1. Little Curious Bagel Cafe on Glasgow Street; Friday 29 September, starting 1pm

Heti and Adie will perform as a duo, with Heti saying "This is one of our favourite tucked away cafes, with delicious bagels and a great vibe."

2. Lads Brewery; Taylor street, Durie Hill, Saturday 30 September, 5 - 7 pm. The full band will be playing.

3. Victoria Court, Friday 6 October, 5 to 7pm. Heti and Adie will again be playing as a duo. Heti says, "I want to highlight this place as one of Whanganui's great treasures."

4. Vinyl Room, Saturday 7 October, 2pm - 4 pm. Heti and Adie as a duo.

5. The Citadel, Castle-

cliff, Sunday 8 October, 1.30 pm - 3.30 pm

"What better way to spend a Sunday with a walk on the beach, ending up at this amazingly chill place." The full band will be playing out in the garden.

6. Space Studio and Gallery, Friday 13 October, 6.30pm - 7pm. Note that this is a charge of \$15 with tickets on Eventbrite "I'll also talk a little about my writing process and the background source of some of the songs. If you have questions like, 'where does the title for the tour come from?', here will be your answers."

7. Porridge Watson, Friday 20 October, 8pm -10pm. "One of Whanganui's best artistically happening bars; the perfect venue for the conclusion of this fun mini music tour."



Ross Laurie, Sara Fredrickson, Heti Hope and Adie Higginson.

FOR SALE

BLINDS - Roller & Venetians to order. Free measure and quote. Strath Davis Furniture & Flooring, Ph (06) 345-0883. **NEW** books available at River City Press, 52 Ingestre St. "From the Sea to the Mountain"; "Whimsical Tales of Old Wanganui"; "More Whimsical Tales of Old Wanganui"; "My Life - Annasophia". **NEW** Season's Buxus box hedging Plants 10 for \$50.00. Good range of Native plant revegetation stock, \$6.00 each. Side dress your Polyanthus and Primulas with Dried Blood only \$8.00 per kilogram. Parnells Quality Tree and Shrub Nursery, 102 Fox Road Wanganui, Phone 344-6645, Established 1895.

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Recent Bereavements

Sadly passed away recently...

Maurice James BELL, on 19 September 2023, aged 95 years.

Frederick Charles (Fred) BERRY, on 17 September 2023, aged 91 years.

Margaret Ann (Nee Hintz) BONISCH, on 19 September 2023, aged 85 years.

Rima BUTLER, on 18 September 2023, aged 87 years.

Judith Patricia HARRISON, on 22 September 2023, aged 84 years.

Brian Keith JOYCE, on 20 September, aged 78 years.

John Joseph LANE, on 12 September 2023.

Ekaterini (Kathryn) MEIMARIS, on 21 September 2023, aged 91 years.

Frederick Charles (Fred) POTTS, on 16 September 2023, aged 89 years.

Heather Joan SCHUSTER, on 25 September 2023, aged 67 years.

Peter Thomas SORENSON, on 24 September 2023, aged 73 years.

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WHAT'S ON

IN THE COMMUNITY

AGM Whanganui Potters Studio

19 Taupo Quay, Wednesday 18th October at 6.30pm.

An Amazing Opportunity

if you are interested in Parapsychology. There will be a weekend Workshop in November...I have been there for clients "to see more clearly" for many, many years now. I am available 6 days a week. Ring for more information: Sandra Singelton. Psychic Numerologist. 06-345-3803.

Alcoholics Anonymous

Phone 0800 229 6757. If you have a drinking problem maybe we can help. AA Wanganui area meeting list: Sunday, St Johns Lutheran Church Hall, 51 Liverpool Street, Wanganui, 9am; Monday, Friendship Hall, Morris Street, Marton, 7.30pm; Tuesday, St Johns Lutheran Church Hall, 51 Liverpool Street, Wanganui, 12.30pm; Wednesday, St Luke's Church Hall, 34 Manuka Street, Castlecliff, 7.30pm; Thursday, St Johns Lutheran Church Hall, 51 Liverpool Street, Wanganui, 7.30pm; Al-Anon (family support) Friday, Gonville Library meeting room, 12.30pm. Ph 0508 425 266.

