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# Pascal Harris - multi-talented artist back briefly in Whanganui

BY DOUG DAVIDSON

**Pascal Harris is a multi-talented artist. Apart from being an international pianist, he has held photography and art exhibitions, and in April, he will commence studying a two-year course in fashion design at Bunka Fashion College in Tokyo.**

Pascal is currently artist in residence at 85 Glasgow Street Art Centre and has an exhibition of artworks involving found objects in Gallery 85. The son of Jeffrey Harris and the late Joanna Paul, both well-known New Zealand artists, Pascal grew up in Whanganui with his mother until her untimely death in 2003. Since then, "I have visited for only a few days

at a time, until I took up this residency for August last year and January this year." From 2001 to 2005 he studied music and classics at Otago University, achieving a first class honours degree as well as winning music prizes such as the Simon Gibson Memorial Prize for outstanding Honours student. Pascal was described as a "force of nature" by former con-

certmaster of the Dunedin Symphony Orchestra, Sydney Manowitz. Pascal continued his studies with a postgraduate diploma in Piano Performance at the Royal College of Music, London. He says, "I had to fly to Taiwan to audition for the College, that being the nearest audition venue." While in Dunedin, he had met a Japanese exchange student and eventually followed her to Tokyo in 2007. He taught piano, played concerts - "the Japanese love classical music" - and became fluent in the language. Here he also developed a passion for photography. In 2013, he released his debut CD of Schubert Impromptus and returned to New Zealand, eventually basing himself in Auckland. He gave a number of concerts, including two in Whanganui - in 2015 and 2020 - at his old school Collegiate. In 2016 he curated a show of his mother's work at the Brett McDowell

Gallery, Dunedin and published a small book of essays to go alongside it, titled "Light on Things." After spending a year in Europe in 2021-2022 and on his return to New Zealand, he visited some friends in Whanganui. "During this time on a walk to the beach, I picked up some objects and arranged them on a table when I returned to the house," he explains. "My friend was so enthusiastic about the display that I needed to find a way to display them." Once back in Auckland he stuck the objects to a piece of cardboard. "I was surprised by how well it worked." He described this as a "turning point" and since then his making of artworks from found objects has "caught fire." He had an exhibition of these works in Tui Tui Artspace in Auckland in April 2023. Local artist Michael Haggie recommended he apply for the residency. "It allows me to concentrate on making art for 8 hours



Pascal Harris with some of his artwork on display at Gallery 85, Glasgow St a day, seven days a week." During his work at the residency, Pascal found he was attracted to a number of sites, such as abandoned houses and wastelands. In one of these wastelands, he found the garments which form the basis of this exhibition. "I sometimes had to unearth them, they being half-buried in the ground." "The present show at Gallery 85 comprises an installation of seven works arranged around the walls with one work on a hori-

zontal plinth. The bareness and sparseness of the gallery is accentuated with a drop cloth over the carpeted floor. I wanted to create a pure space, which could have a cathartic effect." *Continued on page 2*

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# Multi-talented artist back briefly in Whanganui

Continued from page 1 working with found objects, I have had a continual

sense of excitement about creating things in a way that feels new and individual to me."

Pascal is having an exhibition of his photography at Photospace Gallery in Wellington in February, and this will be comprised of images from Tokyo taken in a single day last year. After this, he will focus on going to Tokyo to start the fashion course and has another exhibition opening in Tokyo the same week the course starts.

There will be an open artist talk in late February at the Glasgow Street Art Centre, with the date yet to be confirmed. By the way, he still finds time to practise the piano once a week – a little bit less than the three hours a day when he was in London.

## Check out what's in this week's RCP

Pascal Harris, the subject of our front-page article, is certainly multi-talented as an international concert pianist, photographer, and artist and soon-to-be fashion designer. Check out his exhibition at Gallery 65 on Glasgow Street. The RCP will advise when he gives an artist's talk as soon as it is confirmed.



**Doug Davidson**  
journalist@rivercitypress.co.nz

similar group could set up here.

We have our normal wide variety of articles, from the chance to buy (and eat) Oliebollen (a Dutch donut) (page 9) to observing urban sketchers in action (page 4). I have tasted Petra's Oliebollen and can recommend them. The urban sketchers are coming from Wellington, and I wonder, with Whanganui's strong art community, whether a

Congratulations to the Wanganui Golf Club at Belmont which is celebrating 130 years this year – one of the oldest and, according to their experienced manager Darren Hartley, one of the best golf courses in the country (page 22).

# Running of the Balls at Vintage Weekend raises \$15,700



Janelle and Juan Coffey in the centre with lifeguards and executive from Wanganui Surf Lifesaving Inc

## Dressing up your dinner presentation

Gina Guigou was senior tutor in Cookery and Hospitality at UCOL Whanganui and is on a 'mission' to spread knowledge of how to produce cheap, interesting meals. As part of this, Gina is doing some presentations as part of La Fiesta.



One of these is 'Dressing Up Your Dinner,' on Tuesday 13 February and again on Friday 23 February. Both sessions are from 6 to 8pm and the venue will be confirmed upon booking. The session costs \$35. Register via [www.communityeducation.nz](http://www.communityeducation.nz).

Gina will demonstrate how to make a selection of

dressings, sauces, dips and dukkah to make your food that much more appealing and with a bit of zing to it. As she says, "Transform the dull into delicious." Vegetarian and vegan options will be included.

If anyone has excess plums, City Mission is happy to accept them and clean suitable jars with lids.

The Running of the Balls down Drews Avenue on Vintage Weekend was a sell-out with all 1500 tickets sold, raising \$15,000 for the Whanganui Surf Lifeguard Service. The total was boosted by another \$700 raised in donations over the weekend.

Whanganui Surf Lifeguard Service plans to use the funds to build a new portable lifeguard tower at Castlecliff Beach.

The event was run by JJ Roofing, who earlier in the year invited the public to nominate a suitable recipient of the funds to be raised, with the Whanganui Surf

Lifeguard Service being selected.

Juan and Janelle Coffey from JJ Roofing said they "were absolutely stoked with all the tickets being sold" and were "so grateful for the support that has been received for this incredibly important charity. Our thanks also to all our sponsors, without whom the prize pool would be as big."

There will be a presentation of a cheque put together by one of the sponsors, Morrie Gibbons, at a function on 9 February at the Surf Lifesaving Centre at Castlecliff Beach at 3pm.

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# At-risk bird species returning to restored wetlands in Brunswick



Since 1997 World Wetlands Day has been celebrated on 2 February every year. Overpopulation and construction has led to the loss of natural wetlands. The latest figures show that the loss is at a rate three times faster than forests, with 85% of the world's wetlands either lost or degraded since the 1700s.

Wetlands are important for supporting a wide range of life, including native birds. They also absorb carbon dioxide, helping to slow global heating and reduce pollution. They have been referred to as the 'Kidneys of the

Earth.'

Jonathan Gribble has been working hard to protect wetlands in Tokomaru East Road in Brunswick, part of the Gribble Family Trust, which bought the land back in 1993.

He retired 25 acres from farming and allowed the land to revert from grass and gorse to dense native bush. The area contains about 1.7ha of wetland and a stream. As Peter Frost of Science Support Service said in a letter of support for Jonathan in his successful application for a grant from Horizons, this area "supports three At Risk bird species. They are the

Spotless Crane, the North Island Fernbird and the North Island Robin.

Other native species there include the Sacred Kingfisher, Shining Cuckoo, Kererū, the Tūi, Bellbird, Grey Warbler, Tomtit and the Whitehead.

"The value of the area," explains Peter, "and the merit of Jonathan's efforts to protect it, lies not only in its intrinsic nature, as a refuge for some of these species, but as an ecological 'stepping-stone' and ... as a 'wildlife corridor connecting this site with others more widely."

To show their support, Horizon's Kanorau Kiora

Taketake - Indigenous Biodiversity Community Fund in 2023 awarded Jonathan \$3,550 towards plants, plant protection and weed control.

Jonathan says, "Pest control is a big issue as the area is not fenced. I have to trap possums, stoats, weasels, ferrets and wild cats." He is also concerned with some road works taking place which can disturb the wetlands, saying that the area is protected under the RMA.

The site is visited by students from the nearby Brunswick school who also help out with wetland restoration planting.

# Support community youth by volunteering for Scouts



Scouting provides young people with valuable skills and great opportunities, but it can be difficult getting adult volunteers to help run the programmes.

There are opportunities in Whanganui to help out, either helping run the programmes or behind the scenes, such as being a treasurer, getting involved in fundraising, maintenance or simply just coming to meetings with ideas.

The current leader is Tiffany, who has been in the role since 2020. She was on our front page last year after she returned from the World Scouting Jamboree in South Korea. Scouting is a worldwide movement that will help everyone

involved to make connections, travelling and even attending events such as Scout Jamborees overseas.

The groups that would especially benefit from having more adults are the Cubs and Keas. Cubs are those aged 5 to 8 and they meet at the Scout Hall at Denby Place (at the bottom of St Johns Hill on the Springvale side) on Tuesdays and Wednesdays from 6 to 7.30pm.

Keas who are from 8 to 11, meet at 4.30 to 5.30pm on Wednesdays.

Tiffany says, "Scouts is youth-led - adult supported" and adds that the young people come up with what they want to do, and the adults then work with them to plan

it out if possible.

Apart from weekly meetings, there are a lot of outdoor adventure activities such as kayaking, mountain biking, abseiling and rock climbing, swimming and boating.

Leaders do not have to come to all activities and weekly meetings. Tiffany says, "It is a case of whoever can come, help when you can."

The programmes restart on 12 February but Tiffany is planning a get-together beforehand. If you are interested in helping out, call Tiffany on 027 326 7851 or go to their Facebook page WhanganuiScoutGroup.

By the way - it is not just for boys.



For information on joining please contact **Trixie Turner** 344 4001 or write to: Secretary, U3A Whanganui 2B Maketu Street

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or email: [tatbat747@gmail.com](mailto:tatbat747@gmail.com) for an information pack including subscription form and a list of groups you can join.

<http://www.u3awhanganui.co.nz/>

## U3A talks on genes, cognition and the human brain evolution

Our article last week on the groups and programmes offered by Whanganui U3A did not include the starting time for their series on the Human Brain. It is from 10am to midday.

The first of the monthly sessions is on February 7 on 'Genes, Cognition and the Human Brain Evolution.' All sessions are held in the Josephite Centre, 14 Hillside Tee, St Johns Hill.

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# Wellington Urban Sketchers coming to Whanganui to sketch

# Monthly lunchtime organ concerts resume Wednesday, February 7

Up to 30 members of the Wellington Urban Sketchers group and other similar chapters in New Plymouth, Hamilton and Auckland are coming to Whanganui on the weekend of 8 to 10 February to do urban sketching. This will be their first out-of-Wellington trip.

The sketching will take place on the Saturday, and it is up to individual members what to draw. They come together later to share the results. Sankar from the group says, "We don't overwork our sketches."

They have a membership of over 700 but would get up to 20 for their regular sketching expeditions around Wellington, usually on the first Saturday of each month, at a different venue each time, notified in advance on their Facebook page. It takes about two hours. After the sketching, they "meet at a cafe for coffee and chat. It's fun."

Everyone is encouraged to post their sketches on their Facebook page. "All are welcome to join us, and feel free to suggest a



Example of a sketch in Plimmerton.

venue." There is no cost, and each group is independent.

The Wellington group recently published a book of their pictures - 'Urban Sketchers in the Windy City Wellington.'

There are Urban Sketchers groups throughout the world. Sankar says, "When I travel overseas, I check in, if possible, with local groups.

The Urban sketchers manifesto is as follows:

1. We draw on location, indoors or out, capturing what we see from direct observation.
2. Our drawings tell the

story of our surroundings, the places we live and where we travel.

3. Our drawings are a record of time and place.

4. We are truthful to the scenes we witness.

5. We use any kind of media and cherish our individual styles.

6. We support each other and draw together.

7. We share our drawings online.

8. We show the world one drawing at a time.

The 2023 World Urban Sketching Symposium was held in Auckland in April.

The RCP is not aware of a Whanganui Urban Sketchers group but would be willing to promote one if we receive feedback.

## Please don't feed bread to the birds

We got an email from Eric Tscherbatko a young biologist and nature conservationist from Germany, who is about to study international nature conservation "in your beloved country."

However, walking around Victoria Lake Eric was upset to see people feeding white bread to water birds saying "bread is deadly to them. It contains too much salt and sugar and also has the potential to swell in the stomach of the waterbird, which leads to suffocation.

In addition, it seems to promote the disease called angel wing, which is related to poor development of the bones, and also to out-twisted wings, which you can observe at the lake."

"Bread is also harmful to the environment as it promotes the bloom of algae."

Another problem Eric



Birds at Virginia Lake in the morning.

points out is "the unnatural proximity between wildlife and humans which can promote the spread of diseases such as bird flu. Bird flu can spread from animals to humans, but also vice versa, and is therefore not only dangerous to the animals but also to humans (especially kids, as families were taking young children (3-5 years) to feed the ducks and even feed the animals by hand)."

Eric wonders if feeding the birds comes from the desire to help the animals when it doesn't - or the illusion of 'being close to nature' for themselves and their children/grandchildren.

If that is the case, Eric suggests using binoculars to observe the birds from a distance or buying a bird guidebook to teach your children/grandchildren something about the birds rather than putting them at risk.

An alternative to using bread is to buy duck food from Funky Ducks, the café at Virginia Lake at a cost of \$3.50 a packet.



Organist Don Colway (photo supplied)

Collegiate School Chapel Organist Don Colway will present the first 2024 lunchtime Organ concerts at Christ Church Anglican, Wicksteed Street, at 12.15 pm on Wednesday, 7 February.

The concert will include works by Ron Goodwin, James Last and Franz Lehar, as well as John Lennon and Paul McCartney. Don will also pay tribute to his Celtic ancestry with a selection of Scottish and Welsh music.

In his 'Wellington days'

1963, and over the years has been a regular and relief organist in a number of Whanganui churches. He says playing at Collegiate is a dream come true.

Don is also an organist and 'keyboardist' at St Andrew's Presbyterian Church.

