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Lessons learnt while working on plumbing projects in Cambodia

BY DOUG DAVIDSON

Jared Wood from Bio Flow Plumbing spent a couple of years living and working for aid organisations in Cambodia, and his experiences overseas gave him a different perspective on life and work.

Originally, he worked in construction on the Kapiti Coast but wanted "to spread my wings and to get out of construction." He headed off to London, but "I couldn't get a job in a bar. They all wanted previous experience." So, he became a labourer on a construction site and quickly became the plumber and, soon after, the projects director. He says, "The owner changed my perspective on life. He was using the

profits to buy land for widows in India. Of English, Irish, and Indian background, and having been brought up in an orphanage, he wanted to contribute to others." Feeling inspired to use his skills for meaningful ventures, Jared returned to New Zealand before opting to go to Cambodia, which he chose "because it was not too extreme, relatively close and easy to get to." Using his savings and money he had

fundraised, Jared thought he could live there for a year, find his own project and train locals.

It wasn't that simple. "Aid organisations wanted academics not a hands-on person. I couldn't get a volunteer position, and then I got dengue fever which laid me out for a month."

Finally, he got two offers. The first required him to take a bus to a rural location, but when he got there, his contact didn't turn up.

The second offer was to help build a factory that made ceramic purifiers in rural areas. But again, it wasn't straightforward. "The locals were older than me and initially did not want my help. It was difficult to get their respect."

Things changed when he set up a test scenario to prove one of the methods he was trying to convince them of. They agreed that the new method was better. "Two months in, one of the locals held my hand on the building site. I con-

fess I felt uncomfortable, but it was a groundbreaking moment that said - 'You are my friend and I trust you.'

He had stayed a year, and his money was running out but the North American aid organisation asked him to stay and work on a project about how to use waste from toilets. "80% of Cambodians did not have access to proper sanitation," he explains, "and the organisation was putting in a latrine, a flush toilet - but only into a type of long drop."

His question was - what was to happen after a year when the long drop was full? What do you do with the waste apart from trying to pump it back into open fields, with the likelihood of spreading disease?

As part of the project Jared went to the Philippines and then to South Africa to find out how they were tackling similar issues. His conclusion was that it would be necessary to suction out the waste and transport it to some form of low-tech

treatment plant, which could potentially include worms.

But such a proposal would be very expensive in comparison to putting in more latrines. "Aid agencies seemed to want to fly their flag. They would rather boast to their donors that they had put in 1000 new latrines than to do something sustainable with the waste being created. They had good intentions but a lack of focus on sustainable solutions. It was a case of we'll figure it out later."

By this stage, he was living on a tight budget eating, out most days for the equivalent of no more than \$1. While he was "grateful for all the experiences that had provided me with so much," it was time to come back to New Zealand.

He worked on organic farms and studied permaculture upon his return. He wanted to work in a more meaningful way, and after working in the family's plumbing business, he transitioned to setting



Jared Wood

up his own - Bio Flow Plumbing. Jared and his partner Stacy came to live in Whanganui and to set up his business here. All the time, he continues to explore ways to lighten his impact on the earth while helping his clients to do the same, as well as ways he can contribute back to the local community in meaningful ways. Recently, he spoke at the February meeting of Green Drinks on how to reduce your environmental impact on everything from hot and cold water, hard and soft water to eco toilets, composting toilets, household moisture and home heating solutions.

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Check out what's in this week's RCP

Our front page story on Jared Wood and his involvement in waste-water projects in Cambodia is an interesting one regarding aid projects. It also says a lot about Jared's ongoing commitment to environmental issues.

The work that John Reuwer is doing with World BEYOND War is especially important in current circumstances with wars in Ukraine and Gaza (page 23).

There are a number of ethnic-based events coming up. The Sri Lankan Society is doing a lantern-making workshop, which is already full (page 16) as well as a Sri Lankan Kitchen session (page 24). There is also a workshop on Pasifika Arts (page 17), as well as ones on 'A Taste of Asia' and another on 'Explore Indian Arts.'



Doug Davidson
journalist@
rivercitypress.co.nz

Another event worth going to is 'The Big Bike Film Night.' (page 26) Note that the RCP has a draw for a free double pass.

Congratulations to Springvale Garden Centre for introducing their generous School Gardening Partnership with schools (page 18).

Special Songbird concert at Bushy Park on March 10

Now in its fourteenth year, La Fiesta - NZ's Best Women's Fest, has gone from strength to strength, with this year being one of the most packed programmes ever. The two-week festival began on 10 February and will conclude on 10 March with a special, one-off concert called "Songbird." This special concert will be held at Bushy Park Tarapurui, a unique bird sanctuary and homestead located near Kai Iwi and features local musicians Hamish Jellyman, Elise Goodge and Elizabeth de Vejt.

Beginning at 2pm in front of the homestead, the event will begin with a soundwalk and meditation. This is optional and will explore the unique impacts of bird song on wellbeing. The soundwalk will be followed by an afternoon tea at 3pm in the homestead. Scones and tea/coffee are included in the ticket price. The event concludes with a concert made up of original songs as well as iconic songs that celebrate the theme of birds. All three musicians will be singing and playing a range of instruments, including piano, guitar and taonga pūoro. "We will

be playing some original songs, but in the spirit of the theme, we will also be playing some iconic songs and encouraging the audience to sing along with us," says Elizabeth.

The event will go ahead, rain or shine. If it is raining, organisers advise to dress appropriately for a bush walk in the rain. Tickets are limited due to restrictions on space and are selling fast, so advanced booking is recommended. Tickets can be purchased in advance at the Under the Radar website for \$25. Go to: <https://www.undertheradar.co.nz/gig/88236/Songbird.utr>

Sunday 10 March
2024 - Soundwalk 2pm,



Elizabeth de Vejt, Hamish Jellyman and Elise Goodge.

Afternoon Tea 3pm and Songbird Concert 3.30pm at Bushy Park Tarapurui, RD8, Kai Iwi, Whanganui

Cancer Society asking for volunteers

People volunteer for different reasons, but they all bring skills, passion, and energy to their roles. Fatima Sherkhan, Volunteer Coordinator for the Cancer Society, says, "Our Cancer Society volunteers come from all walks of life, but they are all committed to reducing the impact and incidence of cancer."

We would not be able to support, inform and empower those affected by cancer without our volunteers. You can positively impact your community, be part of a team, share your experience, learn new skills, and develop lasting friendships. We currently have positions open for Client Driving and in Events."

Client Driving requires you to have a tidy vehicle, full driver's license, and excellent people skills. The time commitment is a minimum of 3 hours per drive - usually at Palmerston North Hospital but can also be local or to Wellington. In this role you will pick up clients from their homes, take them to their appointment, then return them home. In this fulfilling role you will be reimbursed per km you drive. You choose how little or often you want to drive, and we accommodate your preferences.

In Events, we are looking for fun, energetic people to help with multiple activities happening throughout our Relay for Life event which is being

held on 23 and 24 March 2024.

Full training and ongoing support are provided for these roles. If you would like to hear more

about any of these roles, please contact Fatima on 027-322-6277 or email, enquiries.wgi@cancer.org.nz. We would love to hear from you!



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Public could help solve Whanganui mass fish death mystery

Boost to rural internet connectivity on SH4



Longfin eel - photo credit DoC

they are. This will help us consider whether there are suitable specimens to test for diseases.”