Jigsaw Exchange

Next meeting on Saturday 30th September, from 10am to 11.30am. Held at Central Baptist Church in Wicksteed Street. Contact Jack @ 343-1404 or 021-0277-5391 or emailrega21@xtra.co.nz.

Porridge Watson

Thursday 28th September, "Word Soup" Poetry Night from 8pm; Taco Monday for \$10.00.

"Solo" an Exhibition By Jan Pickett

29 September - 5 October, Back Gallery, 19 Taupo Quay, Whanganui.

St John Book Sale

October 5, 6, 7th October, 10am-4pm@ 25 Tawa Street. Large selection of books.

Theosophy Whanganui

Public Meeting

Usually held 2nd Sunday Monthly.

Where: Community Arts Centre, back river entrance in the Awa Room. When: 2pm What: Presentation with respectful discussion and communication. Purpose: No dogma, 'Do no harm', explore ancient wisdom to develop self with the universe. Email: theosophywhanganui@gmail.com

Wanganui Croquet Club - New Members Day

11 Parson St, 8th October, 2023, at 1pm. Ph. 027-388-3780 or 027-442-1542. "Come and have a go."

Wanganui Girls' College Old Girls' Association Coffee and Catch up Morning Tea

Ad Astra Hostel, 10am, Wednesday, 18th October. \$10.00 per head.

Wanganui Spiritual & Awareness Centre

Meetings 7pm Sundays, Quaker Meeting Rooms, 256 Wicksteed St. Local or visiting speakers or mediums sharing their spiritual gifts. Join our healing circle, take a raffle, stay for supper and chat. Everyone is welcome. Koha appreciated. See our Facebook page for details. Ph: 027-697-6308.

Whanganui Anglican Parish Community Hub Project Fundraising Auction

Household items, collectibles and antiques, Viewing at All Saints, 81 Duncan St, Whanganui East Shopping Centre, Friday 29 September 1pm-7pm, and Saturday 30 September from 8am. Auction starts at 10am, 30 September. Hon. Auctioneer Brian Hayward.

Whanganui Heritage Collectors Fair

Jubilee Stadium, October 22, 9.30am-3.30pm. \$2 entry. Huge range of antiques, collectables, vintage, including art, glass, clothing, books, stamps, coins, pottery, jewellery, basketry, woodware, carpets, Crown Lynn, ornaments, art deco, furniture and more. Follow on Facebook Whanganui Heritage Collectors Fair.

Delegation to Asia to encourage international students to come to Whanganui

A local delegation supported by Whanganui & Partners, is travelling to Japan, South Korea and Vietnam to reestablish Whanganui's international student connections. The delegation includes Natasha McKee from Whanganui High School, Jane Williams from Whanganui Girls College, Jude Lydia who is responsible for arranging appointments and Rebecca Black from Whanganui & Partners. They will also represent Cullinane College.

International students make a significant contribution to Whanganui's economy and welcoming these students enriches the schooling experience of local students, improving cultural understanding and opportunities for both groups.

Pre-pandemic, 2019 data produced by Whanganui & Partners showed that international secondary school students each added an average of \$39,290 yearly to Whanganui's economy. Including tertiary students, the average was \$44,951.

During Covid, the international student market came to a standstill. So, the task is now to reestablish and create new connections.

The three schools com-

bined aim to add 16 international students in the 2024-25 period as a direct result of this trip. Attracting this number of students would boost the local economy by more than \$630k over the two-year period.

Japan and Korea are New Zealand's biggest international student markets, following China. The Vietnam market is less established but offers an opportunity for Whanganui to make new connections.

The group leaves Whanganui on September 30 and returns on October 17.