Entry to the concert is free. However, a Koha towards the maintenance of the organ is appreciated. You will also be able to pick up a brochure with details of the planned 2024 lunchtime concerts.

Don started pottering around with organs in

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# Excess plums? Plum jam recipe

# Gumboots fly at Taihape championships

A lot of plum jam recipes use nearly equal amounts of sugar to fruit. I reduce the amount of sugar which means a little longer in the cooking time. Using the ripest possible plums give more flavour.

3kg Plums, 1 cup Water, 1 ½ kg Sugar, Juice of ½ lemon, 6-8 jars with lids.

Or 2kg Plums, ½ Water, 1kg Sugar, Juice of ¼ lemon, 4- 6 jars with lids.

**Method**

Wash the plums and remove any blemishes. Cut plum in half to remove the stone, then use the tip of the knife to remove the stones, cut the halves in half again.

Place the plums and water in a large, wide pot so that when boiling the jam, it has room to expand.

Bring the plums to a simmer over low-medium heat, stirring occasionally to ensure even cooking. Cook until plums are soft.

Add the sugar and lemon juice. Stir frequently, until the sugar dissolves.

Increase the heat and bring to a rolling boil for 10-20 minutes. Stir frequently to avoid the jam catching and burning on the bottom of the pot. Boiling time will vary depending on the size of your pot and the type of plum.

After about 15 minutes



**Gina Guigou with excess plums**

of rapid boiling, turn the heat off under the jam.

Spoon a small amount of jam onto a chilled plate or saucer that has been in the deep freeze or fridge to check if it is starting to set. When the jam has cooled, push it gently with your fingertip. If it wrinkles, even slightly, it is ready.

If it remains liquid, put the jam back on the heat for a further 5 minutes and check again.

When the jam reaches setting point, remove the pot from the heat. If there is any scum on the surface

of the jam, add a teaspoon of butter and stir well. It will dissolve the scum.

Let the jam stand for about 10 minutes. The jam will still be liquid when you ladle it into your jars. Carefully ladle the jam into the heated, sterilised jars. You need to be very careful. A splash or spill from hot jam would result in a serious burn.

Immediately seal the jars tightly with sterilised lids.

Next week I will be sharing how I'm using up our excess cucumbers.

Supplied - Gina Guigou

It was a case of "watch out for low-flying gummies" at Memorial Park in Taihape on Saturday at the annual gumboot throwing contest. While competition was tight, both the men's and women's sections produced clear winners in the final throw-offs for the North Island championships.

Stuart McNie was the leading man with a throw of 43.30m, well short of the nearly 47m he threw in qualifying. Kristin Churchward was top woman with 35.27m. Both the winners are locals. The first three men and women form the North Island team for the national championships at the 2024 NZ Rural Games. Kristin won at the 2023 games and Stuart was second.

The other big drawcard at Taihape was the shearing competition. Patrons at the event included a busload of 42 people on an outing from the Whanganui Summer Programme.

**Kristin Churchward shows the style of a gumboot throwing champion.**



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# Young boys podium - first time for Whanganui Waka-Ama Club

Whanganui Waka-Ama Club, Te Ringa Miti Tai Heke, are celebrating the recent success at the National Waka-Ama Competition held at Lake Karapiro from 14-20 January. Paraniuiamata, the club's 5-9 year old boys team came first in their Taitama W6 250m cup final, a historic first in this age group for the Pūitiki based club. This is the second year the team of five young boys has paddled together. The boys worked hard in their heats and semi-final before securing the top spot on the podium in the final.

"The boys had so much determination to succeed in their final, and they executed their race perfectly.

To see the pride on their faces when they came off the waka was just something else," said Grace Porter, Coach and Steerer.

The team then combined with the club's other under 9 team, named Pūitiki, for the Taitama W12 Cup final, finishing in third place. For four of the ten boys in this team, it was their first time at nationals.

"Our club are excited

to be rebuilding our junior membership; last year we took five junior teams and this year we took six teams to the National Waka-Ama Competition at Lake Karapiro" said junior coordinator, Renee' Tamehana.

"In addition to the two boys teams, we had two girls teams of the same age group Matakaihoe and Matapohe, an intermediate boys team Ngongohau and a Junior 16s team Kotahi Aroha."

Te Ringa Miti Tai Heke Whanganui Waka-Ama Club also had two junior 16 paddlers Mia McDonnell and Xavier Rayner who competed in their first Nationals in the singles category. Renee' Tamehana understands the commitment the competitors have to their sport, "As part of the junior rebuild, singles (individual waka) were added into the coaching regime. Mia and Xavier trained hard morning and night in rough water and rain for the past six months. Both paddlers beat their personal times from regionals held in Masterton in November which was a huge success in itself. They have had a

week off and will now get back into training for the National Secondary Schools Waka-Ama Competition

"It was such an exciting Nationals week, and it was the first time that Māori Television have live-streamed more than just the finals. It was such a buzz to have whānau back at home being able to watch our tamariki out on the water."

Thanks to the Tū Manawa Fund through Sport Whanganui the club has finally been able to purchase its first ever 6-man waka. This waka will be tagged for use by the junior membership. The club was also lucky enough to be gifted lifejackets from Maritime NZ.

Renee' acknowledges the financial support re-

cieved, saying, "Without funds and support like this the club would just not have the resources to be able to give this opportunity to our tamariki and rangatahi. We are hugely thankful to these organisations."

This coming year, the club will work towards building resources and capacity to continue to grow the junior membership.

Te Ringa Miti Tai Heke Whanganui Waka-Ama club will be holding a Twilight Competition starting on 15 February, 2024 and running for six weeks for anyone interested in entering a team and having a go. Any interested participants or funders can find out more about their club by emailing [trmth.wakaama@gmail.com](mailto:trmth.wakaama@gmail.com).

Paraniuiamata, the club's 5-9 year old boys team came first in their Taitama W6 250m cup final, a historic first in this age group for the Pūitiki based club



Xavier Rayner

# Kiwi music legends to perform at Musicians Club this Friday

Whanganui has the privilege of hosting the living legend that is Corben Simpson this Friday evening when he performs at the Musicians Club with the equally remarkable

drummer/vocalist Maurice Greer. Together they perform as a duo, with

Corben reaching into his vast repertoire spanning 50 plus years of songwrit-

ing that includes the New Zealand hit single "Dance All Around the World" that

he composed when working with Bruno Lawrence and Bletta.

Corben's illustrious career includes meetings with the likes of Ravi Shankar, Kenny Rogers and King Charles of Britain (when he was the Prince). He toured New Zealand as a duo with Michael Nesmith (famous for his role with the pop rock band the Monkees). Then there were collaborations with Billy TK and Manawatū singer Mahia Blackmore ... and on and on.

Maurice starred with the 1960s Kiwi rock sensation The Four Fours that supported the Rolling Stones tour of New Zealand in 1966, and went on to the UK, changing their name to The Human Instinct where they supported acts like the Small Faces, Cat Stevens, the Moody Blues ...and on and on.

There is too much to say about these two superstars who have collaborated on and off over the years and it will be amazing to hear them perform together at the first Club Night of the Whanganui Musicians Club's 2024 season. As is the custom, there will be an open mic from 7pm, and we ask anyone wanting to play to get in early to put their names on the board. If all goes to plan, our invited guests should be performing around 9pm.

This will be an extraordinary musical event. Come down and enjoy it with people dedicated to keeping the music live!

Whanganui Musicians Club, 65 Drews Ave on Friday 2 February @ 7pm

General Admission \$15, Members \$10 (Memberships available at the door)



Corben Simpson



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## Food scraps collection trial about to begin

400 households in Whanganui have been selected to take part in a trial for a new food scraps collection service. The trial is being organised by Whanganui District Council and will run for 12 weeks from 13 February to 30 April, as a test run as to how best introduce a food scraps collection service to the city.

Those selected will receive two special food scraps bins. The smaller 'kitchen caddy' bin is for the food scraps which will then go into the larger bin for kerbside collection on Tuesday each week, starting 13 February.

These bins are only for household organic food scraps – not garden waste or general waste.

The Council will be conducting two short surveys before and after the trial to find out how the recipients are currently dealing with food waste and then how the service worked for them. As an incentive, those who complete both surveys will go into a draw to win one of five \$100 supermarket vouchers.

If you would like to learn more about the trial, how the bins work, and why it is being done, there are two information sessions as follows:

- 5.30pm, Wednesday 7 February at Keith Street School Hall, 32 Keith Street, Whanganui Central
- 5.30pm, Thursday 8 February at Hakeke Community Centre, 65 Hakeke Street, Whanganui East.

## Mark Glastonbury returns to where he started dancing lessons - 50 years later

50 years ago, Mark Glastonbury started dance lessons in the Gonville Town Hall building on Tawa Street. The teacher came from Palmerston North twice a week. The crystal ball in the centre of the hall is still there – and working. There is also an old sign for a dancing festival which was in Whanganui before it was held in Palmerston North. As Mark says, "Nothing much has changed."

He remembers training four days a week, two to three hours a day, travelling for competitions on a Saturday and returning for a social on the Sunday.

Mark, now of course, is a dance tutor, going out to schools as well as having his own dance studio. It was on the first floor of the Brick House for about 13 years and, more recently, at St Peter's Church Hall. It is now back in the old Gonville Town Hall building.

The venue is a good one with its large airy space, large mirrors, changing rooms and toilets, a stage and ample parking. "Behind the stage curtains," he explains, "it is white gib – perfect for screening backdrop pictures."

Mark's classes have transferred across. This is his 19th year as a dance teacher. "I remain fit helped by a huge mileage of movement: demonstrating and partnering. I



Brother and sister partnership of Ryder and Harper Hannah, one of five couples under the age of 12 training at the studio.

go through a \$350 pair of dance shoes each year."

There are classes for ages 7 to 8 through to teenagers, including beginners, as well as those 15 and over, including beginner adult classes.

The next beginners course will begin Tuesday, March 12.

Mark travels to a variety of schools throughout the region to do weekly eight week courses. Schools can choose when to have them from terms 1 to 3, with the 4th term focusing on his Inter School Dance Sport Challenge, usually held in the War Memorial Centre. Mark selects teams to represent the schools with multiple teams from bigger

schools. As Mark has sole use of the hall, he is planning to build up a photo

wall with pictures from competitions to give the dancers ownership of "our studio."



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**Safer Internet Day**  
Tuesday 6 February

## Keep your information safe online



Safer Internet Day is recognised by over 150 nations globally. Netsafe coordinates Safer Internet Day here in New Zealand, to raise awareness and start conversations about a more positive online experience for everyone.

While 6 February is a date of significance already in New Zealand, Netsafe will still encourage individuals and organisations here to showcase how they are contributing to safer online spaces and more positive experiences for their communities.

They have created downloadable resources and assets to help people celebrate and spread the word to be part of this movement. These are hosted and easily downloadable on their dedicated Safer Internet Day NZ website ([www.SaferInternetDay.nz](http://www.SaferInternetDay.nz)).

These resources include:

- A parent toolkit in a variety of languages
- Latest products to support older people including the 'Little Black Book of Scams.'
- Sextortion microsite with information

for young people and their adults, guardians and carers.

Whether you are a young person, a parent or guardian, an educator, a policy maker, or you represent an organisation or business, everyone has a role to play in creating and maintaining a better online world.

The cost of internet abuse such as identity theft is high, with one estimate at in excess of \$200 million. **Here are some suggestions to make theft more unlikely:**

1. Mix up your passwords.
2. Use a password manager such as 1Password, Bitwarden or Dashlane for a small fee or for free.
3. Delete old accounts which might contain personal information.
4. Search your usernames online
5. Control social media privacy settings.
6. Switch to privacy friendly apps
7. Remove saved payment details
8. Be careful about sharing info. Personal details such as your birthday or the city you were born in are often the answers to security questions.

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# Fancy an oliebol? (Dutch donut)

## Connecting with Carl

- Carl Bates, MP for Whanganui -

### Maiden speech delivered



The opportunity to deliver a maiden speech is quite literally a once-in-a-lifetime opportunity. I was accorded that privilege on Tuesday.

The maiden speech is a long-standing tradition given to new MPs where we can talk about our hopes and aspirations, and what we hope to achieve in Parliament.

According to Parliament's own website "Maiden speeches usually have a deeply personal element, with MPs mentioning their upbringing, the beliefs and values that prompted them to enter Parliament, and the character of the community they represent."

The fifteen minutes allocated seems a lot, but my first attempt at drafting ran almost double that! Serious editing was required, as were compromises.

After much reflection, and the input of several close friends, I condensed the speech down to fifteen minutes.

The central theme of the speech can be summarised in this paragraph:

Ultimately my goal in this House is to ensure I can tell my grandchildren that our great nation has the first-world healthcare, education and social services we deserve, because we firstly built a productive first-world economy that enabled us to pay for them.

New Zealand must become more productive and less dependent on government intervention. And our government must be more responsible with taxpayers' money. It is not the role of government to solve every problem, and nor should it be.

I come from a family who have worked hard to be successful. I personally spent 16 years running Sirdar, a professional services company that guided boards and grew businesses across the African continent and globally.

This led to opportunities to serve as a director and

chairman of companies in a number of countries across a range of industries from primary industries to education and the retail sector. This has given me real-world skills, experience and knowledge which I bring to Parliament.

I also spoke at length about the Whanganui electorate; its heritage, diversity and the abundant opportunities it presents, and referred to three specific critical issues:

- The opportunity to regain local control of our polytechnic when Te Pūkenga is disestablished.

- National's commitment to renewable energy generation, in particular the proposed offshore wind farm in South Taranaki

- Rural connectivity, the lack of which I observed first-hand last Friday in Patea

The speech refers to specific people I met on the campaign trail, and I reiterated a promise to work hard for them and for

every constituent of the Whanganui electorate.

Composing a maiden speech has been an interesting experience. Now that it has been delivered there is plenty to do in between select committee meetings, sessions of the House and constituent work, which I relish.

The Coalition Government has a major job fulfilling its commitment to get New Zealand back on track, and I am energised by playing a role in supporting this to happen.

### Bowls results

Results from the Wanganui Bowling Club Inc. Gordon Pairs, the Academy Singles and Academy Pairs, and the Mens Fours and Men's Singles.