MPI will test some of the fish specimens to try and determine the cause of death, Horizons Regional Council will gather more environmental data, and mana whenua and Fish & Game will add their data, observations and local knowledge to the mix.

Chair of Te Mana o Ngā Tuna, Ben Potaka, says mana whenua have been concerned for years about the annual mass deaths of tuna in the Whanganui, but until now, nothing seems to have been done about it.

“Tuna are significant taonga. It’s time for everybody to all pull together to try and understand the cause of these mass fish deaths.”

Last summer there were no reports of the mass deaths of tuna. However, previous years have seen reports of dead and lethargic tuna from the Manganui o te Ao River and the Whanganui River, as far downstream as Pipiriki.

Maree Patterson, Senior Water Quality Scientist at Horizons Regional Council says the cause of these deaths is not clear.

“Previous mass deaths events tended to be widespread, indicating they weren’t the result of a single pollution event. Water temperatures probably

aren’t a factor as temperatures in the major rivers don’t get hot enough to cause fish deaths directly.

“We’re extending our existing monitoring programmes in the Whanganui catchment, by installing new monitoring equipment at Pipiriki and Wades Landing to continuously measure dissolved oxygen levels in the water over warm, dry

periods.”

The expectation is that through this monitoring work, there’ll be better information to understand the mass fish deaths and determine ways to reduce or prevent them in the future. People are advised to exercise common sense and not take dead or dying fish to eat while the cause of their deaths is undetermined.

Media and Communications Minister Hon Melissa Lee with Whanganui MP Carl Bates



Whanganui MP Carl Bates is delighted that a 7.1 kilometre mobile black spot on State Highway Four has been eliminated.

“Media and Communications Minister Hon Melissa Lee advised me that the mobile tower had gone live today,” Carl said.

The tower, located at the Maewa Trig between Otoko and Kakatahi, is the product of a partnership between the Rural Connectivity Group (RCG), Crown Infrastructure Partners (formerly Crown Fibre Holdings) and the Whanganui District Council.

Crown Fibre Holdings was established by the former National-led government to manage the rollout of ultrafast broadband and was renamed in September 2017.

Today’s development is part of the Government’s Rural Connectivity Programme.

In addition to the 7.1km on State Highway Four, 10.1 kilometres of surrounding local roads will also

become connected.

Carl said the new tower will also enable motorists to connect to the 111 emergency service no matter which network they belong to.

“This development will be of huge benefit to the rural community in this area,” he said.

“In my maiden speech three weeks ago, I referred to rural connectivity being a real issue for the Whanganui, South Taranaki and Stratford districts.”

Whanganui Mayor Andrew Tripe says, “I am quick to remind people that Whanganui District is both urban and rural, including many living in isolated areas. It is then critical that mobile coverage right across our District is there for all our community and I very much welcome the announcement by Minister Lee.”

Carl said, “The Coalition Government is committed to improving connectivity for rural New Zealand, and I will be advocating strongly for those areas in the Whanganui electorate that still suffer from inferior connectivity or worse, none whatsoever.”

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NZ Blood Service lifts 'mad cow' restriction

From today, Thursday 29 February 2024, people who lived in the United Kingdom, France or Republic of Ireland between 1980 and 1996 for six months or more during the 'mad cow disease' outbreak will finally be able to book to donate blood or plasma in New Zealand.

"It has taken some time for us to reach this point, but after more than 20 years, we are thrilled that we can safely remove this restriction and finally welcome this large cohort of new potential donors into our lifesaving whānau," says New Zealand Blood Service (NZBS) Chief Executive Sam Cliffe.

"It's impossible to say how many people living in New Zealand have been prevented from donating because of this.

However, we estimate that we lost around eight to 10 percent of donors when this restriction was introduced.

"No doubt people will be eager to donate straightaway. Given the influx of new donors we're expecting to welcome through our doors from Thursday 29 February 2024, we're asking people to consider booking an appointment over the next few weeks. This will ensure the donation process runs as smoothly as possible for them and avoid overwhelming our donor centres or mobile drives."

The restriction that prevented those who lived in the United Kingdom, France, or Republic of Ireland between 1980 and 1996 for six months or more from donating was implemented in 2000.

It was a precautionary measure in response to the outbreak of 'mad cow' disease and concerns about the risk of acquiring human variant Creutzfeldt-Jakob Disease (vCJD) via blood or plasma transfusions.

The recommendation from NZBS to lift the restriction was approved by Medsafe following a review and detailed risk assessment.

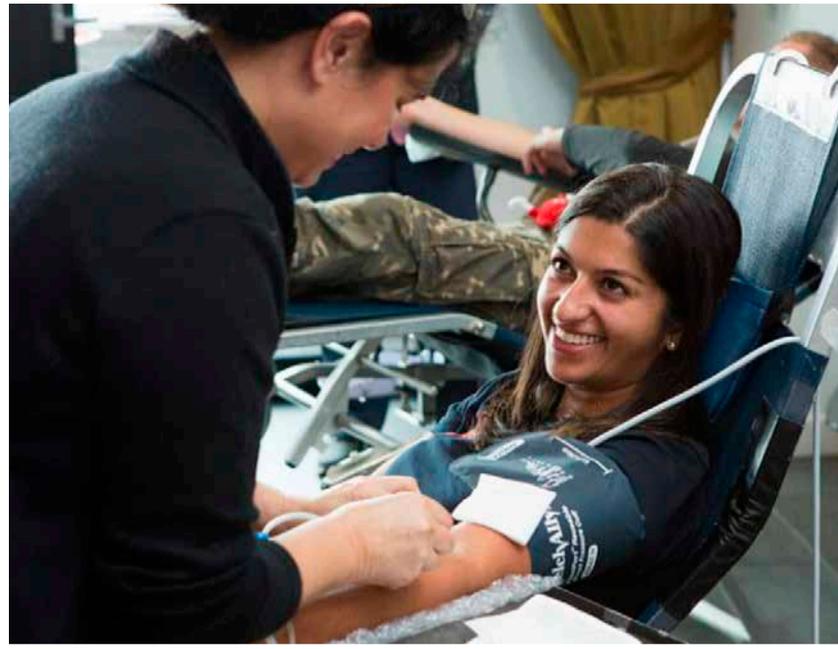
NZBS' clinical team worked with epidemiology and infectious disease experts at the University of New South Wales Kirby Institute for more than a year to research the risk of vCJD among New Zealand's blood donor population.

That work showed the risk was negligible and that removing the restriction would not compromise the safety of blood and

blood products in New Zealand.

With those previously impacted by the restriction finally being able to book an appointment to donate from Thursday 29 February 2024, they'll first be encouraged to check their eligibility online because there may be other factors that mean they're unable to give blood or much needed plasma. A basic eligibility quiz can be found on the NZBS website.

"This is an exciting time for everyone. Our teams are looking forward to welcoming all new donors into our lifesaving donor community from Thursday 29 February 2024."



Paul's Road Music Festival returning this Sunday



Bullfrog Rata & the Cuba Express band - one of the bands performing this Sunday

The Paul's Road Music festival has been running for about 15 years and will be returning on Sunday, March 3. It is both an opportunity to listen to and enjoy seven top bands and also to contribute to Gabby's Starlit Hope Charity.

Gabby Devine was diagnosed with Ewings Sarcoma (a rare form of bone cancer) in February 2013. She spent numerous months at Starship and New Plymouth hospital. She quickly realised how boring hospital can be and

how a simple Random Act of Kindness could brighten someone's day. And so, her idea for Starlit HOPE began in early 2014 to provide random acts of kindness to oncology kids, their parents and sometimes the staff too.

