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# Public transport in Whanganui

BY DOUG DAVIDSON

Anthonie Tonnon is a musician with expertise in public transport. As part of the Summer Programme, he gave an illuminating presentation on the background to public transport in Whanganui today.

Perhaps one of the biggest takeaways was his answer to the question, probably asked by most of us at some time— why don't we use smaller buses and save costs? Anthonie explained that the biggest cost is actually the driver, which generally makes up 75%. He says it's important to have a bus size big enough to cover the busiest service of the week: a smaller fleet would be more expensive because more drivers would be needed during busy hours. He also added it is important to have a bus big

enough to carry prams, wheelchairs and walking frames and get them on and off quickly with low floor boarding. "The current Tide buses are smaller than the older fleet, seating just 32. They are more fuel efficient and produce less carbon than some SUVs. If you've sat on a Tide bus, as I often have, with 13 people, including a pram and zimmer frame, you are grateful for the space and can see it would be very difficult in a van." He explained how he developed his interest and expertise. About five years ago, as part of a music

show called Rail Land, he would get the audience to board a train, and together, they would go to a community hall for a performance.

The District Councillors recognized his knowledge by electing him as their representative on the Passenger Transport Committee at Horizons. In 2021 he won the tender to run the Durie Hill Elevator service. The service has seven operators.

"1926 was a peak year for public transport in Whanganui," he said. The trams ran from before 7AM to 11PM, achieving a total of 3.5 million trips a year, which equated to 132 per person. "In a number of areas there was no need for a timetable, as the service went every 15 minutes in both directions. The patronage was such that trailers were added to the trams to carry the overflow."

By 1946, Whanganui had 19 trams and three buses in service, as well as the Durie Hill Elevator, now in city ownership. The number of trips was three million, and the average trips per person, taking



The Castlecliff tram calls at Victoria Avenue tramstop near Maria Place. (Photo Whanganui Regional Museum)

into account the increased population, was 78 (still as high as Wellington today). Tramways marketed their network well. "But the sad truth is by this time," Anthonie said, "ratepayers had already voted to end trams."

"Over WW2, maintenance wasn't possible, and from about 1946, a narrative developed in the press that the tram infrastructure was too far gone," Anthonie explained. Greyhound buses took over in 1950. It was a proud and innova-

tive private company. It was intertwined with the local car industry and also had many local shareholders. It ran a profit for the first 10 years, taking around 1.7 million boardings a year. "They mostly used

the tram routes, but they added many deviations – which were well-meaning, but reduced frequency and clarity." Despite this, the service did not need a subsidy from the city until 1986.

*Continued on page 3*

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# Whanganui Highland Pipe Band compete at Turakina Highland Games



Members of the Whanganui Highland Pipe Band at Turakina Highland Games 2024. (Photo credit: Robert Allen)

Pipe Band, led by Pipe Major Dylan Coffin-Kawhena, competed in two sections at the recent Turakina Highland Games – the Set and Medley Tunes, playing a mixture of both modern and traditional bagpipe tunes.

Of special significance to the band was the tune, “The Journey to Brewtown”, recently written by John Martin, Vice President and Life Member of the band. The tune was specifically written for the band’s recent performance at the Brew-

town Tartan on the Green event held in Lower Hutt. The band began its journey to return to competitive level playing with its entry in last year’s Turakina Games and was encouraged by the Judges’ comments, recognising the improvement in

all aspects of the band’s performance this year. After a short break to refresh, the band will begin to select tunes and build up for the next Turakina Games in 2025.

The band meets every Monday evening at 7pm in the Whanganui Highland Pipe Band rooms, 1E Bell Street (next to the Police Station) Whanganui, and warmly welcomes pipers and drummers of all levels to come along and join in the fun of playing for Whanganui’s very own Highland Pipe Band.

## Vandal(s) hurt Rotary’s effort to benefit community

By Kate Smith

For some time now, the Rotary Club of Whanganui has been using the All Saints Hall in Whanganui East to accept, sort, store and sell its books. There have been several regular monthly Drop in Sales.

But these are on hold at the moment.

Over the Christmas break, a person/persons unknown were looking for something ‘exciting’ to do and felt that All Saints Hall presented them with the chance. After going through some of the cupboards in the storage areas and the kitchen, they filled the sinks with water and discharged a fire extinguisher over all the contents of the hall. All the boxes of books on display are covered in fine dust, which although, thankfully not toxic, is nonetheless a hazard for anyone with respiratory conditions.

This has several consequences. Firstly, it is not feasible to remove the residue from around 150 boxes filled with books. Apart from the time it would take, there are health challenges for workers, and there could be residual problems for our customers. Therefore, these books will be disposed of. Secondly, that means they cannot be sold and therefore the funds available for Rotary projects - mainly for



Fire extinguisher foam on damaged books

youth – and community grants will be lost. These books were gifted by the community. Thirdly, the hall needs to be cleaned – tables, floors and walls – before any future Drop in Sale can take place. Having had to cancel the January sale, the February sale could be in jeopardy as well.

This has affected a lot of people – all of whom

volunteer their services free of charge. It also affects the Anglican Diocese who allow us to use the space. And not least, our loyal customers who don’t have access to a range of books at a ‘reasonable’ price.

Any why??? Because a person/persons unknown needed something ‘exciting’ to do... It defies comprehension.



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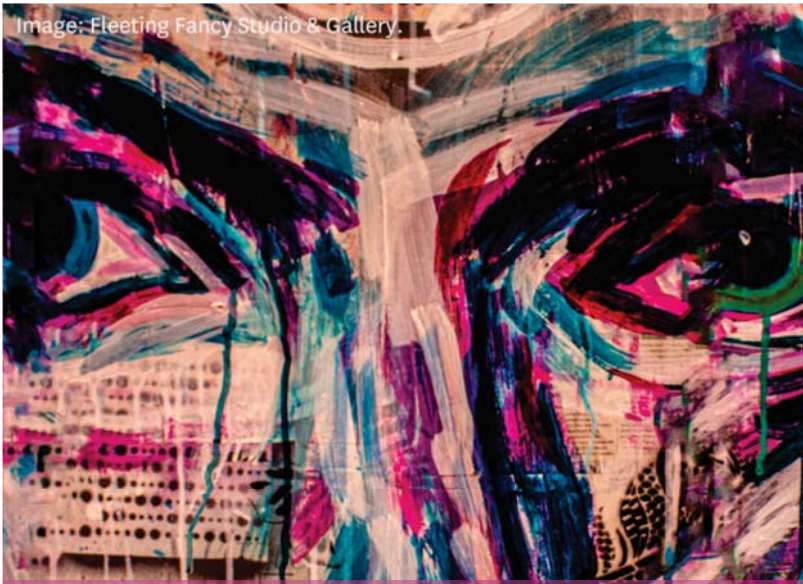


Image: Fleeting Fancy Studio & Gallery

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

Anthonie Tonnon’s talk during the Summer Programme was fascinating. I and the rest of the audience learnt so much and this has led to our front page story on the development of public transport in Whanganui. It appears that we are experiencing a revival right now with future prospects looking bright.

Congratulations to the Hakeke Street Community Centre on their 5th birthday. They have achieved so much. Check out what they offer (page 7).

Steph Lewis’s comments about what she experienced in her time as an MP is another wake up call to how we relate to our politicians as well as those who disagree with us. Steph is giving a talk as part of La Fiesta at 10am, 13 February (page 10).

Thanks to one of our readers who sent in a response received from Council about the use of raised platforms on



**Doug Davidson**  
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roads, especially alongside schools. I learnt a lot (page 4).

Chinese New Year is coming and there are activities in Whanganui (page 21). It is the Year of the Dragon. If you were born when it was previously the Year of the Dragon – you should be very pleased.

If you grow cucumbers, it is likely you have a surplus. Check what Gina Guigow suggests what you can do with them (page 17).

- Doug Davidson

# Repair Cafe returning to Whanganui

Repair Cafes have become popular places to gather, socialise over coffee, share stories and skills and of course to get things fixed. They also save money and help the environment by stopping items being thrown into the tip. Repair Cafes are part of an international movement, with New Zealand having at least 23.

Fixing clocks, costume jewellery, plastic and wooden toys, electrical and mending clothes and soft toys used to be common, but somewhere along the line consumerism got in the way. It became cheaper to replace rather than fix.

Repair Cafe Whanganui project lead Margi Keys says, "Many people we know have the skills to fix, mend or patch with time on their hands to do so, and we will need a wide range of skilful repairers from qualified electricians to DIY woodworkers to bookbinders, bike mechanics, darners and people who can sew."

It can also be an opportunity to learn by watching a repairer working.

"Occasional Repair Cafes have popped up in Whanganui over the past few years," explains Margi. "They were run at venues such as Mint Cafe and church halls led by Nelson Lebo in 2019; at the Whanganui River Markets on

Saturdays and the porch at Ladies Rest in St Hill Street by Peter Watson."

A team of sustainability enthusiasts met last month to plan monthly events that utilise the skills of local repairers and other volunteers. "Our vision is a community which shares its repairing skills," says Margi. The team is now looking for suitable premises.

Ideally, the venue would be a non-carpeted hall with tables and chairs, a kitchen with crockery and cutlery, and toilets. It would need to be available between 10am and 2pm and have adequate parking spaces. Until then, "we are going to offer a couple of mini-events at the Gonville Community Room behind the Gonville Library as a taster of things to come." They will be on Sundays, 24 March and 28 April, from 11am to 1pm. These events will be just for mending clothes and soft toys and repairs that do not need glue.

The team also needs volunteer helpers to cover a wide range of responsibilities. If you can help in any way, please attend a free two-hour training session on the morning of Wednesday 13 March. Please leave a voicemail on 06 344 1250 or email whanganuirepaircafe@gmail.com or go to the Repair Cafe Facebook page.



# Transport in Whanganui

Continued from page 1

By then, Greyhound had 13 buses making 629,000 trips, at an average of 16 per person (still high compared to similar-sized cities today). Anthonie described the company as "a civic-minded one with excellent customer service. Despite their experiments, Greyhound was still mostly using the trusted tram routes – routes people had built their houses and lives around over eight decades."

However, 41 years of Greyhound buses came to an end in 1991 when deregulation took effect, and city and district councils could no longer own bus fleets or subsidize players like Greyhound. It was not successful.

The new Manawatu-Wanganui Regional Council awarded a contract to Wanganui Taxis. "While it was another attempt at innovation, the Taxi vans were not well received. Small vehicles end up stranding people at the stop if they were full, and people don't feel comfortable in a van full of strangers. Buses have an aisle and two seats either side – a Hiace has four across and is really designed for families, friends or sports groups to travel together – not strangers."

"Eventually the Regional Council brought buses back, but with completely different routes. They used a loop-based coverage model, which is not really designed to get high patronage, but to provide minimum service for those in need, at lowest cost." By 2022 the service was 7am to 7pm, with limited service on Saturdays and none on Sundays. The patronage had fallen to 90,000 with an average of only two rides per person. There were only six buses running on the urban routes.

The comparison with Palmerston North was not a favourable one. In 1991 they had an average of ten rides per person per year, while Whanganui had 11. By 2019, Palmerston North had increased to 15, and we had dropped under three. Anthonie pointed out that the difference was that investment in Palmerston North services has generally been four times higher per person.

Public Transport by bus can succeed. Christchurch and Auckland grew patronage successfully in the 2000s through networks of 15 minute frequency routes running 7am-7pm, 7 days.

Queenstown's 'crosstown' routes influenced 'Te Ngaru The Tide,' which has seen patronage double in Whanganui in the last year. In November 2022, before The Tide, there were 7,287 bus trips on all Whanganui urban buses. In November 2023, there were 14934 trips, with 8515 of them on The Tide.

"These numbers will continue to grow and will grow even faster if we expand the Tide approach into a network with areas like Whanganui East and Springvale, because networks grow faster than the sum of individual routes. Nelson has 53,000 people, and their new network is on track to hit 800,000 passengers a year – which Whanganui last did in the late 1970s."

In Horizons draft LTP, there are budgets for a new Whanganui urban network, and also regular regional services to destinations like Waikanae Railway Station and Palmerston North. Anthonie says that "local submissions in the upcoming Horizons LTP consultation will be critical to the future of our public transport."

# Live piano music while picnicking at Bason Botanic Gardens



Piano Picnic at Bason Botanic Gardens on February 25 - donation entry

Whanganui musician and piano teacher Ingrid Culliford is curating 'Piano Picnic', an afternoon performance of music on Sunday, February 25, at the Bason Botanic Gardens. "Talented student musicians will be presenting their favourite pieces," Culliford says, "The music will sound wonderful in this beautiful natural setting!"

At the centre of 'Piano Picnic' is a well-travelled white baby grand piano, and Undergrand Director Joe Dobson says he is delighted to bring this event to Whanganui. "The baby grand has appeared at festivals, weddings and outdoor gatherings around the North Island," Joe comments, "And now we are sharing the magic in our hometown!"

Audience members are asked to arrive by 1pm to settle in for the

performance, which starts at 1.20pm and finishes at 3pm. Parking is in the top car park with access via the Millennium stairs. Disability parking is provided next to the picnic area. Please bring picnic rugs, weather-appropriate clothing and water. Please respect the performers by not chatting during their performances.

Entry is by koha, with all proceeds donated to the Bason Botanic Gardens Trust.

