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Beadles Panel Products - iconic Whanganui business coming to an end

BY DOUG DAVIDSON

Beadles Panel Products started in 1907 when it was called 'Beadle & Barron.' The name didn't last long, as Mr Barron left to go to Australia – but the name of Beadles continued on for over a century. However, that is about to change with the business and land up for sale.

Graeme Beadle has decided to retire from the long hours required and has put up the For Sale sign with Bayleys. He concedes that "it is unlikely to continue as a business," at least on the same site at 4 Springvale Road, close to the roundabout with Parsons Street.

"The complication is," he explains, "the land is now zoned as residential." When the company shifted there in 1963/64,

there were far fewer houses and it was commercial and they "have existing user rights" but once sold, the land can no longer be used for business. It has also restricted Beadles in what they can do with the buildings, with Graeme saying, "The building is falling apart, and we can't do anything."

With over 3000 sq metres, the land would be attractive, especially to a developer. Next door, there are five well-built

apartments, and the Beadles site could easily accommodate six.

It is a very convenient site, close to the nearby shops (dairy, takeaway, hairdresser, even an accountant). Springvale Park, with all its amenities, is close by as are a variety of schools (Faith, Carlton, High School and Collegiate) and the centre of town is an easy walk as well.

For nearly 60 years, Beadles were at 98 St Hills Street – where Age Concern now are. They were timber merchants and joinery manufacturers. It was started by Graeme's grandfather, and by the 1930s both Graeme's father and uncle had joined the business. Both, however, served overseas in WW2 and grandfather had to keep the business going in their absence.

The next generation, consisting of Graeme in 1971 and his brother Bruce, later on, joined the business. By then, "it was evolving away from manufacturing and more

into wood products such as plywoods, meeting the demands from the services industry, farmers, builders and joiners."

"Back then," Graeme recalls, "there was the Bull-ocks car garage around the corner in Parsons Street. When we needed our vehicles serviced or inspected for a warrant of fitness, they would come around, pick them up and return them when the work was completed."

Over the years Beadles refined their products to focus on panel products. Graeme says, "We have a good relationship with the big box suppliers such as Mitre 10. They will contact us for stock items they don't have or to send customers to us for our more specialised cutting service."

Readers might remember some of the witty radio adverts. One went more or less as follows: "A big man with a mop of blond hair came into Beadles and asked if they had seen Melania. We hadn't but were able to promise them



Graeme Beadle, owner of Beadles Panel Products

melamine board." (in case you don't understand this in 2023, think Donald and Melania Trump)

Fast forward to 2023 and in May Bruce retired. Neither Graeme nor Bruce had any boys to keep up the family name and their

girls are not interested in the business.

Graeme is quite relaxed about what will happen – "the business will end. There is no pressure. My pick is that a developer will buy the land although it may take some time for

any development to take place.

Over the years, Beadles built up considerable good will with positive long-term relationships with their customers. He and the business will be missed.

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Check out what's in this week's RCP

Whenever we wanted some plywood or board cut to size, we would go to Beadles. The building was old and full of supplies, but we always got great service. So, in some ways it is sad that the long history of the business, since 1907, is coming to an end and probably the site will become home to about 6 apartments (see our front page story). But the name and the memories will continue.



Doug Davidson
journalist@
rivercitypress.co.nz

Local medical specialist Dr Nafiz Ghamri has a personal connection with Gaza, having been born there and with many relatives still there. He discussed the situation there with the RCP (page 3).

Congratulations to the Rutherford Junior High School band, gaining 3rd place in the National finals of the Smoke Free Rock Quest Tangata Beats recently, the only intermediate school to reach the finals (page 16). It was a huge

achievement. Check out the twilight walks that the Tramping Club is organising on Monday evenings (page 3).

If you haven't bought your ticket for the Plumber Dan Duck Race – do so. It is for a good cause, and they cost only \$10 each (page 17). It would be great if all the 200 tickets were sold.

Another event to check out is the Anglican Parish Fair, this time at Christ Church, Wicksteed Street, this Saturday (page 6).

Annual heritage tomato plant giveaway this Saturday

The River Traders Market will be the place to go on Saturday the 4th for free heirloom tomato plants. (Take along a bag to hold your two special tomato plants). Volunteers for the Heritage Food Crops Research Trust Whanganui (HFCRT) will be giving away 1,400 plants comprising five varieties, all chosen for their good levels of bioavailable lycopene.

Thanks to Horizons Pūtea Hapori Urupare Āhaurangi (Community Climate Response Fund) for supporting this year's initiative and our contribution to supporting local food security in Whanganui.

You can eat these tomatoes raw and won't need to cook them to receive all the health benefits of the lycopene they contain.

Of course, all these tomato varieties are orange because as Trust members will tell you "If it's not orange, then it's not a real tomato".

The researchers at Heritage Food Crops Research Trust have been following the international tomato research for some years and the potential of the powerful antioxidant 'Lycopene' to reduce the

incidence of cancer. The easier absorption of lycopene in these orange tomatoes will greatly enhance the chemotherapeutic effects against cancer cells. In 2019, HFCRT funded an Auckland University study whose findings indicated that the tangerine [orange] varieties possess greater potential to be used in conjunction for the treatment and for the prevention of cancer and inflammatory-related diseases.1

Further research has been carried out at Massey University in Palmerston North using the HFCRT's 'Moonglow' tomatoes for the prevention of os-



Last year's tomato giveaway at the Market.

teoporosis. A review paper from that study states, "There is a clear positive association between lycopene intake and reduced bone loss in humans" and

further indicates that the form of lycopene in the orange tomatoes grown by HFCRT is estimated to be 8.5 times more bioavailable than the lycopene found in red tomatoes.2

HFCRT director, Mark Christensen says, "that a trial was conducted feeding 'Moonglow' tomatoes to rats, and when converted to human terms, it was found that a physiological benefit could be obtained from a very low consumption of just 25 grams of fresh orange tomatoes a day".

While these studies have been progressing, HFCRT has continued to grow and select orange tomato varieties. "We are excited to have found some varieties

with even higher levels of tetra-cis-lycopene than 'Moonglow, and to be able to share these with our Whanganui community".

1. Tanambell, Hartono; Quek, Siew Young; Bishop, Karen Suzanne "Screening of In Vitro Health Benefits of Tangerine Tomatoes" Antioxidants, 19 July 2019

2. Walallawita, Umani S; Wolber, Frances M; Ziv-Gal, Ayelet; Kruger, Marlena C; Heyes, Julian A. "Potential Role of Lycopene in the Prevention of Postmenopausal Bone Loss: Evidence from Molecular to Clinical Studies" International Journal of Molecular Sciences, 27 September 2020

Digital information boards to feature at 15 new bus shelters

Construction is set to begin on 15 new bus shelters at key locations across Whanganui, helping to support sustainable transport options in the city.

Sites across Whanganui were blessed on 26 October in preparation for contractors to begin work.

A collaboration between Horizons Regional Council and Whanganui District Council, the project secured \$1.1 million from Waka Kotahi through the Transport Choices programme and is part of a wider push to improve the local bus network and encourage more people to give public transport a go.

Horizons' manager transport services Mark Read says construction on the first few shelters began in October, with all 15 projected to be completed by May 2024.

"This project is all about removing barriers to make it easier for people to use public transport in Whanganui," says Mr Read.

"One barrier, frequently cited by the community in the 2021 Whanganui Public Transport Survey, is a lack of comfortable passenger facilities – this project responds to that feedback."

As well as weatherproof shelters, the upgraded bus stops will feature bike racks, digital information boards, and improved accessibility and lighting, says Mr Read.

"Each location has been chosen as they are near shopping centres or community hubs, and is in an area already established as a high-traffic bus stop location. Residents nearby have all been advised of the changes and encouraged to provide any feedback or concerns."

Whanganui Mayor Andrew Tripe says it's great Whanganui has been able to secure central government funding to make our local public transport system more attractive and viable.

"For much of our history, Whanganui actually had

a thriving public transport system – with our housing stock often deliberately built along tram lines. But over the past several decades, perhaps with the influx of cheaper used cars arriving in New Zealand, public transport use gradually declined – and our local bus services and facilities declined too."

Mayor Tripe says this has understandably resulted in many people in Whanganui not seeing public transport as a viable option – instead opting for private vehicle journeys.

"But now fuel prices are surging, reducing carbon emissions is a growing priority, and more and more households are feeling the pinch of increased costs of living. So as a district, we really should be doing all we can to reinvigorate our public transport system – and improving our facilities will play an important role in achieving that."

For more information on the Transport Choices project, including a full list of locations for the upgraded bus shelters, visit horizons.govt.nz/buses-transport/whanganui-bus-stop-improvements.

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Global premiere of WWI movie set to rock music, at museum

By Karen Hughes
Whanganui Regional Museum is excited to be a part of the global premiere of *The War to End All Wars – The Movie*, in collaboration with Swedish heavy metal rock band Sabaton, for the History Rocks project.

Sabaton is a globally acclaimed Swedish rock band. Known for its historically factual storytelling and songs that are written about historical events, the band's large fan base consists of people of all ages and nationalities, often passionate about history.

Created by Sabaton, the History Rocks project was launched as a charity initiative to encourage people to support their local museums.

Sabaton last year released their 10th album *The War to End All Wars*, telling the story of WWI. This full-length studio album revisits WWI and features 11 fascinating stories behind them.

The band has worked with Yarnhub Animation Studios, an entertainment company focused on historical content, to create a 67-minute animated film set to the music of the album. Sabaton have created a global movie premiere for this film in the two-weeks surrounding Armistice Day November 11, and have invited museums around

the world to host screenings. To date, Whanganui Regional Museum is the only museum in New Zealand that has signed up to participate.

November 11, 2023, is the 105th anniversary of Armistice Day/the end of World War I.

The War to End All Wars – The Movie vividly tells the stories of World War I. It is a musical and historical adventure covering several topics. A statement from the band said, "Sabaton are the heavy metal

band that sings of real-life wars and the people who played a part in them; of grueling campaigns and dazzling acts of bravery, magnificent victories, and touching personal struggles, true stories more fantastic than any fiction." The History Rocks Project aims to place World War I and its significance to mankind in the spotlight.

Whanganui Regional Museum Kaihāpai Kōrero/Archivist, Sandi Black has been instrumental in securing the movie for

Whanganui Regional Museum: "Sabaton and museums do have a lot in common, which may not be immediately obvious, but they have made their name researching and writing songs specifically about military history. With the amount of effort that they put into getting their detail right, it is an educational experience as well as a musical experience."

"The band are passionate about telling the stories of the real-life people and events and encourag-

ing their listeners and the wider audience to get out there and visit their museums and learn more themselves. I think it's a great fit. The movie will also be of interest to animators, designers, musicians, and war buffs."

The War To End All Wars – The Movie will be screened in the Davis Theatre, Whanganui Regional Museum, on Saturday 11 November with two sessions: 11am and 5.30pm. The film is 67mins in length. The recommended

viewing age is 12+. Tickets are \$10 per person. Bookings are essential. Further booking and ticketing information can be found on the Museum's event page on Facebook, or on the website wrm.org.nz.

Public invited to join twilight walks

By Dave Scoullar
There are many quotations about walking and here are three that resonate with me: Walking is a person's best medicine — Hippocrates; An early morning walk is a blessing for the whole day — Henry David Thoreau; In every walk with nature, one receives more than one seeks — John Muir.

One way that the Whanganui Tramping Club actively promotes the pleasures and benefits of walking is with its annual twilight public walks programme which takes place in November. This year there are four walks. All are on Mondays, begin at 6pm and will last two or three hours. There is no need to register, just turn up at the start point. The



Whanganui Tramping Club members are keen to share their appreciation of the pleasures and benefits of walking. Pictured Shane Wilson and Dorothy Symes.

programme is: —

November 6: Rozy Rawlinson will lead a walk in Araheke Mountain Bike Park. Meet at Lake Wiritoa Recreational Reserve carpark, Kaitoke Rd for a stroll around the facility that mountain biker Rozy knows well.

Nov 13: Dave Scoullar will lead an interesting walk along the bank of the Whanganui River from Landguard Bluff to opposite the port. Various artefacts will be seen along the way. Meet at the small concrete building on the riverbank just past the Army camp near

the airport.

Nov 20: Castlecliff is a suburb on the move and resident Jan Pavarno will walk us through some seafront developments including dune plantings and the North Mole's makeover. Meet at the surf pavilion car park.

Nov 27: Heather Mackenzie will lead a farm walk from Tayforth Rd through to Castlecliff and return. A chance to see a bit of the Whanganui hinterland from a different angle. The meeting place is 110 Seafield Rd where parking space is available.