**Men - Gordon Pairs** Winners: Ray Park and Russell Spence Runners-Up: Ian Hadfield and Steven Goater

**Academy Singles** Winner: George Marshall Runner-Up: Ewen Noble

**Academy Pairs** Winners: Jim Pullins and Karen Gray Runners-Up: Garth Hammond and Ewen Noble

**Men's Club Championship Pairs**

Winners: Bernard Anderson (s), and Jim Pullins Runners-Up: Clint Park (s), and Ray Park

**Men's Club Championship Fours**

Winners: Clint Park (s), Ray Savage, Ray Park, Alan Dickson Runners-Up: Patrick Spence (s), Allen Springer, Russell Spence, George Marshall

**Men's Club Championship Singles** Winner: Clint Park Runner-Up: Ray Savage



Petra in her food cart which will be outside 84a Wakefield St

food cart, and she includes gluten free oliebolle, using separate utensils and equipment.

They have received a great reception at the market (they go only when there is a cancellation), the Kai Iwi Christmas market, and most recently at the Vintage Weekend Shindig. They have also trialed sales outside their property at 84a Wakefield Street (just before and on the opposite side to the Whanganui East Club).

The response has encouraged them to do this every last Sunday of the month from 11am to 2pm commencing on 25 February. One oliebol with sultanas and apple costs \$4 each or 3 for \$10. They are big and almost a meal in themselves, but you can freeze them. It is the same price for gluten free oliebolle. An oliebol with just apple costs \$3.50. It is cash only.

They will appeal to everyone and not just those with a Dutch background.

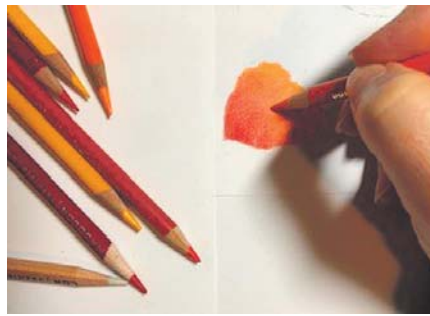
## Art Over East presents painting with pencils workshop

Do you want to do more than just colour in with pencils? Come along to Art Over East and learn colour pencil techniques, blending colours and shading. Dora will show you how to draw flowers and fruit that will jump off the page. You may also bring your own subjects if you already work in pencil or have a particular topic you would like to do. But don't select one too complex. These workshops are for beginners and intermediate level artists. They will start on, Monday, 12 February at 10am and finish at 12.30pm and will be held fortnightly for the first term (6 Sessions). The cost is \$10 per session. Contact Dora with any questions at 027 201 9687.

Art Over East is a new art group meeting at St James Church Hall on the corner of Boydfield and Helmore Streets Whanganui East. The group meets on Mondays, 9.30am to 1.30pm, and members bring their own projects to work on. It's a space to meet, chat and do your thing with other likeminded people. The cost is \$10.00 per day which covers hall hire, tea and coffee. If the group grows sufficiently, then costs will

decrease. Everyone brings their own lunch.

The group leaders (coordinators) are Dora Baker (pencils, watercolours and acrylics) and Lynne Walker (acrylics, mixed media and pastels). If you have any questions or want to know more, then please contact Dora on 027 201 9687 or Lynne 021 2055 991.



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9.00am - 4.00pm Saturday  
10.00am - 4.00pm Sunday

### WAITANGI DAY TUESDAY 6 FEBRUARY HOURS

Countdown, 7am - 10pm  
The Warehouse, 8am - 9pm  
Specialty Stores, 10am - 4pm

Individual store hours may vary, if you are visiting a specific store we recommend you call or visit their website or social channels beforehand.

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Scan the QR code for associated documents, the HD video & 2D Floor Plan. These can also be viewed and downloaded at this link: [www.arizto.co.nz/property-search/76-raine-street-whanganui-east](http://www.arizto.co.nz/property-search/76-raine-street-whanganui-east)



Deadline Sale

## 32 Wairere Road, Bastia Hill

3 Bedrooms 1 Bathroom 1+ Garages

For Sale by The Bournes -

Michael: 021 210 3883, Renee: 021 164 2793

Open to view: 12.00pm - 1.00pm -  
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## 9 Waitai Street, Castlecliff

2 Bedrooms 1+ Bathrooms 1+ Garages

For Sale by Steven and Jared - 0800 176 4321

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## 2 Dunallen Avenue, Marton

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# BACK TO SCHOOL & EDUCATION 2024

## Managing a child's asthma

## Opportunity to complete a certificate in Small Business for free

Did you know that the back-to-school period is always a vulnerable time for the one in eight Kiwi children living with asthma?

Hospitalisations from asthma attacks are at their highest during weeks 3 and 4 of Term 1, so we are encouraging parents and caregivers to fill-out or update their child's Asthma Action Plan to share with their school and their teacher.

Asthma is serious, but it can be managed. Your child's action plan plays a big part in making sure you know how your child is doing, and what to do if there is a change. It's your doctor's job to create the action plan, but like everything with managing asthma, it's a team effort.

Below are some important things that parents can do to help their child with the return to school. Here are his tips:

- Check you have the inhalers and spacers your child will need for the start of school
- Make sure your child's Asthma Ac-

tion Plan is up-to-date, and if you haven't got a plan, download one and ask your doctor to complete it. <https://www.asthmafoundation.org.nz/resources/child-asthma-plan>

- Share your child's Asthma Action Plan with their teacher (the plan can be completed digitally and shared with teachers and other caregivers).
- Get your child into the habit of regularly using their preventer inhaler.
- Make sure your child takes their reliever inhaler with them to school.
- Ask if staff at the school know what to do in an asthma emergency, if they don't you can share our poster.
- Ask if your school has an Asthma Emergency Kit, these can be purchased through our website: <https://www.asthmafoundation.org.nz/resources>.
- Learn more about asthma using our Parent Toolkit
- You can also download our Back-to-School checklist for families.

For all our resources check out our website: [asthmafoundation.org.nz](http://asthmafoundation.org.nz)

Te Wānanga O Aotearoa reintroduced the Certificate In Small Business in August 2023, for the first time in seven years. They will be running another for the first semester in 2024, starting in late February. The course is at level 4 NCEA and runs for 18 weeks. The course is free.

To enable those in employment or already running a business, the teaching starts at 4pm on a Monday, going through to 9pm with a break in between. Students are expected to do studies in their own time.

It is ideally suited to someone who owns a small business or is working in a business who has a business idea and is looking for an opportunity to put it into practice.

The tutor is James Paul, and he has an excellent background for the role. Born and bred in Whanganui, he has an honours degree in Performance Music. After working as a freelance musician in Wellington, James opened



up the 'Good Boy' café in Newton.

In 2021, he returned to Whanganui and now works as an itinerant music teacher in local secondary schools, does private music tuition and also works for Te Wānanga. Most recently, he has started a community Trust to provide group music tuition to students in rural schools in central North

Island from Whangaehu to Taumarānui.

He still owns half of Good Boy, doing the payroll and accounts and helping out with their transition to a new site, made necessary by tripling their size.

The course that started in August attracted seven students, with three of them on the cusp of starting their own business,

with the others working towards the possibility. Together, they covered an eclectic range of business ideas.

The cut-off date for enrolments for the course, beginning in late February, is 19 February. For more information go to <https://www.twoa.ac.nz/nga-akoranga-our-programmes/business/certificate-in-small-business>

## Links - your first aid training specialist

Would you know what to do if someone was injured? Links Training currently offers levels of first aid training for individuals or workplaces. Businesses are welcome to attend their public classes, all of which are NZQA assessed.

Public classes are run at venues throughout the lower North Island, including Whanganui, Palmerston North, Levin, Kapiti, Masterton, and Wellington. The next Whanganui class is scheduled for Friday 15 March. This eight-hour class will enable individuals to have the skills and confidence to assist during a medical emergency.

Knowing how critical it is for Electrical Workers to renew their compliance on time in order to continue to practice, Links also offers electrical



compliance training.

The Electrical Workers Registration Board (EWRB) requires all electrical workers to ensure their ECT CPR/BFA is current at the time of their practicing licence expiry date. This training consists of four hours of ECT training with two hours of CPR and basic first aid.

As an EWRB training provider, Links in conjunction with \*Upstage

Electrical Training, aspires to deliver as many training opportunities as possible to meet this requirement. The next EWRB Whanganui date is Wednesday 14 February, and Links recommends booking early to secure a space. Other venues and dates can be found on their website.

Whatever your training needs, Links Training has it covered. [www.links-ltd.co.nz](http://www.links-ltd.co.nz)



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# PETS



## Warning to seek emergency vet care if dogs consume toxic karaka berries

Source: NZ Veterinary Association

The New Zealand Veterinary Association Te Pae Kīrehe (NZVA) is urging animal owners to be on the lookout for highly toxic karaka berries, as the tree's fruiting season intensifies between January and April.

While signs of karaka toxicity have been recorded in humans, sheep, cattle, chickens, and other species, dogs are especially sensitive to the toxin in the orange berry, as they contain the alkaloid, karakin. Consumption of the berries in dogs can lead to respiratory failure, impaired neurological function, and even death.

NZVA president Kate Hill said early treatment is best, so if you think your pet has ingested karaka berries, call your vet clinic immediately. "We are already seeing trees absolutely laden with fruit in some parts of the country," she said. "While karaka berries are an important food source for the kererū, they are particularly dangerous to dogs at this time of year as the berries ripen and fall from the trees."



Signs of karaka berry toxicity in dogs can be delayed up to 48 hours following ingestion. Signs

to be aware of in dogs include:

- vomiting, diarrhoea, reduced appetite, and abdominal pain,
- paralysis of hind limbs,
- loss of balance,
- convulsions,
- reduction in the dog's breathing rate and eventually paralysis of muscles used for breathing.

Preventing any ingestion of the karaka berry is better than treatment. Dr Hill advises pet owners to be aware of where karaka trees are located; keep dogs on leads if walking in an area where karaka trees are present; to know the

signs of karaka berry toxicity; and if there is concern an animal has ingested the berries, seek emergency veterinary treatment. Even if ingestion has occurred and there are no clinical signs within one to four hours, dogs should be taken to a vet clinic and made to vomit.

The NZVA encourages the use of signage in appropriate areas advising the general public about the potential risks of karaka berries between January

and April.

### Facts about karaka berries

- The amount of karakin in the fruit varies depending on the plant maturity, soil conditions, climate, and season.
- The kernel contains the greatest concentration and may remain toxic in the soil leading to toxicity outside the fruiting window.
- Toxicity has been recorded multiple times with the ingestion of a single berry in various sizes of dogs.
- Karaka are also a taonga for mana whenua. They are a beautiful native tree and an important part of our history.
- They have been used as a food source for hundreds of years when prepared correctly to remove toxins.

## The Spot Report

### Prevent problems with a dog and a bone

Why do we feed bones to dogs? Before properly formulated puppy and dog foods became available, bones were a source of calcium and phosphorus. Feeding only bones, though, results in an incredibly unbalanced diet. Nowadays we feed bones to help prevent boredom or to help clean teeth.

Before dogs became domesticated, bone chewing was to help improve jaw strength for hunting. Wolves needed this strength to help catch, hold, and kill

their prey.

1. If you wish to feed bones to your dog, please follow the basic rules:

- Only feed RAW, MEATY bones. Cooked bones will splinter. Avoid the "3 B's": Baked, Broiled, Barbecued.
- Avoid raw wild pork bones. Wild pigs can have a disease called trichinosis which affects human health.
- Always supervise your dog.
- Dogs can become very protective when chewing on a bone – DON'T let children approach a dog with a bone.

2. Bones are not suitable for all dogs:

- Do not feed bones to Brachiocephalic breeds such as pugs, boxers, shitzu and, bull dogs.
- Little dogs with delicate jaw structures and softer teeth should not eat bones

3. Feed bones at the proper time – the best time for a bone is after a full meal. This will avoid your dog ingesting too much bone that will lead to constipation and, possible serious obstruction.

Remember – following these rules will not prevent all problems but will significantly reduce chances of a problem.

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



Shannon Jury's pride and joy - Nala, aged 7, sporting her sunglasses for summer.

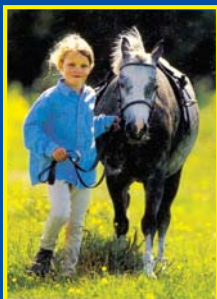
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# Wrestling's 'The Reckoning' returns February 10

River City Pro Wrestling will be running its second live wrestling action on Saturday, 10 February, following on from their inaugural event last September. Then they called it The Awakening, and it attracted over 400 attendees. This year it is The Reckoning. The event will be at the Whanganui Racecourse.

Head coach of the RCP (Not to be confused with River City Press) – Ben Mana, otherwise known as 'The Modern Māori Warrior, says "We aim to host the same if not more while providing them with action packed fun filled family entertainment."

Ben will provide some of that entertainment himself. For the first time in the ring for over two and a half years, he will take on his young protégé and recent antagonist, Harry Williams, hop-

ing to teach him "a lesson in humility and respect." Thus 'The Reckoning.'

There will be eight Whanganui wrestlers in action alongside others from Auckland, Wellington and the South Island.

Part of the fun and entertainment is getting into the action – not literally – but by booing or cheering. The wrestlers love it and will play to the crowd, whether it is to gain more boos or cheers. Villains are referred to as 'heels', while heroes are called 'faces.'

The Reckoning get started at 6pm in the Eulogy Lounge at the Whanganui Racecourse. Bookings through Eventfinda starting as low as \$10 for kids, \$15 for adults and if you want to be up close and personal, \$25 for a second-row seat and \$30 for a front-row one.



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The Aotearoa Bike Challenge is returning for the month of February. It hopes to promote bike riding, especially fitness and general health, as well as the opportunity to join in with friends and colleagues – and to win prizes such as new bikes and a holiday. There are also wider benefits, such as a cleaner, greener New Zealand, thanks to people riding more and travelling in cars less. The competition also hopes to help improve infrastructure with the contribution of bike data.

Here's how it works.