'Piano Picnic' is supported by Bason Botanic Gardens Trust and Whanganui District Council Creative Communities Scheme. A Facebook page has been set up for a postponement notice due to weather, or Joe can be messaged directly on 027 350 5100. Postponement dates are March 2 or 3 at the same time.

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# The Villa Cafe and Bistro opening for evening meals

The Villa Café and Bistro at 71 Liverpool Street has been growing from strength to strength. "It has been really busy especially at the weekend." Now the family owned and operated Café and Bistro will be offering evening meals on Fridays and Saturdays. The café is currently open Tuesday to Sunday, 8.30am to 3pm, and dinner appointments will be available from 5pm onwards. Fortunately, the family are all willing to step in and help as needed. Adrian is the chef, and his partner Destiny is front of

house and barista. His parents, Ngaire and Gordon, help out, as does Adrian's brother, Camron and his partner Raiha, not to forget sister Olivia, and during school holidays, Emily. They have put together an appetising menu covering 2-3 entrees and a similar number of dinner items and desserts. One example is chicken with cream cheese, spinach and pine nuts, along with gourmet potatoes and vegetables or a salad. Ngaire says, "Adrian will make changes to the menu every couple of meals, depending on customer feedback.

Check out our Facebook page, and a copy of the menu will be put on the wall." This is a case of testing the market with a plan to open more nights a week. The Villa is applying for a liquor licence. But in the short term will offer soft drinks and coffee. It can seat up to 45 people. Expect black tablecloths, and you will note the new sleek and comfortable black seats purchased especially for the evening meal launch.

Villa Cafe - Ngaire, Adrian, Gordon, Destiny, Camron and Raiha



## Raised platforms to reduce speed

A reader sent to us correspondence received from Damien Wood, Manager Transportation of the Council, regarding raised platforms, in particular one in Cornfoot Street, which the reader had raised questions about. A summary of Damien's response is as follows and thanks to our reader for sending it to us. "The installation on Cornfoot Street is a raised platform. It is marked as a School Kea Crossing, which is used by Aranui School to safely let children cross Cornfoot Street in an orderly and controlled manner. "The raised platform is only 75mm high and is designed to lift children slightly so they can be seen at a greater distance by approaching drivers. Vehicular traffic still has the right of way except

when the crossing is being controlled with STOP signs. Drivers will also get into the habit of slowing down before they get to the raised platform so they cross it at speeds of less than 30 km/h. The survivability of a pedestrian/vehicle crash is about eight times worse at 50km/h compared to one at 30 km/h. The rubber-raised platform installed in Cornfoot Street can be used as a trial and is also relocatable. They are more cost-efficient than a concrete platform and cause less disruption to traffic when being installed. "The raised platform is the first part of a programme to try and reduce speeds along Cornfoot Street through Castlecliff. The next step will be to design further speed management devices along



Raised platforms at Guyton Street intersection.

Cornfoot Street, where recorded speeds have been very high. "Later this year a new 30 km/h speed limit is proposed for roads near Aranui School. Unfortunately, speed limits by themselves do not slow drivers down. Engineering devices are required, such

as speed cushions, raised platforms and chicanes (obstacles on the side of roads forcing vehicles to slow down to go around). "Similar devices have been installed close to the following schools - Marcellin and Tawhero, Rutherford Junior High School, Durie Hill, St

Mary's, Cullinane College and Gonville School. "Similar devices have been installed along Guyton and Wicksteed streets. They have a maximum length of three metres and sufficient width to cover the road from kerb to kerb so drivers cannot drive around the ends of them."

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# Rock on the River at The Boatshed this Sunday

# 'The Man from Gonville' gets ready to give it some Welly



**Brian Baker performing**

Rock on the River returns to Caroline's Boat Shed on Sunday, February 11, starting at 2pm and continuing through to about 5:30/6pm

The show will start with Bobbi Rae, a local singer/songwriter and guitarist, who will play a selection of covers and original songs in an indie/soul/pop style. Check out her Facebook page to listen to her singing.

Following Bobbi will be Brian Baker. He has lived and performed in Australia for 40 years, before returning to New Zealand

and relocating to Whanganui. As Fred Loveridge, organiser and Whisky Band member, says, "Brian has great pedigree. His chart-topping band in Australia, The Makers, included Eddie Raynor, who was part of Split Enz. The band were frequently on Australian TV shows."

Brian himself is a singer, songwriter and music producer. His company is named 'The Bakery.' He will sing a mix of his own music and a selection of covers.

The main part of Rock on the River will be the

band Whisky Mama, probably the best-known band based in Whanganui.

The event is free. It will be in Caroline's carpark with the performers on the back of a truck. Caroline's itself will be open for meals and drinks.

An important annual musical event coming up is the Pauls Road concert on Sunday, March 3. Tickets will soon be available from Gatshack. There will be a significant number of performers as per usual, and, of course, the goal is to raise funds for Gabby's Starlit Hope Charity.

To prove Tinder for the over-50s is not for pussies, musician/comedian Lisa Gooch is taking her one-woman show 'The Man from Gonville' to the Wellington Fringe Festival. She plays four dates - just the regular, calendar kind - at the Fringe Bar from February 22-25.

The Man from Gonville is based on her experience of online dating after her 20 year marriage ended. The show froths with confessional stories, music, visual gags, audience polls and a puppet cameo.

Big on inclusivity, Lisa acknowledges men can also be at the sharp end of internet experiences.

"If I can't be a shining example, at least I can be a dire warning," she says. "Basically, I'm swiping right so you don't have to".

Lisa wrote and performed the show last year for the Whanganui La Fiesta festival. She followed it up with a one-off performance at the Fringe Bar. Having polished The Man from Gonville since those well-received experiences, Lisa says her comic, sometimes poignant, show is ready to hold hands with the Fringe Festival.

"The feedback I've had is that it is very relatable. People have either been through a similar experience, and thought they were the only one. Or they've wondered what really happens when you've been through a bit of



Lisa Gooch

life, and are starting again, but in a whole new on-line dating scene."

She hopes people who have seen the show will encourage their Wellington mates to check it out.

And yes, there really is a Man from Gonville.

The Man from Gonville and other adventures in Tinderland plays at Wellington's Fringe Bar, 6pm February 22-25.

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# Hipango Park is a jewel that needs a polish

*By Dave Scoullar*  
Hipango Park is a wonderful destination but needs work. That is the conclusion of a Wanganui Tramping Club group that walked there from Kauarapaoa Valley Rd in January after crossing two farms.

The picnic area was mown and tidy and the shelter, seating and four long drop toilets were in good shape. However, the grassy climb from the jetty to the track leading up to the park needs attention as does the circular walk.

The walk is overgrown, hard to follow and blocked by a fallen tree. Remedial track work and marking could be achieved in a day by a small group with the right tools. Hopefully this will take place soon as the walk has delightful bush and many trees have descriptive plaques, some of which are hard to read and need replacing.

Hipango Park was gifted to Whanganui by Putiki chief Waata Wiremu Hipango in 1913 for use as a picnic ground. Situated 20km upriver from the city, all-day excursions there by the MV Wairua are regular events and have been on the Whanganui Summer Programme for years, including 2024.

In the days of the river steamers, this park was a favourite spot during public holidays and at weekends through the summer months, and there are photos of several vessels there at the same time.

The early Māori name for the reserve was Potakataka and the remains of the pa of this name can be seen on a circular walk. It is a frequent stopover for canoeists, including a steady stream of Te Araroa Trail adventurers, who have chosen the river over the walk down the Whanganui River Rd to the city.

While the park comes under the Whanganui District Council, the Whanganui Rotary Daybreak Club has helped out with annual visits for repairs and maintenance.

### Response from Whanganui District Council

We sent Dave's article to the Council for comment. Their response is as follows:

The 'grassy climb' from the jetty is part of a maintenance programme that's being undertaken by the Whanganui North Rotary Club. Rotary members have started moving materials onsite and hope to complete the work this summer. To date, they have completed several other maintenance tasks, including repairs to park furniture and painting of the shelter.

Mowing within the shelter area is undertaken regularly by a local from Labour Day weekend through to the end of February.

Access to Hipango Park

is difficult. Road and/or land access during winter can be prohibitive, and Whanganui River access is currently unavailable while the jetty is closed for repairs. Planning has started for the repair of the jetty to provide safe access to Hipango Park from the river – logistics are being worked through for the landing of machinery and materials.

There is currently no firm timeframe for the jetty repairs to begin, and the work is dependent on river levels, machinery and contractor availability, given the difficulties in transporting large materials upriver.

The circular walk has not been maintained for some time. The area is overgrown, and the track up the hillside was washed out during last summer's heavy rain events. Once access to the park is restored, this area will be assessed and potential clearance work undertaken."

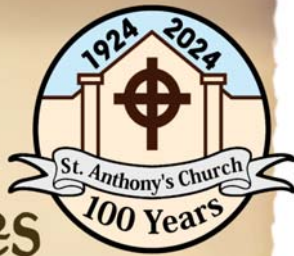


Cherry Channon clammers around a windfall on the circular walk during the Wanganui Tramping Club's visit to Hipango Park.

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## 'Soul Journeys' sessions for La Fiesta



Azian

Azian Zulkifli is running group sessions for women as part of La Fiesta called 'Soul Journeys.' She says, "We will be exploring the subconscious mind over four weeks of the festival.

Starting on Tuesday 13 February from 6 to 8pm, this session will be on 'How the mind works.' This will cover "inner child healing" which is a frequent source of trauma.

Other sessions are as follows:

February 20: Confidence and Boundaries. Azian will explain various tools to help develop transformation.

February 27: Physical and Emotional Health – Creating healthy habits

March 5: Freedom and Balance – Living your best life

Azian explains, "Each session will be different and be a standalone. The sessions will end with a guided meditation."

The cost is \$20 per session. You can attend as many as you want. To book phone Azian on 021 172 0027. She will advise the location.



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# Hakeke Street Community Centre and Library celebrates five years

# Unity Food remembers founder Sonny Barlow



Chair of the Centre Angela Cromarty and Marie Butturini from Love and Learn Early Childhood Centre (photo supplied)

There were two celebrations on Thursday, 1 February, for the 5th birthday of Hakeke St Community Centre. The first was in the afternoon for families, and the second was a wine and cheese evening for supporters, sponsors, and volunteers.

The Community Centre focuses on connecting people to each other and to community agencies with the goal of "improving overall wellbeing and to help alleviate loneliness." They are in partnership with the Whanganui District Library, which has a community library in the Centre.

The range of programmes offered is extensive and includes kids Storytime, Book Explorers Club, Sign Language, Te Kura, an Over 65s Hub and groups for cards, art and cup stackers, Let's Get Crafty, Creative Writing, and Steady as You Go. For the last two years they have held a Christmas Party in the nearby Williams Domain as well as organising a Shoe Box appeal to assist local families.

Apart from the attractive library with its free WiFi, there is a community room, play area and a community gar-

den. They offer information and services, provide professional counselling and foster connections between locals and agencies. In 2023, about 800 individuals benefited from the Centre each month.

The Centre relies hugely on volunteers and a mixture of fundraising, contributions from the Council, donations, and grants to cover expenses, as well as sponsorship from a wide number of businesses. However, securing enough financial support remains an annual challenge.

The mayor, Andrew Tripe, and deputy mayor, Helen Craig, were at the evening function and Andrew praised the Centre for its "incredible impact on the community." He added he would love to parachute similar centres across Whanganui. A number of volunteers who had been there since the beginning were recognised, and a piece of birthday cake was offered to everyone.

For more information about the Centre and its programmes, go to their website [www.hakekest.org.nz/](http://www.hakekest.org.nz/) or check out their Facebook page. You can also phone Kelly on 022 096 5673.

Supporters of Unity Food and those getting ready for the weekly free distribution of food at Christchurch Anglican Hall in Wicksteed St, took time on Friday, 2 February, to remember co-founder Sonny Barlow, who died last year. It was his birthday.

As his partner Azian said, "Without him, there would not have been Unity Food. It was his vision." She was pleased that his parents were there to help remember him.

After a brief remembrance service, they handed out pieces of the carrot birthday cake – Sonny's favourite cake.

Unity Food meets every Friday at 4pm in the church hall to give out free food.



Friends and family gather to remember Sonny. Azian is in the front wearing glasses.



Thank You

Hakeke Community Centre and Library celebrated our 5th Birthday in January, and we want to say a big 'Thank You' to the community for all of your support and helping us celebrate.



Checkout out our Facebook page or visit our website: [hakekest.org.nz](http://hakekest.org.nz)

Hakeke Community Centre and Library

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# Real Estate with Steven & Jared

## "Brothers in Real Estate"



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

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

#### Why us?

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

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

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

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

#### Why now?

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

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

Therefore, Steven and Jared are determined to provide you with the most practical advice to improve the chances of your property selling.

Joining the Arizto brand with its near-instantly

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

#### Why are we your team?

Steven Schwamm is Arizto's Regional Support Manager for Manawatū, Rangitikei, Whanganui, and South Taranaki.

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

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

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

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

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

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

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

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

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

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

Helping build this brand for the future is Jared Smith

who will also use his unique scribe abilities as Content Writer for the entire Arizto brand.

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

He is proud to have written stories profiling Arizto's rise to currently having over 200 salespeople on board, and the successes on implementing Regional Support Managers in not only Steven for this areas, but also North Taranaki, Waikato-Bay of Plenty and Auckland-Northland.