THE WAR TO END ALL WARS
THE MOVIE

Armistice Day
Saturday 11 November: 11am & 5.30pm
Davis Theatre, Whanganui Regional Museum
Tickets \$10 Bookings essential: 06 349 1110
AN ANIMATED MOVIE TO THE MUSIC OF SABATON

Sandi Black, Whanganui Regional Museum Kaihāpai Kōrero Archivist, and heavy metal enthusiast. Location: Davis Theatre, Whanganui Regional Museum Photo credit: Karen Hughes/Whanganui Regional Museum

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Talking Menopause

What every woman needs to hear, whether you are perimenopausal or postmenopausal, you will benefit from this seminar. What many women fail to understand is that the effects of menopause are lifelong – we are not in a phase. We will be discussing how this impacts your health, plus more on exercise, weight loss, nutrition, incontinence, and bladder and bowel concerns. Tickets have sold very quickly so don't leave it as numbers are limited.

Date: Tuesday, 14 November **Time:** 6:00pm-8:00pm **Venue:** St Pauls Church Hall, Cooks Street **Cost:** \$30 with proceeds to Women's Network - Whanganui. **Registration is required:** 06 348 9121 or email results@herfitness.co.nz

Auckland songsmith bringing new music to Whanganui

The Whanganui Musicians Club welcomes guitarist/singer/songwriter Bill Angus and his Mighty Ways project to their next club night on Friday, 3 November. Bill dedicated his life in England to his music and, like so many creative artists, took to teaching to support himself. A job offer from Massey University brought him to Auckland ten years ago, where he continues to follow his muse. He has met up with musicians with whom he continues to perform and record his original material, featuring at folk festivals, open mics and clubs throughout

the country. The musicians he is bringing with him to Whanganui on this visit are Emily Allen on violin and viola and Maggie Cocco on backing vocals. Both are extraordinary artists in their own right. Emily has played and toured nationally and internationally with symphony orchestras and applies her talents to produce, in Bill's words, 'genius classical-edged folksy arrangements' for his compositions. Maggie is trained in opera, has sung backup vocals for the likes of Billy Joel and Jo Cocker, and leads her own bands here in New



Bill and Emily

Zealand. The music these three personalities produce is sure to be amazing and will feature songs from Bill's recently released album entitled 'All Night Before the World Began'.

Club night at the Whanganui Musicians Club

always includes pleasant surprises from our pool of local talent. This month, Johnny Keating's Blue Veinz and student bands Wireless and Dahlia return to the stage, and there are sure to be a host of other performers who will provide an evening of vari-

ety entertainment. Come down and join the party. This will be an extraordinary evening full of surprises and quality music.

Whanganui Musicians Club, Drews Ave, Friday 3 November, 7:30pm

General admission \$15, Members \$10

TALKING MENOPAUSE

A conversation every woman in midlife needs to be part of. Grab your girlfriends and come and unwrap why menopause can seem so confusing.

Let's talk about:

- Menopause, sex, hormones, the bits inbetween and what happens when!
- Exercise, weight gain and why it is so common.
- The role of exercise at any age, especially across midlife.
- Foods that support menopausal women.
- Tips to manage bowel, bladder and vaginal changes.

DETAILS

DATE: Tuesday 14 November
TIME: 6.00pm - 8.00pm
VENUE: St Pauls Church Hall, Cooks Street
COST: \$30 with proceeds to The Women's Network - Whanganui

REGISTRATIONS REQUIRED

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THE PANEL

Deborah Gardiner

Menopause Consultant & Owner of Whanganui Menopause Health Centre



Angela Hewson

Personal Trainer & Owner of Her Fitness Ltd



Karen Sewell

Chef & Owner of The Honest Kitchen



Lane Malan

Physiotherapist at Physio Direct



Whanganui Jazz Orchestra hits the market this Saturday



Whanganui Jazz Orchestra

Whanganui Jazz Orchestra (WJO) will be performing at the Whanganui Tramways Museum next to Mud Ducks during the River Market - Saturday 4

November, between 10am and noon. This is your chance to hear this great group of musicians playing music by Glenn Miller, Count Basie, and Sammy Nestico, as well

as Latin American, rock, funk and songs by some iconic Kiwi artists.

Well-known Whanganui guitarist Fred Loveridge will be featured, and Palmerston North-based vocalist Bridget Cook will deliver some great songs. WJO is a big band with full sections of saxophones, trumpets, trombones and a rhythm section. Under the guidance of musical director Riwai Hina, the band has developed into an impressive combination, in demand, locally and also in Palmerston North.

The band is excited and looking forward to putting on a great show for our community.

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Ford Model T performer Neil Diamond Tribute Show coming

Ian Chamberlain tends to the engine of his 1921 Ford Model T at Williams Domain after the 90-kilometre Aramoho-Kai Iwi run during the National Commercial Vehicle rally, which Wanganui Vintage Car Club hosted over Labour Weekend.



Ian's mobile pipe organ on a Model TT chassis is one of countless 'automotive' projects he has undertaken in the years since he began his panel beating apprenticeship with Bert Tonks in Whanganui East in 1954.

- Supplied by Rob Webb

Neil Diamond — the consummate American singer-songwriter whose deep, resounding voice and timeless tunes have made him one of the world's most loved and lauded artists. He has sold more than 130 million records worldwide, making him one of the best-selling musicians of all time. He has had 10 No 1 singles, and 38 of his songs have reached the top 10 including 'Sweet Caroline.'

Now comes *The Sweet Caroline Tour: A Tribute to Neil Diamond*, putting all those well-loved classics back on stage and in the spotlight, showcased by a world-class international band and produced especially for the theatre.

Take a step back into the glory days of music and musicianship with this tribute concert featuring Sweet Caroline, Cherry Cherry, Red Red Wine, Crunchy Granola Suite, Shilo, Cracklin' Rosie, You Don't Bring Me Flowers, Both Sides Now, Heartlight, Forever In Blue Jeans, Song Sung Blue, Brother Love's Travelling Salvation Show, I Am... I Said, Girl You'll Be a Woman Soon and more.

Zac Coombs, plays the role of Neil Diamond and says, "I grew up listening to his music, my father was an entertainer and impersonator and he and I would drive together to his gigs around Australia with Neil Diamond hits playing in the car."

It was listening to Neil Diamond songs during his teenage years, along with starting to play guitar, that led Zac to consider a career in music.

His passion for music was matched by talent, and Zac has worked on cruise ships as an entertainer as well as teaching high school music over the years.

"It's a whole show. It isn't just music, but the costumes, the lights, the set design. It's a whole package, and it means the show really is an experience not to be missed."

The Sweet Caroline Tour will be in Whanganui on Saturday 18 November, at 8pm at the Royal Whanganui Opera House.



TICKETS GIVEAWAY

Enter into a draw to win a double pass for The Sweet Caroline Tour

The RCP has a double pass for the Sweet Caroline tour show in Whanganui to give away to one of our readers. All you have to do is to email rivercitypress@xtra.co.nz, putting 'Diamond' in the subject line and giving us your day-time contact details.

Alternatively, you can bring this information into our office at 52 Ingestre Street.

The draw will be made at noon on Friday, 10 November.

RCP winners

Alison Simonson won a double pass in the RCP draw for the show Elton John v Billy Joel and Dave Scoullar won the book, 'Finding Frank' in another draw. Thanks to all those who entered into these draws. There is another draw chance this week to win a double pass to 'The Sweet Caroline Tour - A Tribute to Neil Diamond.'

Klezmer Rebs coming to the Whanganui Jazz Club



Klezmer Rebs band performing this Sunday

Klezmer is a traditional music that was first documented in the sixteenth century in Eastern Europe. It is the musical tradition of the Ashkenazi Jews that features dance tunes, ritual melodies, and virtuosic improvisations played for dancing and listening at weddings and other social functions. The music travelled throughout Europe and Asia and incorporates musical genres such as Greek and Romanian dance music, German and Slavic folk music and European Baroque. It spread to America, where it was influenced by...you guessed it, jazz!

Here in Aotearoa New Zealand, the music is performed by the Wellington-based Klezmer Rebs, who have been exciting audiences around the country for more than twenty years. The Reb's world music appeals to everyone.

While many of the songs are sung in Yiddish (that mostly-Germanic and very onomatopoeic language), they also perform partisan songs from Italy, eastern European folk tunes, French chansons, Latin cowboy love songs, Argentine Yiddish Tangos and 1940s swing vocal songs. Their own quirky, politically charged multi-lingual

originals are some of the most popular crowd tunes.

The band's instrumentation includes guitar, mandolin, clarinet, violin, accordion, keyboards, trombone, helicon (like a tuba), string bass and vocals. The Rebs are a performance band — their show is full of stories, songs and interaction with the audience. The songs are portrayed dramatically as well as aurally. You will hear big band and vocal arrangements of genuine old klezmer tunes — from the lively, genuine

Yiddish wedding music to the delicate slice-of-life stories from the East European shtetl (ghettos).

If you have never been to a monthly meeting of the Whanganui Jazz Club, this is a great opportunity to experience the joy of making music that both the performers and the audience embrace.

Whanganui Jazz Club @ St Johns Club, 158 Glasgow Street, Sunday 5 November @ 6:30 pm General admission \$25. Members \$15. Memberships available at the door.

KLEZMER REBS

St Johns Club
158 Glasgow St,
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Sunday 5 November
from 6.30pm-8.30pm

Doors open at 5.30pm for meals, snacks & bar.
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Illustrator/artist Gavin Mouldey returning to Whanganui for a book signing

Successful Illustrator/artist Gavin Mouldey was born and bred in Whanganui, and after completing a design degree at the Whanganui School of Design from 1997 to 1999, has had a busy life doing a wide range of illustrations for Government agencies, educational journals, Australian children's TV animation and children's books.

On Saturday, 4 November, he will be at Paige's Book Gallery to sign and talk about his illustrations for the book 'Mia & Leo Go Wild,' written by Gillian Candler, an award-winning author of nature books, who will also be there, reading extracts from the books. Copies will be available for purchase.

The event starts at the gallery at 2pm, and then the group will go across the road to the new location of the Lockett Gallery, which is at 65a Guyton Street, to view Gavin's exhibition.

'Mia & Leo Go Wild,' has been published by Potton & Burton in conjunction with the NZ Mountain Safety Council. The children's book, aimed at 5- to 10-year-olds, has a safety message about tramping. The Mountain Safety Council is at the same time holding a



Illustrator/artist Gavin Mouldey

Colouring-in Competition, with four outdoor adventure prize packs to give away each month until the competition closes, which is on 31 January 2024.

For the activity sheet, go either to 'Mia & Leo Go Wild' or to the NZ Mountain Safety Council websites.

Gavin got into cartoons and illustrations early, initially drawing teachers

for the principal. He also had regular cartoons for the student newspaper 'Tearaway' as well as a weekly cartoon for the Chronicle once a week.

He has worked a lot for the NZ Education Journal. He has also done science-based illustrations for organisations such as the Geological Nuclear Science Agency such as cross sections of volcanoes.

TRAVEL NEWS - Planning your 2024 Europe trip

By Colin Thompson

As the summer weather draws nearer (hopefully), the travel industry is concentrating its thoughts on the European Summer of 2024.

Now is the time of year when many airlines are offering "early bird" discount fares for travel to many European destinations. Singapore Airlines and Cathay Pacific have already announced their fares, and some of the deals are really good value but remember, with most of these offers, you have to pay the full fare at the time of booking, and there are often restrictions on the ticket. It is therefore wise to consult a travel professional before booking. The same applies to the numerous excellent offers that are available from coach tour and river cruise companies.

Many clients ask me the best places to visit in Europe, particularly if it is their one trip of a lifetime. My advice is not to try and include too many countries, but rather to concentrate on particular areas such as the United Kingdom, Central Europe, Scandinavia or Italy. This way you will get a much better taste of Europe in a more relaxed way.

If you do wish to savour more countries, there are many better quality coach tours and river cruises that will enable you to do so in a relaxed manner.

Coming from the UK, I have travelled to many European Countries and two of my favourite destinations are France and Italy. The attractions of Paris, Rome and Florence are well known but if you can get out into areas such as Brittany, Aquitaine or the Dordogne in France, or Tuscany and Sicily in Italy you will find the real France and Italy. Visiting the small towns in these two countries will let you experience the delights of small cafes, patisseries, pasta and pizza restaurants, as well as trying some of the local wines, cheeses and other local produce. A trip to a local market is always worthwhile.