Sadly, Gabby died in May 2015, having performed over 1000 Random Acts of Kindness. Her goal to put smiles on the faces of kids in hospitals all over New Zealand continues today with Gabby's Starlit HOPE

providing Play Parcels for kids in hospital, Baby & Mum packs, Teen Mental Health packs and support for families with children in hospital.

The Paul's Road Music Festival has contributed, organiser Fred Loveridge estimates, about \$40,000 towards Gabby's Starlit Hope over the years. This year, half of the proceeds, once items such as toilets and sound systems are deducted, will go to the family of a young girl in Foxton who has to travel to Star Ship Hospital in Auckland on a regular basis. The parents are unable to work as usual as the mother accompanies the girl and the father looks after the other children.

The other half will go towards providing Play Parcels for children at Whanganui Hospital.

The music starts at 'high

noon' and continues through to around 6pm. There will be a BBQ operating from about 3pm but you are welcome to bring your own picnic along with drinks, blankets and low-slung chairs, not to forget some shade items.

The band, who contribute their time for free for the cause, are in order:

- Razor & the Blades
- Bullfrog Rata & the Cuba Express
- The Replicants
- Whiskey Mama
- Workshop
- The Bylaws
- Burn the Machines

The cost is \$30 with tickets available from the Gatsback, 71 Ridgway Street, although there will be limited gate sales. The venue is 42 Pauls Road, the property of Dean and Marion Butler, who also donate it to the cause.

Bouquet of the Week

Elizabeth Sims was nominated for the RCP Bouquet of the Week. The nomination went as follows:

"Despite being almost 90, Elizabeth plays the piano for residents at Broadview (she is definitely a young 89-year-old) Over the years she has played at many rest homes. Residents love it when Elizabeth arrives, as she plays all the old-time songs by sight. She also plays the piano accordion.

"Elizabeth has always played by ear, but for one year when she had broken her back and couldn't be out and about playing for others' enjoyment, she studied Theory in Music by correspondence and passed."

Elizabeth has been playing since 1992.

The RCP was pleased to surprise her in front of her



Bouquet recipient - Elizabeth Sims

appreciative audience at Broadview, presenting her with a beautiful bouquet of flowers put together by Nicola and her team at the Flower Room.



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Image: Landscape of a butterfly wing 2, by Denice Midgley.

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1877 Mayoress' blouse goes on display at Museum

By Karen Hughes
Whanganui Regional Museum is excited to highlight another stunning item of clothing with a wonderful Whanganui connection. The Outfit of the Month for March is a blouse owned by Isobel Duncan, born in Whanganui in 1877 to the well-known Duncan family.

The Duncan family were one of the first Pākehā families to settle in Whanganui and contributed extensively to the city and region. Isobel was married to Charles Ewing Mackay, a New Zealand lawyer, local politician, and Mayor of Whanganui from 1906 to 1913 and then again from 1915 until 1920.

Isobel was a highly active and forthright woman in the Whanganui community, and an avid gardener.

Made from a fine cotton lawn, the blouse dates from the late 1890s to early 1900s. It was bequeathed to Whanganui Regional Museum by Josephine Duncan, Isobel and Charles' daughter. The blouse was part of a large collection of the family's furniture and decorative arts she gave to the Museum, along with her personal effects. Visitors to the Museum



Isobel Duncan in 1903

Photo credit: 2008.60.310, photographed by W. H. Bartlett. Bequest of Josephine Duncan, 2008.

can view a selection from this gift currently on display in the upstairs gallery, alongside Isobel's blouse.

Kaihāpai Taonga/Collections and Curatorial Lead, Trish Nugent-Lyne will present and discuss the blouse with an informal public talk. Members of the public are invited

to hear her presentation in the Museum at 12.15 on Friday 1st March.

Entry to the event is free. Koha for the Museum is always appreciated. No booking is required, and all are welcome – meet in the Atrium. The blouse will be on display in the Museum throughout March.

Thirty-two new NZ Citizens for Whanganui



Thirty new citizens were welcomed at a special ceremony at the Whanganui War Memorial Centre last week.

The recipients were from 12 countries: United Kingdom, Australia, India, Fiji, Samoa, Malaysia, Thailand, Sri Lanka, China, Denmark, Cambodia, and United States of America.

Whanganui Mayor Andrew Tripe says, "We're

delighted to welcome our new citizens and are always thrilled to mark such an important occasion with those who have chosen Whanganui and New Zealand as their home.

"I'm proud to see so many people from all over the world come together to make our community stronger and more vibrant."

- Photo courtesy of Mark Brimblecombe

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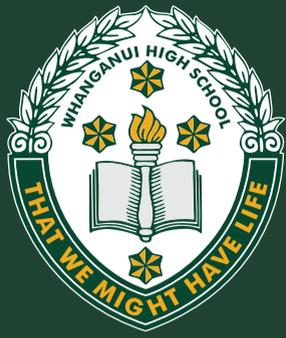
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IMPORTANT DATES

4 March
WSS Swimming Sports/Lifesaving @ Splash Centre

12 March
WSS Athletics @ Cooks Gardens

18 March
Summer Tournament Week begins

28 March
Interim Reports issued

9 & 10 April
Student Achievement Conferences

12 April
Term 1 Ends

INTRODUCING OUR HEAD PREFECTS 2024



TOBY CLARK
HEAD BOY

Physics, Chemistry, Study, Mathematics Calculus & Algebra, English Literature, Geography

With the huge success of the uniform review last year, inclusion has become, for many of us, an important and necessary aspect in the life of our school and my primary goal is to, with the support of the Student Council and our prefect team, promote inclusion throughout all areas of the school. To complement this, my personal expectation of myself, the prefect team, and the entire Year 13 student body is to advocate for full school participation in the quite insurmountable list of opportunities our school has to offer, with the belief that all students should make the most of what our amazing school has to offer.



ALICE QUIGLEY
HEAD GIRL

Classical Studies, Study, Photography, English, Biology, Geography

Tēnā koutou. Ever since year 9, my focus has been to inspire others with the same sense of energy and passion which I have been fortunate to receive. I believe that a positive environment and an abundance of friends is essential for success, and I aspire to set the example that anything is possible if you believe and apply yourself. I look forward to working alongside an incredible team of prefects, and the house competitions to come. Personally, I think it is pivotal to lead with high standards inside and out of the classroom, and to seek personal excellence in every area of life. My mission is to encourage students to utilise opportunities, while nurturing an inviting and exciting atmosphere for all to thrive.



ELIAS CURRIN
DEPUTY HEAD BOY

Psychology, Economics, Photography, English, Study, Spanish

"My focus for 2024 is to deliver exceptional results for the students, staff and school, through hard work and dedication. By working alongside such a stellar Prefect team, and co-chairing the student council, it will be my top priority for me to push hard and implement the changes and improvements desired by all students so that this school can remain a positive environment for all. I make it my mission to advocate for all, and work hard day in and day out."



AARNA MARWAH
DEPUTY HEAD GIRL

Physics, Economics, Study, Mathematics Calculus & Algebra, English Literature, Art Design

As the Deputy Head Girl of Whanganui High School, 2024 holds promises of excitement and growth! I'm looking forward to a year filled with new memories and opportunities. From organizing the prefect camp, to advocating for the student voice, this role is one that I am thrilled to step into. With each day, I am excited to embrace every challenge and positively contribute to the friendly environment at WHS. The year ahead is brimming with so many opportunities, and I'm thrilled that I can start off strong with this one.