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

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

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

This innovative approach has allowed them to bring 30 properties to the market over the last quarter in Patea, Waverley, Waitotara, Marton and here in Whanganui.

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

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

**Steven Schwamm AREINZ & Jared Smith - 0800 176 4321**

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# Whanganui Bikewise events over February

# Child Cancer Foundation seeking volunteers for Street Appeal

It is time to get back on a bike and take advantage of the wide range of bike routes on offer around Whanganui – and, in the process, get even fitter. If you are not too sure about your current bike consider going to Green Bikes at 82 Maria Place, behind the Whanganui Resource, Recovery Centre.

On Saturday, February 10, they are offering free safety checks and basic maintenance. You can learn these skills yourselves by turning up on a Tuesday 1-5pm or a Wednesday at 2-5pm for a Community Workshop. You can learn bike repair skills, buy an affordable bike and even volunteer for sustainability projects.

To start you off, you could join the evening social ride on Tuesday February 13, at 6pm with the Whanganui Mountain Bike Club, riding from the i-site (meet up here) to North Mole and back on the cycleway. E-bikes are welcome.

By this stage, you may wish to pamper your ride. This is put on by Velo Ronny's Bicycle Store at 49 Wilson Street for ladies. Join Cath for a hands-on session with practical skills



for maintaining your ride and for answers to all those questions you have always wanted to ask of an expert. Bring your own bike.

You need to register for this one – go to [www.veloronnys.co.nz](http://www.veloronnys.co.nz). You can choose either 10am or 5pm for February 14.

Again, for ladies or men who like the idea of riding a bike wearing a frock, on Saturday, February 24, there is the annual Frocks on Bikes event at 11am. Meet at the Women's Network, 75 St Hill Street. You can wear a fancy frock, pant

suit, superhero outfit or any other favourite costume and join in a leisurely and colourful ride around the bridges.

The Kiwi Kids MTB races are returning. These are cross-country bike races for kids from 3 to 13 years to help build skills and confidence on bikes, as well as opportunities to win vouchers and prizes. They are on Sundays – February 18 @ St John's Hill School, March 3 @ Westmere School, and March 17 @ Arahake MTB Park.

The cost is \$5 per rider

or \$10 per family of two or more. Registrations start at 1pm with racing at 1.30pm.

There is also a Mini Enduro at Hyltons Pit, Brunswick Road on Thursday March 15 at 6pm. It is described as "a fun downhill riding event for all ages and abilities." Gold coin.

Finally, is the annual and popular 'The Big Bike Film Night' at the Davis Theatre of the Museum on March 20 at 7pm. It is a series of cycling short films. The cost is \$21 and \$15 for those under 16.

Child Cancer Foundation's 2024 Street Appeal is taking place on Friday 8 and Saturday 9 March, and they need volunteers across the country to help collect donations for Kiwi families impacted by childhood cancer.

The Street Appeal is the Foundation's biggest fundraising event of the year, where hundreds of volunteers take to the streets to raise critical funds.

"Every week this year, three Kiwi families will be told the heartbreaking news that their child has cancer," said Child Cancer Foundation Chief Executive, Monica Briggs.

"We don't receive any direct government funding, so these families rely on the generosity of their fellow Kiwis to receive the vital emotional and practical support they need during the toughest time in their lives."

The Foundation is currently supporting around 1,100 families nationwide through all stages of their experience with childhood cancer.

Getting involved in the charity's Street Appeal



Nine year old Maggie Wright, who was diagnosed with cancer at age 6.

is easy – simply gift two hours of your time to volunteer at a collection site near you.

"It's a lot of fun, and every dollar you collect will make a real differ-

ence for Kiwi families impacted by childhood cancer," says Monica.

Sign up to volunteer on Friday 8 or Saturday 9 March at: [volunteer.childcancer.org.nz](http://volunteer.childcancer.org.nz)

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# MetService launches push notifications for NZ's most extreme environmental conditions



Kiwis are now able to subscribe to receive notifications to their mobile phone when MetService issues a Red Warning for our most severe weather or if there is an Extreme Fire Danger risk.

The partnership with Fire and Emergency New Zealand will help Kiwis be aware of and ready for our most extreme conditions. All that is required is to have the free MetService NZ Weather app installed on your mobile phone and the location specific notifications enabled.

MetService Head of Weather Communication, Lisa Murray says, "Getting notifications directly into the hands, or pockets, of those likely to be impacted is the most direct way we can warn people."

Fire and Emergency Wildfire Specialist Rory Renwick concurs, "We encourage everyone to download the app, enable notifications and heed the advice when notifications are received. It may be best to postpone a fire or any activity which could cause sparks, - always check further on checksalright.nz. It's also a good prompt to prepare your property should a wildfire occur."

"With climate change and more extreme weather events, this tool is really helping us better prepare Aotearoa New Zealand for a more extreme wildfire and weather environment," warns Lisa Murray.

MetService will trigger notifications when Red Warnings for severe weather are issued for specific lo-

ocations. These warnings are for the most significant and impactful heavy rain and/or strong winds (like those brought by ex-tropical cyclones) or heavy snow, covering an area of more than 1000 square kilometres (equivalent of a box around Lake Taupō).

Severe Thunderstorm Warnings are considered Red Warnings, though they cover a smaller and more localised area, their life-threatening impacts (flooding from downpours, hail and strong winds and lightning) make them very dangerous events.

"When a severe thunderstorm has been detected on one of our weather radars a Red Warning notification will be triggered. Warning time is therefore much shorter than with other types of Red Warning

weather, but a heads up will likely be signalled earlier in the day by a Severe Thunderstorm Watch issued by our forecasters," says Lisa Murray.

The notifications have been sometime in the making and follow a successful testing phase with members of the public to ensure ease of use and no false alerting. When people enable notifications, they'll be prompted to set notifications for their home location and/or enable current location notifications which will provide alerts if they are in the warning area when a notification is issued.

"Fire danger awareness has become much stronger since we started running the fire season information on MetService's website - notifications were a natural next step," says Rory Ren-

wick. "It is just over a year since the devastating Auckland Anniversary flooding, followed closely by Cyclone Gabrielle. These notifications are one of the steps we're taking to warn more kiwis of dangerous weather," says Lisa Murray.

**How can I get these notifications:**

1. Download the free MetService NZ Weather app from the app store (Android or iOS)
2. If you already have the app downloaded it will prompt, you with a "What's new" screen.
3. Enable notifications for MetService severe weather Red Warnings and/or FENZ Extreme Fire Danger
4. Set your home and/or current location.

## Steph Lewis to talk about coping with public abuse as an MP

As part of La Fiesta, previous Whanganui MP Steph Lewis, will share her reflections on being an MP at a meeting on Tuesday 13 February. It will be at the Brechin Lounge, St Paul's Community Centre, Guyton Street, starting at 10am.

Since the elections, Steph has taken time to "recharge the batteries." But by nature, a busy person, she got stuck into some projects while looking after children during the summer holidays and supervising the refurbishing of a couple of bedrooms. One of these projects was to build an impressive outdoor table and two long benches.

A focus of her presentation will be about coping with the public abuse MPs, especially women MPs have to endure. And it didn't come just from men - but also from women.

It was something she kept mainly to herself as "I didn't want to encourage copycat behaviour. It was not only me at risk but also my family and staff."

But when a person who had worked on their house "threatened to protest at my home, others followed me home," and then their daughter asking, "Would bad people be there?," it was time for action. Parliamentary Services installed security cameras and an alarm system in both her home and office.

By this time, Steph and husband, Rob, decided it was time to move to a new house with high fences and gates.

Another incident Steph mentions was when she



Steph Lewis on her outdoor furniture setting she made

was at the Festival of Cultures. A man came up to have a conversation that turned aggressive and he wouldn't stop following me saying quite scary things. In one of the worst incidents, I went to speak to a constituent, and during the conversation, he "pulled out a box cutter/craft knife from his pocket, moving the blade up and down. He later wondered why I blocked him on Facebook."

Due to the number of incidents of intimidating or aggressive behaviour, Parliamentary Services recommended that I should not go should not go out by myself, and to even think carefully about going to the supermarket by myself.

The Labour Party did have a 'Wahine Caucus' group, which met monthly but "the meetings tended to be around 9pm, but we tried to look out for one another."

Parliamentary Services did offer employee assistance, but it was not straightforward to use it.

"You were expected to be in the Parliamentary precincts from 8am to 10pm with frequent, even overlapping meetings." It was a little like boarding school, needing written permission to leave the area.

Reflecting on why there is so much anger and abuse in our society, especially to politicians, she says, "We have lost our ability to pause and walk a mile in someone else's shoes. Once it was just keyboard warriors, but it has moved way beyond that."

Steph is also concerned about how fewer people are engaged or participating in groups from political parties through to service clubs and organisations like the National Council of Women. We have moved more into our own homes to watch screens or go online. We no longer have the open and frank conversations needed in our society."

Her presentation promises to be a very interesting one.

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### 3 Whanganui to Bulls safety improvements drop-in sessions

State Highway 3 (SH3) between Whanganui and Bulls is a key route for locals, tourists and freight, but too many people are being killed or seriously injured in crashes while travelling it.

Between 2019 and 2023, there were 159 crashes on SH3 between Whanganui and Bulls which resulted in 7 people dying and 19 being seriously injured.

To make this road safer for everyone, we're planning to make safety improvements to the road, which will include flexible median barrier.

If you have questions about these safety improvements, or would like to learn more about the project, come and chat with the project team at one of our upcoming drop-in sessions.

**Whanganui:** Pioneer Room, Whanganui War Memorial Centre, Tuesday 20 February 2024, 4-7pm

**Bulls:** Bulls Town Hall, Te Matapihi, Thursday 22 February 2024, 4-7pm

At the Bulls session, you'll also have the chance to speak with members of the SH1/SH3 Bulls to Sanson safety improvements project team.

For more information: visit [nzta.govt.nz/whanganui-to-bulls](https://nzta.govt.nz/whanganui-to-bulls) or email [sh3.w2b@nzta.govt.nz](mailto:sh3.w2b@nzta.govt.nz)

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# Relay For Life

11am, March 23 - 3pm, March 24  
Cooks Gardens



Sign up today at [relayforlife.org.nz](http://relayforlife.org.nz)

## Getting ready for Whanganui's Relay for Life

Preparations for Whanganui Cancer Society's major fund raiser - Relay for Life - are coming together really well. It is on Saturday, March 23, starting at 3pm and goes through the night to finish at 11am on Sunday 24.

While the bands, silent movie, raffles and so on have been finalised, the need now is for as many teams to sign up as soon as. The first team captains' meeting is on Tuesday, 13 February, and it would be great if all

or nearly all teams will be finalised by then and have a representative at the captains' meeting.

One decision that needs to be made is the location of team marquees or tents, with the choice going first to those teams who signed up first. After the teams' meeting, it will be up to the organisers to decide on the locations.

While the main purpose is to raise funds for the work of the local Cancer Society, you will be able to do this while listening to live music. The following bands are



set to go - Gat Shack Project, Riptide (ex Greenfloor), Run it Back, the ever-popular Whisky Mama, Heavy Water and Vinyl. After the evening candlelight vigil on the Saturday evening, there will be DJ who will provide the entertainment through to 10pm. At that point, there will be a silent disco and a midnight outdoor movie.

On the Sunday morning, there will be an acoustic session from 8.30 to 10.30am. Individual registrations are \$15 per person and to secure a marquee site it is \$150 - that is covering 10 people in your team. If you don't have enough people to reach 10, get in touch with Jess at the Cancer Society on 348 7402 and she can help organise it for you.

*And for those who would like to participate but don't have enough to form a team, there are others just like you, so get in touch with Jess and you can join a team and be part of the fun.*

**Relay for Life - Prizes and Raffles**  
There are a number of prizes to win at the

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# Relay For Life

11am, March 23 - 3pm, March 24  
Cooks Gardens



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**Register now!**

**Registrations closing soon!**

## Whanganui

23 - 24 March 2024  
Cook Gardens, Whanganui

Cancer Society **RELAY FOR LIFE** [relayforlife.org.nz](http://relayforlife.org.nz)



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chant, best fundraising EFFORT (not necessarily most funds raised).

House of Travel has a major raffle with a prize of a Fiji holiday package which includes two adult return airfares with Fiji Airways and an accommodation package. In total the prize is worth approximately \$7,000. Tickets cost \$10 and will be available online and at supporting retailers. Keep an eye on the Cancer Society's Facebook page for more details.

There is also the Mitre 10 Relay for Life Trailer Raffle. Pop into Mitre 10 to get a ticket.