Both countries offer many historical sites for tourists interested in European history and culture. Cathedrals, castles, and Chateaus in France, and of course many historical Roman sites in Italy.

A final thought from a client who arrived at Paris airport without any Euros. He had trouble locating an ATM and as he was hiring a car, had no money for the motorway tolls. After much form filling at the toll booth, he ended up paying 97 euros for the toll instead 27 euros.

Moral of the story is to always have a small amount of local currency in cash when you arrive, ready for unexpected circumstances.

Colin is a freelance travel consultant with New Zealand Travel Brokers. colin.thompson@nztravelbrokers.co.nz



New venue for Anglican Parish Fair this Saturday



The Fair poster with organisers Michael Simmiss, Neville and Tina Thompson

The annual Anglican Church's Parish Fair is this Saturday, from 9am to 12 noon at Christ Church, Wicksteed Street. In previous years it has been held at All Saints Church in Whanganui East, but moving to Wicksteed Street brings in more space with ample parking close by.

A major feature of their church fairs is the plant section, and this year, there will be over 2,000 plants covering all types, from vegetables to flowers to pot plants. Neville Gorie, one of the organisers, says, "We have a lot of good gardeners in the church as well as those skilled in floral art, and we will also have bunches of flowers available."

The timing of less than two months to Christmas means it is a good opportunity to pick up some Christmas gifts. Again, Church members have been busy with craft work. If you remember macramé – they are coming back in popularity. Buy your pot plant and a macramé

holder to go with it.

There will be plenty of preserves as well as bric-a-brac (originally a French phrase). Bring the kids/grandkids as there will be children's games as well as 'sinful' sweets such

as candy floss ("Every child needs a treat," says Neville.)

There will be something for everyone, and all funds raised will go to the Church's community projects.

River City Press

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new location

Special guests join Lyric Singers in end of year concert

Whanganui's Lyric Singers are putting the finishing touches to their end-of-year concert to be held at Christ Church, Wicksteed Street, on Saturday 11th November at 2.00pm. The usual wide variety of choral music from Mozart to the Carpenters, George and Ira Gershwin to Negro spirituals with acknowledgement of Armistice Day and a bit of local flavour. There is sure to be something for everyone.

The choir is delighted to be joined by Special Guest Artists Clyde Dixon on Cornet, Joanna Love on Flute and Cristian Salazar on

Classical Guitar.

Clyde Dixon started playing in Brass bands at eight years old, at the Papakura Brass Band with his dad Harold, who taught him at that stage. He won his first solo competition that year, and he then moved to the Papatoetoe Band.

He started touring with bands when he was 13 years old; his first tour was to the USA. He has played in award-winning bands all over the world and has performed as a soloist on numerous occasions including at the Edinburgh Tattoo, the King of Tonga's Coronation and at Gallipoli and Chunuk Bair at three Anzac Day commemora-

tions.

He has won numerous competitions and medals over his extensive career, and the choir are delighted to have him appear at this concert.

Originally from Upper Hutt, Joanna Love spent 30 years living on the West Coast of the South Island before moving to Whanganui in 2013 to take up a teaching position at Whanganui High School.

Joanna completed LTCL piano and flute diplomas while living in Wellington and enjoyed a brief stint in the National Youth Orchestra. She has always been involved in community musical activities,

including teaching piano and flute, choral conducting and accompanying brass soloists. Joanna is presently an accompanist with Brass Whanganui, involved in local concerts, as well as attending Regional and National Brass Competitions.

Cristian Huenueque Salazar was born in Chile and moved to NZ in 2010. He has participated in different courses, concerts, seminars and competitions in various countries around the world with well-known guitarists. While he was in Chile, he was an active member of the 'Ensemble of Guitar of Chile'. In 2010, after he moved to New Zealand, Cristian was part of the 'Guitar Ensemble of

Joanna Love and Cristian Salazar

New Zealand'. Since 2020, Cristian has been teaching Spanish and Music in secondary schools in the Whanganui area.

In 2020, Joanna met Cristian while teaching at Whanganui High School, and they formed a duo to play at the Latin-American film festival held in Whanganui that year. They are looking forward to sharing a varied programme of classical items for flute and guitar, including South American compositions.

The Lyric Singers look forward to welcoming you to what promises to be a wonderful afternoon of music and song.



Tea and Topics discussion on local maternity-related programmes

Rachel Taylor, the Maternity Quality Safety Programme (MQSP) Coordinator at Te Whatu Ora Whanganui, will be talking about the development of a website, Te Kākano, as well as a project delivering dental hygiene for pregnant women.

Rachel is a nurse and midwife. After spending some years in Wellington, she returned to Whanganui and has focussed mostly on patient safety and the MQSP work with an emphasis on quality improvement projects.

Rachel is keen to share Te Kākano and the Dental Project with consumers locally and to get their thoughts and ideas for other maternity-related quality projects.

Te Kākano can be found here: <https://tekakano.nz/>. This is the Whanganui rohe directory for women/wāhine and their families. Here you'll find all the support and information you and your whānau need during pregnancy and birth, including:

- Agencies who can support and guide you if you need assistance.
- Providers who can care for you when you are



Rachel Taylor

hāpu/pregnant.

• Information and resources for when you are pregnant and parenting.

With the Dental Project, the focus is on dental hygiene for pregnant women. The programme offers a free dental hygiene visit to all pregnant women living in the Whanganui rohe. Women are referred by their Lead Maternity

Caregiver (LMC) and seen in the second trimester of pregnancy.

Tea and Topics will have its usual format, with a hot drink and a biscuit being served between 10am and 10.30am. The presentation, on November 9, will start at 10.30am and there will be ample opportunity afterwards to ask questions or share stories.



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Your Health & Wellbeing

Be aware of food allergies Thrive with tribiotics - gut health

A food allergy is when your body's immune system reacts to a harmless food as if it were toxic. Eight foods cause 90% of allergies: milk, egg, peanuts, tree nuts, fish, shellfish, wheat, and soy. However, any food can cause an allergic reaction. In New Zealand, these ingredients must be put on food labels, even if the product only contains very small amounts.

Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction.

Most children allergic to cow's milk, soy, wheat or egg will 'outgrow' their food allergy. About 80% of children eventually tolerate these foods by five years of age. However, peanut, tree nut, seed and seafood allergies tend to be

lifelong allergies.

In New Zealand food allergy affects up to 10% of babies, 6% of children and 2% of adults. It is most common in young children under five years. Adult onset of food allergy is not common.

Most allergic reactions to food cause mild to moderate symptoms such as a rash or an upset tummy. But in rare cases, you can have a severe reaction called anaphylaxis. This must be treated as a medical emergency either by the use of an adrenaline autoinjector or by seeking urgent medical attention.

Signs of anaphylaxis include:

- Swelling of your tongue and/or lips.
- Tightness in your throat.
- Difficulty breathing or wheezing.

- Difficulty talking or a hoarse voice.
- Dizziness or collapse.
- Pale and floppy (in young children).

However, not all bad reactions to foods are due to allergy. They can be due to food intolerance, toxic reactions, food poisoning, enzyme deficiencies or food aversion. It is recommended to get a diagnosis before taking any food out of your diet, as that can mean you don't get enough nutrients to stay well.

The microsystem thriving inside our gut is not something we often think too much about. However, this billions-strong colony of bacteria is involved in almost every part of our health.

The Holland & Barrett Tribiotic range is an advanced biotic gut health range with tailored products for different wellness needs. Each product contains an advanced, triple-action pre-, pro-, and post-biotic complex,



Eyes on diabetes for November

Diabetes Action Month is Diabetes New Zealand's biggest awareness campaign, bringing New Zealanders together to take action for our country's largest and fastest-growing condition.

About 300,000 people in New Zealand are estimated as having diabetes and is more common among Māori, Pacific and South Asian people.

Diabetes can be type 1 or type 2 with the key difference being type 1 is believed to be caused by an autoimmune reaction and develops early in life. Type 2 diabetes develops over the course of many years and is often related to lifestyle factors such as being inactive and carrying excess weight. It's usually diagnosed in adults.

The number of people with both types of diabetes is rising, especially lifestyle-related type 2 diabetes. Approximately 5% of the total population has type 2 diabetes, and this is predicted to increase to 7% of the population by 2040. The prevalence of diabetes is highest in older age groups, reaching approximately 15 - 20% in people aged over 65 years.

In 2019, diabetes was the direct cause of 1.5 million deaths worldwide, and 48% of all deaths due to diabetes occurred before the age of 70 years.

As part of Diabetes Action Month there is Sneaker Friday on 17 November. This is a fundraising event encouraging New Zealanders to support people living with diabetes.

It's easy to get involved

1. Simply wear your sneakers on Sneaker Friday
 2. Donate online to support Kiwis living with diabetes.
- Head to their fundraising site <https://www.diabetes-actionmonth.org.nz/sneaker-friday>, click "Join Sneaker Friday" and follow the instructions.

plus a tailored blend of live strains of gut bacteria.

The Holland & Barrett Tribiotic range contains:

Prebiotics: Kiwi Fibre which is especially good at feeding your friendly bacteria

Probiotics: A tailored blend of natural bacteria that reach the gut alive

Postbiotics: Calcium Lactate, giving you more of the good stuff produced by your friendly bacteria.

Tribiotic Children - 12 Months+ contains seven strains of bacteria, a vitamin and mineral blend plus a careful selection of fruit and vegetable extracts that can help support your little one's internal microbiome, setting them up with the diversity their system needs from an early age.

Tribiotic Immunity is specially formulated to support in keeping your gut microbiome balanced and containing Vitamin D and Selenium to support the immune system and overall health.

Tribiotic Metabolism

offers two metabolic-supporting nutrients; green tea extract (Camellia Sinensis) and vitamin B6 to help support weight management, helping your body to process the food you eat to produce steady, usable energy.

Tribiotics Mind Balance provides ashwagandha (Withania somnifera), a natural herbal supplement

and Vitamin B12 to support a healthy mood and mental clarity.

Tribiotic Women's Intimate Balance includes two strains of Lactobacillus fermentum and Lactobacillus plantarum, an excellent lactic acid producer and Lactobacillus gasseri, one of the main species found in a healthy vaginal microbiome.

Thrive with tribiotics

Offer ends 31/12/2023. Offer includes: Holland & Barrett Tribiotic Children - 12 Months+ 120g, Immunity 60s, Metabolism 60g, Mind Balance 60s and Women's Intimate Balance 60s. Available while stocks last. Always read the label and take as directed. If symptoms persist consult your healthcare professional. Holland & Barrett, Rukuhia.



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Real Estate with Steven & Jared

"Brothers in Real Estate"



We are changing to meet the changing times in Whanganui real estate

Steven and Jared are proud to announce their new business venture as a real estate sales team with Arizto Whanganui.

Motivated by what their clients told them really matters in real estate service, and wanting to remain on the cutting edge of providing it, the pair joined the team which has made significant strides since entering the local market in 2020.

Why us?

Combining experience from over 500 property transactions, Whanganui to South Taranaki, Steven and Jared are a "two for one" deal as salespeople working together and continuing to get local properties sold.

Using in-depth market knowledge with strong work ethics, they always make time to meet at your convenience and discuss marketing campaigns and the plans to sell your property in a timely fashion.

They believe in top level service and bringing owners the best options to sell in current conditions, and cannot wait to show you the high quality resources you get with Arizto - from pre-listing market appraisals, presentation advice, your own finger-tip control of digital platforms, and their unique abilities with professional scripts and superior understanding of industry laws.

Their clients can access a full range of real estate services for less cost in the back pocket, including a commission rate of 2% + GST (minimum \$10,000 + GST applies) and the marketing essentials covered.

Why now?

Simple, how real estate business is conducted in Whanganui is so important, now more than ever, to meet a changing market.

After the phenomenal rise of sale prices in 2020-21, the market has gone through a significant adjustment period, one that you need experienced and hard working salespeople to understand.

Therefore, Steven and Jared are determined to provide you with the most practical advice to

improve the chances of your property selling.

Joining the Arizto brand with its near-instantly available information, focused buyer campaigns and great value on fees will allow them to provide you with a tailor-made plan to find not just any buyer, but the right buyer in a happy medium - you selling and moving on with life, and the new homeowner settling right in.

Why are we your team?

Steven Schwamm has just been named by Arizto as the Regional Support Manager for Manawatū, Rangitikei, Whanganui, and South Taranaki.

He takes on the key role of assisting the ambitious Arizto team perform their tasks and bring better value service to their clients.

"It's a very hands-on role, giving support to the sales team in terms of what they need, not what an agency says they need."

"To some, they need reassurance that someone's on their side."