- Ride anywhere, any-time during February
- Log your ride on their website or connect your favourite cycling app (Strava or MapMyRide)
- Your bike rides earn points, and the more points you have, the higher your chances of winning prizes.
- Earn BIG points by encouraging others to take part.
- Workplaces compete against others in the local area to top the leaderboards.

You can take part in three ways:

1. As an individual
2. With a workplace
3. With a club/group -

clubs aren't eligible for prizes but are a great way to keep track of how much riding you and your friends can do as part of the challenge.

How do you earn points?

- Individuals earn points through:
- Riding
  - Encouraging others to ride – you get greater points this way.

Workplaces earn points through:

- Their staff. Workplace points will be the sum of all points earned by every employee taking part at your company on Love to Ride.

What can you win? There are thousands of dollars worth of prizes up for grabs, from gift cards to a holiday! Some are awarded for riding, and some are awarded for encouraging.

So far, nearly 2000 workplaces have registered with over 14,000 individuals. To find out more and to register go to [www.lovetoride.net/nz](http://www.lovetoride.net/nz).



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**2022 HYUNDAI KONA N**  
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**2015 MERCEDES BENZ B180**  
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**NOW \$19,995**

**2018 HYNDAI KONA ELITE**  
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**NOW \$26,995**

**2018 KIA SPORTAGE LX**  
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**2011 FORD FALCON XR6**  
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**2012 SSANGYONG KORANDO LTD**  
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# Mitre 10 Classic Cruise donate \$1065 to local Cancer Society

Representatives from the Wanganui Vintage Car Club who organised the Mitre 10 Classic Cruise over Vintage Weekend, advise that "70 cars participated in the event, which considering the torrential downpour just prior to the start was an excellent number."

As a result, they were able to donate \$1065 to local Cancer Society.

The VCC "would like to thank all involved: Mitre 10 Mega, Barracks Sports Bar, who hosted the prize giving and the VCC members who also aided the smooth running of the event."



Peter Hardy (third from left) and Frank James (second from left) from the Wanganui VCC with Hayden and Paula (1st on the left) Mitre 10 Mega Whanganui, handing over \$1065 to Kerry and Rachel of the Cancer Society.

# Blind Spot with Marion Hainsworth

Welcome to 2024 as we commence our various Blind Centre activities this year

The Association of Blind Citizens (ABC) afternoon socials, which are held each month on the 1st and 3rd Thursdays. In February, the socials will be on the 1st and the 15th, commencing at 2.00pm in the Peat Street Blind Centre. If you require transport, telephone the office the day before or before 11.00am on the day of the gathering. New members are welcome – please come along and enjoy the entertainment and afternoon tea.

Blind Low Vision Recreation Officer Sarah (phone 0220157515 or ssmall@blindlowvision.org.nz), leads a walking group each Monday at 10.30am – if weather permits. Participants meet at the 102 Peat Street Blind Centre. Walkers set off with sighted guide support for 2 – 3 kilometres of exercise. Upon return to the Blind Centre, they sit down to tea or coffee. This group is free.

Sarah also organises a games afternoon which is held on the 1st Wednesday of each month, 1pm – 3pm. This is held in the 102 Peat Street Blind Centre.

The afternoon starts with a quiz, then bingo, then is followed by card and board games. All activities are adapted for visual impairment and sighted guide support is available. Tea and coffee are provided. This group is also free. Please contact Sarah regarding your involvement in these two activities.

Craft Groups continues activities on Monday and Tuesday afternoons, at 1.30pm.

Office hours are Monday through Thursday, 10.00am – 1.00pm, phone 348-4401.

- Marion Hainsworth

# WORLD TINNITUS AWARENESS WEEK February 5 - 11

## Tinnitus - the constant ringing, buzzing or popping noises

There's a Zen koan (a koan is a perplexing and surprising phrase), saying, "If a tree falls in the forest and there's nobody around to hear it, does it make a sound?" I often think of this koan in connection with tinnitus. It can be quite a lonely experience, having a range of sounds playing out in your head that,

with Subjective Tinnitus, no one else can hear. My experience with tinnitus started over 20 years ago, with various pitches of ringing in my ears and, very occasionally, clicks and beeps, which have all the hallmarks of a Scifi movie where aliens are trying to make contact. Between 10 and 15 percent of the world's

population are said to be living with Tinnitus, and there is, to date, no cure. For me, the issue doesn't stem from the ears but the brain (subjective tinnitus), and recent research has made some groundbreaking discoveries for Tinnitus, which is considered a major worldwide health issue. Let me introduce you

to the groundbreaking study using the Linere device, consisting of a pair of headphones and a mouth device. Using sound and different tones through headphones and a mouth device that delivers mild electrical impulses to the tongue, the sounds and impulses are believed to quieten the area of the brain responsible for the tinnitus after regular use over a period of weeks. The study resulted in significant tinnitus reduction for the participants, in the

short term at least. The study and device could be a ground breaker for tinnitus sufferers, and the Linere device is now FDA approved and available in some countries. I have been unable to locate one in NZ. In the meantime sufferers still have ways to alleviate the ringing, popping and buzzing that can interrupt our days and relationships. I found befriending my tinnitus helped. That's not to say that it was my new best friend and I'd

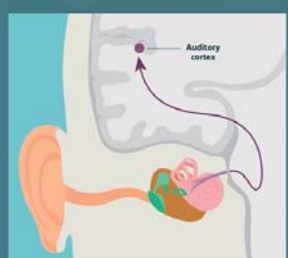
be bereft if it disappeared, but more how I could understand it better. I discovered that certain things worsened the sounds, like stress, travelling in a car (I think it's the constant road noise) and lack of sleep. In the early days, I found the ringing intrusive and it would often take priority over every-day sounds and conversations. Over time, I learnt to think of it as background noise, and when it was at its worst, I'd see it as a kindly warning system that I

needed to manage the stress in my life and get more sleep. I regularly meditate, use tinnitus sound therapy and hearing aids have helped too – I strongly recommend seeing a professional.

If you also have tinnitus, know that I hear you. I may not have the same tone or sounds, but I understand the challenges it presents. I wish you well in finding your path to managing and maybe even befriending your sounds. - Louise Follett

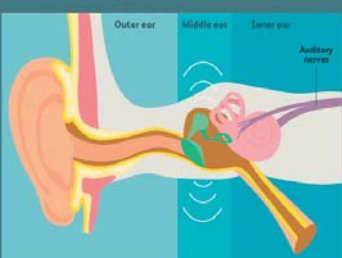
### Types of Tinnitus

#### Subjective Tinnitus



Caused by abnormal nerve activity in auditory cortex. You perceive a sound that's not there.

#### Objective Tinnitus



Caused by physiologic process near middle ear, like a muscle spasm. A sound is being made.

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# WORLD CANCER DAY

## Sunday 4 February

### Theme: "closing the gap"

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World Cancer Day on 4 February was set up to raise awareness of cancer and to encourage its prevention, detection, and treatment. The day is also an opportunity to target misinformation, raises awareness, and reduces stigma.

The theme for the years 2022-2024 is 'Close the care gap', which focuses on eliminating the difference in access to cancer care services frequently dependent on income, age, gender, ethnicity etc.

A multi-year campaign means more exposure and engagement, more opportunities to build global awareness and ultimately more impact. Together, it's time to close the care gap in cancer care.

2024 is the last year of this campaign and it is all about bringing attention to a higher level. As the World Cancer Day website says, "Together, we will make sure our leaders know that we demand a commitment to prioritising cancer, to creating innovative strategies designed to confront inequity and to investing our resources to achieve a just and cancer-free world. We will call on leaders to eliminate health inequities by addressing their root causes, ensuring that everyone has access to quality health services when, where and how they need them."

The 2019-2021 campaign theme was 'I Am and I Will' seeking to counter the negative attitude and fatalistic belief that nothing can be done about cancer, and instead promotes how our personal actions can be powerful and impactful.

Other themes have included 'We can. I can.', of 2016, which explored the power of collective and individual actions to reduce the impact of cancer.

In recent years, cities have begun to support the day by lighting up important landmarks in orange and blue, the colours of World Cancer Day. At least 60 governments officially observe World Cancer Day.

World Cancer Day is more than a day on the calendar. That's why the campaign is built to inspire change and mobilise action long after the day itself.

**Cancer Society**  
Te Kōwhiri Mātepukepuku o Aotearoa

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3pm 23 - 11am 24 March 2024  
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- Silent Disco
- Outdoor Movie
- Live Bands
- Candlelight Vigil
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# Your Health & Wellbeing

## Healing Rooms for Whanganui about to start



Some members of the Prayer Team.

The Healing Rooms team held a meeting in October 2023 to discuss the possibility of setting up Healing Rooms in Whanganui. Local Churches were notified, and there was an article in the RCP.

Beth Slattery from the group says, "It was really encouraging to see the venue filling up with people who had a desire to be part of the ministry, some with Healing Rooms experience and others hearing about it for the first time." A gathering together of God's people from all churches and denominations, believing Jesus is healing today.

The next step is to have a prayer team training day, which is planned for Saturday, 3 February. At this training day there will be the Director of Healing Rooms NZ, Rhonda Puddle coming down with a team to facilitate the training from Healing Rooms at 'The Village Church' in Hamilton as well as John Daysh from the Wellington Cathedral Healing Rooms.

Beth says, "Everyone is welcome to attend. The Healing Rooms NZ Training Manual costs \$15.00, and we

will take up an 'offering' to support the training work of Healing Rooms NZ." The venue is Riverside Christian Church, 4 Ingestre Street, next to the river, and registrations will open at 9am, with training starting at 9.30.

The first 'Healing Room' was opened in Spokane, Washington, 109 years ago by John G Lake, who called together men and women of faith in Spokane and trained them to pray in teams for the sick. This ministry, with over 100,000 recorded healing testimonies being documented, led to the formation of the International Association of Healing Rooms (IAHR), which has provided training, support and connection for over 3,000 Healing Rooms worldwide.

The vision of IAHR is to see Healing Rooms in every town and every city, where people from all walks of life can visit and receive prayer ministry in a loving, safe, confidential environment. "Some people are healed instantly by a miraculous touch from God and others receive their healing progressively over time."

The team here in

Whanganui are currently looking for suitable premises to set up Healing Rooms, preferably close to the CBD area of town. For more information on Healing Rooms, or to register for the training day please email whanganui.healingrooms@gmail.com.

## Brain experts share top tips to combat the blues

### Strategic Sunlight Exposure

No matter how busy work gets, make it a point to step outside for 10-15 minutes every day before 12:00. To maximise the benefits of this exercise, position yourself to face east, as this aligns you with the direction of the morning sun. It's also important to repeat this practice in the evening, during sunset. This time, you should face west as the sun sets in that direction.

While it's crucial to safeguard your skin from the sun, the main focus here is on allowing ample sunlight into your eyes. Therefore, consider taking off your shades for this brief exposure.

Exposure to natural light in this way and time frame is essential for supporting your hormonal system. This is because the amount of light that enters your eyes during these times directly influences the production and regulation of hormones in your body, such as serotonin, melatonin and cortisol, which play a critical role in mood and sleep patterns. This effectiveness extends even to areas with cloudy weather, as the light can penetrate through clouds.

### Grounding

Grounding, also known as earthing, is a practice that involves physically connecting with the Earth's surface to absorb its natural, subtle electrical charge. The idea behind grounding is that in our modern lives, we are often insulated from direct contact with the Earth due to the prevalence of rubber-soled shoes, buildings, and other non-conductive materials. Research indicates that grounding can reduce inflammation, help manage stress levels, and improve sleep patterns. To practise grounding, all you need is to locate a patch of grass, sand, or even mud, and let your bare skin make contact with the natural earth. You can either walk or stand barefoot on the ground

to experience its benefits. Aim to spend at least 20 minutes every day practising this to see the benefits. In addition, immersing yourself in hot springs is a fantastic way to practice grounding, and New Zealand is one of the best places in the world to experience the rejuvenating benefits of natural geothermal pools.

### Bedtime Routine

Set a fixed bedtime for every night, and as the clock ticks, put away your phone, turn off the lights, and gently close your eyes. This simple lifestyle adjustment is often underrated, yet it stands as one of the most effective anti-stress habits. Going to bed at the same time every day offers multiple benefits: It aids in regulating our circadian rhythms, ensuring our body's internal clock is in sync. This, in turn, helps stabilise the production of crucial hormones like melatonin and cortisol. Such regularity not only contributes to improved sleep quality but also plays a vital role in stabilising mood and promoting better mental health.

### Connections

While the natural reaction when experiencing post-holiday blues might be to isolate oneself, it's essential to try the opposite by nurturing connections with others. Engaging in social activities, whether with friends, family, or support groups, can offer a sense of connection and belonging that acts as a potent antidote to feeling down.

\*Please note that cases with more severe symptoms should be evaluated and treated by medical professionals. Treatment options may include cognitive-behavioural therapy, antidepressant medication, or a combination of therapies. In such cases, your GP should be your first point of contact for guidance and appropriate care.

## Take the reins against allergies with horseradish!

Packed with antioxidants, vitamins, and minerals, this pungent root vegetable offers a myriad of benefits that extend beyond its culinary appeal.

Think of horseradish as your body's sidekick, gearing up your immune system for battle. Loaded with antioxidants, vitamins, and minerals, it's like a mini army against pesky infections. Its rich antioxidant content helps neutralise free radicals, the troublemakers that can damage your cells and weaken your defenses. Plus, it's a powerhouse of vitamins and minerals – vitamins C and B6, and zinc – all essential players in the immune system game.

Are allergens getting to you? Horseradish calms irritating symptoms of allergen reactions and helps you breathe easy. It supports the removal of any excess mucus in your respiratory system and sinuses.

So, whether you're warding off a bug or just want to keep your immune system in top-notch condition, consider horseradish your go-to ally.

Lighthouse Horseradish, Garlic & Vit C is an all-round formula that supports a healthy immune system. It contains high-strength horseradish to support respiratory membranes. Garlic and vitamin C support your body's defences, while marshmallow and fenugreek support



mucous membrane health. This formula is especially helpful during the high pollen season to support your body's reaction to summer allergens.