*For any business and/or sponsorship enquiries, please contact Jess at the Cancer Society.*

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<b>TUESDAY 27 FEBRUARY</b> 12:15-1pm   <b>HEART COHERENCE</b>   Women's Network, 75 St Hill Street   Gold coin donation Contact <a href="mailto:clanqmead@slingshot.co.nz">clanqmead@slingshot.co.nz</a> 2pm   <b>SOPHIE SCHOLL: THE FINAL DAYS</b> , rated PG, director <b>Marc Rothemund</b>   Josephite Retreat Centre, 14 Hillside Tce   \$15 Ph Pam [06] 345 5047 ext 3 or <a href="mailto:pam.hopper@sozi.org.au">pam.hopper@sozi.org.au</a>	Every individual's emotions and energy affects the collective field environment. A first step in diffusing societal stress is to increase our personal coherence and raise our vibratory rate. Come and learn more + enjoy a group meditation. A dramatisation of the final days of Sophie Scholl, one of the most famous members of the German World War II anti-Nazi resistance movement, The White Rose. A confronting true story which asks us to reflect upon courage and strength of character.
<b>WEDNESDAY 28 FEBRUARY</b> 5:30-6:30pm   <b>THAT TIME OF THE MONTH YOGA SESSION</b>   Enbank Yoga, 75 St Hill Street   \$15 Ph Emma [021] 103 3394 to book 5:45pm   <b>BOXFIT</b>   Her Fitness, 59 Ingestre Street   \$5. Ph [06] 348 9121 or <a href="mailto:results@herfitness.co.nz">results@herfitness.co.nz</a> to register 6pm   <b>CHENIN BLANC WINE TASTING</b>   The Burrow Cellars, Taupo Quay   \$40. Register with Joamari <a href="mailto:info@joawines.co.nz">info@joawines.co.nz</a> [See previous dates for repeats of Archery, Healing Voices + Journaling]	Explore a supportive and restorative yoga practice specifically for 'that time of the month'. During menstruation, it is a time to turn inward. All welcome, any time of cycle or journey. Enjoy a fun and energetic <b>Boxing Circuit</b> , great music and plenty of laughs. All fitness levels welcome. <b>Bookings essential</b> . Join us and explore chic and vibrant <b>Chenin Blanc</b> wines with sniffing plates and grazing platters. All levels of wine knowledge welcome.
<b>THURSDAY 29 FEBRUARY</b> 10am-12pm   <b>TEA + TOPICS: FALUN DAFU MEDITATION</b>   Gonville Library, 44 Abbot Street   Free Ph [06] 344 5872 10am-2pm   <b>EXPLORING EMBROIDERY</b>   Trafalgar Square Shopping Centre Free. Ph/Txt Ann [027] 237 2088 or email <a href="mailto:donnann101@gmail.com">donnann101@gmail.com</a> 6:30-9:30pm   <b>LA FIESTA SUMMER QUIZ</b>   Gonville Library, 44 Abbot Street Free. Ph [06] 344 5872	Learn more about Falun Dafa, a spiritual meditation discipline that includes five exercises that look like qi gong with teachings that revolve around the three core principles of truthfulness, compassion and forbearance. 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. Form a team of up to 6 girlfriends and use your combined girl power to nail this summer-themed quiz. Feel free to BYO food + refreshments [non-alcoholic].
<b>FRIDAY 1 MARCH</b> 5-7pm   <b>INTRO TO SURFING</b>   Morgan St entrance to Castleciff Beach   \$5 Registrations essential to <a href="mailto:whanganui.surf@gmail.com">whanganui.surf@gmail.com</a> Weather dependent, keep an eye on social media for updates 8am-3pm   <b>GET YOUR GRAINS</b>   Venue confirmed on booking   \$95 Register via <a href="http://www.communityeducation.nz">www.communityeducation.nz</a> 11am   <b>PRIDE WALK</b>   Whanganui River Markets   Koha Contact <a href="mailto:info@pridewhanganui.co.nz">info@pridewhanganui.co.nz</a> 4-7pm   <b>WONDER BAR</b>   Space Studio & Gallery, 16 St Hill Street   \$20. Includes a complimentary drink on arrival Tickets available at <a href="https://spacestudioandgallery.co.nz/events/">https://spacestudioandgallery.co.nz/events/</a> 7am-1am   <b>PRIDE PARTY</b>   Whanganui War Memorial Centre   \$20 Contact <a href="mailto:info@pridewhanganui.co.nz">info@pridewhanganui.co.nz</a> about tickets	Enjoy a chance to surf with assistance from the Whanganui Boardriders crew who will supply boards. Begin with observations before entering the water, surf etiquette and all things surf related. Sush will be available for \$10 or BYO kit to have on the beach. Enjoy a chance to surf with assistance from the Whanganui Boardriders crew who will supply boards. Begin with observations before entering the water, surf etiquette and all things surf related. Sush will be available for \$10 or BYO kit to have on the beach. Spend the day with local chef Gina Gouau making your own selection of mussels, granola and crackers. Take home everything you make and have the skills to do it all again when your bunnies out. All ingredients included. Dress loud and rainbow proud! Bring the family, allies and friends, and join in this annual hiko around the bridges. Enjoy a relaxed atmosphere with Geo performing chill lounge covers. Vendors include: Fox Gove, Joia's Wines, Pique Bars, Papari Gin, Good Bones Distilling, LADS Brewing Company + Craft Beer Bar. Easy Taper smash burgers to satisfy your hunger. From a wedding to burlesque, pole to interpretive dance, and of course, show-stopping drag artists. The party to end all parties!
<b>SUNDAY 3 MARCH</b> 10am + 2pm   <b>STAINED GLASS SUNCATCHER WORKSHOP</b>   Level 3, 76 Guyton St   \$45. Ph/Txt Jo [021] 328 994 or <a href="mailto:redlowrypry@gmail.com">redlowrypry@gmail.com</a> 3pm   <b>WOMEN AND ADHD</b>   Women's Network, 75 St Hill Street   Free Ph/Txt Maddie [022] 192 2321 or <a href="mailto:maddiestanley@gmail.com">maddiestanley@gmail.com</a> 3-5pm   <b>B*CHES + BEVIES</b>   Whanganui Squash Club, Bassett Street   \$2 Contact Paula <a href="mailto:wanganuisquash@inspire.net.nz">wanganuisquash@inspire.net.nz</a>	Learn the art of copper-foiling to make your own stained glass suncatcher. All materials supplied. Suitable for ages 15 plus. A group of local women will share their unique and varied experiences of living with ADHD, offering information + insights for those who might be questioning themselves. Come and try squash - lots of fun! Have a go and socialise with others. Enjoy a drink and nibbles afterwards, or as you go!
<b>MONDAY 4 MARCH</b> 10-11am   <b>COACH CHATS</b>   Village Snob coffee cart, Taupo Quay or The Burrow if it's wet   Free, the coffee is on us Contact <a href="mailto:laora@thriveknow.org.nz">laora@thriveknow.org.nz</a> 11am-2pm   <b>PASIFIKA ARTS</b>   48 Alma Road   Koha welcome Registrations essential in advance for catering purposes to <a href="mailto:mediaposts.wms@gmail.com">mediaposts.wms@gmail.com</a>	Informal social meet up for anyone in or planning their business journey. Ask The Thrive Impact Coaches any questions, have a cuppa and connect with others. Turoo, oro mai. Join the Multicultural Council for a creative session making Ei Katu (floral headbands) and Sei Pua (frangipani). All welcome, materials + refreshments provided.
<b>TUESDAY 5 MARCH</b> 10am   <b>STORY TIME</b>   Davis Library, 1 Pukenu Drive   Free Contact <a href="mailto:ellen@whanganuilibrary.co.nz">ellen@whanganuilibrary.co.nz</a> 10am-12pm   <b>SRI LANKAN LANTERN MAKING</b>   Hakeke Community Centre + Library, 65 Hakeke St   Koha welcome. Registrations essential for catering purpose to <a href="mailto:mediaposts.wms@gmail.com">mediaposts.wms@gmail.com</a> 12:15-1pm   <b>HEART COHERENCE</b>   Women's Network, 75 St Hill Street   Gold coin donation Contact <a href="mailto:clanqmead@slingshot.co.nz">clanqmead@slingshot.co.nz</a> 2pm   <b>BABETTE'S FEAST</b> , rated G, director <b>Gabriel Axel</b>   Josephite Retreat Centre, 14 Hillside Tce   Koha Ph Pam [06] 345 5047 ext 3 or <a href="mailto:pam.hopper@sozi.org.au">pam.hopper@sozi.org.au</a> 6pm   <b>WOMEN'S KICKBOXIT CLASS</b>   Awa Kings, 159 Wickstead Street   \$5 Contact <a href="mailto:dine@portwhanganui.co.nz">dine@portwhanganui.co.nz</a>	Join us for this special La Fiesta edition of Story Time especially for 0-6 year olds and kids of all ages. Join the Multicultural Council in learning the art of making Sri Lankan lanterns while + Library, 65 Hakeke St   Koha welcome. Registrations essential for catering purpose to <a href="mailto:mediaposts.wms@gmail.com">mediaposts.wms@gmail.com</a> Every individual's emotions and energy affects the collective field environment. A first step in diffusing societal stress is to increase our personal coherence and raise our vibratory rate. Come and learn more + enjoy a group meditation. A French housekeeper brings a quiet retirement to starkly poor villages in the form of one exquisite banquet in late 19th century Denmark. It proclaims that we can read the soul through the palette - the ultimate film about food! A fun class for all fitness levels to get moving and burn off some energy. No experience necessary, suitable for ages 12+. Wear comfy clothes, BYO drink bottle.
<b>WEDNESDAY 6 MARCH</b> 7-8am   <b>MORNING RAVE</b>   Whanganui Musicians Club, Drews Avenue   \$10 Ph/Txt Julie [021] 121 6965 or <a href="mailto:julie.radlandcndmt@gmail.com">julie.radlandcndmt@gmail.com</a> 10am-12pm   <b>A TASTE OF ASIA</b>   Whanganui Learning Centre, 232 Wickstead Street   Koha welcome. Registrations essential for catering purpose to <a href="mailto:mediaposts.wms@gmail.com">mediaposts.wms@gmail.com</a> 10:30am-12pm   <b>ARTS + CRAFTS FOR GROWN UPS</b>   Davis Library, 1 Pukenu Drive   Free. Contact <a href="mailto:kia@whanganuilibrary.co.nz">kia@whanganuilibrary.co.nz</a> 1:30pm   <b>WOW MEET UP</b>   Barracks Sports Bar, 170 St Hill Street   Koha welcome, order from the menu   Contact <a href="mailto:womenet.whanganui@gmail.com">womenet.whanganui@gmail.com</a> 5:30pm   <b>WOW MEET UP</b>   Women's Network, 75 St Hill Street   Koha welcome, refreshments provided   Contact <a href="mailto:womenet.whanganui@gmail.com">womenet.whanganui@gmail.com</a> 6pm   <b>PRE-LOVED PROJECT, HOSPICE CHIC</b>   Venue TBC   \$30 Ph/Txt Kelly [027] 304 2126 or <a href="mailto:kelly@hospicewhanganui.org.nz">kelly@hospicewhanganui.org.nz</a>	Come get your groove, sweat, shake or bounce on! Start the day with a boogie and a bang. Join the welcoming monthly Morning Rave community, the early starts' worth it! Enjoy a Chinese Tea Ceremony with the Multicultural Council and explore the Dao of Chinese floral arrangement, ancient Chinese zither, origami, calligraphy, and traditional Chinese painting. Join in a morning of creativity while enjoying the company of fellow craft enthusiasts. A lunchtime social monthly meet up for women who live alone to connect with other women over a cuppa and a chat. An evening social monthly meet up for women who live alone to connect with other women over a cuppa and a chat. A fab evening of pre-loved fashion and accessories with food, drink and fun. Op shop tips and styling advice special discount on the night. Tickets at Hospice Op Shops.