"To some, impartial back-up cover. If something's going on, life events, they know [the task's] sorted."

"To some, it's the advice of everyday stuff. I'm a phone call away to discuss potential property defects, and I don't mind being on the road - I'll shoot over and sort it."

"And for some, it's everyday accountability."

"Being firm but fair in all actions. Appreciate everyone brings something to the table, and collectively, that makes the sales team succeed. Schwamm said."

After well over a decade in the industry, Steven self-qualified with a Real Estate Diploma and Branch Manager's Certificate, making him one of the youngest licensees within Arizto to hold an Agency license, while also Associate of the Real Estate Institute NZ (AREINZ).

Still an active selling agent alongside Jared, Steven has his finger firmly on the pulse of what is happening in today's market.

However complicated the scenario or delicate the negotiation, he has the ability to bring it together in the most efficient and stress-free way possible.

Helping build this brand for the future is Jared Smith who will also use his unique scribe abilities as Content Writer for the entire Arizto brand.

An experienced professional writer who has worked in media across the country, Jared is proud to promote Arizto's success as a young real estate company and its vast array of team members, nation-wide.

He is proud to have written stories profiling Arizto's rise to currently having 170 salespeople on board, and the successes on implementing Regional Support Managers in not only Steven for this area, but also North Taranaki and Auckland-Northland.

Getting his Bachelor of Arts at Canterbury University, followed by his Graduate Diploma in Journalism at Massey (Wellington campus), Jared became a seasoned worker through journalism/editing roles throughout the country South, before settling in Whanganui and qualifying for his NZ Certificate, Real Estate Salesperson.

He will provide quality marketing scripts to increase interest in your property, as uses his rapport with buyers and sellers to provide service they value.

As a duo using streamlined processes, Steven and Jared embrace the use of technology to help with your next property decision.

This innovative approach has allowed them to bring 15 properties to the market in the past two months in Patea, Waverley, Waitotara and here in Whanganui. They secured their first sale under the new brand this month after a multi-offer negotiation in Castlecliff.

"Both long-term and new clients have told us how straightforward they have found the process and appreciate us being able to be 'hands-on' in all aspects of getting their house sold," said Jared.

"We thank all of our owners for trusting us to undertake this important task on their behalf. After all, we're 'your' team, not a team, and we are committed to getting the best outcome for you using this process."

Steven Schwamm AREINZ & Jared Smith - 0800 176 4321

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2017 SUZUKI IGNIS

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2018 SUZUKI X BEE

1.0L, HYBRID auto, only 68,000kms, fog lights, alloys, Isofix, 360 degree camera, reverse sensors, push button start, 5.4L/100kms.



Was \$21,995 **NOW \$19,995**

2019 SUZUKI SWIFT RS

1.0L, turbo, petrol, auto, only 26,000kms, alloys, reverse camera, SatNav, Android Auto/Apple CarPlay, only 5.7L/100kms, turbo, 1 owner.



NOW \$21,995

2021 HYUNDAI IONIQ 5

58kwh, fully EV, auto, only 45,000kms, 380km range, reverse camera, alloys, Apple CarPlay / Android Auto, wireless charging.



Was \$56,995 **NOW \$55,995**

2022 SUZUKI IGNIS GLX

1.2L, petrol auto, only 1,800kms, roof rails, only 5.4L/100kms, roof rails, Isofix, SatNav, reverse camera, cruise control, bluetooth, overdrive.



NOW \$21,995

2021 NISSAN NOTE X

1.2L, HYBRID, auto, only 900kms, climate control, body kit, LED headlights, blind spot detectors, parking sensors, E-Power.



Was \$36,995 **NOW \$34,995**

2018 HYUNDAI KONA ELITE

2.0L, petrol, auto, only 48,000kms, keyless start/entry, alloys, wireless charging, reverse camera, bluetooth, heated leather seats, great colour.



Was \$27,995 **NOW \$26,995**

2008 HONDA CR-V

2.4L, petrol, auto, only 155,000kms, alloys, fog lights, body kit, tints, weather shields, keyless entry/start, large boot, priced to sell!



NOW \$11,995

2014 HYUNDAI SANTA FE ELITE

2.2L, turbo diesel, auto, only 156,000kms, alloys, AWD, bluetooth, cruise control, heated leather seats, 7 seater, keyless entry/start.



NOW \$22,995

2019 SUZUKI VITARA TURBO

1.4L, turbo petrol, auto, only 52,000kms, two tone, Safari Edition, black alloys, body kit, parking sensors, Isofix, reverse camera, SatNav.



Was \$26,995 **NOW \$25,750**

2014 HYUNDAI IX35 GDI

2.0L petrol, auto, only 141,000kms, reverse camera, alloys, high seating, isofix, cruise control, fog lights, roof rails, leather.



NOW \$16,995

2018 JEEP COMPASS

2.4L, petrol, auto, only 34,000kms, alloys, tiptronic, tinted windows, fog lights, keyless entry, 5 star safety, stunning, luxurious & loaded SUV.



Was \$29,995 **NOW \$27,995**

2022 NISSAN X-TRAIL TI-L

2.5L, petrol, CVT auto, only 3,200kms, 360 deg. camera, safety package, adaptive cruise control, top spec, demonstrator.



Was \$59,995 **NOW \$54,995**

2022 MAZDA CX-3 GSX

2.0L, petrol, auto, only 19,000kms, alloys, reverse camera, daytime running lights, leather, Isofix, SatNav, adaptive cruise control, like new!



NOW \$32,995

2014 HOLDEN COMMODORE SV6 VF

3.6L, petrol, auto, only 101,000kms, reverse camera, professionally lowered, 20" black alloys, tinted, bluetooth, 2 seater, large cargo area, low kms.



NOW \$29,995

2019 SSANGYONG REXTON G4 SPR

2.2L, turbo diesel, auto, 4WD, only 74,000kms, black 20" alloys, 7 seater, leather, reverse camera, apple carplay / android auto, towbar.



NOW \$39,995

2023 FORD RANGER XLT

2.0L, Bi turbo diesel, 10 speed auto, 2WD, only 3,600kms, hardlid, towbar, alloys, 10.1" touch screen, reverse camera, keyless entry/start.



NOW \$56,995

2019 FORD RANGER XLT

3.2L, turbo diesel, auto, only 51,000kms, 4x4, bullbar, side steps, towbar, snorkel, seat covers, reverse camera, parking sensors, A/T tyres.



NOW \$45,995

2022 NISSAN NAVARA ST

2.3L, twin turbo diesel, 7 speed auto, 20" black alloys, only 19,000kms, nudgebar with light bar, black hardlid, flares, reverse camera, SatNav.



NOW \$49,995

2020 MITSUBISHI TRITON GLX-R

2.4L, turbo diesel, 6 speed manual, 20" wheels only 10,000kms, black out package, towbar, tonneau cover, sportsbar, reverse camera.



Was \$41,995 **NOW \$39,995**

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Wonderful generosity for this year's annual Food Bank Drive

The annual food bank drive was initiated by Wanganui Rotary and is now run by the Wanganui North Rotary Club. This year, it was on Thursday, 19 October and 39 vehicles assembled with volunteer drivers, mainly Rotarians, but also assisted

by firms like Loaders, Edmonds Painting, Plumber Dan, Heavy Towing, Resene, Wanganui Towing, MTF Finance, Main-

freight & Columbus Cafe. Senior Whanganui Collegiate pupils were the runners accompanying each vehicle and covering every street in the greater Whanganui urban area.

The collectors left at 6pm, and, after collecting, returned to the drop-off point between Farm Supplies and P O Collectables where the goods were sorted by more volunteers including City Mission helpers and more Collegiate pupils.

Up until the impact of Covid, the annual food donations had remained fairly constant, but in the last four years, they increased thanks to the generosity of the public. This year, with inflation badly affecting household budgets, organisers wondered what the result would be like.

They were pleasantly surprised with the number of boxes of food increasing from around 350 to 500, an increase of 40%. As organiser Terry Coxon says, "The demands on the City Mission Food Bank have never been greater than right now and Wanganui North Rotary, aided by the generosity of Collegiate, Pak 'N Save, the press and radio and all those other volunteers and helpers, are proud of our effort."

The new City Mission manager, Antony Noble,



2023 Food drive volunteers help sort the donated food

comments: "City Mission Whanganui is privileged to be the recipient of such amazing generosity in the Rotary 2023 Food drive. "It was a fantastic event that brings together individuals, companies and the community to support

those in our community who are doing it tough.

"As someone new to Whanganui I was deeply touched by how kind, generous and fun loving all the volunteers were.

"The Food drive is a really significant event for

the city mission and plays a major role in the provision of food parcels to our city.

"From all of us here at the City Mission - Thankyou Whanganui, we are truly grateful for your generosity."

Another successful Diwali Mela event in Whanganui



Whanganui celebrated the Indian festival of Diwali, known as the 'Festival of Lights' on Saturday, 28 October at the War Memorial Hall. Around 750 people attended.

Thanks to the Lotus Womens Group and their sponsors, the evening started with a free vegetarian meal and the chance to meet other people. By 7pm the programme started with traditional dances with all the states of India represented. There were also some dances influenced by Bollywood, which proved to be very popular.

The dancers came from Auckland, Wellington and Palmerston North, as

well as Whanganui. One of the organisers, Geeta Singh, explains, "This year's Diwali was very different from what we had last year with lots of young talent from our community involved. We are extremely happy about doing something for our community. Indian kids born in New Zealand experiencing and maintaining their culture is our motto."

Diwali is also a time for colour, with many people wearing bright saris or kurta pajamas, worn by both men and women.

"Many are asking us when is our next cultural night happening, showing how keen many of them are."

Blind Spot with Marion Hainsworth

Congratulations go to the Wanganui Indoor Bowls Teams for their successes at the recent National Tournament held in Upper Hutt. Their multiple achievements include winning the Fours and, in the Pairs, reaching the semi-finals, and to Ken Fredrickson for winning the (Male) Singles and then becoming the Champion-of-Champions by winning the play-off with the female top bowler. Their prize-giving is to be held on the 12th of November, at the local Peat Street Blind Centre. On the following week, the 19th of November, they will hold their Annual General Meeting to select the new committee to organise and administer the bowls for the 2024 season.

The Association of Blind

Citizens(ABC) next social afternoon is to be on the 2nd of November, to be followed on the 16th of November with the End-of-Year celebration, which will be held at 12.00 noon, at the Boatshed Restaurant, Somme Parade, Aramoho. Members wishing to attend must notify Bryn Davies or the Office by Monday, 13th November.

Craft group continues its Monday and Tuesday afternoon sessions. There are many various items amongst their accumulated crafts that will prove suitable as Christmas gifts.

If you require more detailed information, please contact the Centre Office, Monday through Thursday, 10.00am - 1.00pm. Phone number 348-4401.

Diwali Mela Function 2023

Thank you for the public's support and also to our sponsors



Looking forward to seeing you next year

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your heat pump. If it is too small in capacity (kW), it may be cheaper to buy initially, but it will struggle to heat the area, resulting in the unit having to work much harder, making it less economical to run and dying early. Options run to wall units, floor units, ceiling units or fully ducted – choose the most suitable for your space and house design. You don't need a building consent to add a heat pump to your home but this must be installed by a qualified installer.

Nigel McDonald Decorating - carrying on a family tradition



Nigel outside a job in St Johns Hill

When Nigel was 16, he was given the choice of staying at school or joining his father's Master Painter business. Preferring work over school, he chose painting and has never looked back.

In 2019 he and his wife, Sharon, set up Nigel McDonald Decorating Ltd – Nigel and his team carry out plaster repairs, painting and wallpapering throughout Whanganui and as far north as Ohakune, Kuratua and Omori. They work on new builds, all existing house renovations, holiday houses, state housing

and pensioner flats, insurance work, small-medium commercial jobs, and farm buildings.

The business has steadily grown to where it is today – much of the growth has been word of mouth referrals and repeat happy clients, but also his discount offered to Seniors and Gold Card holders is a positive recommendation, as is his can-do attitude. No job is too big or small.

Apart from learning painting and business skills from his father, Nigel also inherited his helpful approach to clients

and is known to do little extras such as replacing light bulbs, checking fire alarms and changing batteries, water blasting paths and driveways, and other little jobs that clients struggle to do themselves. He doesn't like to cut corners while appreciating the need to meet budgets where possible and is always happy to talk through the options.

The business motto is "Do it once, do it right", and the many repeat clients are a testament to Nigel and his team's expertise and attention to detail.