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### WHANGANUI HEALING ROOMS Ministry Prayer Team Training

Saturday 3rd February 2024

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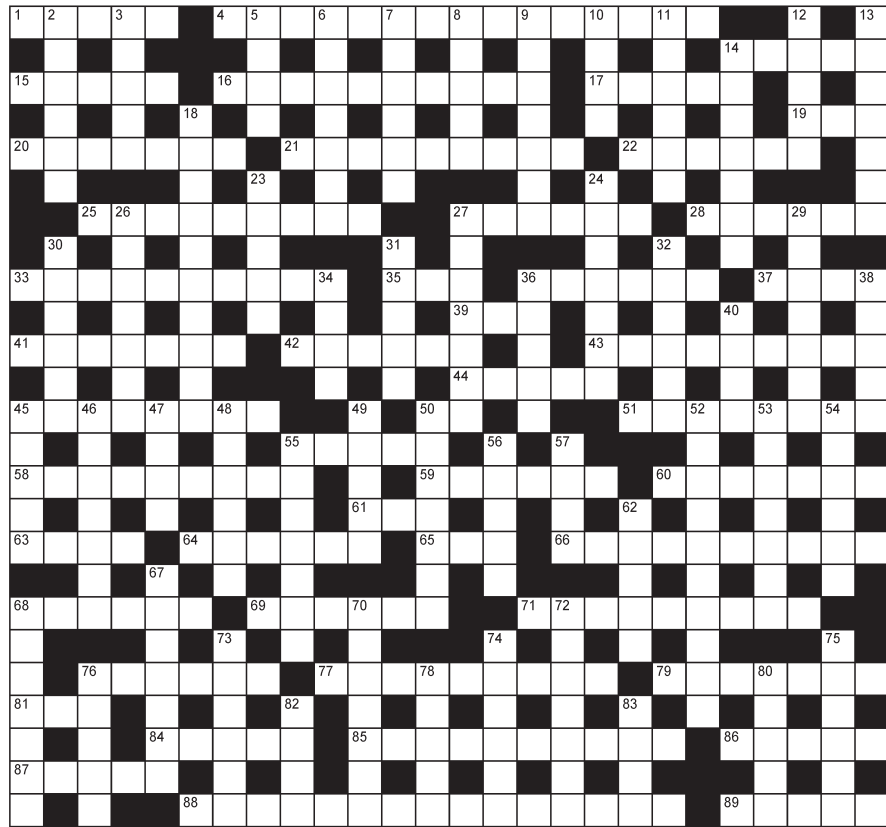
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Jumbo crossword

ACROSS

- 1 Scatter (5)
- 4 Small perceptible part of a much larger situation or problem (3,2,3,7)
- 14 Prize money (5)
- 15 Sword (5)
- 16 Pirates' flag (5,5)
- 17 Hot drink (5)
- 19 Passenger vehicle (3)
- 20 Chorus (7)
- 21 Holds the attention of (9)
- 22 Tell about (6)
- 25 Large wholesale store (9)
- 27 Technical language (6)
- 28 Cooking instructions (6)
- 33 Device to stop bleeding from arm or leg artery (10)
- 35 Chinese cooking pan (3)
- 36 Summary (6)
- 37 Optical glass (4)
- 39 Long fish (3)
- 41 Forsake (7)
- 42 Self-assurance (6)
- 43 Formal assurance (9)
- 44 Oily fruit (5)
- 45 Least-favoured competitor (8)
- 50 Former partner (2)
- 51 Memento (8)
- 55 Browned bread (5)
- 58 Contestant, challenger (9)
- 59 Accessories (6)
- 60 Ghost (7)
- 61 Black sealant (3)
- 63 Uniform (4)
- 64 Builds (6)
- 65 Bite (3)
- 66 Persisted (10)
- 68 Strong coarse cloth (6)
- 69 Crumb (6)
- 71 Take the place of (9)
- 76 Protect from danger (6)
- 77 Breed of dog (9)
- 79 File (7)
- 81 Devotee (3)
- 84 Peer (5)
- 85 Makes holes through (10)
- 86 Dromedary (5)
- 87 Shoulder garment (5)
- 88 Insolent audacity (5,2,3,5)
- 89 Trifling (5)
- DOWN
- 2 Merchant (6)
- 3 Mistake (5)
- 5 Household appliance (4)
- 6 Rectangles (7)
- 7 Serving dish (6)
- 8 Score of two under par on a golf hole (5)
- 9 Museum keeper (7)
- 10 Reverse (4)
- 11 Din (6)
- 12 Buy off (5)
- 13 Check with a ruler (7)
- 14 Universal remedy (7)
- 18 Odds, probability (10)
- 23 Fashion (5)
- 24 Pastille (7)
- 26 Organise (7)
- 27 Music machine (7)
- 29 Lifelessness (7)
- 30 Reel for yarn, thread (6)
- 31 Faint (5)
- 32 Fermented fodder (6)
- 34 Ilk (4)
- 36 Knitting stitch (5)
- 38 Screen (5)
- 40 Moist (4)
- 45 Male relation (5)
- 46 Underground cell (7)
- 47 Stink (4)
- 48 Commands (6)
- 49 Throwing game (5)
- 50 Endless (7)
- 52 Countenance (10)
- 53 Come after (7)
- 54 Nucleus (6)
- 55 Farm vehicle (7)
- 56 Organ controls (5)
- 57 Stringed instrument (4)
- 62 Thin porridge (5)
- 67 Afternoon performance (7)
- 68 Befuddle (7)
- 70 Hair cleanser (7)
- 72 Ignorant (7)
- 73 Furrowing implement (6)
- 74 Caress (6)
- 75 Flaw (6)
- 76 Pry (5)
- 78 Deserve (5)
- 80 Musty (5)
- 82 Smokestack (4)
- 83 Abominable Snowman (4)



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EACH number in our Code-Cracker grid represents a different letter of the alphabet. For example, today 24 represents M, so fill in M every time the figure 24 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](http://www.codecracker.co.nz)

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

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Sudoku

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

HARD

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

Previous solution

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

Previous crossword solution

ACROSS: 1 Bailiff, 4 Substitute, 9 Despire, 13 Glee, 14 Cinema, 15 Errant, 16 Convict, 19 Surplus, 20 Calm before the storm, 21 Crafty, 22 Gance, 24 Pole vault, 29 Composer, 30 Garter, 31 Venture, 35 Airborne, 36 Loving, 37 Opal, 38 Brush, 39 Rat, 41 Suede, 43 Saddle, 47 Rests, 50 Job, 54 Stood, 55 Fawn, 56 Chance, 57 Disburse, 60 Caption, 61 Deputy, 62 Alopecia, 65 Buccaneer, 67 Satire, 68 Dismay, 72 A turn-up for the books, 75 Unearth, 77 Sangria, 78 Viable, 79 Bronze, 80 Glut, 81 Shutter, 82 Devastated, 83 Epitaph.  
DOWN: 1 Bogus, 2 Ice cream, 3 Flimsy, 4 Speechless, 5 Brawl, 6 Tremble, 7 Tariff, 8 Tenor, 10 Exonerated, 11 Pivotal, 12 Secure, 17 Gluttonous, 18 Steer, 21 Centaur, 23 Nervous, 25 Ocelot, 26 Sponge, 27 Frugal, 28 Fresco, 30 Grind, 32 Tire, 33 Trot, 34 Fade, 40 Astral, 42 Deal, 44 Accrue, 45 Diary, 46 Enchant, 48 Spinnet, 49 Subdivides, 50 Jury, 51 Brewery, 52 Soot, 53 Sneeze, 58 Conclusive, 59 Correspond, 63 Sniff, 64 Umbrella, 66 Upright, 67 Subject, 69 Attach, 70 Phobia, 71 Puzzle, 73 Raise, 74 Orbit, 76 Hitch.

5x5

T	A		H	
E		I		
S	O	E		
A	E			
S	A	S		

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

S	P	A	S	M
C	E	L	L	O
A	D	I	E	U
R	A	V	E	N
S	L	E	P	T

Previous solution



# Model T Ford Club of New Zealand

31st National Rally  
7 - 11 February 2024  
in Whanganui  
THURSDAY 8 FEBRUARY



## Forty Ford Model 'T' veteran vehicles to tour our region next week

On Thursday, 8 February, the Manawatu-Whanganui Region will come alive to the magic hum of up to 40 very colourful Ford Model 'T' Veteran vehicles motoring through and around the highways and byways. This year, the little township of Raetihi and Ohakune are hosting members of the New Zealand Model T Club for their 31st National Rally from the 7 - 11 February.

For the past 31 years, this annual event has been hosted at a chosen location, either in the North or South Islands. This year, the organisers, Jim and Kaaren Smylie, decided there was no better place to be than in this area, because of our delightful scenery, and all the wonderful off-road opportunities the Manawatu-Whanganui region has to offer. Numerous unsealed roads and many excellent sealed roads all designed to put the entrant's motoring prowess to the test on this Rally!

Participants in this Rally are coming from near-and-far, travelling to the North Island from the lower South Island, and South Australia, all to take part in this five-day event.

The days begin relatively early for the participants; they will be 'hitting



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the seal' by 8.30am after they have been given their daily briefing with a full day ahead of them. Each day the participants will be starting either from Ohakune or Raetihi, and will end their days back in Raetihi at the local Cosmopolitan Club for their evening meal.

Each, and every one of the entrants is really looking forward to travelling

to Whanganui on Day Two (Thursday, February 8) of the Rally and motoring through the city to arrive at their destination: the popular Waimarie Paddle Steamer for lunch.

They should arrive in Whanganui around 12.30pm and will be leaving at about 2.30pm. The vehicles will be parked around the rowing shed if the public wish to go and view them.

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when they pass you by, and the drivers will respond to you with a welcoming 'ahooga' on their horns!

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## Wanganui Golf Club celebrating 130 years in 2024 *Badminton tournament for all skill levels*

The Wanganui Golf Club at Belmont is planning a number of celebratory events to mark their 130th year in 2024. As Manager Darryn Hartley says, "There would not be many golf clubs in the country who could match that number."

The official event will be on August 3, and will feature an open day as well as a golf event.

There will be a number of lead up events, some serious, others just serious fun. On February 3 is the Green Keepers Revenge, and the course will be an interesting challenge." Darryn explains that it could be: "a hole on the fringe of the green, a marquee over the whole green, dressing a bunker with deck chairs and umbrellas as in a beach scene and other obstacles."

Later in the year, Darryn is planning to have a 'backwards course.' So, instead of the normal 1st to 2nd hole and so on, it might be 1st to 4th, which could lead to some confusion but also good fun.

The club works with certain charities to help the cause, and on March 15, there will be an am-brose tournament to raise funds for Life Education Trust. To, hopefully, get a better team score, you can buy the services of many starts including ex All Black Christian Cullen, to join your team.

There will be another fundraiser on March 22 – this time for Riding for the Disabled.

Darryn stresses the point that golf is no longer an elitist sport. All are welcome not only to play golf but also to become members and benefit from the social functions available. These include the café and bar open from Thursdays to Sundays. They also have a coaching pro, Peter Cassidy. Special membership categories are available for school and tertiary students, under 25s and un-



The view from the Clubhouse at Wanganui Golf Club

der 35s as well as a 'New to Golf' membership at \$100 for three months to try the sport out.

The club has beautiful clubrooms, with perhaps one of the best views in town, plenty of parking, a great Pro Shop and is only 5km from the town centre.

Wanganui Golf Club is ranked 23rd in the top 100 courses in New Zealand and is one of the best for a golfing experience.

Part of that experience is "the variety of holes providing exciting challenges. It is not your flat, straight course." He is

especially proud of the "four of the best par 3's of any course in the country with all options covered" – elevated tee to plateau green, uphill and sloping green, downhill bunker surrounded and a tight shot with out-of-bounds in play.



Get ready to showcase your badminton skills as Wanganui Badminton gears up for our very first badminton tournament

of 2024, the Whanganui ABCD Open! With different categories catering to various skill levels, this tournament is the perfect

opportunity for players of all abilities to enjoy the thrill of badminton.

Organized by Whanganui Badminton, the event aims to bring the community together and promote the sport at all skill levels. The tournament will take place at Springvale Stadium on 17 February, starting at 9am.

Registration is open to everyone, so gather your friends, family, or co-workers and join in the excitement. Entries can be made online through our website [www.sporty.co.nz/wanganuibadminton](http://www.sporty.co.nz/wanganuibadminton), or directly at [bnz.tournamentsoftware.com/tournament/6576783c-0920-4701-b2fd-02f9d6164486](http://bnz.tournamentsoftware.com/tournament/6576783c-0920-4701-b2fd-02f9d6164486). If you don't already have a BNZ membership, you will be asked to make one to enter, this only takes a couple of minutes and is free to do.

Don't miss out on the chance to be a part of Whanganui's badminton extravaganza. Mark your calendars, register soon, and get ready for a day filled with sportsmanship and spirited competition!

## Durie Hill Bowling Club is replacing its green with a synthetic one

It is following the Wanganui East and Wanganui clubs in installing an artificial green.

Durie Hill media officer Colin Luttrell said the Club hoped to have the new green ready for next season.

He said the club had a working committee, led by Philip Huwiler, for the project. Philip is the president of Bowls New Zealand.

Colin said the Durie Hill club was investigating areas of finance, making sure all boxes were ticked.

He said the Club had an influx of new players, and it was better for them to have a synthetic green as a way to go forward.

The new green would be easier to play on and

not at the behest of the weather.

The playing surfaces at the Wanganui and Wanganui East clubs are magnificent.

The Durie Hill Club has won the men's inter-club competition for the last two seasons. In addition, the Club is prominent in the Club of the Year competition in the Centre this year. It leads the men's section and is second in the combined men's and women's.

The Durie Hill Club is a social hub for the suburb. Indoor bowls are played in the winter months and the club facilities are also used by gardening and craft groups. On Fridays in the summer, there are social bowls for non-bowlers.



Prominent bowlers with the Club at present in-

clude Philip and Kaylin Huwiler, Bruce Winter-

burn, Gavin Scrivener and Tannith Potgieter.

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CITYMISSION WHANGANUI

# Waitotara School and community welcomes new playground

Two years ago, the playground at Waitotara Primary School was looking a bit tired and run down and in need of an update. Who better to come up with replacement ideas than the students?