HEAD OF ACADEMIA

NOAH JONES

Sport Smart, Probability & Statistics, Chemistry, Mathematics Calculus & Algebra, Study, Physics

SIOBHAN SARKAR

Art Painting, Probability & Statistics, Chemistry, Mathematics Calculus & Algebra, Biology, Physics



HEAD OF COMMUNITY

MAKENNA SIEDENBURG

Fashion Design, Biology, Study, Art Painting, Probability & Statistics, Dance

RYAN HENARE

Physics, Chemistry, Study, Mathematics Calculus & Algebra, English Literature, Digital Technology, Science



HEAD OF CULTURE

HUNTER WHITLOCK

Trigonometry & Algebra, Economics, Drama, English, Music, Geography

ZOE BULLOCK

Psychology, Probability & Statistics, Dance, English, Biology, Geography



HEAD OF MĀORI

PETERA ROGERS

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ELIZABETH BROWN

Psychology, Te Reo Māori, Tourism, Design & Visual Communication, Study, Art Design



HEAD OF SOCIAL

TRINITY BOSWELL

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ELSIE BUTCHER

Psychology, Probability & Statistics, Study, English, Biology, Geography



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Probability & Statistics, Chemistry, Study, Physics, Mathematics Calculus & Algebra, English Literature

DAMIAN HODGSON

Physcis, Economics, Technology, Digital Technology Science, Mathematics Calculus & Algebra

HEADS OF HOUSE

AWA HOUSE

FRANCOIS JOUBERT
Trigonometry & Algebra, Psychology, Geometry & Calculus. Sports & Exercise, Study, Physics

&

SEAN KNOFFLOCK
Physcis, Study, Geometry & Calculus, Design & Visual Communication, Music, Geography



MAUNGA HOUSE

TE ARI PARANIHI
Sport Smart, Te Reo Māori, Tourism, Sports & Exercise, Physical Education, Health

&

ELI KUEHNE
Physcis, Probability & Statistics, Study, Mathematics Calculus & Algebra, Music, Digital Technologies Science



MOANA HOUSE

LUCCA BENSON
Classical Studies, Probability & Statistics, Study, English, Biology, Geography

&

FINNIAN SINCLAIR
Physcis, Chemistry, Study, Mathematics Calculus & Algebra, Music, Biology



WHENUA HOUSE

TARA KNIGHT
Art Painting, Probability & Statistics, Dance, English, Biology, Geography

&

JOCINTA RICHARDSON
Physcis, Probability & Statistics, Chemistry, English, Music, Biology



Public invited to “Acknowledging Great Moments” event to celebrate Sustainable Whanganui’s successes during 2023



The Junction, reuse shop at New Plymouth Recycling Centre

Sustainable Whanganui Trust members invite you to join them for their AGM 'Acknowledging Great Moments' event, being held on Monday, 11 March, 6.30-9.00 pm at the Watering Hole, The Backhouse, 28 Taupō Quay.

Remember that there are no elections (and all that stuff) at our SWT annual general meetings; we focus on the highlights from Sustainable Whanganui Trust's projects and activities during 2023, so do come along and join in the celebration of what has

been achieved.

Our guest speaker is David Langford, WDC's CEO. David will speak about the learnings and outcomes when he set up the new waste and recycling facilities at New Plymouth. New Plymouth District Council renewed their long-term Waste Management and Minimisation Plan in 2023 to guide their current and future plans.

Having visited “The Junction”, their reuse shop, a few years ago when it was operating out of a small building with a

hooped plastic roof, SWT's Graham Pearson is looking forward to an update on recent developments.

Alastair Goodwin (Green Bikes Coordinator) and Mike Williamson (Green Bikes Manager) will talk about their project fixing bikes in schools. A \$20,000 grant from Lotteries has funded a bike-based mobile workshop and staff time to fix bikes when visiting local schools. Supporting WDC's Bikes in Schools project, Mike and Alastair already have eight schools enrolled for their services.

Chairperson Hadi Gurton will speak about SWT's future plans. These are in an exciting development stage with the recent leasing of 23 Drews Ave, as the location for the new Whanganui Enviro Base.

6.30pm – 7 pm Welcome and refreshments

7pm - 7.45 pm Guest speaker: David Langford

7.45 – 8.30 pm Acknowledging Great Moments

(Backhouse's main access is by steps; anyone requiring alternative access contact Graham 027-222-8378 by 7 March)

Fordell School helps Maggie celebrate her final day of cancer treatment

Last week, Fordell School held a special ceremony for Maggie Wright. It was to mark 850 days of cancer treatment for Maggie from 25 October 2021 to 22 February 2024. She was clapped and cheered on as she went home to have her final treatment.

The note they put on their Facebook page read: “Maggie you are a shining star that lights up any room. You have faced many challenges over the last 2 years/850 days that would even daunt the strongest of us. You have shown resilience, determination, and great courage – bravely confronting every obstacle that has come your way.”

Congratulations on reaching this milestone (the final day of treatment), here's to a future filled with more laughter, fun and endless opportunities and adventures.”

Maggie had a form of blood cancer and has been treated for leukaemia. Her mother said, “it was very heart warming for the school to do such a parade.” They planned a family celebration later that day.



Sustainable Whanganui
Inspiring caring resilient communities

Invites you to our:

ACKNOWLEDGING GREAT MOMENTS (AGM)

Monday 11th March, 6.30pm

at the Watering Hole, The Backhouse, 28 Taupo Quay - Whanganui



Guest Speaker: David Langford, CEO, WDC

David will speak about his experiences setting up New Plymouth's modern recycling system.



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BRAIN AWARENESS MONTH

MARCH

One in five New Zealanders live with a neurological condition

One in five New Zealanders live with a neurological condition. From stroke, Alzheimer's and Parkinson's diseases to concussion, epilepsy and migraine, people of any age can suffer from neurological conditions.

This is why Brain Awareness Month of March is an important time to remind people to take care of their brains and to seek help/advice/treatment when a neurological condition is diagnosed or when a brain injury occurs.

Under the umbrella of

brain diseases, there are many individual variations. They can include:

Meningitis – the inflammation of the lining that surrounds the brain and the spinal cord. Usually due to infection, bacterial and viral meningitis are the two most common forms.

Encephalitis – the inflammation of the brain itself. The brain tissue becomes inflamed as a result of the body fighting off a viral infection, or sometimes the immune system will attack the brain tissue by mistake. The condition

is acute and requires immediate medical attention.

Parkinson's Disease - attacks the nerves in the central brain area. The nerves degenerate slowly because the brain stops producing dopamine, a neurotransmitter.

Brain abscess – this can be caused by a weakened immune system, a virus, bacteria, or fungi reaching the brain remotely.

Dementia and Alzheimer's Disease. Alzheimer's is a form of Dementia. With Dementia, there is a decline in cognitive function. Alzheimer's

Disease kills and destroys brain cells.

Epilepsy – is a seizure disorder and is one of the most common neurological disorders.

Stroke – is bleeding in the brain.

Brain tumour – is any mass of abnormal tissue

cells which form a growth inside the brain.

Autoimmune conditions – this includes Multiple Sclerosis and Vasculitis.

Lou Gehrig's Disease (Motor Neuron Disease) – is a neurodegenerative disease which affects the brain and spinal cord.