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Local doctor knows Gaza intimately and fears for citizens

Dr Nafiz Ghamri from Whanganui Hospital knows Gaza probably better than anyone else in Whanganui. He was born there after his parents were forced to leave their village close to Tel Aviv in the war of 1949 and escape to Gaza.

Because Gaza was under the control of Egypt, his family were later able to leave and find work in Saudi Arabia and the UAE. But it was virtually impossible for Nafiz to go to University in any Middle Eastern country and instead studied medicine in Malta and then the UK.

He still has cousins in Gaza. Back in 2014, when Israel last invaded the area, one of his cousins was killed, leaving behind two children. Nafiz has been supporting them since – but no longer as there is currently a blockade on funds getting into Gaza.

He has been unable to get in touch with his relatives since the bombing started but was able to access the lists of those who had been killed. They included four of his relatives.

At the vigil last Satur-

day at the Market, Nafiz was explaining to passers-by the background to the conflict, having a large map of the disappearing Palestinian land in the region, with most of it having been taken by Israel since 1949.

The RCP interviewed Nafiz back in 2015 and asked him for his views on what is happening today. He said, “Just over the weekend, the total death toll increased by another 1000 to over 8000. They are bombing blindly, threatening hospitals, mosques and churches. Gaza is a small strip of land with 2.2million people, probably the most densely populated area in the world.”

“The buildings, especially homes, are simply built as the blockade prevents many building materials into Gaza. When a home is destroyed, whole families are killed.” Nafiz is able to listen or watch programmes in Arabic and says, “They give details not found in the western media”.

Back in 2000 Nafiz went to Gaza for a possible job managing one of the hospitals. He says, “I believed the promises from peace arrange-

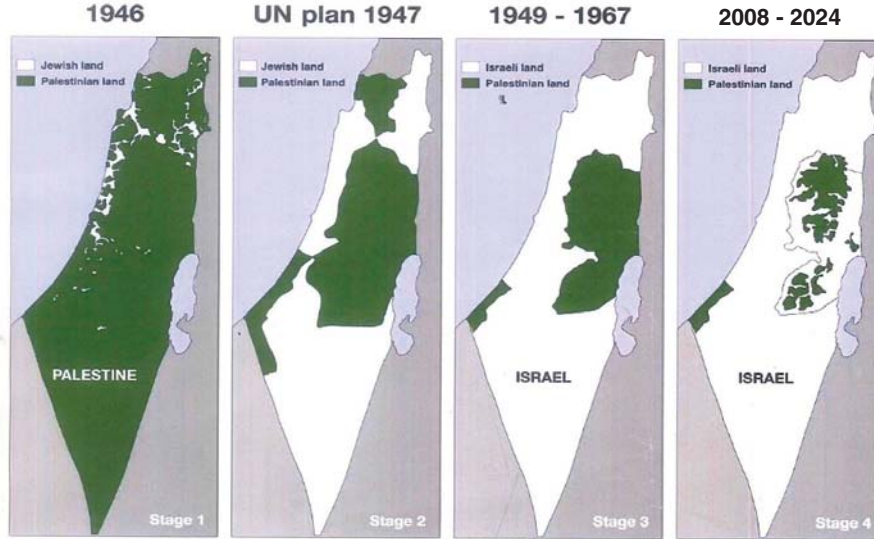
ments of the 1990s, but I soon found out that everything to do with the hospital was limited – supplies, medicines, doctors, resources. Everything was carefully calculated. The promises were a big lie.”

As for the future, Nafiz believes that although Israel will destroy Hamas, they will be replaced. Hamas was created in the late 1980s – the end result of 40 years of atrocities. Hamas are the children of refugees; they have lived through the atrocities, and they are resisting.”

He is frustrated that there is no international process to enforce all the agreements and warns that the death toll could be so much larger, asking how will the 15,000 injured survive the lack of medicines, power and contaminated water. They are human beings like anyone else.”

There will be another vigil for Gaza this Saturday, November 4 from 11 to 12 noon at the Market and a candle light ceremony at the Handspan on Queen’s Park at 7.30pm

Right: Nafiz (wearing cap) talking at the vigil last Saturday.



A map showing the disappearance of Palestinian land. Gaza is the strip of green on the left, on the Stage 4 map.



Students and personnel from Tokyo Board of Education visit Whanganui



Japanese visitors at the Whanganui Museum.

A group of students and personnel from the Tokyo Board of Education visited Whanganui recently. Originally, they were to visit Hawkes Bay, but because of the cyclone damage, that was cancelled. However, Whanganui and Partners “pitched for the tour to come to Whanganui, and we were successful,” Rachel Hoskin, Strategic Lead Capability, told the RCP.

Board members came on an inspection trip back in September, and the full group came for a five-day visit from October 26 to 28.

The group consisted of 16 students from two agricultural high schools, one commerce school and one ‘normal’ school, and 12 Education personnel, including one from each school, three from the Board, a nurse, a translator, two coordinators and two photographers/videographers. The two coordinators are from the Oak Academy Foundation, based in Auckland.

Arriving on Tuesday evening, the group went to Massey University the next day to meet with agricultural tutors. On the Thursday, they went to

Windemere Berry Farm, followed by a visit to a dairy farm with a focus on using cow collars.

On Friday, they went to the Whanganui Regional Museum, Mowhanau Beach, and the Bason Botanic Gardens, followed by visits to Whanganui Girls’ College, Whanganui High School and Cullinane College and a trip to Ratana, where they were introduced to Japanese carvings by Master Carver Kura Wanikau Turoa. On Saturday, they visited the market. On the last two days, local secondary school students joined the tour.

Accommodation and meals were at the Whanganui Girls’ College Hostel.

The group were transported by Weir Tours based in Hawera, who take tours throughout New Zealand. Tours Manager Jimmy Elliott has a Japanese connection, having lived there and also being part of a Whanganui Council delegation to visit our sister city, Nagaizumi. He said, “We did two tours from Japan last year with another one planned for August 2024 and likely another visit from the Board of Education in Tokyo.”

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Welcome to ARAMOHO

Women's Refuge Whanganui opens new tamariki (children's) space

Thanks to a range of local businesses and supporters, Womens Refuge Whanganui has been able to convert an old storage room into a playroom for children to be in while we meet with their mum's

On Tuesday, they had an official opening and a blessing of the space. Manager Jo Voice thanked Russell from the Warehouse for giving them a lump sum to kick the project off. Placemakers supplied framing and plywood, Edmonds the paint plus some of the labour, and Flooring Extra helped to get the carpet laid.

Jo also thanked Tukirose King-Ross, who ran the project, and her family for helping install the furniture.

Outdoor stencils were donated by Sport Whanganui, and the new Rotary group 'Starburst Rotary' painted the outdoor hopscotch and other interactive signage on both the concrete and the walls.

The blessing was carried out by Pastor Gavin.

Jo summed up the project by saying, "It Is not a crazy big deal, but we are proud of what it will offer to our tamariki and wahine."



Bonny Lee Gill cuts the ribbon, supported by Eddie Tataurangi and Tukiros King-Ross.

Local school band comes third in National Smokefree Rock Quest Tangata Beats

Rutherford Junior High Band 'Restless' won the regional competition of the Smoke Free Rock Quest Tangata Beats and, after arranging for a professionally produced video in Wellington, was selected to be one of 10 school bands in the National finals – the only Intermediate school to be selected.

They drove up to Auckland in a van (band members and four teachers/supporters), leaving at 4am. When they arrived, they were given media training at Studio One in Ponsonby. They learnt how to answer media questions and how to promote themselves on social networks – valuable skills for the future from top professionals who work with top musicians.

In the evening there was a combined band and teachers' dinner. Band leader/teacher Matua Jordan says, "We were surprised by how the other bands were so interested in us. They had watched us on YouTube (we had watched them also) and were impressed by how good our band was, especially at this age. They were almost wary of us."

On Friday, following a pōwhiri, they had

another workshop with Creative NZ, "giving us advice on things like how to sign into APRA, copyright, and how to gain Creative NZ support. "It was a bit overwhelming for the band," says Jordan, "perhaps more relevant for the year 12 and 13 students."

This was followed by a TV interview with band members Arne (brass) and Skyla (composer and vocalist) fronting the resulting

video.

For their live performance, the band members were dressed in "traditional/contemporary Māori costumes" as Ben Thompson, teacher aide and Whanganui Brass player, describes them. Half of their original composition was in Māori, with some of the band playing taonga pūoro instruments alongside the brass, drums, guitar and keyboard.

Then it was time for the judges' decisions to be revealed. "We weren't expecting anything," explains Ben but they were all delighted to be placed 3rd – a huge achievement for years 7 and 8 students. Along with the award, they received \$500 for the school.

Expect Rutherford Junior High Band to be back next year, hoping to reach the same heights or better.



THIRD PLACE BAND RECKLESS - RUTHERFORD JUNIOR HIGH,

Historic rowing club trophy attracts high participation



Winning coxswain, Matthew Stewart proudly holding the famous Mitchell Shield flanked by Joseph Dudson, Lauren Davies, Lily-Rose Flack and Kynan Brewer.

The Aramoho Whanganui Rowing Club conducted its formal 2023 Opening Day on Saturday, 14 October 2023.

Traditionally, this fixture has always involved the incoming season's intake of novices combining with experienced rowers in four-oared crews against other simi-

lar combinations over approximately 400 metres of racing. This gives new entrants to the sport an opportunity to enjoy the excitement of on-water competition for the first time.

The competition on Saturday was for the honour of having the winning crew's names placed on the Mitchell Shield, which

has been competed for since 1898.

A record entry of 12 coxed quads competed for Shield this year, with heats and repechages being required before six crews battled over the choppy, short course in a frantic final race.

The winning crew, ably stroked by Lily-Rose Flack, Joseph Dudson, Kynan Brewer, Lauren Davies, and coxed by new coxswain Matthew Stewart, defeated a fast finishing combination of Addison Jenkins, Mae Emmett, Achilles Paikea, and Nicola Goss, who Morgan Wood coxed.

Third placing went to Jake Newton, Lacy Gilmore, Bailey Matthews, and Agatha Doggett, with coxswain Eva Devane.

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Plumber Dan's Duck Race continues to appeal and bring in funds for charity

This will be the eighth year for Plumber Dan's Duck Race on the river, and the previous seven have brought in \$107,000 for charity. It started with just \$1000, but pre-Covid reached a peak of \$20,000 when

all 200 tickets were sold.

While Covid discouraged mixing and mingling at the finish line, the Duck Race continued, with many residents just pleased to have an event they could participate in, raise funds

and watch. Plumber Dan took the risk that a lockdown could have been announced when the race was about to take place – but the risk was worth it. Now, almost post COVID, the hope is that all 200 tickets will be sold again, raising the maximum of \$20,000.

The charity, almost from the beginning, has been Jigsaw Whanganui, who offer free programmes in social work, family harm, programmes for parents and advice and support information for parents. The organisation is active in promoting and selling tickets for the Duck Race and helping out at the event.

The race is on 11 November, starting just after 11am, allowing time for a brief moment of silence remembering Armistice Day, which ended WW1.

If you haven't seen it yet – check the big yellow duck on the river opposite Moore Law, calm and serene, waiting for all the little ones to take over. Dan says, "I

received a thank you note from a mother who said that most of the year she has trouble getting the kids off to kindly, but when the duck is out there, they want to go and see the duck on the way."

This is the hardest part of the event, says Dan, "Launching the ducks off the bridge into the river. He has two big drums, which will release them safely. Then there is the 100m long Nova-flo pipes on each side of the river to prevent stray ducks from going off course. As the river comes around a bank, the pipes are quickly collected and laid further downstream. The ducks are then scooped up at the end with a fishing net, already to go again next year.

The reality is that some ducks will end up on the wrong side of the piping, and Dan has an arrangement with the Kayak Club, whose members pick up the strays and throw them back onto the course.

It has been a devel-

oping experience for Plumber Dan and his team organising the event. All ducks are, of course, numbered, but sometimes they don't survive, get snagged on a rock and have to be replaced. Each year, the team has to do a stocktake.

As part of this year's race, Plumber Dan will have a drone overhead checking on things.

It is a great event to watch either from the bridge area, both sides of the river or at the end of the race.

The prizes are \$250 for 3rd place, \$500 for 2nd and \$1000 for first.

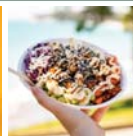
Tickets are \$10 per duck and can be bought from Plumber Dan's shop on Victoria Ave, Jigsaw, 236 Victoria Ave, online or at the Saturday market.

The event has proved so popular that the Rotary Club of Milson in Palmerston North are seeking advice from Dan on how to run a similar event there – but can you see it being as good as the Whanganui one?