On Tuesday, 29 January, the new playground was opened with representatives of the community and the three groups that

provided grants present. The playground, incorporating the students' ideas, has:

- A climbing frame
- A basket swing, and
- A climbing wall.

As no government funding was available, the school had to do a lot of fundraising, including a raffle, a quiz night in the local community hall, a pet day, a cake auction and

sausage sizzles. Fortunately, three organisations have provided grants. They are Waipipi Wind Farm, Patea Discretionary Board and the 4 Regions Trust. Community members got involved and helped out with the installation of bark and the fencing. The school has 40 students from the surrounding area, including some from Waverley. Principal Polly

Devine says, "The premises are utilised by the local community, especially on the weekend, including using the swimming pool, the all-weather track and the large trampoline. We are the community hub, and the community will look after the new playground."

## IN REMEMBRANCE

For our friend, Tony Tocker: Kiwanis Club, Twilight Zone drummer, trumper, Spitfire car lover, kind and gentle person. Thank you.



Waitotara Primary School students enjoying the new playground

## WHAT'S ON IN THE COMMUNITY

### 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.

### Amitabha Buddhist Centre

Come and join us at the Christadelphian Hall on Tuesday night at 7:30pm for Bible-based discussion and a cup of tea. All are most welcome. 138 Great North Road. Email: wanganui.ecclesia@outlook.co.nz / www.thisisyourbible.com

### Do You Have Questions About the Bible?

Come and join us at the Christadelphian Hall on Tuesday night at 7:30pm for Bible-based discussion and a cup of tea. All are most welcome. 138 Great North Road. Email: wanganui.ecclesia@outlook.co.nz / www.thisisyourbible.com

### Psychic Adventures

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### The Art Over East Group

meets every Monday from 9.30am to 1.30pm at St James Church Hall, on the corner of Boydfield and Helmore Streets. A friendly social space for beginners through to experienced artists to come and work on their projects. Costs \$10.00 per day which covers hall hire, refreshments and admin. Bring your own lunch. This year the group will be running workshops as well, starting with Painting with Pencils on 12 February. Contact Dora Baker 027-201-9687 or Lynne 021-2055-991 for more information on that.

### The Whanganui Community Choir

recommences for the year on Monday 12th February. Time: 7pm at the Riverside Christian Church, 4 Ingestre Steet, Whanganui. The Choir is a mixed choir singing four-part harmony – Soprano, Alto, Tenor & Bass; under the expert direction of our Musical Director – Caleb Arthur. Come along and join us if you love the joy of singing – you will not need to audition. For more information please contact our Secretary – Edwyna - 027-360-1335 / 06-344-7974.

### Twinkle Toes at St Paul's

Fridays from 10.00am to 11.00am – during school terms only. Starts Friday 09th February 2024 at St Paul's in the City Hall, Cooks Street. Car park building and lift access. A fun music time for preschoolers. Gold coin donation.

### Wanganui Country Music Club Inc.

welcome you to join us on Sunday 28th January at Pipe Band Hall, 1E Bell St. Afternoon concert from 1pm to 4.30pm. We meet the 2nd and 4th Sunday of each month right through to 8th December. Great band, raffles, and afternoon tea. We look forward to meeting you. Contact Terri or Dave 021-061-7282 for further information.

### Wanganui Spiritual & Awareness Centre

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



## Recent Bereavements

Sadly passed away recently...

**Mavis Kathleen JERMY**, on 26 December 2023, aged 93 years.

**Sr John Bosco RSJ (Elizabeth) KENDALL**,

on 27 January 2024, in her 66th year of Profession.

**Lilian MOORMAN**, on 22 January 2024, aged 93 years.

**Brendan Paul MANAGH**, on 25 January 2024, aged 51 years.

**Barbara Lynette (Lyn) RICHARDSON**, on 21 January 2024, aged 84 years.

**Patricia Marina (Pat) YOUNG**, on 26 January 2024, aged 85 years.

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## River City Press

- Positive news stories and advertising welcomed  
Email: [rivercitypress@xtra.co.nz](mailto:rivercitypress@xtra.co.nz)

## SITUATION VACANT

## RECEPTIONIST REQUIRED

Armstrong Barton is one of Whanganui's long-standing law firms.

We are seeking a talented full time Receptionist with varied duties including Reception, Typing, & Trust Account Processing.

### Day to day Responsibilities

- Reception;
- Accounts processing;
- Trust account balancing;
- Customer due diligence;
- Filing;
- General typing.

### What we are looking for

- Communication which is professional, friendly & tactful;
- High level of organisational skills with the ability to follow-up and work with the team;
- Attention to detail with a high level of accuracy with keyboard skills;
- Able to multi-task and adapt to change with ease;
- Basic accounting skills;
- Basic knowledge on Outlook, Word & Excel.

Prior experience in a law firm would be an advantage, but the role would also suit someone with experience in administration. While training will be provided, some relevant work experience is essential.

This position is full time Monday to Friday, 8:30am to 5pm.

Attach covering letter about yourself along with your CV.

Contact  
**Katrina Davidson**  
Practice Manager  
[info@armstrongbarton.co.nz](mailto:info@armstrongbarton.co.nz)



**ARMSTRONG BARTON**  
LAWYERS

## FOR LEASE

## FOR LEASE

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p: 06 345 5552 Whanganui

e: [whanganui@kinetic-electric.co.nz](mailto:whanganui@kinetic-electric.co.nz)

www.kinetic-electric.co.nz

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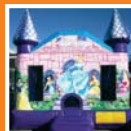
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- Local opinions
- Local ownership

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## FOR SALE

**BLINDS** - Roller & Venetians to order. Free measure and quote. Strath Davis Furniture & Flooring, Ph (06) 345-0883.  
**DOG** crate, large good condition. Only used for a short time. \$90.00. Phone or text 027-305-3887.

**NEW** books available at River City Press, 52 Ingestre St. "From the Sea to the Mountain"; "Whimsical Tales of Old Wanganui"; "More Whimsical Tales of Old Wanganui"; "My Life - Annasophia".

**TOP** range now available of 6 dollar shrubs; Lavender stoechas, Rosemary Blue Lagoon, Teuchrium Fruiticans, Hebes, Orange Day-Lillies, Australian Mint Bush, Felicia 'Blue Jay', plus 6 dollar hedging; Griselinia, Totara, Corokia 3 varieties, Lonicera Honeysuckle Golden Box, Buxus, good variety of Pittosporums and White Manuka. Parnells Quality Tree and Shrub Nursery, 102 Fox Road, Wanganui, phone 344-6645, Est. 1895.

## DOG WALKING SERVICE

DO you wish you could give your dog the exercise they need, without having to walk them yourself?  
Call/txt 022-010-3577.

## FIREWOOD FOR SALE

**AFFORDABLE** firewood starting from \$50 a cubic metre for sale. Please phone us on (06) 343-8466.

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GET a stunning, contemporary website at minimum cost, or give your old one a strategic revamp. Phone Peter on 020-4161-3506 or email [peter@toucan.media](mailto:peter@toucan.media).

## WORK WANTED

**HOME** maintenance and shifting. House clean-up, gardening, water-blasting, spout cleaning, de-cluttering. Ph Ray 027-2807015.

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

**PAINTER** and Plasterer, professional, efficient and experienced. No job is too small. Reference available. Call or text 022-035-0175.

## PUBLIC NOTICES

**TUNE** into City Magic 106.9FM. Old Radio Countdowns, old Serials, music documentaries, comedy. Sundays 8.00am Woman to Woman. 12pm Dick Clark, segments on sport's community events, American Top 40s. Feedback 021 216 0886, requests. Broadcasting Durie Hill.

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**GARDEN** seat. Park bench style with metal ends. Any condition. Ph. (06) 343-7280 or 027-591-4410.

## PERSONAL

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

I am seeking to make contact with anyone who has been vaccine injured by the Covid Vaccine. Phone Graham (06) 343-1606.

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Call Paul on  
**021 245 4999**

## PUBLIC NOTICES

### SECTION 101 SALE AND SUPPLY OF ALCOHOL ACT 2012

GK McIvor Trading, 77 Moana Street, Whanganui has made application to the District Licensing Committee at Whanganui for the renewal of an Off Licence in respect of the premises situated at 77 Moana Street, Whanganui known as Four Square Whanganui East.

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

The days on which and the hours during which alcohol is sold under the licence are **Monday to Sunday 7.00am to 8.30pm.**

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

Any person who is entitled to object and who wishes to object to the issue of the licence may, not later than 15 working days after the date of the publication of this notice, file a notice in writing of the objection with the Secretary of the District Licensing Committee at [DLAdministration@whanganui.govt.nz](mailto:DLAdministration@whanganui.govt.nz).

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

This is the first publication of this notice.

## BUYING and SELLING USED FURNITURE

**ginza BARGAINS**  
Phone 345 3154  
54 Maria Place Extn  
Email: [ginza2@xtra.co.nz](mailto:ginza2@xtra.co.nz)

## FRUIT & PRODUCE

FRESH vegetables available, open Thursdays, Fridays. Laugeson's Gardens, Westmere Road.

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JADE Traditional Thai Massage. Excellent massage at reasonable prices. 64 Guyton Street. Phone 348-8466 for an appointment.



# NEED HELP?

Emergency.....111

City Mission/Foodbank .....345 2139

Women's Refuge Wanganui ..... 344 2204



# CLASSIFIEDS

52 Ingestre St Ph 345 3666

Email: rivercitypress@xtra.co.nz

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

Email or facebook message us with your nomination and reason why they deserve to win!

email: rivercitypress@xtra.co.nz  
facebook: River City Press Wanganui



## PUBLIC NOTICES / ENTERTAINMENT



### Waitangi Day Holiday Hours

Tuesday, 6 February 2024

These are the opening hours for Whanganui District Council facilities and services for the Waitangi Day public holiday on Tuesday, 6 February 2024.

You can contact us at any time on 06 349 0001. This number is monitored 24/7 including for urgent enquiries. You can also report non-urgent issues by using the free Antenna app: www.whanganui.govt.nz/antenna

Council Customer Services, 101 Guyton Street	CLOSED
Council Infrastructure Office, 179 St Hill Street	CLOSED
Whanganui & Partners, Innovation Quarter, 179 St Hill Street	CLOSED
Whanganui isite Visitor Information Centre, Taupo Quay	OPEN 9.00am - 3.00pm
Whanganui Regional Museum, Watt Street	OPEN 10.00am - 4.30pm entry is free Archives: By appointment only, email archives@wrm.org.nz
Royal Whanganui Opera House Box Office, St Hill Street	CLOSED
Whanganui War Memorial Centre, Watt Street	CLOSED
Cooks Gardens, St Hill Street	Track and field Velodrome Events Centre OPEN CLOSED unless pre-booked CLOSED
Whanganui District and community libraries	CLOSED
New Zealand Glassworks, Rutland Street	CLOSED
Durie Hill Elevator, Anzac Parade	OPEN 10.00am - 5.00pm
Splash Centre, Springvale Park	CLOSED
Whanganui East Pool, Tinirau Street	OPEN 12 noon - 6.00pm
Whanganui Airport terminal, Airport Road	OPEN one hour before departures and 30 minutes before arrivals for scheduled Air Chathams flights – for all Air Chathams enquiries, please call 0800 580 127
Animal Pound, Airport Road	The facility is closed but you can still call the animal management team on 06 349 0001 for all animal-related enquiries.  Normal hours resume on Wednesday, 7 February (open 11.00am - 1.00pm)
Whanganui Resource Recovery Centre, Maria Place	OPEN 10.00am - 3.00pm (drive-in gated area)  The front part of the centre is open 24/7 for dropping off glass, paper/cardboard, cans and recyclable plastics 1, 2, and 5

### WANGANUI EAST CLUB

#### MEMBERS DRAWS

MUST GO!

THURSDAY 8 FEBRUARY

\$1000 - 6.30pm

\$200 - 7.00pm

\$400 - 7.30pm

101 Wakefield Street, Wanganui East  
Phone 06 343 7023



### GLENDARROCH SCOTTISH COUNTRY DANCE CLUB

is holding an

**Adult Beginners Course**  
8 weeks beginning  
**Monday 12 February**

at Carlton School Hall, Carlton Avenue  
Dancing from 8pm - 9pm

8 x weekly classes including a Social Dance on the final night.

Cost \$50.00 to be paid by the second class.

Please arrive 10-15 minutes early on the first night. We suggest you wear a pair of comfortable soft soled shoes, dress in comfortable skirt, shorts or trousers and top/dress and bring bottled water.

*This is a fun, social way to exercise*

Enquiries email: glendarroch@dancescottish.org.nz  
Phone Linda: 027 284 1794

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# Welcome to ARAMOHU

## Bryn Morgan has a great future in rowing



Bryn (right) with Mahe Drysdale

Bryn is in his 3rd year of rowing for Whanganui High School and the Aramoho Whanganui Rowing Club, and his potential was shown at the recent RigTec Billy Webb Challenge, where he had the best prognostic score (the percentage of the highest standard) of 86.34%.

This gave him the best time of those in the under-18 category and his name on the trophy, pre-

sented for the first time this year.

Bryn previously had won the Under 16 Boys Single Scull on Lake Karapiro at the Christmas Regatta out of 26 entrants.

However, Bryn is also a keen musician playing first trombone for Whanganui Brass and is also an accomplished pianist with 11 years on the keyboard.

Bryn found the following breeze for the first 3km of the RigTec Billy Webb Challenge very much to his liking, enabling him to 'zone out' and "just keep the movement flowing – it felt like bliss."

He was stoked to meet and chat with one of New Zealand's foremost Olympians, Mahe Drysdale, who made the inaugural presentation of the Mahe Drysdale Junior Trophy.

The next step for Bryn is to compete at the NZ Club Championships next month, where he hopes to secure a podium finish. After that, there is the Maadi Cup Regatta in two months' time where hopefully he can secure the NZ Under 16 Single Scull title.

If he keeps doing well, Bryn would love to get a sporting scholarship from an American University. The opportunity to travel would also help develop his music passion.

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# La Fiesta!