Brain Injury Whanganui's increasing workload

Belinda Arundel, Liaison Officer Brain Injury Whanganui reports that 'We have tripled the number of new clients in the last two years.' As there is no Brain Injury support group in Taranaki, Belinda is frequently called upon to provide advice and advocacy for them as well. "As we have limited funding, our support for Taranaki people is restrained to using email and making phone calls."

As with a number of health-based charities, Brain Injury Whanganui finds that "it is getting tougher to get funding. We recently missed out on a couple of grant requests, which is hugely disappointing."

They do get a small grant from the Ministry of Disabilities, but that covers just the non-ACC clients. Belinda explains, "New clients require a lot of work and much of that is advocating for them, especially with ACC. The new clients would cover

90% of our caseload, and we get no funding from ACC for it."

They are also seeing an increase in referrals from Health Professionals.

Apart from their advocacy work, Brain Injury Whanganui runs support groups in Whanganui and Marton once a month and assists with an independent Carers Support Group.



President Nerrily Frith and Belinda Arundel outside Community House.

To find out more about their work, you can meet up with Belinda and other members of their board at the Community House 'Get to Know Your Neighbours Day' on 21 March, outside Community House on Ridgway Street. Various groups, including Brain Injury Whanganui will be handing out information, as

well as having the BBQ fired up for a free sausage sizzle.

You can contact Belinda on 027-227- 1202 or (06) 347-9721.

Brain Injury Whanganui has a give-a-little page. Go to <https://givealittle.co.nz/org/brain-injury-association-whanganui> to help support the valuable work they do.



Providing residential support for those that have sustained a traumatic brain injury.

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- DR. ALICE THEADOM
- DR. DEBBIE HAGER
- DR. EVE VALERA
- DR. KIM GORGENS
- KATHERINE SNEDAKER
- MC: ALISON MAU



Our conference aims to bring together experts, researchers, professionals, advocates, and those with lived experience to deepen our understanding and ability to respond to traumatic brain injuries caused by interpersonal violence. Through knowledge exchange, collaboration, and innovative solutions, we strive to enhance prevention strategies, support systems, and survivor-centred interventions.

SUPPORTING BRAIN INJURY AWARENESS MONTH - MARCH 2024

Brain injury
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www.brain-injury.nz Free call for support 0800 272 466 (BRAINNZ)

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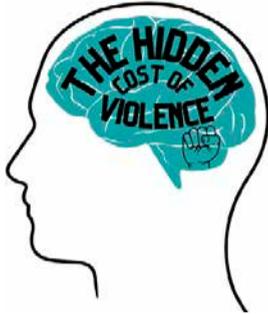


BRAIN AWARENESS MONTH

MARCH

International Brain Injury Conference in Whanganui

The International Traumatic Brain Injury Conference will be held in Whanganui on 21/22 March based at Whanganui War Memorial Centre. It is a first for New Zealand and a feather in the cap for the group of Whanganui organisations who have been planning for it for over a year. These include Brain Injury Whanganui, Birthright, Restorative Justice Whanganui and the Violence Intervention Network (VIN)



exchange, collaboration and innovative solutions, participants will enhance their prevention strategies, support systems and survivor-centred interventions.

The theme is 'The Hidden Cost of Violence – Unveiling the Silent Epidemic.' The conference aims to bring together experts, researchers, professionals, advocates, and those with lived experience to deepen understanding and ability to respond to traumatic brain injuries caused by interpersonal violence.

The MC will be Alison Mau, and the speakers will include those from New Zealand, such as Dr Hine-moa Elder, and from overseas. The National Office of Brain Injury will also be presenting statistics of brain injuries caused through interpersonal violence.

The organisers are expecting up to 300 participants.

Local reggae band releasing new single

The award-winning New Zealand reggae band NLC (No Limits Crew) from Whanganui has had a very successful 2023 and, this Saturday, will be releasing a new single. It is called 'Lost', and

singer-songwriter Baz Muir says, "We believe it will touch the hearts of everyone who listens to it, or who gets to see us perform it live this summer. It is very honest, very relatable" It will be released on March 2 and the music video will follow a few weeks later across all digital platforms.

NLC has been making good music in English and te reo Māori for more than

a decade and has picked up a number of awards, including the Best Roots Reggae Album by a Māori artist at the 2023 National Waiata Māori Music Awards. They also won this category back in 2019.

NLC has already ticked off two gigs for the 2023/24 summer tour season, performing at the Festival of Lights in Taranaki in January and then at the One Love Festival in Tau-

ranga in February. Following the release of their new single, TLC will be performing at the Newtown Festival about 4.40pm on Saturday March 2.

The NLC lineup is Baz Muir (lead vocals), Shaye Muir (vocals, keyboard), Te Kawa (guitar), Scott Koia (drums), Peter Riley (bass), Josiah Nolar (keyboards) and Lynaire Simon (vocals)

Margaret's to perform comedy show about her big OE



Margaret Austin

Margaret Austin (formerly Gay Davison) was born in Palmerston North in the 1940s and attended Palmerston North Girls' High School and Victoria University of Wellington. She has worked as a celebrity interviewer for magazines in Paris, Amsterdam and London, has written a memoir, *Dancing Naked* (published by Random House 1997), and has published five collections of poetry. Margaret currently reviews theatre, books and poetry. She is on the books of Celebrity Speakers, has had small parts in various films, and most recently was featured in *The Older the Better* at Circa Theatre in Wellington. One could say she has almost always been on stage.

School and university plays were followed by a lengthy overseas experience [OE] in Amsterdam and Paris – where her time in the 1980s in show business gave Margaret the unique experiences that form the basis of her performance piece *Please Adjust your G-String*. Described as a hilarious romp through an OE with a difference, the performance takes you on a journey back in time to 1975, in which Margaret departed New Zealand with no idea of what lay ahead on the other side of the world. Blessed – or cursed – with a sense of adventure, she turned up her nose at London and went for Amsterdam, Athens and Paris, diving into experiences and situations not for the faint-hearted. Some of them involved G-strings, one or two were downright dangerous, and all of them added up to a life of unique discovery. Theatreview describes it as "an intriguing, amusing and heartfelt memoir".

Margaret comes to Whanganui to perform two shows, especially for La Fiesta – New Zealand's

Best Women's Fest. Perfectly timed in celebration of International Women's Day, *Please Adjust Your G-String* plays over two evenings on Friday, 8 March and Saturday, 9 March, in the intimate setting of the Ladies' Rest Building. Tickets are limited to 30 per performance, with bookings made via the Women's Network. \$15 for seniors and students and \$20 general adult admission. For booking information, contact: womnet.whanganui@gmail.com



Baz Muir band

Gala day this Saturday

Wai Ora Christian Community Trust is holding a Gala Day to raise funds to enable us to continue our valuable work in the community, supporting youth and whānau.

The day will include sales of furniture, kitchenware, household items, clothing, books, fruit, veges, and preserves.

There will be a cafe providing drinks, cakes and snacks and other food stalls, including hāngi, Fijian food, Māori kai, and a sausage sizzle.

For the children, there will be horse riding and face painting. Other community stalls will also be on site.

Join us on Saturday, 2 March, from 8.00am - 2.00pm at 49 Brunswick Road – main entrance on Weka Street.

At Wai Ora, we continue to run courses such as He Huringa Ora O Wāhine to empower individuals to gain employment. Our valuable social work in schools continues to empower rangatahi to remain in school, to support rangatahi in the youth justice system and to train professionals and community members to work amongst rangatahi with complex behavioural patterns.