The big duck in the river

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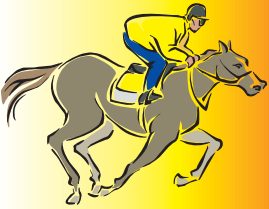
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MELBOURNE CUP

Tuesday 7th November

Whanganui part-owner confident Ladies Man will race in Melbourne Cup

Whanganui part-owner Humphrey O'Leary is confident his galloper Ladies Man will gain a start in Tuesday's Melbourne Cup field.

Ladies Man was 25th in order of entry earlier this week, and Humphrey was optimistic that further defections, with another declaration on Saturday, would put the horse in the race and under the maximum number of 24 starters.

Humphrey said it was a privilege to have a fast race horse who could stay. "He will do us proud."

Ladies Man is to run in a stayer's race at Flemington on Saturday to top off his preparation for Tuesday's 3200m race.

Like Waverley's Melbourne Cup winner, Kiwi, Ladies Man is based at Mornington whilst in Victoria.

"The horse is thriving," Humphrey said.

Leading contenders for the cup race on Tuesday include the previous winner, Gold Trip, who has been impressive in lead-up races, the Caulfield Cup winner, Without A Fight and a highly touted visitor

from Europe, Vauban.

The 2023 edition of the Melbourne Cup is a reminder of the great Australian trainer, the late Bart Cummings, who made the cup virtually his own.

Cummings won the cup a record 12 times and was a regular visitor to New Zealand in his search for potential winners of the great race.

His trips here provided him with a lot of winners. He recognised as a young trainer the quality of New Zealand's bloodstock, especially the ability of the stallion Le Filou to produce good stayers.

As well as winning a dozen Melbourne Cups, Bart won seven Caulfield Cups, four Golden Slipper, 13 Australian Cups, five Cox Plates and nine VRC Oaks.

Among the best gallopers he trained were Light Fingers, Red Handed,



Think Big, Gold And Black, Hyperno, Ming Dynasty, Beau Zam, Lets Elope, Saintly, and So You Think, who continues to make an impact as a sire.

Local horses that have won the Melbourne Cup



The statue of Kiwi at Waverley

Some Whanganui Jockey Club members are very familiar with the Melbourne Cup.

The 18-carat gold Emirates Melbourne Cup, worth \$190,000, was in the River City in September 2014.

Victoria Racing Club officials brought the cup to Whanganui as part of an Australasian tour to promote the race.

The Whanganui club made many submissions

to get the cup here, with the region having had four cup winners.

Horses from here to win the great race have been Wotan (1936), Kiwi (1983), Doreimus (1995) and Verry Elleegant (2021).

The Grangewilliam Stud at Waitotara has been associated with two of those wins. Doreimus was foaled there, and Verry Elleegant was by the stud's notably successful stallion Zed.

The club combined the visit of the cup in 2014 with an awards function that had live entertainment, prizes for best-dressed man and woman, and fundraising prizes for injured Whanganui jockey Thomas Russell.

In her book "Still On Track," Laraine Sole wrote that guest speakers and previous race coverage rounded out a very successful evening.

"In fact, the Victoria Racing Club representatives said it had been the best turnout on their tour."

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Carl Bates is ready for the challenge as our new MP

Carl Bates' official title at the moment is Qualifying Electoral Candidate. He's eagerly awaiting the release of final electoral results at 2pm this Friday, which should confirm him as the MP-elect for Whanganui.

Then he waits. Once the Chief Electoral Officer returns the Writ to the Governor-General, the 54th Parliament of New Zealand can be convened, MP's sworn in, and a Speaker elected. Only after he is sworn in will Carl formally become the MP for Whanganui.

But he's not letting the grass grow under his feet in the meantime. The first week after the election was spent in Parliament, commencing an orientation process. The week ended with a trip to Auckland, where the Class of '23 visited the electorate offices of Christopher Luxon and Simeon Brown to learn best practice about setting up offices for serving their constituents. In between, he managed to get back to Whanganui on Thursday night to help briefly

at Whanganui North Rotary's Food Drive for City Mission Whanganui.

Carl noted wryly that Brown and Luxon's offices are only 15 minutes apart, even in Auckland's traffic. Many of the new National MP's are from provincial seats where they will have multiple offices to set up and staff, and a lot of their time will be spent travelling.

The second week was spent in the electorate and included visits to Stratford and Hawera, local engagements ranging from the Brunswick School 150th jubilee, the Collectables Fair, the opening meeting at Oceanview Speedway, school prize givings, a number of meetings including the AGM's of Community House and Mainstreet Whanganui and a very positive meeting with Whanganui Mayor Andrew Tripe.

At the same time, Carl is searching for suitable office premises whilst developing a three-year and longer-term vision for Whanganui and his role of MP. He returned to

Wellington on Tuesday to conclude the orientation programme.

All the while, the phone has been ringing, and his diary is starting to fill up. Carl wants to attend as many events within the electorate as he can and is happy to receive invitations.

Once Parliament is convened, Carl will be in Wellington at least three days a week up until 21st December, which is when Christopher Luxon has signalled that Parliament will rise for a shorter-than-usual Christmas recess. At some point, there will be an opportunity to deliver

his Maiden Speech to the House as part of the Address in Reply Debate.

Carl Bates is on a significant upward learning curve, but he is relishing the challenge in front of him, and is ready to serve his constituents as the Whanganui electorate's elected representative.

MELBOURNE CUP

Tuesday 7th November

Local horse won both Caulfield and Melbourne cups

Not many gallopers win the Caulfield Cup and the Melbourne Cup in the same year, but a horse with strong Whanganui links has done so.

The galloper in question is Gurner's Lane, who won the double in 1982.

Gurner's Lane took the Caulfield Cup in the hands of former Whanganui jockey Brent Thomson, who was taking Australian racing by storm and followed up with victory in the Melbourne Cup when the pilot was Mick Dittman.

Gurner's Lane was associated with the Trillo family, the late Charlie Trillo having bred the Sabaen mare Vickyjoy from False Credit.

Vickyjoy was the second dam of Gurner's Lane, Mr Trillo having named Vickyjoy after his daughter Joy and her daughter Vicky.

Gurner's Lane's dam was the Sovereign Edition mare Taiona, while his sire was the headlining Sir Tristran.

False Credit, foaled in 1958, was a prolific winner for Mr Trillo, by a splendid sire of stayers, Le Filou. Her foals included Avro, Whitlock and Vickyjoy.

Whitlock was named with the Whanganui sauce maker in mind. Mr Trillo, a market gardener and farmer, provided cauliflowers, which were processed into pulp for tomato sauce.

Mr Trillo sadly died moments after watching his galloper Avro win the Wanganui Cup in 1968.

When Mr Trillo's racing interests were dispersed, Vickyjoy, who had raced only once, was bought by Patrick (later Sir Patrick) Hogan. Her strong staying lines would have appealed to him. Sir Patrick leased False Credit for a while.

The Trillo name came to the fore again in 2005, when Xcellent loomed as a leading prospect in the Melbourne Cup, where he finished well for third.

Xcellent's fourth dam was False Credit. Vickyjoy was Xcellent's grand dam.

Rosi Mertz sets up 'Wild Sight' - ecological restoration consultancy

After ten years working in areas of ecological restoration and predator control in both the public and private sectors, Rosi Mertz has launched her own Ecological Restoration Consultancy called 'Wild Sight'.

Rosi is offering the following services to private and public organisations as well as to individuals, from small areas to those with significant land areas:

- Ecological Restoration from planning through to complete restoration
- Predator control from trapline design, set up and refurbishment, as well as rat-proofing of selective areas.
- Assessment monitoring, including the health of the bush, biodiversity monitoring and assessment of environmental threats.

After studying ecology and biodiversity at Victoria University, Rosi was given a research assistant's position there. She loved the 'bush bashing' requirement, setting out traplines and monitoring bird and pest populations.

She then joined 'Good Nature' which was developing pest traps or "innovative predator control devices." These included motion trigger cameras at night with the ability to reset themselves.

Eighteen months ago, encouraged by Whanganui's better weather, she came here. She says, "I needed to consider what I am good at and what I want to continue



Rosi Mertz, owner of Wild Sight.

to do." This introspection led her to set up as a consultant.

She points out that it doesn't matter how large or small the land area is. It could be a corner of the garden that might require removing predators, improving habitats for birds, the need for weed control and the planting of natives. "People need traplines, among other devices, to rat-proof composts and chicken coops."

In larger areas, it might

be combatting riparian planting (there are subsidies through Horizons for this), protecting wetlands, coastal erosion and general flooding. "I have a goal of planting as many forests as I can in my lifetime," she adds. "You can't underestimate the benefits of restoring natural patterns and making it self-sustaining."

Rosi can be contacted at wildsightrestoration@gmail.com or on 022 657 3695.

OBITUARY - Bruce Gichard Aramoho Whanganui Rowing Club Life Member

The Aramoho Whanganui Rowing Club have lost one of the Club's respected Life Members with the recent passing of Bruce Gichard.

Bruce Gichard's farewell service took place on Friday, 13 October, and fellow Aramoho Whanganui Club Life Member Gus Scott, representing the Club, spoke of the support and guidance he received as a young Club Captain working with Bruce.

Coming from a rural background in Manawatu as a youngster, Bruce never rowed actively himself but became involved with the Aramoho Whanganui Rowing Club when his son, Jonathon, joined as a rower at Wanganui City College in the late 1980's.

In 1990, Bruce was elected to the Committee of the Aramoho Whanganui Club and continued as a member of the Executive for a remarkable 25 years!

In recognition of Bruce's calm leadership and constitutional knowledge, the Club elected him to the role of President in 1992, a position he held for three years, and then again in 1996 for a further two years, when his successor was transferred from Whanganui.

Bruce became a delegate on the Whanganui Rowing Association in 1992,



and he continued in this capacity until 2015, serving the wider Whanganui Rowing community as a local regatta organiser and Chief Judge.

Life Membership was unanimously bestowed on Bruce by his fellow members at Aramoho Whanganui Rowing in 2012 for his long service and devotion to the Club.

It is also a tradition at the Aramoho Whanganui Club for new skiffs to be named after members who distinguish themselves with long service to the Club, and a coxed four was suitably christened "Bruce Gichard" a number of years ago.

It continues to be a very successful boat, in fact winning a six-boat event at the Club as recently as Saturday, 14 October, at the Club's Opening Day event!

Bruce is succeeded by his wife Jeanne, son Jonathon, daughter-in-law Joanne, and granddaughter Isabella.

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WANGANUI FUNCTION CENTRE

Range of winners at Whanganui Secondary School Sports Awards - Golf results -

A wide range of young sportspeople were celebrated at the Mitre 10 MEGA Whanganui Secondary School Sports Awards at Cullinane College last night.

The prowess of Whanganui's speed skaters on the world stage was evident, with junior international sportswoman and senior international sportsman awards going to Whanganui Girls' College's Gabriella Valentine, and Whanganui High School's Chase Morpeth, respectively.

The junior international sportsman award was shared by Whanganui High School duo Lucas Munn for judo, and Micky Zhang for inline speed skating. Whanganui Collegiate School's Louise Brabyn rounded out the international awards winning senior sportswoman of the year for track and field athletics.

Whanganui High School's Mason Pye was named disabled sportsman of the year.

The coach of the year award went to Ruapehu College's Jayden Bailey.

Water sports dominated the team of the year categories with kayakers Alexis Toy and Zoe Anderson receiving the junior team of the year award and Whanganui Collegiate School Rowing Under 18 Girls Quadruple Scull crew winning the senior award.

In addition to the awards, four future Whanganui champions were presented with grants to support them in their continued sporting endeavours.

The Mitre 10 MEGA Whanganui Future Champions Trust aims to give Whanganui people and businesses an opportunity to support our talented sporting youth with a hand up to reach their full potential at international level.

The recipients for this funding round were:

- Mollie King, Weightlifting - Mollie represented NZ at the Youth, Junior, and U23 Oceania weightlifting championships in Samoa, where she won gold in her category and broke three under-15 NZ records.

- Eruera Delamere-Heap, Roller Hockey - Eruera was selected as part of the NZ Under 19 men's roller hockey team and attended an invitational tournament in Macau in July. Eruera also recently travelled to China to attend the qualifying tournament for the World Skate Games in Rome, Italy in 2024.

- Lucas Munn, Judo - Lucas has been selected to represent New Zealand at the Oceania Judo Union continental open in Perth, Australia in November.

- Rebecca Baker, Hockey - Rebecca was selected for the NZ Junior World Cup hockey team and will be travelling to Chile to compete later this month.