<b>THURSDAY 7 MARCH</b> 10am-12pm   <b>EXPLORE INDIAN ARTS</b>   Gonville Library, 44 Abbot Street   Koha welcome. Registrations essential for catering purposes to <a href="mailto:mediaposts.wms@gmail.com">mediaposts.wms@gmail.com</a> 10am-12pm   <b>TEA + TOPICS: WINTER WELLNESS</b>   Gonville Library, 44 Abbot Street   Free. Ph [06] 344 5872 5-7pm   <b>FALUN DAFU</b>   Gonville Library, 44 Abbot Street   Free Ph/Txt Diana [022] 123 6336 or <a href="mailto:whanganuilotus@gmail.com">whanganuilotus@gmail.com</a> 6:30-8:30pm   <b>NURTURING CRAFT EVENING FOR MAMA</b>   75 St Hill Street   Free. Ph/Txt Maddie [022] 192 2321 or <a href="mailto:whieb@sustainablewhanganui.org.nz">whieb@sustainablewhanganui.org.nz</a> <b>FRIDAY 8 MARCH: INTERNATIONAL WOMEN'S DAY</b> 10am-12pm   <b>LIBRARY ONLINE</b>   Gonville Library, 44 Abbot Street   Free Ph [06] 344 5872 10am-12pm   <b>RARANGA WORKSHOP</b>   Gonville Library, 44 Abbot Street   Koha welcome. Registrations essential to <a href="mailto:mediaposts.wms@gmail.com">mediaposts.wms@gmail.com</a> 3:30-4:30pm   <b>BUTTERFLY MOSAIC ART</b>   Davis Library, Pukenu Drive   Free. Contact <a href="mailto:kia@whanganuilibrary.co.nz">kia@whanganuilibrary.co.nz</a> 6:15-7:15pm   <b>WOMEN'S SMASH CRICKET</b>   Victoria Park, Parsons Street   Free. Contact <a href="mailto:verity@cricketwhanganui.co.nz">verity@cricketwhanganui.co.nz</a> or [027] 230 5151 6:30pm   <b>PLEASE ADJUST YOUR G-STRING</b>   Women's Network, 75 St Hill Street   Tickets \$20 General, \$15 Senior/Student. Contact <a href="mailto:womenet.whanganui@gmail.com">womenet.whanganui@gmail.com</a> to book Limited to 30 seats per performance on Friday and Saturday 9 March <b>SATURDAY 9 MARCH</b> Time TBC   <b>FLORAL ART IN THE GARDEN</b>   352, SH3 Westmere Contact <a href="mailto:Leta566@gmail.com">Leta566@gmail.com</a> 6:30pm   <b>PLEASE ADJUST YOUR G-STRING</b>   75 St Hill Street <b>SUNDAY 10 MARCH</b> Time TBC   <b>FLORAL ART IN THE GARDEN</b>   352, SH3 Westmere 1:30-4:30pm   <b>AUTHENTIC MOVEMENT</b>   673 Rapai Road   \$20 Ph/Txt Julie [021] 121 6965 or <a href="mailto:julie.radlandcndmt@gmail.com">julie.radlandcndmt@gmail.com</a> 2-5pm   <b>SONGBIRD</b>   Tararupui, Bushy Park Sanctuary, 791 Rangitapu East Road   Tickets \$25 Adults, \$20 Senior/Student, \$50 Family Pass (2 adults + 2 kids) book via <a href="https://www.underthetradar.co.nz/">https://www.underthetradar.co.nz/</a> Soundwalk, afternoon tea and concert all included in ticket price	Explore Indian culture, costume and tradition with the Multicultural Council. Make flower garlands, try the art of Henna, and learn how to wear a sari. Indian nibbles provided. Irene Davis is back by popular demand. This Tea and Topics will be about getting ready for winter and how to boost your immune system the natural way. An opportunity to learn about and have a go at Falun Gong meditation exercises. Need some time out from the whānau and want to connect with other māmā in a relaxing environment? Create a vision board for your life with re-used magazines. Discover how to get FREE access to movies, books, audiobooks, magazines, newspapers, music, motor manuals + courses available through our library apps. Learn to make a beautiful handcrafted open-top potae with Mere Keating and the Multicultural Council. All materials and refreshments provided. Celebrate International Women's Day with this fun activity for all ages. Make a mosaic butterfly card and gift it to a special lady in your life. A fun, social cricket game with no fuss and no kit required. Come and give it a go! All skills, fitness levels and ages are welcome. A hilarious romp through an OE with a difference. Margaret Austin left New Zealand in 1975 with no idea what lay ahead on the other side of the world. Blessed, or cursed, with a sense of adventure, she turned her nose up at London and went for Amsterdam, Athens and Paris, diving into experiences not for the faint-hearted. Garden open to the public with floral art structures, demonstrations, plants and refreshments to purchase. Organised by the Whanganui Floral Art Group. The second and final performance of Margaret Austin's hilarious romp [see 8 March] Details as per listing for 9 March A meditative and beautiful movement practice involving witnessing, expressive art, reflection and connection set in a peaceful place, gently facilitated, with snacks. Join musicians Elise Goodge, Elizabeth de Vegt and Hamish Jellyman for a magical bird themed afternoon at Bushy Park. Starting with a 2pm Soundwalk and Meditation in the garden; 3pm Afternoon Tea, followed by a concert in the homestead from 3:30pm featuring original and cover songs about birds. The perfect way to end the festival.
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Wishing everyone involved with La Fiesta another hugely successful season of New Zealand's Best Women's Festival

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MP for Whanganui



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National N

# Valentine's Day

DON'T FORGET

WEDNESDAY  
FEBRUARY 14

## The story behind Valentine's Day

## How Valentine's Day has become so popular

While Valentine's Day is when people show their affection for another person by sending cards, flowers or chocolates with messages of love, its origins can be a bit confusing. It is likely to have originated from a Roman festival called Lupercalia which was in the middle of February and officially the start of their springtime.

It's thought that as part of the celebrations, boys drew names of girls from a box. They would be friends during the festival and sometimes they would get married.

Later on, the church wanted to turn this fes-

tival into a Christian celebration and decided to use it to remember St Valentine. However, there are a number of possible St Valentines. The popular belief is that he was a priest from Rome in the third century AD. Emperor Claudius II had banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages



Saint Valentine's Day, commonly known as just Valentine's Day has become an important event for many people throughout the world – in fact it is considered to be the second most celebrated holiday, second only to New Year's Day, even though it remains a working day for most people.

The legend behind the day goes back to a Saint Valentine who was imprisoned for ministering to Christians who were persecuted under the Roman Empire. During his imprisonment, he is said to have healed the daughter of his jailer. Before his execution, according to the legend, he wrote "from your Valentine" as a farewell to her.

The day was first associated with romantic love back in the Middle Ages and by the 15th century had evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery and sending greetings cards known as 'valen-



tines'.

With the development of printing presses and the reduction in postal rates, it ushered in the less personal, but easier practice of mailing Valentines, and in turn the possibility of exchanging cards anonymously.

Since the 19th century, handwritten notes have given way to mass-produced greeting cards. In the UK around 1.5 billion pounds are spent

yearly on cards and gifts, with an estimated 25 million cards being sent. In the USA an estimated 190 million cards are sent annually. In the 1980s, the diamond industry began to promote Valentine's Day as an occasion for giving jewellery.

The rise of internet popularity is creating new traditions with e-cards, love coupons or printable greetings

cards. An estimated 17 million e-valentines were sent annually.

If you do not either send or give a valentine card, roses, chocolates or are not intending to take your partner out to dinner on February 14, you could consider going to a Muslim country, such as Saudi Arabia, where its celebration is likely to be discouraged or even banned.

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in secret.

When Claudius found out, Valentine was thrown in jail and sentenced to death. There he fell in love with the jailer's daughter and when he was taken to be killed on February 14, he sent her a love letter signed 'from your Valentine.'

The festival took off and by the 6th century AD it was very popular. The oldest known Valentine's Day message in English was written in 1477.

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SATURDAY 10 FEBRUARY

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4 Criterion Street, Bulls  
10am to 5pm

LIVE MUSIC • BALLOONS  
FACE PAINTING • DISPLAYS  
& MORE

ENTERTAINMENT  
ALL DAY!

## Join us for an Unforget-a-Bull Day in the upcoming Fest-a-Bull

Bulls, with a population of under 3000 people, punches well above its weight in terms of providing quirkiness and fun from its unique shops through to festival celebrations. This year is no exception with the Fest-a-Bull. One of the key events of Fest-a-Bull is Unforget-a-Bull Day, it's free to attend and you don't want to miss the action. There will be a line-up of homegrown acts and out-of-town talent to keep you entertained, including the Rangitikei College Year 11 Band, Palmerston North Brazilian Samba Drumming group Samba ao Vento, the band Please Don't Touch, Highland Evolution Dancers. There's something for everyone.

The fun doesn't stop there – the organisers have planned engaging activities throughout the day to add an extra dose of enjoyment. To showcase the richness of the district, local community groups have been invited to set up display stalls. Heidi Macaulay, community development coordinator for the district, says, "It's a fantastic opportunity for you and your whānau to discover the cool things happening right here in our community and district. So, bring your curiosity and enthusiasm, and join us for a day filled with lo-



The Colossal Circus is one of our many acts this Saturday

cal talent, exciting activities, and a closer look at the wonderful initiatives shaping our community." Unforget-a-Bull Day covers entertainment for the young, including face painting, balloon twisting, model trains, and Sport Whanganui will be there with the Whanganui District Council Play Trailer; for the less young and brave of heart, try the mechanical bull, and for those with a curious nature, pop by the Bulls Historical Society stand to discover the stories of Bulls' past. Every age loves to witness quirky and fun feats that induce a sense of wonder, and Colossal Circus will be there to do just that.

See you there! group Samba ao Vento, the band Please Don't Touch and Colossal Circus will perform multiple times throughout the day. Look out for the free parking and event signage.

**Fest-a-Bull**  
FREE Family Entertainment  
SAT 10 FEB  
Te Matapihi, Green Space & Hall  
10am to 5pm  
LIVE MUSIC  
BALLOONS  
FACE PAINTING  
DISPLAYS & MORE  
PLEASE DO NOT TOUCH  
SAMBA AO VENTO & MORE  
Entertainment All Day

### BULLS STALL & HAY CART

- Meadow Hay
- Sweetcorn
- Pea Vine Hay
- Avocados
- Pea Straw
- New Potatoes
- Barley Straw
- Strawberries



180 Bridge St, SH3 - OPEN 7 DAYS

# Bouquet of the Week

Jo Laird was nominated by Sport Whanganui for her support of the Play Station that was installed at Castlecliff Domain in December last year. The Play Station is a box that Sport Whanganui, with the support of Ali Arc, Replay and Display Associates, had installed to hold play and sports equipment for local tamariki, rangatahi and their whānau to play with at the park. This is recycled gear which needs replacing on a regular basis.

Jo has been an invaluable volunteer who has become the kaitiaki of the Play Station, ensuring there is always gear in the box for the community to play with, checking in most days. Sport Whanganui is hugely grateful to her for her care and dedication to this initiative.



Jo in front of the Play Station

## How to use excess cucumbers

By Gina Guigou

Suddenly it seems to be cucumber season and off my two plants I'm needing to pick 4 to 6 a day. These hot days there is nothing better than cooling down with chilled soup. We all know the good old cucumber salad using malt vinegar; here is my Asian version.

### Chilled Cucumber Soup

2 to 3 large peeled cucumbers or 5 cups of peeled chopped.

2 large cloves of garlic, if you are a fan of garlic; add 1 or 2 more.

Juice of 1 lemon – having an extra one available is a good idea.

1 ½ cup natural yogurt  
Seasoning – salt and freshly ground pepper to taste

Blend the cucumbers and garlic up with either a stick blender or a food processor, until smooth, then add the yogurt, lemon juice and seasoning (start off with 1teaspoon of salt and a good grind of black pepper).

Taste your soup as it may need a little more lemon juice or salt all depending on the size of the cucumbers and the tartness of the yogurt you use. Remember that once the soup is chilled, more flavour will come out.

Chill the soup for at least three hours, overnight is best. The soup can be kept in the fridge for three days.

If you are wanting to dress up your soup, try adding some chopped up smoked salmon or diced cooked shrimps sprinkled on the top as a garnish.

### Spicy Cucumber salad

1/2 tsp fish sauce  
1 tsp light soy sauce  
2 tsp rice vinegar  
1 tsp vegetable oil  
½ - 1 tsp Chinese chilli in oil  
½ tsp sesame oil

Mix all the ingredients



together and pour over sliced cucumber, if they are fresh picked cucumbers leave the skin on for the colour and the texture.

I will also be using Alison Holst Recipe for Bread-and-Butter pickles and putting a large jar of those away for winter.

## Want straight teeth?

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BULLS

# Horizons' river alert system updated

Horizons Regional Council's river alert system has received an update, making the system more effective in providing automated alerts in flood situations.

The river alert system is a free service that notifies users via phone call when river or stream levels reach a certain height at their nominated location. It's a popular service for landowners who live near waterways, and can help users decide when to take action to protect assets and property.

Horizons group manager regional services and information Ged Shirley says this system update is long-awaited, and has been undertaken carefully to ensure effective operation and clear alerts. "Our river alert system needed an update to address delays with the previous system sending out alerts in a timely manner," says Mr Shirley.

"This new update reduces this risk by providing faster sending of alerts to users so they have more time to act on the warning. It also now



Manawatū River by He Ara Kotahi bridge during Cyclone Gabrielle in 2023.

has double the capacity for signed-up users than what the old system could handle.

"The river monitoring sites we use to capture the river height data, and which trigger the automated alerts to be sent out, had also changed and needed updating. Since rivers naturally change over time, or can be damaged by extreme weather such as Cyclone Gabrielle, movement of these sites

is a regular and expected part of maintenance for this system.

"The update also provides clearer and more accurate pronunciation of Māori place names to ensure the system is as effective as possible in providing the service it was designed for," he says.

Horizons manager emergency management Chay Hook highly recommends the service to those who live in or have assets lo-

cated in potentially flood-threatened areas.

"The river alert system is a great tool for landowners to have in their asset protection arsenal. It provides peace of mind and sends key alerts so you know when you need to take action to protect yourself, whānau, animals and/or livestock, and property from potential flooding – especially if a flood occurs in the middle of the night," he says.

The system is free and anyone can sign up on the Horizons website at <https://envirodata.horizons.govt.nz/river-alert-system>.

Alternatively, if you don't want to sign up for automated alerts but want to check river heights and rainfall data, you can do so at any time on the Horizons website at <https://envirodata.horizons.govt.nz/>.

## Horizons Notes

A personal view with Cr David Cotton

### Buses receive over \$3.4m increased funding versus Putiki Flooding \$0



Cr Alan Taylor and myself.

I have always declared how I voted and the answer is I voted against; I will give more details to explain once the consultation document has been released in full.

Transport rates are charged on the capital value of your property are charged to urban rate payers.

#### Putiki

I also wish to ensure that residents at Putiki and WDC know there is NO funding in this DRAFT LTP for any flood control work. In the last LTP 2018-2028, provision was made for design work for flood protection with \$1.2 million to construct stop banks in year 6 and 7 of that LTP.

It is beyond the scope of this update to give full details; I encourage you to read the full consultation document when released in March 2024 and give your feedback. I will include the ways this can be given in March.