Wai Ora has a vision to use its land to provide tangible outcomes to the local housing crisis in Whanganui by providing supported short and long-term accommodation in cabins and homes.

Nau mai haere mai, all welcome. Come and support those working in your community to create a healthy Whanganui City as we all work together.

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Stroke Wanganui President
Judith Massey
Phone 348 9554

Secretary/Treasurer
Sharon Winduss
Phone 027 294 9897

Field Officer Diane MacDonald
Phone 028 8500 0470
or 345 1370

Proudly supporting International Day of Persons with Disabilities

Gala Day-Garage Sale
Sat 2nd March
Wai Ora Christian Community Trust
8am – 2pm
Weka St entrance to hall, Aramoho
49 Brunswick Ave

Garage Sale

- Furniture
- Kitchenware
- Household goods & misc
- Books
- Clothing
- Fruit, veges & preserves

Cafe - tea, coffee, cake
Maori kai
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Edible Plants

	Was	Now	Save
Boysenberry Tasman	21.99	16.49	25%
Passionfruit Black	13.99	10.49	25%
Casimiroa - 3 varieties	49.99	37.49	25%
Rhubarb Winter Wonder	13.99	8.39	40%
Lime Kaffir	39.99	23.99	40%
Lime Bearrs	39.99	23.99	40%
Lemon Meyer	24.99	14.99	40%
Tangor Kiyomi	39.99	23.99	40%
Mandarin - 2 varieties	39.99	23.99	40%
Orange - 2 varieties	39.99	23.99	40%
Nectarine Goldmine	66.99	40.19	40%
Almond Monovala	74.99	44.99	40%
Apple Thumberlina Candy	69.99	41.99	40%

Bananas - 12 varieties	20% OFF
Olive Trees - 10 varieties	25% OFF
Feijoas - 12 varieties	25% OFF
Cherimoya - 9 varieties	25% OFF
Raspberries - 6 varieties	25% OFF
Tamarillos - 4 varieties	25% OFF
Dragonfruit - 2 varieties	25% OFF

Colour/ Perennial Plants

	Was	Now	Save
Leucanthemum real series	25.99	10.39	60%
Salvia Leucanthe santa	17.99	10.79	40%
Euphorbia cyparissias	22.99	13.79	40%
Euphorbia Fireglow	22.99	13.79	40%
Dianthus Flows	12.99	7.79	40%
Portulaca Pizzaz - 8 varieties	9.99	5.99	40%

Canna Kneehigh - 5 varieties	20.99	12.59	40%
Geums - 3 colours	16.99	10.19	40%
Bearded Iris - 11 varieties	29.99	17.99	40%
Iris Siberica Ceasars Brother	18.99	11.39	40%
Astilbe Fuchsia Spangles	19.99	9.99	50%
Dahlia Electro Pink	18.99	9.49	50%
Heuchera - 4 varieties	16.99	8.49	50%
Cape Daisy	18.99	9.49	50%

Shrubs

	Was	Now	Save
Kowhai Dwarf Dragons Gold	18.99	15.19	20%
Abelia Sunshine Daydream	18.99	14.24	25%
Escallonia Pink Elle	19.99	14.99	25%
Miscanthus Zebrinus	17.99	13.49	25%
Brugmansia - 5 varieties	24.99	18.74	25%
Gardenia Fragrant Star 1L	14.99	11.24	25%
Gardenia Radicans 1L	14.99	11.24	25%
Nandina Pygmy	13.99	10.49	25%
Loropetalum Burgundy	20.99	14.99	28%
Dwarf Flax Stripy Mist	20.99	14.06	33%
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Hydrangea Candlelight	23.99	16.07	33%
Hydrangea Strawber & Cream	21.99	14.73	33%
Brunfelsia Blue Moon	29.99	17.99	40%
Grevilleas - 5 varieties	25.99	15.59	40%
Hen n Chicken Fern	20.99	12.59	40%
Azalea Mollis - 15 varieties	46.99	28.19	40%
Prunus Lusitanicus Pillars	160.00	49.99	68%

Hibiscus - 20+ varieties	33% OFF
Leptospermum - 10 varieties	40% OFF
Daphne - 4 varieties	30% OFF
Rhododendrons 6L	25% OFF
Pseudopanax - 9 varieties	25% OFF
Hydrangea - 16 Varieties	25% OFF

Hedging/ Shelter

	Was	Now	Save
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Camellia Paradise Little Liane	24.99	16.74	33%
Camellia Silver Dollar	24.99	16.74	33%
Eucalyptus nitens (Firewood)	14.99	8.99	40%
European Hornbeam	29.99	14.99	50%
Photinia Red Robin 1.3L	11.99	8.03	33%
Golden Totara 1.3L	13.99	10.49	25%
Pittosporum Mount Grn 2.5L	13.99	10.49	25%
Pittosporum Wrinkle Blue 2.5L	13.99	10.49	25%
Pittosporum Eugenoides 2.5L	13.99	10.49	25%
Pittosporum Mount Grn 7.5L	34.99	23.44	33%
Pittosporum Wrinkle Blue 7.5L	34.99	23.44	33%
Pittosporum Mount Grn 35L	99.99	49.99	50%
Pittosporum Wrinkle Blue 35L	99.99	49.99	50%

Climbers

	Was	Now	Save
Star Jasmine 13cm pot	14.99	11.24	25%
Star Jasmine 17cm pot	27.99	20.99	25%
Bougainvillea Scarlet O Hara	25.99	18.19	30%
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LANDSCAPE SUPPLIES

Local mixologist named in 'top 50 most influential and inspiring women in food and drink'

By Mark Dawson
It started with a Mojito. Eleven years ago, in a dive bar in Cape Town, rookie bartender Emily Wolmarans was mixing her first cocktail.

Somehow the Cuban concoction -- white rum, lime, mint and soda water -- came together, and Emily, raw but enthusiastic, was on her way.

She is now the cocktail queen of Whanganui and helping put the River City on the national map by making the cut for Cuisine magazine's Women In Food & Drink top 50.

Emily and 49 others, including celebrated names such as TV personality Nadia Lim and top Māori chef Monique Fiso, creator of Wellington fine dining restaurant Hiakai, will be at the Park Hyatt hotel in Auckland on March 7 (the day before Interna-

tional Women's Day) for the awards event.

"Very excited and absolutely delighted to have made the top 50," says Emily, who left South Africa for Whanganui in 2016, and now runs the Angry Fox cocktail bar in the Porridge Watson courtyard off Drews Avenue.

Recalling the genesis of her life's passion, Emily says: "I asked to work in the cocktail lounge, even though I had no experience."

"There were five bar staff covering three bars, and it was intimidating -- fast-paced, sink-or-swim. But I was lucky to be mentored by the other staff and they taught me the basics of mixology."

After arriving in Whanganui, she had nearly six years at Frank bar, which she describes as a great platform. "I was given the

chance to showcase what I could do ... I had that bit of artistic freedom."

Next stop was The Foxhole, the much-loved al fresco forum on Rutland Street (shared with Pique Beers' Charlie Meyerhoff and Joamari van der Walt of Joa's Wines) that became the place to see and be seen last summer.

But the aim was always to have her own venue, and in December she opened the Angry Fox -- so far a resounding success.

"It was a baptism by fire, but it's been fantastic. We've been very busy and had a lot of community

support and love, especially from the Drews Avenue family."