The athletes and their representatives were invited to attend the function, where the trust and its

supporters acknowledged their achievements to date and wished them well for their future endeavours.

The Mitre 10 Mega Whanganui Future Champions Trust has been operating for more than a decade and has granted over \$87,000 to 82 recipients.

Funding rounds are three times a year at the end of February, June, and October. All levels of support are appreciated and interested businesses are also encouraged to contact the trust via www.futurechampionstrust.org.

Full award winners list:

* Junior National Sportswoman of the Year - Mollie King (Whanganui Girls College) - Weightlifting & Powerlifting

* Junior National Sportsman of the Year - Jake Newton (Whanganui High School) - Rowing.

* Senior National Sportswoman of the Year - Pip Scanlan (Whanganui Girls College) - Shooting
* Senior National Sportsman of the Year - Daniel Sinclair (Whanganui Col-

legiate School) - Track & Field Athletics.

* Junior International Sportswoman of the Year Gabriella Valentine (Whanganui Girls College) - Speed Skating.

* Junior International Sportsman of the Year Lucas Munn (WHS) - Judo & Micky Zhang (WHS) - Inline Speed Skating

* Senior International Sportswoman of the Year Louise Brabyn (Whanganui Collegiate School) - Track & Field Athletics

* Senior International Sportsman of the Year - Chase Morpeth (Whanganui High School) - Speed Skating

* Official of the Year

- * Coach of the Year - Jayden Bailey (Ruapehu College) - Squash

* Disabled Sportsman of the Year - Mason Pye (Whanganui High School) - Athletics

* Junior Team of the Year - Alexis Toy and Zoe Anderson (Whanganui Girls College) - Kayaking

* Senior Team of the Year

- Whanganui Collegiate School Rowing U18 Girls Quad Scull.

Castlecliff 9 Hole Club

Thursday 26th October MC Medal

Ladies: Marilyn Edmonds 34, Elaine Everitt 40, Joan Coxon 41

Men: Richard Smith 35, Sam McGregor 35, Mike Meyrick 35

Raffle: Marilyn Edmonds

Disc Frisbee Golf comes to Bason Botanic Gardens



After nearly five years of consultation, a permanent disc frisbee golf course at Bason Botanic Gardens is now open to the public. Nine baskets, tee pads and signage have been installed, and the hope is, dependent on further sponsorship, a full course of 18 baskets will be installed.

Sponsors of the disc golf course are Whanganui District Council, Sport Whanganui, Bason Botanic Gardens, NZ Disc Golf, and Y Central.

All the holes but one are par threes ranging from 45 to 110 metres. Like normal golf, you are likely to get better scores if you have a range of discs. While the weekend players will be content with just one disc, the recommendation is for a minimum of three: a distance driver, a mid-range fairway driver and a putter. You can have up to 18.

Players need to bring their own discs, and a set of three can be purchased from \$47 to \$56 and beyond. These discs are

smaller and more streamlined than traditional frisbees and fly further.

Unlike normal golf, there are no fees to play. Disc Golf is believed to have started in California in 1975, and since 2000, the game has grown rapidly worldwide. There are over 40 courses in New Zealand and a National Disc Golf Championship in Auckland in February, with at least three tourna-

ments overall, including one in Taupō over Labour weekend.

The hope is that disc golf will move into schools, increasing its popularity. In the meantime, expect the course at the Bason to be well used.

For the more competitive, there is an app to follow the course and log your results: <https://udisc.com/courses/whanganui-bason-gardens-B17S>.

Ken in hot form at Bowls Nationals

Whanganui vision-impaired indoor bowlers came away with three titles at their nationals in Upper Hutt over Labour Weekend, and Whanganui Vision Impaired Indoor Bowls Club captain Ken Fredericksen was involved in all three.

Ken won the men's partially sighted singles and also won the champ of champs final against the partially sighted ladies winner. Coached by Charlene Tamati, the club won the open fours for the second year. The successful four, skipped by Ken, also comprised Joe Fallen, Sarah Fallen and Russell Lowry.

Whanganui, which took eight players and four coaches to Upper Hutt, also won the top

qualifier trophy, with Ken commenting, "It

was a great weekend for us all."



Ken Fredericksen led the way at Upper Hutt.

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PETS



The Spot Report

Insect Stings



From Asha, full of fright, to Asha, flash of light

Stinging insects are out and about now the weather is warmer. The two most common types of stinging insects are bees and wasps, and are generally not much of an issue for most dogs, but some dogs can have allergic reactions to stings that can range from mild to severe or even deadly. It's not the small puncture wound that causes the problem, but the small amount of poison that is injected.

Depending on where the dog has been stung, the most common symptoms allergic dogs are likely to experience are hives and swelling.

Most dogs get stung on their faces from investigating a stinging insect too closely. A sting on your dog's sensitive nose is particularly painful. Some dogs may even get stung on the tongue or in-

side their mouth or throat if they try to bite or catch the insect. These stings can be dangerous. The subsequent swelling can close your dog's throat and block the airway.

Watch for allergic reactions. Severe reactions can include vomiting, diarrhoea, pale gums, and trouble breathing. If your dog appears weak, shaky, or shows any of these signs he may be experiencing anaphylactic shock, and you should seek veterinary attention immediately. Call to say you are on your way and to receive any instructions for first aid treatment.

For general care, follow these instructions:

1. A bee's stinger is barbed and lodges in the skin, killing the bee when it detaches from the skin. Remove the stinger by holding a scraper parallel to the skin and move it gently to scrape the

stinger out. Do not squeeze the stinger with tweezers, as this will pump more venom into the wound.

Wasp stingers are not barbed but are more painful. They do not detach therefore, if provoked, these insects will sting multiple times.

2. Wash the wound with a mild soap, then apply an ice pack or cold compress to reduce the swelling. A weak mixture of 1 tablespoon of baking soda with just enough water to create a thick paste spread over the stung area can relieve pain.

3. Apply a cold compress or ice pack to the swollen area for 10 to 30 minutes several times throughout the day to help reduce swelling and relieve pain. If using an ice pack, wrap it in a soft towel and apply it for no more than 30 minutes at a time. Keep observing for signs of allergic reaction during treatment.

4. Maintain a watchful eye on your dog after being stung to ensure an allergic reaction doesn't develop. If the swelling has not reduced after several days, contact your veterinarian.

Marg has been working with puppies, dogs, and people since 1992 and is a Full Foundation Member of The Association of Professional Dog Trainers NZ Inc. Phone: 343 9806 or 027 2905013.

Woofs and barks from Spot

"People say there are no bad dogs, only bad owners. I don't know if that's true; if there are bad owners, then maybe there are bad dogs too. I had a bad owner once, and I've got the scars to prove it. And sometimes I'm a bit fearful of other dogs, but I'm lucky. I now have humans in my life who love me and I love them too." Asha - flash of light

When I first knew Asha, she was traumatised beyond belief and, so understandably, could be quite reactive to other dogs. It's taken a long time and lots of work to help her understand that not all dogs want to hurt her. And not all people want to use her badly. But I always knew she had a good heart and that somehow, throughout her existence, she had kept that spark of love alive. You just have to look into her eyes to see her kind soul.

With the playful nature and typical short, broad head, she is true to the staffy part of her breeding. What else is in there, we don't know. We work with what we've got.

When Asha first came to live with us, my daughter helped a lot, but heavy commitments meant I was left pretty much on my own to deal with her training. And that's where the Wanganui Dog Training Club stepped in to offer what they could. We had a go at agility but then, with help from a friend

and member of the Club, turned to obedience and Rally-O. Throw in some Canine Good Citizen training, and her week is complete.

I've got her sashes displayed at home, and we are hoping to add one or two more when Asha is assessed for her Silver and Gold award from Dogs New Zealand. That will complete her four levels of Canine Good Citizen.

Asha has matured so much and now works off lead in her various disciplines and carries on regardless of other dogs around her. She can still be reactive when other dogs rush at her. It's not surprising, really.

Do I trust her? You bet your life I do! Did the people she spent time with in rest homes trust her? You bet your life they did! Would I take on another dog like this? You bet your life I would! Rescue dogs have their challenges, but the rewards are even greater. Just sometimes a bit slower coming.

Supplied - Doreen Hardy



Asha



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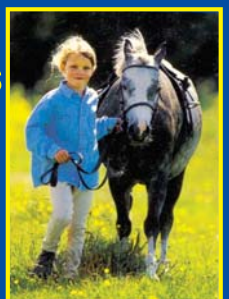
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Jumbo crossword

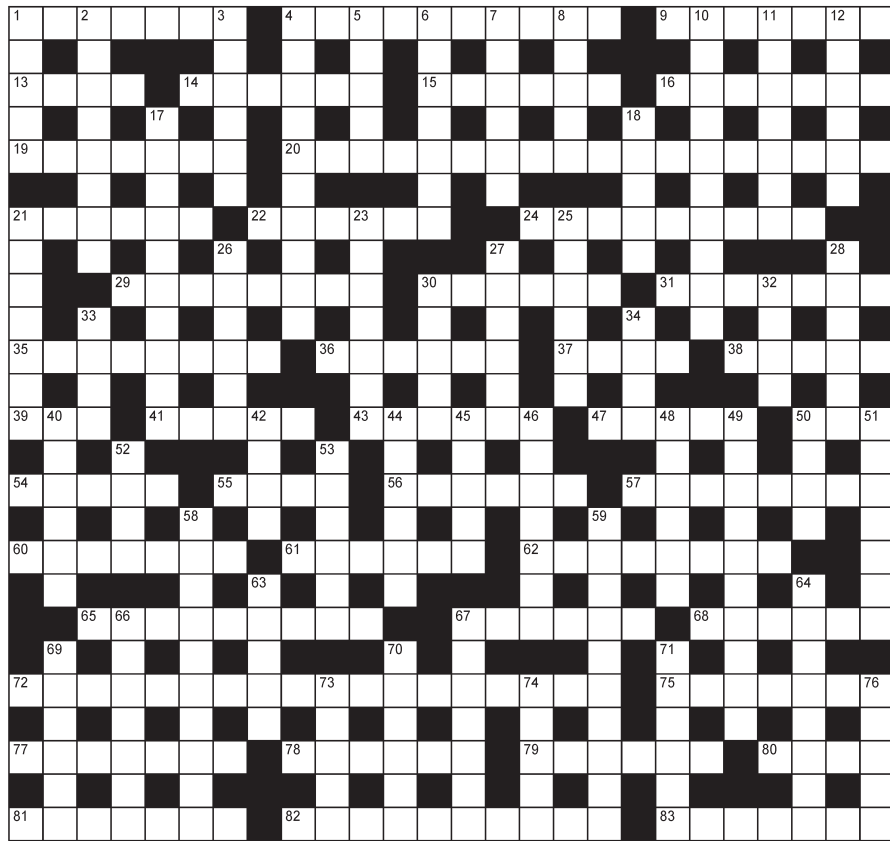
ACROSS

- 1 Clumsy (7)
- 4 Imposed limits on (10)
- 9 Learning establishment (7)
- 13 Connection (4)
- 14 Abuse oneself (6)
- 15 Austrian capital (6)
- 16 Offer marriage to (7)
- 19 Woodwind instrument (7)
- 20 Leave well alone and refrain from stirring up trouble (3,8,4,3)
- 21 Summerhouse (6)
- 22 Adhesive (6)
- 24 Make a copy of (9)
- 29 Inherited object (8)
- 30 Dam-building animal (6)
- 31 Garden bird (7)
- 35 Sanction (anag)(8)
- 36 Reseller's profit (6)
- 37 Nobleman (4)
- 38 Humped animal (5)
- 39 So far (3)
- 41 Bomb (5)
- 43 Fume with anger (6)
- 47 Striped animal (5)
- 50 One-legged jump (3)
- 54 Desire greatly (5)
- 55 Accurate (4)
- 56 Dog breed (6)
- 57 Small percussion instrument (8)
- 60 Library section (7)
- 61 Rule over (6)

- 62 Tires out (8)
- 65 Clapped (9)
- 67 Respiratory disorder (6)
- 68 Fierce (6)
- 72 Unsightly thing; eyesore (4,2,3,9)
- 75 Veteran (3,4)
- 77 Try (7)
- 78 Solve (6)
- 79 Attraction (6)
- 80 Grain storage tower (4)
- 81 Make-believe (7)
- 82 Component part (10)
- 83 Stuffy (7)