Remember, I am here to represent you; contact me at anytime. I'm working hard to ensure we have an affordable place to live, work and play.

- Cr David Cotton  
Mobile 027 442 5920  
email: david@tasmantrust.co.nz

four years of the LTP:

\* Year 2 - increase rate investment by \$600k for Horowhenua transport services

\* Year 3 - increase rate investment by \$150k for Horowhenua transport services

\* Year 4 - increase rate investment by \$150k for Horowhenua transport services

#### Regional

Regional Transport increases during the first 3

\* Year 2 - increase rate investment by \$700k for regional transport services across Whanganui, Palmerston North, Horowhenua, Taranua, and Rangitikei

\* Year 3 - increase rate investment by \$800k for regional transport services across Whanganui, Palmerston North, Horowhenua, Taranua, and Rangitikei

Not all the initial motions passed, but then a second motion was put forward with different time frames, and all have passed to be included in the 2024-2034 LTP (updated time frames are in the final document).

Cr Ferguson spoke of the very strong support for this funding from the Whanganui District Council, so if you have a view for or against this increased level of service and cost, ensure that it is also passed onto your district councillors as well as

I would like to give you a heads up as to what to expect in the new Long Term Plan 2024 - 2034.

On Tuesday, 30 January, Council signed off the Draft consultation document to be sent to audit before it can be released to the public; transport looks to be the winner of major funding for our region.

Friday, prior to the meeting, we had Chair of Transport Cr Sam Ferguson advise he wanted to add the following \$3.4 million to the transport budget.

These dollars are over and above what was already in the budget LTP for Whanganui transport, which was \$650,000, for the years 2024-26.

On the day of the meeting, Cr Ferguson moved the motion below:

#### Whanganui

Whanganui transport increases during the first four years of the LTP:

\* Year 2 - increase rate investment by \$550k for Whanganui urban transport services

\* Year 3 - increase rate investment by \$350k for Whanganui urban transport services

\* Year 4 - increase rate investment by \$100k for Whanganui urban transport services

#### Horowhenua

Horowhenua transport increases during the first

WANGANUI EAST CLUB FISHING ADJUNCT

# SURFCASTING Competition

2 & 3 MARCH 2024 - South Beach  
Saturday 7am - 3pm Sunday 7am - Midday

Tickets: Wilsons Hunting & Outdoors (222 Vic Ave), Marine Services (16 Wilson St) or online via the link on the facebook page.

## Gearing up for the annual surf casting competition



The Wanganui East Club Fishing Adjunct is running its annual surf casting competition on the 2nd and 3rd of March 2024, the second year back running after Covid restrictions made it impossible to have large events.

After a successful first year back, we have had a huge amount of support from local businesses and a lot more first-time sponsors that makes this competition possible; we can't say thank you enough to the people and businesses

that support us.

The Addition of the Teams section proved very popular last year, so we are running that again. With Extol Engineering kindly supplying trophies for the Teams and also 1st, 2nd and 3rd for each fishing section.

We have bought a Quad bike from Brown Brothers Bikes as the Major Senior Section spot prize; you don't even need to catch a fish to win this; just be there on Sunday at prize giving.

There will be plenty of great prizes up for grabs this year, ranging from Okuma Fishing packages to Weekend Adventure vouchers from Forgotten World Adventures and everything in between. Composite Developments and Okuma have hooked us up with a great deal on some amazing products.

We will have onsite catering this year, which our competitors can purchase. The Sea Dog Galley crew will be starting early to

## Bowls results

Wanganui Bowling Club Inc.

Results of the Club Championships held on Saturday, 3 and Sunday, 4 February 2024.

Winners: Alan Dickson (s), Russell Spence and John Dickson

Runners-up: Clint Park (s), Ray Savage and Ray Park

\*\*\*

Wanganui East Bowls

**Handicap Singles:**  
Women: 1st M Conwell 2nd T Ward Men: 1st N Grant 2nd T Trotter

**Academy Singles:**  
Women: 1st A Rowe Men: 1st M Meyrick

**Championship Open Singles:** Women: 1st J Johnston Men: 1st J McCall 2nd N Grant

**Championship Womens Pairs:** 1st M Foster and J Johnston 2nd S Tasker and J Stewart

**Championship Mens Pairs:** 1st G Johnston and R Hutchison 2nd G Petersen and R Nielson

MARINE SERVICES FISHING & OUTDOORS WANGANUI

WANGANUI EAST CLUB FISHING ADJUNCT

# SURFCASTING Competition

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# SURFCASTING Competition



2 & 3 MARCH 2024

South Beach

Saturday 7am - 3pm

Sunday 7am - Midday

Tickets: Wilsons Hunting & Outdoors (222 Vic Ave), Marine Services (16 Wilson St) or online via the link on the facebook page.



Get your tickets and sign up today!

serve breakfast from 5am on Saturday and Sunday mornings, also selling lunches and dinners. They will have something for everyone.

A huge thank you goes out to our sponsors and supporters: Composite Developments, David Jones Motors, Repco Wanganui, Brown Brothers Bikes, Action Drainage, Marine Services, Forgotten World Adventures, Aramoho Mags & Lotto, The Canvas Man, Extol Engineering, Paly Painters, McCarthy's Locksmiths, Hymech, Eastown Buildlink, Aramoho Pharmacy, Rapid Dental, Ground Up, Rivercity Cabs, The Tool Shed, Carters, Mico Plumbing, Placemakers, Pacific Helmets, Wanganui Vet Services, Mike Green, Johnny Fraser, Johnny King, Downers, Dave Hoskin Carriers, Hire Master, The Wanganui

East Club and Wilsons Hunting and Outdoors.

Also, a big thank you to our great crew members from our adjunct who do the hard yards to make this all happen.

This event is a great weekend for the whole

family. Tickets are available from Wilsons Hunting and Outdoors, 222 Victoria Ave and Marine Services, 16

Wilson Street, Wanganui. You can also follow us on Facebook to get the online registration link.

Proud to support the Wanganui East Club Surfcasting Competition.

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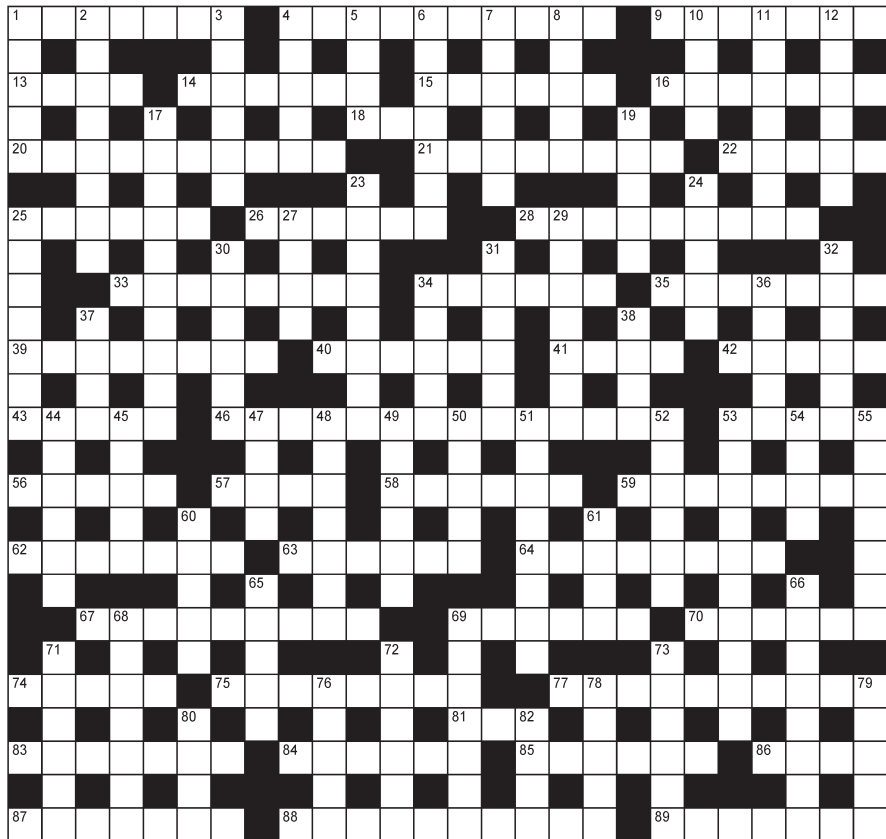
Jumbo crossword

ACROSS

- 1 Wandered from (7)
- 4 Act prematurely (4,3,3)
- 9 Student (7)
- 13 Gambler's stake (4)
- 14 Snow crystals (6)
- 15 Bacon slice (6)
- 16 Mate (7)
- 18 Large cask (3)
- 20 Penal sentence (6,4)
- 21 Mirage (8)
- 22 Entire range (5)
- 25 Of cattle (6)
- 26 Char (6)
- 28 Consequences of a catastrophic event (9)
- 33 Abundantly productive (8)
- 34 Mollycoddle (6)
- 35 Skin bubble (7)
- 39 Bridge for water (8)
- 40 Esprit de corps (6)
- 41 Exchange (4)
- 42 Well known (5)
- 43 Bare (5)
- 46 Physically or morally upright (8,2,1,3)
- 53 Waste drain (5)
- 56 Clown (5)
- 57 Opera solo (4)
- 58 Blood vessel (6)
- 59 Travelling by car (8)
- 62 Sect (7)
- 63 Heavenly body (6)
- 64 Gloaming (8)
- 67 Travel plan (9)
- 69 Bulging outwards (6)
- 70 Curved fruit (6)

- 74 Glossy fabric (5)
  - 75 Headstrong (8)
  - 77 Conspicuously and offensively vocal (10)
  - 81 Mongrel (3)
  - 83 Tedium (7)
  - 84 Endemic (6)
  - 85 Away (6)
  - 86 Grotto (4)
  - 87 Spendthrift (7)
  - 88 Sustained, unremitting (10)
  - 89 Scrap (7)
- DOWN**
- 1 Astute (5)
  - 2 Fetch back (8)
  - 3 Strike out (6)
  - 4 Playing card (5)
  - 5 Nautical pole (4)
  - 6 Discolour (7)
  - 7 Without difficulty (6)
  - 8 Consumers (5)
  - 10 Persuade gradually (4)
  - 11 Pariah (7)
  - 12 Tree-lined street (6)
  - 17 Reduced in status (10)
  - 19 Lobby (5)
  - 23 Green vegetable (8)
  - 24 Stroll (5)
  - 25 Haggler (7)
  - 27 Sleeve end (4)
  - 29 Bulb with fragrant coloured flowers (7)
  - 30 Defeathers (6)
  - 31 Single-celled animal (6)
  - 32 Ebb (6)
  - 34 Catch game illegally (5)

- 36 Gleamed (5)
- 37 Ice hockey disc (4)
- 38 Hired car (4)
- 44 Waterproof jacket (6)
- 45 Be (5)
- 47 Sour (4)
- 48 Non-professional (7)
- 49 Assigned rankings to (6)
- 50 Private teacher (5)
- 51 Close examination (8)
- 52 Titillating (6)
- 53 Seer (10)
- 54 Caprice (4)
- 55 Boating event (7)
- 60 Change (5)
- 61 Donate (4)
- 65 Packing case (5)
- 66 Vista (8)
- 68 Three-pronged spear (7)
- 69 Idea (7)
- 71 Eastern temple (6)
- 72 Civil (6)
- 73 Meal (6)
- 76 Hold responsible (5)
- 78 Desert green spot (5)
- 79 Perfume (5)
- 80 Manage (4)
- 82 Violent anger (4)



Whanganui



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SIMON SHUKER'S CODE-CRACKER Extra 795

EACH number in our Code-Cracker grid represents a different letter of the alphabet. For example, today 22 represents S, so fill in S every time the figure 22 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	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

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

Sudoku

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

EASY

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

Previous solution

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

Previous crossword solution

ACROSS: 1 Strew, 4 Tip of the iceberg, 14 Purse, 15 Sabre, 16 Jolly Roger, 17 Cocoa, 19 Bus, 20 Refrain, 21 Interests, 22 Relate, 25 Warehouse, 27 Jargon, 28 Recipe, 33 Tourniquet, 35 Wok, 36 Précis, 37 Lens, 39 Eel, 41 Abandon, 42 Aplomb, 43 Guarantee, 44 Olive, 45 Underdog, 50 Ex, 51 Keepsake, 55 Toast, 58 Contender, 59 Extras, 60 Spectre, 61 Tar, 63 Even, 64 Erects, 65 Nip, 66 Persevered, 68 Canvas, 69 Morsel, 71 Supersede, 76 Shield, 77 Dalmatian, 79 Dossier, 81 Fan, 84 Equal, 85 Perforates, 86 Camel, 87 Stole, 88 Cheek of the Devil, 89 Petty.

DOWN: 2 Trader, 3 Error, 5 Iron, 6 Oblongs, 7 Tureen, 8 Eagle, 9 Curator, 10 Back, 11 Racket, 12 Bribe, 13 Measure, 14 Panacea, 18 Likelihood, 23 Vogue, 24 Lozenge, 26 Arrange, 27 Jukebox, 29 Inertia, 30 Bobbin, 31 Swoon, 32 Silage, 34 Type, 36 Plain, 38 Sieve, 40 Damp, 45 Uncle, 46 Dungeon, 47 Reek, 48 Orders, 49 Darts, 50 Eternal, 52 Expression, 53 Succeed, 54 Kernel, 55 Tractor, 56 Stops, 57 Harp, 62 Gruel, 67 Matinee, 68 Confuse, 70 Shampoo, 72 Unaware, 73 Plough, 74 Stroke, 75 Defect, 76 Snoop, 78 Merit, 80 Stale, 82 Flue, 83 Yeti.