Her ambition is to have her shelves stocked with local produce, so she uses Papaiti Gin and Good Bones vodka, while an Angry Fox gin is being developed and Good Bones is helping out as a test bar for liqueurs.

"Just need a local whisky now."

Emily will be participating in the Wonder Bar event at Space Studio & Gallery on Saturday, March 2, part of the La Fiesta festival, which also features Papaiti Gin, Good

Bones vodka, Joa's Wines and LADS craft beer.

And then it is on to the Park Hyatt and what Cuisine magazine calls "New Zealand's top 50 most influential and inspiring women in food and drink".

Her citation for the awards reads: "Em is dynamic, tenacious and uniquely contributes to our community. She's a passionate crusader for developing the art of mixology in regional areas and a much-needed showcase for female mixologists across the country."

Who could argue with that?



Emily Wolmarans shaking things up

LETTER - Port

Dear Editor,
Excellent article about the Port; unfortunately Wanganui ratepayers forwent about \$21 million in Harbour Board Endowment land rent over 30 years before Mayor Laws bought our own port back for \$2.75 million. Mayor Tripe's suggestion for a smaller, high-calibre group of councillors needs exploring, as we have one MP for 50,000 people.
- Bob Geary (edited)



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<p>2006 TOYOTA BLADE</p> <p>2.4L, auto, only 136,000kms, chain driven, alloys, spoiler, tints, CD player, climate air conditioning.</p>  <p>NOW \$7,995</p>	<p>2016 SUBARU IMPREZA SPORT</p> <p>1.6L, auto, only 42,000kms, sporty hatch, adaptive cruise, safety suite, tints, alloys.</p>  <p>NOW \$16,995</p>	<p>2019 MAZDA 3 FASTBACK</p> <p>2.0L, auto, L package, very high spec, only 35,000kms, alloys, bluetooth, radar cruise control, great looker!</p>  <p>NOW \$28,995</p>	<p>2021 HYUNDAI i30</p> <p>1.5L, auto, NZ new, only 13,000kms, bluetooth, reverse camera, weather shields, great buy!</p>  <p>NOW \$25,995</p>	<p>2017 SUBARU IMPREZA SPORT</p> <p>2.0L, auto, only 82,000kms, facelift, alloys, tints, Eyesight, keyless, loads of features, nice car!</p>  <p>NOW \$19,995</p>
<p>2016 TOYOTA CAMRY GL</p> <p>2.5L auto, NZ new, alloys, chain driven, reverse camera, bluetooth, towbar, great family car.</p>  <p>NOW \$14,995</p>	<p>2011 FORD FALCON XR6</p> <p>4.0L, auto, only 132,000kms, towbar, alloys, cruise control, perfect family vehicle, nice in red!</p>  <p>NOW \$15,995</p>	<p>2015 HYUNDAI ELANTRA ELITE</p> <p>1.8L, auto, NZ new, only 39,000kms, leather, heated seats, keyless start, parking sensors, climate air conditioning.</p>  <p>NOW \$15,995</p>	<p>2018 KIA SPORTAGE LX</p> <p>2.0L, turbo diesel, NZ new, reverse camera, bluetooth, towbar, AWD, parking sensors, nice vehicle.</p>  <p>NOW \$23,995</p>	<p>2021 MG HS AWD TROPHY</p> <p>2.0L, auto, NZ new, only 40,000kms, 1 owner, leather, top model, loaded with features, nice car.</p>  <p>NOW \$24,995</p>
<p>2020 TOYOTA RAV4 GXL HYBRID</p> <p>2.5L, HYBRID, NZ new 1 owner, only 47,000kms, AWD, towbar, roof rack, GPS, reverse camera, stunning!</p>  <p>NOW \$44,995</p>	<p>2023 KIA SORENTO PREMIUM</p> <p>2.2L, diesel, NZ new, only 11,600kms, top model, 7 seater, features galore, great buy for a stunning vehicle.</p>  <p>NOW \$67,995</p>	<p>2014 NISSAN NAVARA ST</p> <p>2.5L, manual, 2WD, only 104,000kms, very tidy, towbar, tonneau cover, running boards, black alloys.</p>  <p>NOW \$22,995</p>	<p>2022 SUZUKI CARRY TRUCK</p> <p>658cc, manual, 4WD, only 9,000kms, like new, folding deck sides, ESP, Air conditioning, cab protector.</p>  <p>NOW \$22,995</p>	<p>2021 MITSUBISHI TRITON GLSB</p> <p>2.4L, turbo diesel, auto, 4WD, only 27,000kms, NZ new, canopy, flares towbar, blacked out, nice ute!</p>  <p>NOW \$44,995</p>

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HEARING AWARENESS MONTH

Over 880,000 NZers are deaf or hard of hearing

Hearing Awareness Month is all about putting a spotlight on hearing health and raising awareness for the experiences of 880,000+ New Zealanders who are Deaf or Hard of Hearing. It incorporates World Hearing Day on 3 March and World Hearing Week

March 1-7. **How to protect yourself** When it comes to hearing loss, the usual suspects are attending sporting events, entertainment venues, and loud concerts. But volume isn't the only factor to consider. Noise exposure is cumulative. Practise safe listening at home, school,

and while commuting by reducing the duration of headphone use. Give your ears a rest! Everyday activities can damage hearing. Such as

- Using power tools
- Moving the lawn
- Attending a fitness or gym class with loud music

Is the noise too loud? If

you need to shout to make yourself heard, yes.

- Ways to protect your

hearing include:

- * Turning down the volume

- * Taking periodic breaks from noise
- * Using hearing protec-

tion, such as earplugs and hearing protection ear-muffs.

Do your ears need cleaning? During Hearing Week we will be in Trafalgar Square

Hearing Whanganui provides a professional service with a Registered Nurse to remove wax and debris by using micro-suction to clear the ear canals gently and safely for \$50. This is also the best method of wax removal for people suffering from tinnitus. Having your ears cleaned could help improve hearing and discomfort immediately. If you wear hearing aids, we can clean them for you too, a free service we offer while your ears are being cleaned. Phone 06 347 9743 to have your ears cleaned by our registered nurse using

the most up-to-date micro suction technology. Your ears will love you for it! We also provide free ear checking, so if you think you have wax or debris in your ears, but are unsure, then call into the office and we will have a look for you for free. This service is available Monday to Friday between 8.30am and 4pm. We will have a look and advise you straight away if your ears need to be cleaned or not. Keep an eye out for us at Trafalgar Square during hearing week, we will be doing free ear checking on Tuesday and Wednesday.



Don't miss out on life because of poor hearing

Simply Hearing has some great options to suit your lifestyle and budget.

We're Whanganui's only independent and locally owned hearing clinic. We provide a full range of hearing services designed to help everyday people like you.

Full range of services:

- Free hearing tests (15 mins)
- Comprehensive hearing tests
- Hearing aids
- Repairs and maintenance
- Batteries and accessories
- Hearing aid and recreation moulds
- School aged children assessments

Funding benefits and support:

- ACC assessments and claims
- War pension support
- WINZ funding applications
- Insurance claims
- Tinnitus management
- Specialist referrals
- Rehab and management of hearing

Call or book your appointment online today

35 Dublin Street, Whanganui 4500 • phone: (06) 345 9799
email: info@simplyhearing.co.nz • web: simplyhearing.co.nz



Hearing Wanganui Ph: 06 347 9743

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- ON SITE EAR NURSE SPECIALISING IN EAR WAX REMOVAL
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- TELEPHONES AND LISTENING DEVICES
- MEMBERSHIP ENTITLEMENTS
- TINNITUS / MENIERE'S INFORMATION
- SIGN LANGUAGE SESSIONS
- DANGEROUS DECIBELS SCHOOLS PROGRAMME
- REST HOME SUPPORT / VISITS

Make an appointment today to see our experienced Ear Nurse to have your ear canals cleaned by micro-suction. Only \$50!