From the Left: Jane Williams, Jude Lydia, Natasha McKee, Rebecca Black and Rach Hoskin

Big Music 'Reign of the Beast' gig coming to Musicians Club

The 'Reign of the Beast' gig on Friday, 13 October, features a range of top bands from Whanganui, Palmerston North and Wellington. It is headlined by Wellington/Hutt band Beastwars, and will include Polynesian band Shepherds Reign, Bad Schematics from Palmerston North with Whanganui bands My Damned Kind and Flowers of Hades. The gig is at 6pm at The Musicians Club.

Beastwars is a four piece sludge metal band formed



Beastwars band performing October 13

back in 2006. Their 2011 self-titled debut album received positive reviews and invited musical comparisons to Soundgarden, Mastodon, and Unsane, amongst others.

The band received a nomination for best New Zealand Rock Album and was also shortlisted for the 2012 Taite Music Prize.

They have since produced five more studio albums with the latest, 'Tyranny of Distance' in 2023, as well as one live album — 'Live at San Fran' in 2020.

The question has been asked — "Is Shepherd's Reign the first Polynesian metal band?" The band members — "brothers" in music, from South Auckland — think they are.

Their sound fuses traditional pātē, (Samoan percussion instrument), Pacific log drums, with metal guitar riffs, rock and metal vocals and double kick drums, to create a classic metalcore, or progressive metal sound on songs with titles like Death, Angel in Black, and Why Can't You Die, which they describe as "intelligent metal."

Bad Schematics from Palmerston North, are an alternative-rock trio that pack a sonic punch. Formed at the end of 2021, they kicked off 2022 by heading straight into the studio to write and record their debut EP.

With soaring melodies,

powerful guitars and thunderous drums, Bad Schematics are an EMO lover's dream, a bogan's best mate and a metalhead's next door neighbour.

'My Damned Kind' is a metal band with a difference — big guitars, edgy vocals and driving rhythm. Releasing their first album 'Beyond Lies' back in 2011, the group are no strangers to the New Zealand music scene, having previously been known as Narcosis, New Zealand's

premier Metallica tribute band.

Go into a draw to win a double pass to 'Reign of the Beast'

The RCP has a double pass to give away to one of our readers in a draw. All you need to do is email rivercitypress@xtra.co.nz putting 'Reign of the Beast' in the subject line. Then give us your name and daytime contact details. The draw will be made at noon on Friday 6 October.

SITUATIONS VACANT

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Applications close 20/10/2023

Year 13 student solo art exhibition at Cooks Gallery



Cole with some of his paintings.

Cole Anderson is a Year 13 student at Rangitikei College, with art as one of his subjects and his plan is to study for a Bachelor of Fine Arts at Canterbury University next year.

When he was at primary school, he was taught art by well-known Whanganui art teacher Rae Henry, a key person in the Whanganui Arts Society. Each year, the society offers a young person a free exhibition at their art gallery off Trafalgar Street (past Wanganui Motors) — Cooks Gallery.

This opportunity was offered to Cole and he was delighted, quickly messaging his mother and then his best friend, Promise, to tell them.

He had only two weeks to get the exhibition together, but he was able to call upon the work he had done at Levels 1 to 3.

While he enjoys painting, his real love is printing, and there are some good examples of dry point and intaglio print processes, sometimes with mixed media overlaid.

He says, "Much of my Level 3 work is based on 'memory' and references my family and grandparents."

The exhibition opened on 24 September and will continue through to this Saturday, 30 September. It is open from 12 noon to 3pm each day.

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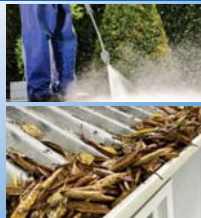
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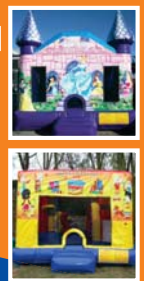
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Nominate someone you think is deserving of our **Bouquet of the Week!**



Email or facebook message us with your nomination and reason why they deserve to win!
 email: rivercitypress@xtra.co.nz
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PUBLIC NOTICES / ENTERTAINMENT

SECTION 101 SALE AND SUPPLY OF ALCOHOL ACT 2012

Jenta Limited, 48 Ridgway Street, Whanganui has made application to the District Licensing Committee at Whanganui for the renewal of an On Licence in respect of the premises situated at 48-52 Ridgway Street, Whanganui, known as **The Rutland Arms Inn**.