10 February to 10 March | Whanganui  
NZ's Best Women's Fest



LA FIESTA! NZ'S BEST WOMEN'S FEST FESTIVAL PROGRAMME 10 February to 10 March 2024  
Brought to you by The Whanganui Women's Network + friends, in celebration of International Women's Day

### SATURDAY 10 FEBRUARY

8:30am-1pm | **ONE BILLION RISING – MARKET STALL** | Whanganui River Market, Moutoa Quay. Email Lorraine VIN@jigsawwhanganui.co.nz or visit <https://www.onebillionrising.org/about/campaign/>  
10am-2pm | **EXPLORING EMBROIDERY** | Davis Library, Pukenu Drive. Free. Ph/txt Ann 027 237 2088 or email donann101@gmail.com  
1-2:30pm | **SATUR-YAY, INTRO TO POLE CLASS** | Altitude Pole, upstairs 17 Taupo Quay | \$15. Ph/txt 022 451 9770 or whanganui@altitudepole.co.nz

Visit our stall and be part of the global movement. The theme for 2024 is 'Rise for Freedom: Be the New World'. Our freedom depends on our coming together to imagine it, create it, and rise for it. Come chat with us to find out more!

Come and see what can be done with needle and thread. Try your hand at stitching, materials supplied. A good chance to learn about the local Embroidery Guild.

The perfect class if you've thought about giving pole a go. No experience required, bookings essential. Get a buddy to join in as we'll be booking two people to a pole.

### SUNDAY 11 FEBRUARY

2:30-3:30pm | **SENSORY WALK** | Women's Network, 75 St Hill Street | \$10. Contact Mandy timshel8007@gmail.com  
4:30pm | **NEW MOON LOVE POTIONS** | Women's Network, 75 St Hill Street | \$30, ingredients + receptacles provided. Register to [airinibeautrais@gmail.com](mailto:airinibeautrais@gmail.com)  
7-8:30pm | **SING-A-LING-ALONG POP UP CHOIR** | 89a Guyton Street, upstairs | \$10. Ph/txt Lizzie 022 644 9020 or [Elizbeth.deVegt@gmail.com](mailto:Elizbeth.deVegt@gmail.com)

Gather first to explore the different senses we will use on a mindful walk of the city centre. After this awareness-based practice we'll reflect with some stretches together.

Make a personalised herbal tea blend, a spice mix for wine, and a syrup for cocktails or other drinks. These 'love potions' draw on folklore and mythology surrounding plants and can be used for amorous situations, self-love or creativity.

Can't sing? Too scared? No experience? Don't panic! Join others in this magical pop up choir for a fun sing-along featuring a variety of NZ classics + well-known numbers.

### MONDAY 12 FEBRUARY

By appointment | **NURTURING BACK + SHOULDER MASSAGE** | Embark Yoga, 75 St Hill Street | \$50. Ph/txt Emma 021 103 3394 to book  
By appointment | **NURTURING FOOT + LOWER LEG MASSAGE** | Embark Yoga, 75 St Hill Street | \$40. Ph/txt Emma 021 103 3394 to book  
10:30am | **WILL WORKSHOP** | Women's Network, 75 St Hill Street | Koha welcome. Ph [06] 349 0090 or [ipamariv@horsleychristie.co.nz](mailto:ipamariv@horsleychristie.co.nz)

Enjoy a 45 minute massage. Available every Monday, Thursday and Friday during the festival.

Enjoy a 30 minute massage. Available every Monday, Thursday and Friday during the festival.

Understand the importance of having a Will and Enduring Powers of Attorneys. Presented by Joamari van der Walt, Solicitor and Stephanie Bishop, Registered Legal Executive from Horsley Christie Lawyers.

6:30-9pm | **WHO'S WHO IN THE WOOL** | 75 St Hill Street | Koha welcome. Ph/txt Tracy 021 761 511 or Yee Yee 022 366 2348

Panel interview with the Wool Wellbeing Day practitioners. Inspiring stories of transformation and why they wool what they do.

### TUESDAY 13 FEBRUARY

10am | **WOMEN IN PARLIAMENT** | Brechin Lounge, St Paul's Community Centre, Guyton St | Free. Ph/txt Jenny 021 066 7766  
1:30-3pm | **BODY WORK FOR PREGNANCY** | Women's Network, 75 St Hill Street | Free. Contact [emilydixonmidwife@gmail.com](mailto:emilydixonmidwife@gmail.com) BYO yoga mat + pillow  
2pm | **GOD OF THE PIANG, rated M, director Itay Tal** | Josephite Retreat Centre, 14 Hillside Terrace | Koha Ph [06] 345 5047 ext 3 or [pam.hopper@zosi.org.au](mailto:pam.hopper@zosi.org.au)

An introduction to the National Council of Women and the past 130 years, as well as women in parliament today. Steph Lewis will share her reflections on being an MP.

An interactive space to learn about holistic pain reduction in pregnancy and during childbirth. For pregnant people, those considering pregnancy, and birthing partners.

For Anai, music is everything. Having never been able to reach her father's musical standards, she rests her hopes on the child she's about to have. A compelling and enigmatic story which presents some challenging ideas about family relationships.

6-8pm | **SOUL JOURNEYS – 4 PART SERIES** | venue TBC | \$20 per session each Tuesday in the festival. Ph/txt Azian 021 172 0027 or [inspired.hypnosisnz@gmail.com](mailto:inspired.hypnosisnz@gmail.com)  
5:45pm | **BOXFIT** | Her Fitness, 59 Ingestre Street | \$5 Ph [06] 348 9121 or [results@herfitness.co.nz](mailto:results@herfitness.co.nz) to register

A deep dive into a topic followed by a guided meditation. Weekly topics: the subconscious mind, confidence and boundaries, physical and emotional health, freedom and balance. **Bookings essential.**

Enjoy a fun and energetic Boxing Circuit, great music and plenty of laughs. All fitness levels welcome. **Bookings essential.**

Gina Gigou will demonstrate how to make a selection of dressings, dips and dukkah. Transform the dull into delicious! Vegetarian + vegan options included.

### WEDNESDAY 14 FEBRUARY

10:30am | **ARCHERY** | Kaierua Rugby Club, 100 Devon Road | \$6. Contact Maureen at [secretary@marangiaracheryclub.co.nz](mailto:secretary@marangiaracheryclub.co.nz)  
11am-12pm | **LIBRARY ONLINE** | Alexander Library, 1 Pukenu Drive. Free. Ph/txt Rachel 027 211 426 or [rachel@whanganuilibrary.com](mailto:rachel@whanganuilibrary.com) to register  
5:30-6:30pm | **HEALING VOICES** | St Andrew's Hall, 1e Bell Street | \$10. Contact Yee Yee 022 366 2348  
5:30-7pm | **EXHIBITION OPENING** | Space Studio & Gallery, 18 St Hill Street | Free entry. Visit <https://spacestudiogallery.co.nz/exhibitions/>  
6pm | **MY QUEENS' EXHIBITION OPENING** | Fleeting Fancy Gallery, 62b Taupo Quay | Free entry. Ph/txt Mel 021 258 9547  
7:30-9:30pm | **JOURNALLING – 3 WORKSHOP SERIES** | Women's Network, 75 St Hill Street | \$50. Register with [airinibeautrais@gmail.com](mailto:airinibeautrais@gmail.com)

Have a go at archery with all equipment provided. Sessions available every Wednesday during the festival.

Discover how to get FREE access to movies, books, audiobooks, magazines, newspapers, music, motor manuals, and courses, all available through the library apps.

The not choir, choir experience. Co-create colourful soundscapes with your voice, journey beyond song + structure. **Every Wednesday during the festival.**

A suite of exhibitions celebrating the creative success of local and national female artists. **Viewing through to 24 February.**

Melanie Fleet presents her latest multimedia artworks featuring the Queens who have inspired + influenced her. **Viewing through to 24 February.**

Do you love to write? Always wanted to keep a journal but struggle to start a regular practice? Join writer Airini Beautrais to explore writing techniques for self-reflection, discover possibilities for fun and creativity to deep introspection and healing.

### THURSDAY 15 FEBRUARY

10-11:30am | **CREATIVE WRITING** | Hakeke Community Centre + Library, 65 Hakeke St | Free. Contact Margaret [madge@slingshot.co.nz](mailto:madge@slingshot.co.nz)  
11am | **KEEPING YOURSELF SAFE IN BUSINESS** | Thrive Whanganui, 60 Ridgway Street | Free, with refreshments included. Contact [kiaora@thriveonow.org.nz](mailto:kiaora@thriveonow.org.nz)  
6:30pm | **NURTURING CRAFT EVENING FOR WOMEN** | 75 St Hill Street. Free. Contact [whieb@sustainablewhanganui.org.nz](mailto:whieb@sustainablewhanganui.org.nz) or ph/txt 022 192 2321

An open invitation to Whanganui women to attend our regular writing group sessions. This includes sharing work based on a previous prompt followed by a fun activity.

A workshop for women sole traders + entrepreneurs. From dealing with difficult creditors and suppliers to entering clients' homes or working alone, having a personal health and safety plan will empower you to respond to challenging situations.

Experience a relaxing and inspiring craft evening with Maddie making vision boards with re-used magazines to help you get in touch with your innermost dreams.

### FRIDAY 16 FEBRUARY

10am-3pm | **WEEKEND ART WORKSHOP** | Space Studio & Gallery, 18 St Hill Street | \$240 for 2 days. Book via <https://spacestudiogallery.co.nz/events/>  
12-1pm | **VOCAL TONING MEDITATION** | Women's Network, 75 St Hill Street | Koha. Contact Yee Yee 022 366 2348  
5:30pm | **FUN INTRO TO GOLF** | Rivercity/Tawhero Golf Complex, 24 York Street | \$20pp per session. Contact Ivan at [riversttee@gmail.com](mailto:riversttee@gmail.com)  
6-9pm | **DUNGEONS + DRAGONS LADIES' NIGHT** | Alexander Library, 1 Pukenu Drive | Free. Contact Nicola@whanganuilibrary.com

This 2-day workshop will explore the potential of Cold Wax to transform your painting or printmaking practice with Kapiti based Cold Wax Artist, Anna Layzell.

Experience this meditative vocal toning technique and immediately sense the calming effects of sound on your whole wellbeing. **Every Friday during the festival.**

Enjoy a fun, games-based introduction to golf, bringing women together for learning, laughter and camaraderie. Drinks and nibbles available for purchase after the session.

Join us for another adventure in our Ladies' Night series. New and experienced players welcome. Other dates may be available depending on demand. **Bookings essential.**



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or email [office@churton.school.nz](mailto:office@churton.school.nz)  
Burmah Street, Aramohu, Wanganui



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[www.therentcentre.co.nz](http://www.therentcentre.co.nz)

## KATE JOBLIN & CO LTD

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Save the Date



10 Wicksteed Terrace  
PO Box 7070, Whanganui  
T: 06 348 7000  
E: [hub@teamkj.nz](mailto:hub@teamkj.nz)



## Horsley Christie are proud to partner with La Fiesta and offer the following events...

The importance of a Will and Enduring Powers of Attorney

The new Incorporated Societies Act 2022 - Key changes

Tue 13th Feb @ 10.30am

Mon 19th Feb @ 10.30am



See the Festival Guide or contact us for further details

**horsleychristie**

T: +64 (06) 349 0090 E: [reception@horsleychristie.co.nz](mailto:reception@horsleychristie.co.nz)  
F: +64 (06) 345 2405 A: 14 Victoria Ave, Whanganui, New Zealand.  
[horsleychristie.co.nz](http://horsleychristie.co.nz)

# La Fiesta!

10 February to 10 March | Whanganui

## NZ's Best Women's Fest



### SATURDAY 17 FEBRUARY

**9:30am-3pm | UNLEASH YOUR POTENTIAL** | Te Rangi, Allison Street | \$135  
 Registrations to Lizzie 027 904 6493 or [lizziesights@gmail.com](mailto:lizziesights@gmail.com)  
 This workshop promises to be an exciting adventure into self-discovery and personal growth. Seize the chance to embark on a more confident, courageous and clarified life.  
**10am-3pm | WOO WELLNESS DAY** | Women's Network, 75 St Hill Street  
 \$10 for 20min sessions. Ph/txtr Tracy 021 761 511 or Yee Ley 022 366 2348  
 Come for a day of nurturing and healing insights. Featuring massage, Reiki, spinal flow, ancestral healing, readings and more. Book your sessions on arrival.  
**10am & 2pm | STAINED GLASS SQUATCHER WORKSHOP** | Level 3, 76 Guyton St | \$45. Ph/txtr Jo 021 328 994 or [redlowtypsy@gmail.com](mailto:redlowtypsy@gmail.com)  
 Learn the art of copper-foiling to make your own stained glass squatcher. All materials supplied. Suitable for ages 15 plus.  
**12-1pm | CHEF LUO'S TASTEFUL LIFE** | Davis Library, Pukenua Drive | Free. Ph/txtr Diana 022 123 6336 or [whanganuilotus@gmail.com](mailto:whanganuilotus@gmail.com)  
 A documentary screening of the legendary life of renowned Cantonese chef, Luo Zhaohao, who became head chef of a five-star restaurant in Beijing when he was 28.  
**5:30-8:30pm | MAKE + MARVEL NIGHT MARKET** | Space Studio & Gallery, 18 St Hill Street | Free entry. Visit: <https://spacestudiogallery.co.nz/events/>  
 A curated indoor market made up of 20+ up and coming designers, artists and artisans. Enjoy learning opportunities, live music, food, studios + festival exhibitions.

### SUNDAY 18 FEBRUARY

**3pm | SELF DEFENCE** | Women's Network, 75 St Hill Street | \$20  
 Contact [shanoncasson@nzjacademy.com](mailto:shanoncasson@nzjacademy.com)  
 A practical class for ages 13+ to help boost confidence and feelings of personal strength and safety. Suitable for all levels. Wear comfy clothing. **Bookings essential.**  
**5:30pm | B'TCHES + BEVVIES** | Whanganui Squash Club, Bassett Street | \$2  
 Contact Paula [wanganuisquash@inspire.net.nz](mailto:wanganuisquash@inspire.net.nz)  
 Come and try squash - lots of fun! Have a go and socialise with others. Enjoy a drink and nibbles afterwards, or as you go!