5x5

S	R		M	
	R	N		
H	V	R		
	N	R		
B	E		S	

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

T	R	A	S	H
E	E	R	I	E
S	C	O	R	E
T	A	M	E	D
S	P	A	N	S

Previous solution



# HAPPY LUNAR NEW YEAR

## Year of The Dragon

Starting  
Saturday 10 February 2024



### Celebrating Chinese culture through knitting and cooking

'Fortune' is an exhibition opening at the Whanganui Regional Museum celebrating Chinese culture through knitting and cooking. It is, in fact, a knitted yum cha banquet (yum cha is a range of Chinese food such as wontons, dumplings and spring rolls). It is the creation of Auckland-based artist, Bev Moon and is the result of a knitting project that she sees as a homage of sorts 'not only to my mother, but my grandmother as

well." She says, "I experimented and did my best to source just the right yarn shades, weights and textures. I folded and stuffed them the way Mum taught me when I helped make yum cha with her." The exhibition also explores the early Chinese settler experience through her mother and grandmother and the anti-Chinese laws that existed in New Zealand until the 1950s. Bev's mother and grand-

mother were two of only 500 Chinese women and children eventually granted temporary refuge by the New Zealand government to escape the Japanese invasion in World War 2. The title Fortune has a double meaning, referencing not only the luck her mother and grandmother had to be granted refuge and also the cost of the artwork due to the high price of wool. The exhibition will open to the public at 10am on

Saturday, 10 February, coinciding with Chinese New Year celebrations. Local educator of Wen Xiong will perform a lion dance in the atrium at 1pm, and a lantern-making activity will run throughout the day. Bev will give a talk and tour of the exhibition at 1.30pm. The talk is free. Koha is appreciated. Booking is not required. A schedule of public programmes over the coming months will support the exhibition, including Chinese calligraphy, puppet making, Chinese language for adults, dumpling making and a special 'night at the museum' event for children.



Bev Moon

## 2024 - the Chinese Year of the Dragon

The Chinese New Year 2024 falls on Saturday, February 10, and celebrations culminate with the Lantern Festival on February 24. It will be the Year of the Dragon taking over from 2023 - the Year of the Rabbit. It is the most important and the longest celebration in the Chinese calendar.

There are 12 animals in the Chinese zodiac, and the Dragon is the fifth year. The old Chinese story behind this was that the Jade Emperor ordered a race to select the 12 animals to be his personal guards. The animals arrived in the following order of the cycle: the Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig.

In Chinese culture, the Dragon holds a significant place as an auspicious and extraordinary creature, unparalleled in talent and excellence. They are



Symbol of Year of the Dragon

also seen as intelligent and bold self-starters with big ambitions.

Unsurprisingly, they can sometimes get hamstrung by their own egos and will do what's necessary to remain on top. Dragon leaders make for tough bosses, as they're good at giving orders and will hold people accountable to big results.

People born in the

Year of the Dragon were born in 1940, 1952, 1964, 1976, 1988, 2000, 2012, and 2024.

Chinese New Year is celebrated around the world, especially in Asia, but has become increasingly popular in the West, including New Zealand.

Traditional practices include visiting local temples hours before midnight to pray for success by lighting the first incense of the year. Firecrackers were lit to ward off evil spirits. The household doors are sealed and not reopened until dawn in a ritual called "opening the door of fortune."

## Chinese New Year local celebrations

In Whanganui the NZ Chinese Association, Whanganui branch will be having a members' luncheon on Saturday, 10 February, to celebrate together. Generally, family members meet the evening before for dinner celebrations. It is similar to Thanksgiving in the USA and Christmas.

They have arranged a display and photo opportunity in Trafalgar Square. Outside No 1 Shoe Warehouse there will be a large screen picture of a dragon hanging up and you are invited to take photo of yourselves with the dragon in the background.



Dragon banner designed by RCP

The screen picture was kindly sponsored by Simon of Speedy Signs. The Chinese community will also be supporting Whanganui Regional

Museum with their day activities on the exhibition and opening Saturday.



**WHANGANUI HIGH SCHOOL**  
www.whanganuihigh.school.nz

Happy New Year of the Dragon  
祝您龙年快乐

Best wishes from Whanganui High School  
Confucius Classroom  
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## More opportunities for boys to play netball this season

Netball Whanganui is very excited to introduce Robyn Walford as Centre Manager. This is a new role, created with the support of New Zealand Community Trust funding.

Robyn was Executive Officer of Netball Whanganui from 2008 to 2015, so has a solid background in the running of our competitions and programmes. We look forward to her input and leadership going forward.

We have some exciting new development opportunities and competition changes coming up for the season.

Our Monday night netball (Springvale Stadium) format is changing to include our Premier 2 grade teams. Both Premier 1 & 2 grades will consist of 6 teams. The format change provides a clear pathway to Premier 1 and aims to give our competition a refresh and entice more supporters to attend our pinnacle of Netball in Whanganui.

There has been strong community support for developing a pathway for boys in Netball. Currently opportunities are only available at Primary School level. Netball Whanganui have heard what our community has to say and will be offering a skill development programme and new playing opportunities for boys this season. This includes a FREE after-school programme and the introduction of a FREE mixed grade alongside our Saturday Competition. The long-term goal is to increase participation so that we can offer a boys-only grade, and then be able to select a talented boys rep team to represent Whanganui at Regional and National tournaments.

We are offering a refreshed coach development programme pre season. This involves a

5 week course, one night a week, run BY local coaches, FOR local coaches. This is an exciting initiative to get a coach group together who can support one another, share resources and develop skills as a group, with the long term goal of improving the skills of all our players.

We are holding our AGM on Monday 26th February 6pm at Laird Park Netball Courts. This will be followed by a Forum, where attendees are encouraged to stay on and discuss changes and the new development opportunities available this season. A representative from all Clubs and Schools are encouraged to attend.

Please refer to our website for more information



**Robyn Walford**

regarding our competitions and programmes, or contact us, 027 235 0636, if you have any queries. We are looking forward to an exciting season, developing skilled players to love the game!

## Horse sports offer family day in country



**All is quiet now but this Parikino field will be alive with people and horses at their annual picnic sports day on 2 March.**

By Dave Scoullar

The horse sports season has begun in the Whanganui district. Mangamahu's annual picnic sports day was in January, and more events are scheduled in February and March. Whangaehu's big day is on 18 February, Makirikiri is on 24 February and Parikino is on 2 March.

These country sports days, which can feature pony and horse events, dog trials and wood chopping, have been running for decades and are important events for the rural areas. Parikino, for instance, began in 1928. It started from the local school sports and grew to the extent of

more than 1000 paying at the gates during the 1930s.

Highland pipe bands attended with boats coming from Whanganui and Pipiriki. The Pipiriki boat used to stay the night for the major dance and social and would return the next day.

In 1930, the British Isles rugby side played its first game in the country on the sports ground, beating a Parikino XV in a practice match before going on to beat Whanganui 19-3.

Today there is no gate charge and the Parikino sports are open for all to enjoy a family day of entertainment in the country.

## Bunnings and Touch NZ open nominations for 'Home Ground Heroes'



Bunnings and Touch New Zealand are calling upon all members of the Touch community to nominate their 'Home Ground Heroes' - those in the community who go above the call of duty to enable players and the sport to thrive.

Five 'Heroes' from Touch modules around Aotearoa will receive \$5,000 to reinvest into their Touch communities to help with costs such as, covering membership fees, supplying team uniforms and purchasing Touch gear.

The Bunnings community initiative celebrates the unsung heroes who make a meaningful difference within the Touch community. They are the ones who wrangle the whānau together, are always the first to call uniform orders and are constantly on the recruitment drive to train new talent. Entering the third year of the initiative, Bunnings Home Ground Heroes has previously seen almost 300 'Heroes' nominated, with 120 nominations in 2022 and 168 nominations in 2023.

Touch enthusiasts can nominate their Home Ground Hero online or at upcoming national marquee tournaments on the Touch NZ calendar: the 2024 Bunnings National Youth Touch Championship, the 2024 Bunnings National Masters Touch Championship and the 2024 Bunnings National Touch Championship. Nominators will have the opportunity to share the impact their 'Hero' has on their team and how the \$5,000 donation will support their Touch community.

Joe Sprangers, Touch New Zealand Chief Executive, says, "Our Home Ground Heroes are a huge part of our sport and are integral in shaping the culture and values of every local module and team that they are a part of."

"Having Bunnings on board to help us celebrate these individuals over the past couple of years has been special. These initiatives allow us to celebrate the significant mahi that is undertaken by our volunteers. We cannot wait to see five more 'Heroes' announced in 2024," said Sprangers.

Touch legend and Home Ground Heroes ambassador, Peter Walters, will be joined by Stacey Waaka for the 2024 season to help raise awareness of the initiative to the Touch community.

Waaka said that she is honoured to be a part of Home Ground Heroes for 2024 and is looking forward to seeing what the winners achieve with their awards.

"I encourage everyone to get nominating for Home Ground Heroes and help us celebrate those that do so much for our Touch community," said Waaka.

Melissa Haines, Bunnings NZ General Manager, says, "We are delighted to see the return of Home Ground Heroes for a third season and look forward to seeing the applications that acknowledge some of the beloved members of the Touch community."

"We are excited to be furthering our commitment to supporting the Touch New Zealand community this season. This partnership is just a small way Bunnings can continue supporting local and lend a hand to the communities in which we operate," said Haines.

Nominations for Home Ground Heroes can be made via [www.touchnz.co.nz/bunnings-home-ground-heroes](http://www.touchnz.co.nz/bunnings-home-ground-heroes). The winners of Bunnings Home Ground Heroes will be announced in March 2024.

To find out about the 2023 Home Ground Heroes, visit: Touch New Zealand - Bunnings Home Ground Heroes ([touchnz.co.nz](http://touchnz.co.nz)).



# Sustainable Whanganui to move to Drews Avenue



In front of 23 Drews – from the left John, Robin, Graeme, Marion, Lynda Maddie, Andy and Chris.



## 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) Thursday, Quaker Meeting House, 256 Wicksteed St, 7.30pm. Friday, Gonville Library meeting room, 12.30pm. Ph 0508 425 266.

## Amitabha Buddhist Centre

invites you to a free public talk by Birgit Saunders on Thursday 8th February at 6 pm at the Community Arts Centre, 19 Taupō Quay, riverside entrance. All are welcome. Regular Thursday classes restart on Thursday 15th February from 6 to 7 pm at the same venue. Cost \$7.

## Poultry Club

starts Saturday, 10th February, 12pm. Mathieson Street Hall. Outside if fine, otherwise inside. All sorts of poultry for sale: hens, roosters, bantams, ducks, eggs. Chook food, produce gear available. Plants and produce table. Short talk, cuppa and chat at end. All welcome, including beginners. \$2 entry. Enquiries 345-8718.

## Psychic Consultant

I am available to help with your past, present and future as well as important decisions. Sandra Singleton. Numerologist Wanganui. 06-345-3803.

## 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.

## Wanganui RSA Women's Section

Welcome to 2024 as we restart our Coffee Mornings on Valentine's Day, Wednesday, 14th February at 10.00am at the St Johns Club.

## The Whanganui Community Choir

recommences for the year on Monday 12th February. Time: 7pm at the Riverside Christian Church, 4 Ingestre Steet, Wanganui. 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.

meet this Sunday 11th February at 1pm to 4.30pm. Join us for a relaxed afternoon of locals who sing country accompanied by the best Country Music band in town. See you at the Highland Pipe Band Hall, 1 E Bell St, right next to the police station. Contact numbers are Terri 021-420-069 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.

## Is Peace Possible?

a presentation for the people of Whanganui by visiting Quaker Peace educators and activists: John Reuwer and Laurie Gagne. John and Laurie have been active and are well-informed on the issues concerning Israel and Palestine. John has spent time in the Ukraine creating a peace force to protect the nuclear reactor there. Both have studied and been involved in international peace and justice issues. There will be a shared meal at the Settlement; 76 Virginia Road, starting at 5.30pm, with the presentation starting at 7pm, on Tuesday February 20, in the Quiet Room. For more information contact Marion Sanson Ph. 06-345-6438.

The Sustainable Whanganui Trust is excited to announce it has signed a lease for the premises at 23 Drews Ave, the home for a long time of Andy's Signage. The building is owned by A & J Deighton Trust.

With the introduction of kerbside recycling, the premises at the Whanganui Resource Recovery Centre might no longer be available and Sustainable Whanganui had wanted to get closer to where the public are.

It will move all of its projects and activities to the new site in early March. This includes the WhEB office, ReUse Academy, Green Bikes, Predator Free Whanganui Trap Library, Kids Creative session. It will also be home to Fruit Tree in Schools/Communities and possibly the home for the soon-to-start, Repair Café Whanganui.

However, the Trust invites and welcomes ideas from the

community about what they would like to see in this new centre. It asks the question – how can we best serve the community?