The general nature of the business conducted under the licence is a hotel.

The days on which and the hours during which alcohol is sold under the licence are **Monday to Sunday, 8.00am to 2.00am** the following day.

The application may be inspected during ordinary office hours at the office of the Whanganui District Licensing Committee at 101 Guyton Street, Whanganui.

Any person who is entitled to object and who wishes to object to the issue of the licence may, not later than 25 working days after the first date of the publication of this notice, file a notice in writing of the objection with the Secretary of the District Licensing Committee at DLAdministration@whanganui.govt.nz.

No objection to the renewal of a licence may be made in relation to a matter other than a matter specified in section 131 of the Sale and Supply of Alcohol Act 2012.

This is the second publication of this notice.

The first notice was published on September 21, 2023.

Freda Sutherland Memorial Trust

Freda has provided in her Will for a small fund to be given to Whanganui citizens (particularly youth and women), medical and animal welfare organisations for training, health or welfare.

Applicants can apply for funds by providing:

- A relevant CV and proof of Whanganui birth or domicile (if an individual)
- Proof of enrolment at a tertiary institution or training programme
- Charitable status or similar (if an organisation)
- Reason for requiring funds.

Applications which close on **31 October 2023** are to be sent to Dot, Freda Sutherland Memorial Trust, C/- PO Box 789, Whanganui 4541 or delivered to Moore Law, 37 Somme Pde, Whanganui or emailed to: dot@moorelaw.co.nz

AT CLUB METRO THIS WEEK

RESTAURANT OPEN

Dinner - Tuesday to Saturday
 Lunch - Fridays only

Saturday 30th September
 Coastguard Fundraiser Quiz
 Tickets \$10 - Starts at 7pm

Oktoberfest - Saturday 7 October
 Tickets are now available at bar \$30



13 Ridgway Street
 Phone 06 349 0149



BOX OFFICE



ROYAL WHANGANUI OPERA HOUSE

Ph. 06 349 0511

Online bookings www.whanganuivenues.co.nz
 Hours: Monday to Friday 10am - 1.30pm

Booking / service fees apply to all ticket sales.

WHANGANUI LITERARY FESTIVAL
AUTHORS' TALKS Concert Chamber
 Friday 29 September - Sunday 1 October
 Fiona Sussman | Chris Tse | Sue McCauley
 Stephen Davis | Stephanie Johnson | Witi Ihimaera
 Gordon Collier | Jock Phillips
 Individual talks \$15 each / door sales \$20

Whanganui Performing Arts
HEATHERS - TEEN, THE MUSICAL
 Friday 6 & Saturday 7 October 7pm Sunday 8 October 1pm
 Adult \$27.50 Senior \$22.50 Child U18 \$17

LADIES NIGHT - NZ's successful Comedy,
 written in 1987 and precursor to **Magic Mike**
 Sunday 15 October 7.30pm
 A reserve \$82.50 Group 8+ \$67.60 B reserve \$72.50

QUEEN: IT'S A KINDA MAGIC
 Friday 27 October 8pm
 Adult \$70.45 Groups 6+ \$65.45
 Senior \$63.70 Child to 12yrs \$44.80

HARMONIC RESONATORS - RONGO KI TE ORO TOUR
 Friday 3 November 7pm Concert Chamber WMC
 Tickets \$58

ELTON JOHN vs BILLY JOEL NZ tribute
 Sunday 12 November 7.30pm
 A & B reserves: Adult \$72.60 \$65.60
 Senior \$62.60-\$47 Student/Child \$57.60-\$42