### MONDAY 19 FEBRUARY

**10:30am | INCORPORATED SOCIETIES ACT WORKSHOP** | Women's Network, 75 St Hill Street | Koha welcome  
 Contact [joanmariv@horsesleychristie.co.nz](mailto:joanmariv@horsesleychristie.co.nz)  
 Learn about the key changes under the new Incorporated Societies Act 2022 and what this means for your club or organisation. Presented by Solicitors Joanmariv van der Walt, Matt Bouzaid and Mike Neil from Horsesley Christie Lawyers.  
**3:30-5pm | KANGA DEMO CLASS** | Gonville Library, 44 Abbot Street | Free  
 Ph Kimberley 06 344 5872 or [kimberley@kangatraining.co.nz](mailto:kimberley@kangatraining.co.nz)  
 Kangatraining is a fun, supportive community where Mums can exercise with their baby. Snuggle baby close while completing a low impact, full body workout. **Sessions available each Monday during the festival.**

### TUESDAY 20 FEBRUARY

**10am-12pm | KANGA Q+A** | Gonville Library, 44 Abbot Street | Free  
 Ph Kimberley 06 344 5872 or [kimberley@kangatraining.co.nz](mailto:kimberley@kangatraining.co.nz)  
 Kangatraining is a fun, supportive community where Mums can exercise with their baby. Bring any questions and learn more about this fun programme.  
**2pm | THE QUIET GIRL**, rated M, director Colm Bairéad | A young girl spends the summer with relatives and blossoms in their care. A thoughtful and calm but poignant film which stirs up questions about where any of us truly belong. The first film in the Irish language to be shortlisted for an Oscar.

**5:30-6:30pm | ZUMBA® GOLD DEMO CLASS** | Gonville Library, 44 Abbot Street | Free. Ph 06 344 5872  
 Low intensity dance-fitness class for active older adults who are looking for a modified Zumba class that recreates the original moves that you love.  
**5:30-7pm | WOMEN WHO LEAD** | Barracks Sports Bar, 170 St Hill Street | Free. Contact [dinelle@sportwhanganui.co.nz](mailto:dinelle@sportwhanganui.co.nz)  
 We bring back home former WNBA star, Tall Fern, Olympian, and now Commercial Manager for the All Blacks, Megan Compain, for a couch conversation no like other.

### WEDNESDAY 21 FEBRUARY

**9:30am | BOXFIT** | Her Fitness, 59 Ingestre Street | \$5  
 Ph 06 348 9121 or [results@herfitness.co.nz](mailto:results@herfitness.co.nz) to register  
 Enjoy a fun and energetic Boxing Circuit, great music and plenty of laughs. All fitness levels welcome. **Bookings essential.**  
**10:30am | STORY TIME** | Gonville Library, 44 Abbot St | Free  
 Enjoy two stories read aloud that celebrate girls and women, just for La Fiesta scheduled for today!

### THURSDAY 22 FEBRUARY

**10am-12pm | TEA + TOPICS, WOMEN'S REFUGE WHANGANUI** | Gonville Library, 44 Abbot St | Free. Ph 06 344 5872  
 Learn more about the role of the Women's Refuge and how they go about providing support in our community. Enjoy a cuppa and a biscuit too!  
**6:30-8pm | QUIT SUGAR WORKSHOP** | Hakeke Community Centre + Library, 65 Hakeke St | Free. Ph 06 344 5872  
 Learn more about sugar and walk away with some common-sense based solutions and new strategies to reduce your daily sugar intake.

### FRIDAY 23 FEBRUARY

**10am-12pm | POETRY WORKSHOP** | Gonville Library, 44 Abbot St | Free  
 Ph 06 344 5872  
 In this workshop, complete a series of activities exploring the various ways of writing poetry. Novice and experienced writers welcome. **Bookings essential.**  
**5:30pm | FUN INTRO TO GOLF** | Rivercity/Tawhero Golf Complex, 24 York Street | \$20pp per session. Contact van at [riversttee@gmail.com](mailto:riversttee@gmail.com)  
 Enjoy a fun, games-based introduction to golf bringing women together for learning, laughter and camaraderie. Drinks and nibbles available for purchase after the session.  
**6-8pm | DRESSING UP YOUR DINNER** | Venue confirmed on booking | \$35  
 Register via [www.communityeducation.nz](http://www.communityeducation.nz)  
 Gina Gigou will demonstrate how to make a selection of dressings, dips + dukkah. Transform the dull into delicious! Vegetarian + vegan options included.

**7pm | MY GREAT AMBITION IS TO BE AN AUTHORESS** | Alexander Library, 1 Pukenua Drive | Free  
 Contact [anna@whanganuilibrary.com](mailto:anna@whanganuilibrary.com)  
 Dr Anna Gilderdale will share her recently published research on women's mentorship in the 19<sup>th</sup> century Australasian press and the important role young peoples correspondence pages played in making space for literary girlhoods in print.

### SATURDAY 24 FEBRUARY

**9am-4pm | PRIDE ART EXHIBITION** | Pride Hub, 64 St Hill Street | Free entry. Contact [info@pridewhanganui.co.nz](mailto:info@pridewhanganui.co.nz)  
 Featuring a range of works from 30+ local and national artists. Pride merch, resources and support available. **Viewing through to 2 March.**  
**10am | RARANGA - WEAVING** | 138 Gonville Avenue | Koha  
 Ph/txtr Margot 027 605 5992 or [margot@sportwhanganui.co.nz](mailto:margot@sportwhanganui.co.nz)  
 Learn how to harvest harakeke safely and sustainably according to tikanga. Make a kono or konoa (small basket) to gift to someone. Bring some kai to share for lunch.  
**11am | FROCKS ON BIKES** | Meet at the Women's Network, 75 St Hill Street  
 Contact [womnet.whanganui@gmail.com](mailto:womnet.whanganui@gmail.com)  
 Put on a fancy frock, pant suit, super hero outfit or other favourite costume and join in a leisurely and colourful ride round the bridges. All welcome.  
**11am-3pm | YOUTH FEST + PRIDE MARKET** | Majestic Square | Free  
 Contact [info@pridewhanganui.co.nz](mailto:info@pridewhanganui.co.nz)  
 A safe space for celebrating our rangatahi and to hang out. Check out the Pride merch and activities available.

**2-4pm | TRADITIONAL CHINESE COOKING** | Diana's Kitchen | \$22  
 Ph/txtr Diana 022 123 6336 or [whanganuilotus@gmail.com](mailto:whanganuilotus@gmail.com)  
 Make Lantern Festival dessert, Black Sesame Snow Balls, with Diana. Add something new and healthy to your table. Vegetarian, gluten and gluten free. **Bookings essential.**

### SUNDAY 25 FEBRUARY

**2pm | APPLES & EVES** | 126a Springvale Road | \$5  
 Please register for catering by 18 February  
 Register with [info@heritagefoodcrops.co.nz](mailto:info@heritagefoodcrops.co.nz)  
 Celebrate the women in your life with a tour of the Heritage Food Crops Research organic gardens, followed by a picnic under the trees of baked apples, fresh apple juice and herbal teas.  
**4-7pm | AUTHENTIC YOU** | Women's Network, 75 St Hill Street | Free  
 Contact [info@pridewhanganui.co.nz](mailto:info@pridewhanganui.co.nz)  
 Not sure how to express yourself? Want some advice, tips + tricks in a safe and welcoming environment? Try on some clothes, experiment with accessories. Join us!  
**7:30-8:30pm | SING-A-LING-ALONG POP UP CHOIR** | 89a Guyton Street, upstairs | \$10. Ph/txtr Lizzie 022 644 9020 or [Elizabeth.deVeg@gmail.com](mailto:Elizabeth.deVeg@gmail.com)  
 Can't sing? Too scared? No experience? Don't panic! Join others in this magical pop up choir for a fun sing-along featuring a variety of NZ classics + well-known numbers.

### MONDAY 26 FEBRUARY

**5:45pm | 80s AEROBICS** | Girls' College Hall, Jones Street | Gold coin donation. Ph/txtr Deb 027 589 4440  
 The '80s is back - again! Great music, great moves, great outfits! A fab hour of 80s fun and fitness. Get dressed up! Suitable for everyone.  
**7-9pm | THIS IS ME** | Women's Network, 75 St Hill Street | \$5  
 Contact [info@pridewhanganui.co.nz](mailto:info@pridewhanganui.co.nz)  
 Our special guest speakers will share what role gender and sexuality has played in their lives.

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Details were correct at the time of compilation in December 2023. Some details may change. For more info get in touch with the contact person listed for each festival event.  
 Programme schedule continued next week in River City Press



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**SESSIONS EVERY WEDNESDAY DURING LA FIESTA**  
 We can teach you how to use a bow, great coaching and comradeship, we would love to see you be part of our club.  
**MARANGAI ARCHERY CLUB**

Contact Maureen on 027 216 3741 or [secretary@marangaiarcheryclub.co.nz](mailto:secretary@marangaiarcheryclub.co.nz)

Our festival just keeps getting better! Thanks to YOU



**CELEBRATING 15 YEARS OF FESTIVAL FUN!**

Pick up a Festival Guide from the I-Site, the libraries, Paige's Book Gallery or visit us at the Women's Network  
 Download one at the website: <https://lafiesta.co.nz/>



**Get active**  
 Try something new this summer!  
 Sport Whanganui is proud to support La Fiesta - NZ's Best Women's Fest in Whanganui.  
[sportwhanganui.co.nz/la-fiesta](http://sportwhanganui.co.nz/la-fiesta)

<b>FRIDAY 16 &amp; 23 FEB</b> 5.30pm <b>LADIES INTRO TO GOLF</b> Rivercity / Tawhero Golf Course \$20 p/p per session	<b>SUN 18 FEB &amp; 3 MAR</b> 3.00-5.00pm <b>SQUASH - B'TCHES &amp; BEVVIES</b> Whanganui Squash Club, Bassett St \$2 p/p	<b>SAT 24 FEB</b> 10.00am <b>RARANGA WEAVING WORKSHOP</b> 138 Gonville Ave Koha	<b>MON 26 FEB</b> 5.45pm <b>'80s AEROBICS</b> Whanganui Girls' College hall Gold coin donation	<b>TUES 5 MAR</b> 6.00pm <b>WOMEN'S KICKBOXFIT CLASS</b> Awa Kings, 159 Wicksteed St \$5 p/p Ages 12+
<b>SUN 18 FEB</b> 3.00pm <b>WOMEN'S SELF DEFENCE CLASS</b> Ladies Rest, St Hill St \$20 p/p Ages 13+	<b>TUES 20 FEB</b> 5.30 - 7.00pm <b>WOMEN WHO LEAD - MEGAN COMPAIN</b> The Barracks Sports Bar Free	<b>SUN 25 FEB</b> 2.00 - 5.00pm <b>APPLES AND EVES HERITAGE FOOD CRIP TOUR &amp; PICNIC</b> 126A Springvale Rd \$5 p/p	<b>FRI 1 MAR 5-7PM</b> <b>SAT 2 MAR 9-11AM (TBC)</b> <b>INTRO TO SURFING &amp; BEACH BBQ</b> Morgan St entrance to Castlecliff Beach \$5 p/p	<b>FRI 8 MAR</b> 6.15pm - 7.15pm <b>WOMEN'S SMASH PLAY SOCIAL CRICKET</b> Victoria Park Free



### St Johns Hill 26 Parkes Avenue

Open Home



#### Prime on Parkes

26 Parkes Avenue stands as a testament to modern luxury and convenience. This home offers the perfect blend of top-tier features and a location that defines the epitome of desirable living. Discover comfort and style in this meticulously designed home, featuring three spacious bedrooms and two bathrooms, the master with an en suite. Unleash your culinary creativity in the sleek and modern kitchen which flows nicely out onto the backyard. The adjoining good sized lounge also connects nicely to the backyard creating an amazing entertainment area.

3 2 1 1 1

**For Sale** Buyers \$699,000+  
**View** Sun 4 Feb 2.00 - 2.30pm  
**Web** pb.co.nz/WGU116155

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

### Whanganui 8 College Street

New Listing



#### Seriously good buying!

This well-located property offers the perfect blend of proximity to town and a good, honest, solid home. Enjoy the generous living spaces featuring two bedrooms plus a versatile sunroom off the lounge, offering flexibility for your lifestyle needs. The kitchen and dining room is spacious and the bathroom has been modernised.

2 1 1 1

**For Sale** Buyers \$449,000+  
**View** Sun 4 Feb 1.15 - 1.45pm  
**Web** pb.co.nz/WGU176760

The section is fully fenced providing security and privacy for your family and pets to thrive. A separate detached garage with workshop space awaits, providing ample room for your hobbies, projects, or extra storage. There is a man-cave off the garage too!

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

### Castlecliff 178 Puriri Street

Open Home



#### Exceptional family living

Discover the perfect family haven at 178 Puriri Street. This delightful property offers the ideal combination of comfort, space, and convenience, making it the perfect place to call home. Three generously sized bedrooms provide ample space for the whole family, ensuring everyone has their own cosy retreat. At the heart of the home is a good sized lounge, with a separate dining area and separate kitchen. The layout is perfect for both everyday living and entertaining guests. Step outside to your private oasis, where a generous 736 m2 (approx) section offers space for outdoor play.

3 1 1 1

**For Sale** Buyers \$359,000+  
**View** Sun 4 Feb 10.00 - 10.30am  
**Web** pb.co.nz/WGU175226

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

### Gonville 3 Gorran Avenue

Open Home



#### Glamorous on Gorran

Welcome to your dream home at 3 Gorran Avenue, where modern elegance meets classic charm. This fully renovated three bedroom property on a generous 594 m2 section (approx.) is a true masterpiece, offering a perfect blend of contemporary features and timeless appeal. All three bedrooms are generously sized doubles, providing ample space for relaxation and personalisation. Enjoy intimate family meals or entertain guests in the stylish and separate dining area which flows nicely out to the private outdoor entertaining area. With a brand new kitchen and bathroom, this home is sure to impress.

3 1 2 1

**For Sale** Buyers \$479,000+  
**View** Sun 4 Feb 10.45 - 11.15am  
**Web** pb.co.nz/WGU175616

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