DOWN

- 1 Speak impromptu (2-3)
- 2 Very large (4-4)
- 3 Adventurous courage (6)
- 4 Cycle (10)
- 5 Divided (5)
- 6 Competitiveness (7)
- 7 Smart (6)
- 8 World-weariness (5)
- 10 Exact likeness (6,4)
- 11 Down payment (7)
- 12 Inlaid design (6)
- 17 Largest of the violin family (6,4)
- 18 Nimble (5)
- 21 Irritable (7)
- 23 Direction indicator (7)
- 25 Bumpy (6)
- 26 Cover (6)
- 27 Inaugurate (6)
- 28 Spanish dance (6)
- 30 Brass instrument (5)
- 32 Harvest (4)
- 33 Hair tangle (4)
- 34 Impulse (4)
- 40 Introduced from overseas (6)
- 42 Fat (4)
- 44 Go over (6)
- 45 Claw (5)
- 46 Manifest (7)
- 48 Sailing ship (6)
- 49 New; progressive (5-5)
- 50 Gigantic (4)
- 51 Introductory piece of music (7)
- 52 Small depression (4)
- 53 Meteor (anag)(6)
- 58 Baker's utensil (7,3)
- 59 Po (7,3)
- 63 Japanese dish (5)
- 64 Bloodsucker (8)
- 66 Forbearing (7)
- 67 Took for granted (7)
- 69 Woodlouse (6)
- 70 Fix firmly and stably (6)
- 71 Musical composition (6)
- 73 Find out (5)
- 74 Proverb (5)
- 76 Scum (5)



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SIMON SHUKER'S CODE-CRACKER Extra 784

EACH number in our Code-Cracker grid represents a different letter of the alphabet. For example, today 15 represents G, so fill in G every time the figure 15 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	2		3	4	5		6	2	1	7	1
2		8			9			10		7		7
11	12	13	6		9	2	14	4	9	4	10	15
16		2		15		2		14		11		15
17	4	11	18	12	11	10	2	19	19			7
		11		11				19				15
19	11	2	2	5	19		6	7	9	7	14	2
16		3			7			11		14		
20			7	9	7	1	2	19	21	12	2	19
16		19		2		11		16		9		14
12	5	22	2	7	23	7	11		18	7	4	9
9		16		3		24			14		12	
10	12	14	14	25		2	25	2		11	26	

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

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

Easy

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

Previous solution

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

Previous solution

1	F	K	3	P	T	D	E	L	I	S	U	R	A	13
14	N	G	W	B	M	Q	Y	H	Z	C	V	X	2	J

Previous crossword solution

ACROSS: 1 Like a bat out of hell, 10 Assemble, 15 Sprang, 16 Prima donna, 17 Figurine, 19 Orderly, 21 Dough, 22 Lucrative, 25 Maintains, 27 Hassock, 29 Octave, 33 Canal, 34 Muscular, 36 Watertight, 39 Ohm, 41 Leveret, 42 Scraps, 43 Immune, 44 Lava, 45 Startle, 48 Vacillated, 53 Strides, 57 Ream, 58 Shiner, 59 Notion, 60 Unusual, 62 Loo, 64 Meticulous, 65 Lingerie, 66 Alley, 69 Client, 70 G-string, 71 Impending, 76 Emergency, 77 Stage, 78 Measles, 83 Overcome, 84 Dotted line, 85 Anorak, 86 Fatality, 87 Sing for your supper.

DOWN: 2 Impure, 3 Erase, 4 Big, 5 Tape, 6 Unicorn, 7 Orange, 8 Hook, 9 Linguist, 11 Shifty, 12 Equivocate, 13 Brig, 14 Elevate, 18 Proclaimed, 20 Land, 23 Gamut, 24 Vanguard, 26 Amateur, 28 Aerosol, 30 Lament, 31 Alkali, 32 Tennis, 35 Cocoa, 37 Thaws, 38 Deal, 40 Mint, 45 Scrim, 46 Abattoir, 47 Exhale, 48 Vanquished, 49 Curl, 50 Lanolin, 51 Attend, 52 Evoke, 54 Tint, 55 Insulin, 56 Enamel, 61 Economical, 63 Liken, 67 Broccoli, 68 Idle, 69 Call off, 72 Magnify, 73 Prompt, 74 Studio, 75 Debate, 79 Stoop, 80 Best, 81 Stag, 82 Beau, 85 Ass.

5x5

C	P		D	
	C		R	
S	O		T	
	E		S	
S	E		R	

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

S	A	T	E	S
C	R	O	N	E
A	G	A	T	E
P	O	S	E	D
E	N	T	R	Y

Previous solution

Council commits to drinking water UV protection

Rejuvenated Castlecliff basketball court to be opened November 5

Whanganui District Council chief executive David Langford is assuring the community that plans are in place to ensure Whanganui continues to have safe drinking water at the highest standard possible now and into the future.

David Langford gave the assurance at a long-term plan workshop held in October that focused on council infrastructure. Councillors heard that new national water services regulator Taumata Arowai has lifted the bar for national drinking water standards.

Whanganui's active water bores do not currently require the extra protection of ultraviolet UV treatment as the bores are deep and therefore less vulnerable to contamination, including protozoa getting into the water source. However, this is set to change as new drinking water safety standards come into effect

in the future. Protozoa is the name for a group of micro-organisms that include cryptosporidium (or "crypto") and giardia and which have the potential to cause serious illness if present in the community.

Scoping and design work was already underway to have UV protection installed as soon as possible, David Langford said. Along with the existing chlorination of the drinking water supply to protect against bacteria and viruses, UV protection would ensure the supply had multiple barriers of protection, including against protozoa.

"The council is taking the initiative to put in the extra protection, and this will mean our drinking water supply will be even safer for our community. Drinking water standards have been raised by Taumata Arowai and we don't want to be left behind."

Council senior water engineer Dave Rudolph said

there was a robust testing regime in place for the active bores, including significant ongoing monitoring of bacterial organisms (E. coli and total coliforms) that provide an indication of potential contamination.

Investigation by the council into UV treatment to provide even more protection had begun well before the current cryptosporidium outbreak in Queenstown that had resulted in boil water notices for that community, he said.

"We are committed to reducing any risk to our community, and providing multi-barrier protection will put us in the best possible position. We know local authorities around the country are also dealing with these new regulations."

Dave Rudolph said, "Source protection is the key. We understand where we need to be to meet the new rules and the UV work has been identified in our long-term plan budgets."

The Te Kaihau O Kupe/ Castlecliff community is looking forward to Sunday, November 5, when the rejuvenated local basketball court will be opened. It is being transformed into a colourful and vibrant canvas.

The ambitious project, supported by its principal sponsor, Fleet Line Marking NZ and funded by the Whanganui District Council Public Art Fund, is all about bringing art, inclusivity, and a sense of belonging to the suburb. The mural design has been created by Castlecliff artist Mike Marsh, inspired by design elements submitted by local tamariki.

The mural's vibrant rainbow colours are a testament to the importance of inclusivity and diversity within the community. Mike's vision is for everyone in the community to feel included and responsible for the well-being and safety of the area.

Work on the rejuvenation began with water blasting on October 23, followed by the court being fenced off from 27 October 27 for painting.

Launch Day on November 5 will kick off at 11am with a traditional karakia and speeches, fol-



The court before work began

lowed with a ceremonial "Throwing of the First Ball," symbolizing the beginning of a new era for the basketball court.

Sport Whanganui will be hosting games and activities, and, in the background, will be a sausage sizzle. There will be spot basketball prizes and ice cream giveaways; the graffiti board wall in the skate park will be reinstated as well.

As the launch will be weather-dependent, go to <https://fb.me/e/3UFhLE6dF> if in doubt.

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Recent Bereavements

- Sadly passed away recently...*
- Josephine Ida (Jo) BANNISTER**, 25 October 2023.
- Leonard William (Len) CANNON**, on 22 October 2023, aged 84 years.
- Brian Leonard CARSON**, on 31 October 2023, aged 78 years.
- Ronald Frederick HAROLD**, on 26 October 2023, aged 95 years.
- Eileen Rosemary HENDERSON**, on 31 October 2023, aged 92 years.
- Yuko IRVING**, on 28 October 2023, aged 89 years.
- Cynthia Ann (Ann) JORDAN**, on 21 October 2023.
- Stewart Tuiro KUMEROA**, on 30 October 2023, aged 80 years.
- Steven William (Steve) WELCH**, on 30 October 2023, aged 78 years.
- Edward Harold (Ted) ZINSLI**, on 24 October 2023, aged 94 years.

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WHAT'S ON IN THE COMMUNITY

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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.

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: theosophy-whanganui@gmail.com

The Whanganui Community Choir's Concert - "Together Hand in Hand"
is on 25th November at Central Baptist Church, cnr Dublin & Wicksteed Streets at 2pm, followed by afternoon tea. Musical Director - Caleb Arthur; Adults \$20.00, Seniors \$15.00, Students \$10.00, Children under 12 Free. Family Ticket \$50.00 (2 adults and 2 students over 12) Tickets available from choir members or at the door, or contact: Edwynna 344 7974 / 027 360 1335.

USA Spring Lecture Series
starts Friday, 3rd November with Dr Alison Sutherland talking about the animals Captain Cook brought to New Zealand. Her book, "Cook's Ark" will be for sale, special price \$25.00. St Andrew's Hall, Glasgow Street, 2pm, \$5 entry includes tea and biscuits, non-members and everyone welcome.

Whanganui Creative Space AGM 2023
Tuesday, 14th Noveber, 7pm, at 61 Dublin Street, Whanganui. For information, phone/text Linda, 021-230-4095.

Whanganui 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.

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Tawhero golf results

28 October 2023 Saturday 9 Hole Haggie [stableford]: Jan Crossan 24, John Deighton 15, Bob McIntyre 9. 29 October 2023 Sunday 18 Hole Haggie [nett] : Paki Ngaira 67, Craig Campbell 70, Joshua Takarangi 79. 31 October 2023 Tuesday 9 Hole Munroe Rosebowl Round 2:[stableford] Men's Division 1: Tom Clark 19, Trevor Sammons 18, Billy Beck 15

Men's Division 2: Bob McIntyre 13, John Deighton 11 Women's Division 1: Jan Crossan 20, Bernadette Hadfield 13 Women's Division 2: Priscilla Fonseka 20, Jean Walsh 17

Upcoming events: 3 November 2023 Twilight 2 Person Team 9 Hole Ambrose Friday's Tee off from 3.30pm -5.30pm. No more Friday haggie moved to Saturday's 9/18-hole \$5 Haggie Tee off 7.30am-12.30pm. Summer membership affiliated \$265 1st October 2023 - 31st March 2024

Whimsical tales of old Wanganui



Happy birthday, Granny!

By Murray Crawford
Readers will have to forgive me for writing yet another article about Granny Dalton. But there are two good reasons for my doing so. Firstly, because it seems everyone likes a good Granny "D" tale and secondly – this year marks the 200th anniversary of her birth. Granny was born in 1823 and arrived in Wanganui in 1874, having sailed from England aboard the "Woodlark" whose name, due to the debauchery and criminality of its passengers who ended up here, became synonymous with anyone who faced charges of vagrancy, drunkenness, larceny and prostitution. Granny Dalton was one of the first to be hauled before the magistrate. "Bridget Dalton, a 'Woodlark', was charged with being drunk. Prisoner pleaded in defence that she had never before been before the court. Fined 5s or in default 24 hours' imprisonment." (Wanganui Herald: 13 October, 1874).

Granny was involved in many disputes, some of which ended up in fisticuffs and she even once battled with her daughter Ellen. The choice of weapons were a fire shovel and a plate, although the plate came off second best, according to the Chronicle.

Granny lived in a succession of hovels around the township, moving frequently due to her habit of burning them down on a regular basis. Perhaps cheap gin and candles were not a good combination.

In spite of her reclusive nature, Granny was the subject of an astonishing number of newspaper articles and the city fathers took a paternalistic interest in her welfare, with even the mayor personally reassuring her when she was required to move off Rutland Hill.

Her likeness is well enough known to not require reproducing here, but readers familiar with it will understand why children lived in fear of her. "Behave yourself or Granny Dalton will get you," was a threat often used by parents to bring their recalcitrant children into line.

Granny left Wanganui in 1902 to live with Ellen in Masterton. She died the following year and a full obituary was published in the Herald (6 April, 1903). The inscription on her headstone reads: "In loving memory of BRIDGET DALTON. Born KILKENNY, IRELAND. Died APRIL 4, 1903 aged 80. R.I.P. Erected by her daughter E.M." [Ellen Maskrey].

"Whimsical Tales of Old Wanganui" and "More Whimsical Tales of Old Wanganui" available at River City Press. All proceeds to Alzheimers Whanganui.



Granny's headstone at Archer St Cemetery, Masterton.

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