BILL BAILEY - THOUGHTIFIER
 Tuesday 14 November 8pm
 Premium \$99.90 A Reserve \$89.90

THE SWEET CAROLINE TOUR - tribute to Neil Diamond
 Saturday 18 November 8pm
 Adult \$70.45 Senior \$64.05 Group 6+ \$55.45ea
 Child to 12yrs \$44.80

2024

WHANGANUI OPERA WEEK
Aotearoa NZOS Recital - Wednesday 10 January 1pm
 Whanganui Museum Tickets \$25 Student \$15
In Praise of Music Oratorio - Sunday 14 Jan 11.30am
 Collegiate Chapel - Tickets \$20 Student \$10
Public Masterclass - Monday 15 Jan 7.30pm
 PEA Collegiate School Tickets \$25 Student \$15
Great Opera Moments - Saturday 20 Jan 7.30pm
 Opera House Tickets \$50 Student \$40
 Package deal for all 4 events \$110

RUSSELL HOWARD
 Monday 5 February 8pm
 Tickets \$89.90

MICHAEL JACKSON HISTORY SHOW
 Tuesday 20 February 8pm
 Adult \$74.45 Group 6+ \$69.45
 Senior \$67.65 Child to 13yrs \$44.80

THE BEACH BOYS EXPERIENCE
 Sunday 2 June 7.30pm
 Adult \$71.60 Senior/Student \$66.60
 Group 6+ \$61.60 Child to 17yrs \$51

MAGIC MEN AUSTRALIA
 Saturday 13 July 7.30pm
 A Res \$101.60 B Res \$81.60 C Res \$61.60 D Res \$41.00

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MOBILITY scooters. Sales, service, repair, rental wheelchairs, walkers, ramps. Call Graeme 021-1195118 or (06) 347-6927.

PROFESSIONAL/efficient Painter and Plasterer. No job is too small. Reference available. Call or text 022-035-0175.

PERSONAL

FREE confidential health checks, STI and HIV screening. Whanganui Hospital. Phone for consultation 348-1775/021-323-077.

LAWN MOWING + GARDENING

LAWN MOWING + gardening work wanted. Free quotes, phone or text 022-540-3375.

BOOKSALE

October 5th, 6th & 7th St John

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UNITED SOVEREIGNS

71 Puriri Street (cnr Puriri & Harper Sts)
 Meets SUNDAYS, 5pm to 6pm

OCTOBER 1
 This meeting is focused on the upcoming election.
 Questions and Answers.

United Sovereigns preach from the book of Revelation.
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GARAGE SALE

PORRIDGE WATSON, 30 Drews Ave, City Centre. 12pm, Saturday, 7 October. Collectables, Nic Naks, Records, Toys, Furniture and clothes. Free entry. Stallholders to be in by 11am.

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SPECIALISED SERVICES

New self storage units in Hatrick Street East

Recently opened is a new self-storage facility in Hatrick St East with 20 brand new units. They come mainly in 6m by 3m size and have a height of 2.7metres.

Access is through an electronic gate with plenty of concrete space for turning. All those coming and going are monitored with all clients given their own personal code.

The units themselves are kept secure with padlocks provided by the customer. It has the significant advantage, especially for commercial clients, of being so close to town.

The units will appeal to those who need to store seasonal stock or perhaps a Tradie keeping his day-to-day tools secure and freeing up some room in the garage at home.

The units will also fit a standard vehicle. They will be useful to residential customers including those who need temporary storage while shifting house or going overseas for a

time. The site previously had two old houses and the sections were combined after selling off the buildings. The units were built by Versatile Building Ltd

of mainly concrete block making for solid construction and with a high fire rating. For more information or bookings contact Self Storage Hatrick East on 0273722319.

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SPECIALISED SERVICES

Magnolia Minerals offering 30-50% off a wide range of goods

Magnolia Minerals has been in business now for over 20 years and involves three generations of one family – Ruth, her daughter Debbie and granddaughter, Krystal.