Transforming the building space into an environment will take some mahi, and the Trust is asking for help. This includes packing and moving boxes, cleaning, painting and unpacking. It could also benefit from the help of electricians, plumbers, carpenters and floor layers.

The Sustainable Whanganui Trust is a trusted and ethical source of information about environmental issues and has become the 'go-to' place for information about refusing, reducing, reusing and repurposing resources. It is all part of Whanganui becoming a resilient, sustainable and transitioning community.

For more information and offers to help contact robin@sustainablewhanganui.org.nz.

## NZ cricketer gets backing

A Whanganui cricket enthusiast, with Indian heritage, still playing at the age of 41 despite being the principal of a major and busy real estate firm, has been among those impressed by the batting form of Rachin Ravindra.

Ritesh Verma, a leading figure at Property Brokers, is arguably one of New Zealand cricket's greatest supporters. An example of his enjoyment of the game was his decision to fly to London to observe New Zealand winning the World Test Final against India.

Ritesh was watching New Zealand's Test against South Africa this week when the RCP contacted him to discuss the emergence of Ravindra as a top-order Test batsman. Ravindra met the challenge of batting at No. 4 for New Zealand by scoring 240.

Ritesh, who would have been playing club cricket last Saturday but for inclement weather, noted that Ravindra had been outstanding in one-day matches and looked good technically on the Test stage, having been entrusted to bat in a key position.

Ravindra seemed to have a good head on him for his cricket, with the top two inches important at the top level. The cricketer from India Ritesh admires is Virat Kohli, the world's best batsman.

Ritesh said Kohli was proven in all formats as a batsman and did not put up with rubbish from Australians.

Kohli had a bit of charisma and had brought a bit of aggression to the Indian team.



## Recent Bereavements

*Sadly passed away recently...*

**Donald Falkland BIGGS (Reverend)**

(Don) on 27 December 2023, aged 71 years.

**Kevin Bruce EDMONDS,**

on 2 January 2024, aged 83 years.

**Beth ERIKSEN (Smith),**

on 3 February 2024, aged 87 years.

**Ian George KIRK,**

on 30 January 2024, aged 84 years.

**David TAYLOR,**

on 31 January 2024, aged 67 years.

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# Fitness a focus this Roar hunting season

Source: New Zealand Mountain Safety Council (MSC)

Every Roar, thousands of Kiwi hunters head into the hills after the stags of their dreams. However, without quality fitness training, hunters can sustain severe injuries with consequences that last well beyond the season.

That's why the NZ Mountain Safety Council (MSC) is encouraging hunters to prepare for the 2024 Roar by building up their fitness and strength to set themselves up for a safe and successful hunt.

MSC insights reveal that severe hunting injuries double during the Roar hunting period, compared to an average month. Over the past 10 years, on average, 40% of the severe hunting injuries\* are to the knee or shoulder, which result in an average of 76 days of missed employment.

The majority of these Roar hunting-related in-

juries are caused by slips, trips and falls and nearly all are preventable with enough fitness training and preparation, says MSC.

The Roar hunting season typically kicks off by mid-March, meaning there is still plenty of time for hunters to reach their fitness goals. Every hunt is unique, so fitness requirements depend on many factors such as a hunter's goal, their hunting location and land access, and group size, MSC Chief Executive Mike Daisley says.

"We're asking hunters who plan to head out this Roar, that if they haven't already started to put some solid training in, they still have two months to get ready," he says.

"After all, the fitter you are, the more enjoyable, and safe, your hunt will be and the less likely you'll be to sustain an injury."

Quality preparation and fitness training starts with some self-reflection on fitness capabilities, setting



goals and then start training.

MSC have created a downloadable guide to help hunters get #ROARfit. It's complete with a hunter fitness self-assessment, hot tips, and prompts at 8 weeks out, 4 weeks out and 1 week out. The guide also has some essential prep reminders and other resources to help

hunters get the most out of their Roar hunt this year.

Daisley says that in addition to fitness training, now is also a good time to tick off the planning and preparation stages too.

"Going over basic navigation skills, understanding your hunting area, and checking all your hunting gear is up to scratch are good habits to get in to be-

fore any hunt," he says.

Additionally, Daisley recommends hunters check their base hunting kit is ready to go and includes, a rain jacket, warm layered clothing, a hat and gloves, head torch, blaze clothing, emergency shelter, first aid kit and a suitable communications device in addition to a mobile phone.

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We are looking for someone proactive, who can self-manage, has pride in their work, and has a can-do attitude. The ability to interact well and appropriately as part of the school community is important.

The successful applicant will need to have a sound level of fitness to complete tasks, have handyman skills and be prepared to work outdoors.

Start date – End February/Beginning March

Applicants for this position should have NZ residency or a valid NZ work visa. The successful applicant will be subject to a Police Check.

Please send a cover letter, CV and the name of three contactable referees to:  
principal@stmarcellin.school.nz

Applications close  
Thursday 15th February 2024

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For an application pack email Linda Ireton,  
Tumuaki/Principal, principal@keithst.school.nz

Applications close  
3.00pm, Friday 23 February, 2024.





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

GK McIvor Trading Limited, 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 25 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 DLCadministration@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.

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## Annual General Meeting

Wanganui Competitions Society Inc. trading as Whanganui Performing Arts.

10.30am  
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# ~ Epilepsy awareness day ~

## International Epilepsy Day: 12 February

Epilepsy affects almost every aspect of the life of the person diagnosed with the disease. For many people living with epilepsy, the stigma attached to the disease is more difficult to deal with than the disease itself.

The stigma of epilepsy can discourage people from seeking treatment and has consequences for the quality of life and social inclusion.

Educating people about epilepsy and dispelling myths can reduce stigma. Check out these commonly held myths.

### MYTH 1: ALL PEOPLE WITH EPILEPSY LOSE CONSCIOUSNESS AND HAVE CONVULSIONS

The most common seizure is called a 'tonic-clonic seizure', where a person falls to the ground and starts to shake. However, tonic-clonic seizures are one of over 40 different seizure types, some of which include quick muscle twitches, a brief loss of awareness, confusion or disorientation.

### MYTH 2: EPILEPSY IS A LIFE SENTENCE

Epilepsy is not necessarily a lifelong condition. While there is currently no cure for epilepsy, some childhood epilepsy syndromes are 'outgrown' and around 70% of people with epilepsy will become seizure-free with medication.

### MYTH 3: EPILEPSY IS A MENTAL ILLNESS

Sometimes epilepsy and seizures can be mistaken for

mental illness. However, like anyone else, some people with epilepsy can develop mental health conditions, such as depression and/or anxiety

### MYTH 4: IF YOU HAVE EPILEPSY, YOU CAN'T DRIVE

People with epilepsy can obtain a driver's license if their seizures are well-controlled with medication.

### MYTH 5: YOU SHOULD RESTRAIN SOMEONE HAVING A SEIZURE

Restraining someone during a seizure is more likely to agitate or harm that person (or you). A seizure will run its course. Seizure first aid depends on the type of seizure.

### MYTH 6: YOU SHOULD PUT SOMETHING IN A PERSON'S MOUTH TO STOP THEM SWALLOWING THEIR TONGUE DURING A SEIZURE

It is physically impossible to swallow your tongue. Do NOT put something in their mouth, as the person is unable to control their muscle movements during a seizure, and they may bite down on the object and break their teeth, or injure their mouth.

### MYTH 7: IF SOMEONE HAS A SEIZURE, THEY HAVE TO GO TO HOSPITAL

Not all seizures require hospitalisation. Most often, the person will just need time to rest and recover after a seizure, which they might be able to do at work, school or home.

## New Al-Anon Family Group Meeting to support families and friends affected by someone else's drinking

We are pleased to announce the launch of additional Al-Anon Family Group meetings to provide support and guidance to families and friends affected by someone else's drinking. This new meeting complements the existing schedule, offering increased accessibility for those seeking assistance.

Locals can join one of the two weekly sessions to connect with others facing similar challenges and to find hope and encouragement in their journey:

1. Friday Meeting:  
Time: 12:30 PM - 1:30 PM

Location: Gonville Library, 44 Abbot Street

2. Thursday Meeting:  
Time: 7:30 PM - 8:30 PM

Location: Quaker Meeting House, 256 Wicksteed Street

Al-Anon Family Groups provide a safe and supportive environment where individuals can share their experiences, strengths and hopes in dealing with the effects of someone else's drinking. These meetings offer practical strategies, emotional support, and a sense of community for those navigating the challenges of living with or loving someone who struggles with alcoholism.

"We are excited to offer this additional meeting to our community," said Kim A, Whanganui AFG Group Representative. "Al-Anon is a vital resource for anyone affected by the impact of alcoholism, and we hope these gatherings will serve as a beacon of support and understanding for those in need."

Attendance is open to all, and newcomers are warmly welcomed. For 26 - RIVER CITY PRESS, THURSDAY, FEBRUARY 8, 2024



more information, please email [afgwhanganui@gmail.com](mailto:afgwhanganui@gmail.com) or simply turn up to one of the meetings.

About Al-Anon Family Groups:

Al-Anon Family Groups

provide support to anyone whose life is or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. Al-Anon is a mutual support program based on the Twelve Steps and Twelve Traditions adapted from Alcoholics Anonymous (AA). For more information, visit <https://al-anon.org.nz/>

## Camembert and Brie cheeses recalled due to possible presence of E.Coli

New Zealand Food Safety is supporting Waimata Cheese Company Limited in its recall of a specific batch of its Camembert and Brie cheeses due to the possible presence of E.Coli.

The following products with batch number 8367 and a best before date of 28/02/24 are affected by this recall.

- \* Waimata Cheese brand Camembert
- \* Longbush Camembert
- \* Longbush Brie

Up-to-date details of products affected by the recall, including photographs, is available at <https://www.mpi.govt.nz/food-safety-home/food-recalls-and-complaints/recalled-food-products/waimata-cheese-brand-waimata-camembert-longbush-brie-and-longbush-camembert-cheese/>

"The concern with these cheeses is that there may be E.Coli bacteria present," says New Zealand Food Safety's acting deputy director general Jenny Bishop.

"Symptoms of sickness caused by E. Coli include stomach cramps and diarrhoea. Some people feel sick and vomit.

"Most people get better within five to seven days, but the effects can be seri-

ous for people with weakened immune systems, including the very young, frail older people, people with weakened immune systems and pregnant people.

"E.Coli can travel easily and fast from person to person if infected people do not wash their hands properly.

"If you have consumed any of this product and are concerned for your health, contact your health professional, or call Healthline on 0800 611 116."

Affected product should not be eaten. It can be returned to the place of purchase for a refund.

Should you be unable to do this, throw it out.

The recalled products are being removed from shelves at stores nationwide. E.Coli was discovered as a result of routine testing. New Zealand Food Safety has not received any notification of associated illness.

"As is our usual practice, New Zealand Food Safety will be working with Waimata Cheese Company Limited to understand how the contamination occurred and prevent its recurrence," Ms Bishop said.

## Raceday Feature Doubleheader Friday 9 February 2024



Wanganui Jockey Club  
Ph 345 3968  
[wjc.co.nz](http://wjc.co.nz)

Thoroughbreds racing from 12.30pm - 4.35pm with 9 races at the Racecourse with stakes of \$350k

FREE entry and parking



Wanganui Greyhound Racing Club  
Spriggens Park, Guyton St, Whanganui

Greyhounds racing from 4.43pm - 12 races

RESTAURANT • BAR • TAB

## Greyhounds and horse racing this Friday



Wanganui racing will be to the fore on Friday, 9 February, with a full schedule of racing at the Wanganui

Jockey Club and neighbouring Wanganui Greyhound Racing Club. The thoroughbreds will start the day off at midday with 9 races programmed up until 4.35pm at the racecourse on Purnell Street. Things will then swap over to Hatrick Raceway, where the greyhounds will race on the oval from 4.43pm until 8.53pm with 12 races scheduled. Hatrick Raceway has a Full TAB, bar and restaurant.

The thoroughbred meeting is a feature day with stakes of \$350k up for grabs, which was transferred here from Manawatu, as the Awapuni track undergoes a total renovation. These stakes and affects on recent regional meetings should see significant interest in this meeting, and good horse numbers are lining up to start. Attend both meetings to see racing at its best!



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RESTAURANT • BAR • TAB



Attend both meetings to see racing at its best




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RESTAURANT • BAR • TAB

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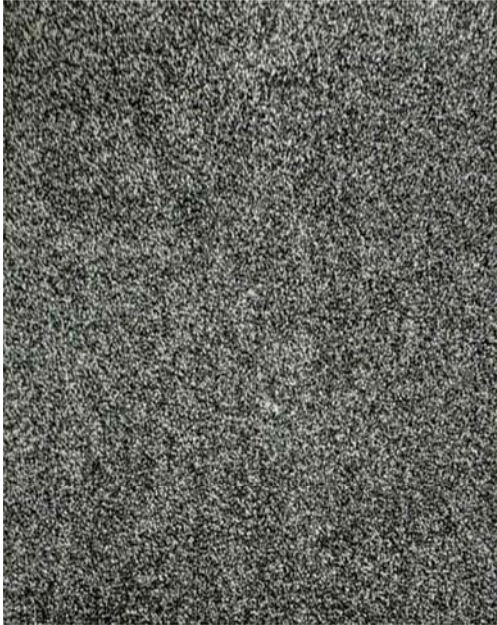
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