In their shop on the corner of Guyton St and Victoria Ave, there is Ruth and Krystal, who also has her own

on-line business. Debbie now works from home doing massage, crystal healing and Reiki.

At the shop, you can buy tapestries, health products, cleaning sprays, prisms as well as “all our wonderful crystals that help with healing, as each crystal has different healing

powers,” says Ruth. “We also give out

small writeups about each crystal, letting

buyers know how they can help with differ-

ent problems, or we have crystal books that people can refer to about whatever is troubling them. There are many crystals on sale at a good price,” adds Ruth.

Other products to check out includes oils, white sage healing balms, tarot cards, jewellery, singing

bowls, incense and salt lamps.

There is also a lucky dip available for the children to get excited about.

The shop will be closing down in November but right now they are offering 30 to 50% off a wide range of items including sterling silver.



Ruth, Debbie and Krystal from Magnolia Minerals

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Westmere 15A Caversham Road

Open Home



Luxury lifestyle living on the outskirts of town

Deadline sale - all offers to be received by 2.00pm, 18 October 2023 (unless sold prior). Discover the perfect blend of spacious living and rural charm at 15A Caversham Road. This exceptional property offers a rare opportunity to embrace a life of tranquility and luxury. With a substantial four bedroom home, generous living spaces, and even horse stables set amidst four good-sized paddocks, this is a dream property for those seeking an idyllic country lifestyle. The house offers ample space for your family to grow and thrive. Each room is designed with comfort and relaxation in mind, ensuring everyone has their own retreat. Host elegant dinners and create lasting memories in the generous formal dining room. The perfect setting for celebrations and gatherings with friends and family. Whether it's for entertaining guests or simply enjoying quality family time, the spacious rumpus room provides endless possibilities. Use it as a home theatre, game room, or a place for relaxation. For equestrian enthusiasts, this property boasts horse stables, allowing you to keep your beloved horses right on your own land. The property sits on a sprawling 1.32 hectare section.

🛏️ 4+ 🚗 2 🚗 2 🏠 2

For Sale Buyers \$1,150,000+
View Sun 1 Oct 11.00 - 12.00pm
Web pb.co.nz/WGU162944

Anthony Floyd
 M 021 477 435 E anthony.floyd@pb.co.nz
Leighton Toy
 M 027 415 1515 E leighton.toy@pb.co.nz

Whanganui East 38 Duncan Street

Open Home



Location, location location

38 Duncan Street, Whanganui is a delightful property that perfectly combines comfort, convenience, and an unbeatable location. This spacious three bedroom home, complete with an additional office space, offers a wonderful opportunity to settle down in the sought-after Whanganui East neighbourhood. This property boasts a generous open plan living area on a good-sized section. The home is a true gem, featuring three comfortable bedrooms, ensuring ample space for your family or guests. Additionally, the dedicated office area that overlooks the backyard provides the perfect environment.

🛏️ 3 🚗 1 🚗 1 🏠 1

For Sale Buyers \$449,000+
View Sun 1 Oct 10.00 - 10.30am
Web pb.co.nz/WGU111868

Anthony Floyd
 M 021 477 435
Leighton Toy
 M 027 415 1515

Castlecliff 28 Tongariro Street

Open Home



Calling all first home buyers!

Welcome home! This property offers a fantastic opportunity to own a convenient three bedroom residence with excellent garaging, a fully fenced section, and an updated bathroom. With its endless possibilities, this house is ready for you to make it your own. The home boasts three generously sized bedrooms, providing ample space for relaxation and privacy. Each room is filled with natural light, offering a warm and inviting atmosphere. Car enthusiasts and hobbyists will appreciate the fantastic garaging options this property offers. Whether you need space for multiple vehicles or a workshop.

🛏️ 3 🚗 1 🚗 1 🏠 1

For Sale Buyers \$379,000+
View Sun 1 Oct 10.00 - 10.30am
Web pb.co.nz/WGU169921

Anthony Floyd
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Leighton Toy
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