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Is bad hearing dogging your life?

Special budget prices on our Danish technology.
Starting from \$265.00 per hearing aid with government subsidy.
All types and models available.
Compatible with iPhone and most android devices.

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For an appointment phone
0800 55 11 77



Rapid Growth for Arizto Whanganui!

It is everything Steven Schwamm has wanted to provide the city where he has worked in real estate for the last 13 years. In September 2023, Schwamm was appointed Manawatū, Rangitikei, Whanganui, South Taranaki Regional Support Manager (RSM).

Arizto - New Zealand's rapidly growing real estate company which nationally is introducing innovation and technical progression to the process of buying and selling of properties.

Initially established in Whanganui back in 2021 with a handful of dedicated salespeople, Schwamm now oversees a ever expanding team of over 20 sales professionals from Hawera to Palmerston North, including over a dozen operating out of the River City. Through a cutting-edge technology approach - putting digital platforms in the hands of the right salespeople to deliver a more user-friendly service for their clients at a better value commission fee and marketing covered. This concept did away with the idea of the 'traditional' real estate model.

By putting all the power in the salesperson's hands to deliver an affordable but quality service, at just the right time as selling conditions changed after the high sale prices during the "Covid market" with interest rate rises and cost of living increases, Schwamm is there to stand behind all the Arizto sales team within his regions.

"With the team, it was doing quality control - a one-on-one understanding of the team, their clients, and understanding how we connect to clients," he said.

"It was the realising of the true potential of the Arizto brand for the client. Then it was making sure the client knew of that value proposition."

"For salespeople that embrace it, their businesses have gone from strength to strength."

Having spent well over a decade in the industry, Schwamm knows that Arizto's methods are the way of the future - by offering immediate feedback to sellers of their marketing campaign's progress through the use of the Arizto App - with personalised seller logins, as well as buyers receiving up-to-the-minute property information in email form near instantly following open homes and house visits. But, just because the commissions the property owners pay are lower does not mean the personal service they receive or the right outcome from their salespeople is lesser - Schwamm advocates for his team to get in front of people and have the conversations that matter when it comes to connecting the right seller with the right buyer. He has also organised access for professional meeting places in downtown Whanganui, Hawera and Palmerston North - for the sales team to be productive, come together & collaborate.

And while most buyers connect to house searches through online websites like Trademe and realestate.co.nz - because no salesperson of any company can honestly claim that only they "have the buyer" for your property - you will still see Arizto popping up in your favourite papers and trade publications.

"It's a tribute to traditional, but embracing technology," said Schwamm.

"It's making sure the team embrace the philosophy and the technology, making sure it connects with the client - they understand the Arizto difference. "More and more locals have been intrigued to find out the difference and have trusted Arizto, and so have other salespeople."

Over the Christmas/New Year period, Arizto Whanganui has welcomed on board some very experienced salespeople well known for their good work on the local scene, as they have also appreciated the new style that they can personally do more for their clients, while offering them the best value commissions available - this tangible saving could make all the difference between finding an acceptable offer for selling a house, or still sitting on the market as the weeks and months roll by. And Schwamm will back them all with the right support to ensure that in 2024 Arizto is delivering the best possible results for seller and buyers in this region.

"It's what these salespeople need, not what an agency thinks that they need," he says.

"It's a relevant brand, people have been intrigued and the curiosity has got more people interested in Arizto and ready to list their properties."





✔ 2% + GST Commission

✔ Essential marketing of your listing is included

✔ Market leading digital platforms that support you from listing to sale

✔ Experienced, local sales support

Minimum \$10,000 + GST commission applies.

Whanganui, Rangitīkei, South Taranaki-wide



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027 483 6753



Rochelle Burton
027 295 8407



Talia Annear
0800 176 4321



Penny Little
021 216 6784



Mark Voss
027 877 3399



Mark Morton
022 353 9419



Bren Guild
021 022 06668



Matt Robertson
021 886 815



Steven Schwamm
021 176 7845
AREINZ



Jared Smith
027 491 4321



Michael Bourne
021 210 3883
(The Bournes)



Renee Geary
021 164 2793
(The Bournes)



Rachel Miller
027 526 5969



Sharen Tunnell
027 920 0366



John Hewitt
020 4086 0204
Rangitikei



Tony Hewitt
027 449 2289
Rangitikei



Lisa Tangaroa
020 4131 0277
Hawera

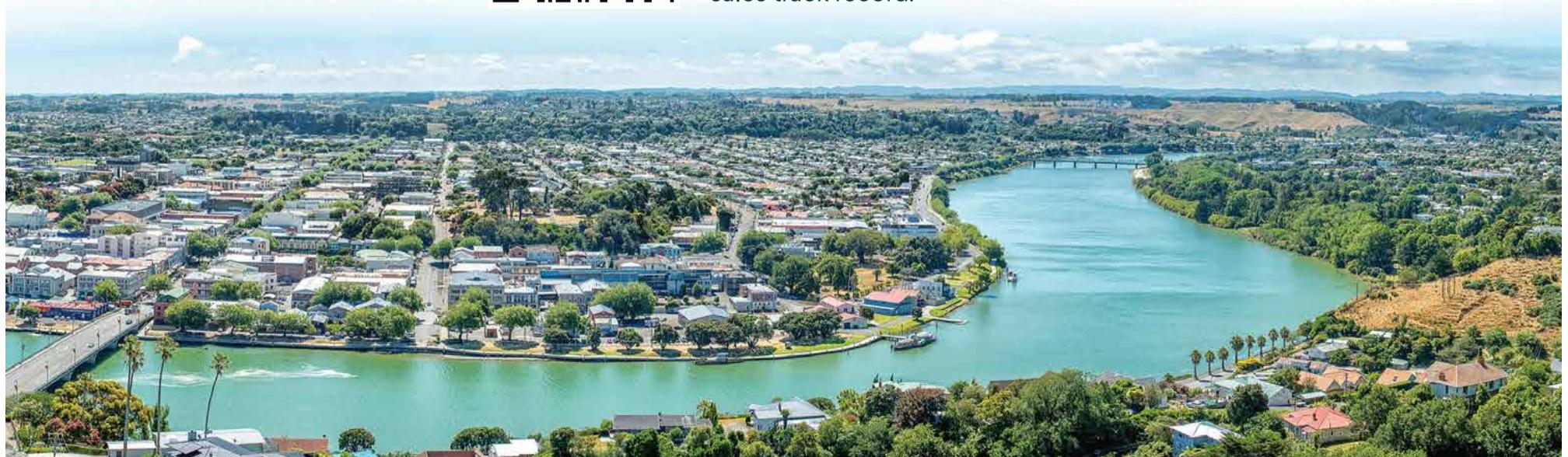


Is this you?
Contact Steven



Scan QR

To see the full range of properties we have available & our proven sales track record.



Connecting with your neighbours Sri Lankan lantern making workshop next Thursday

Jillaine Murray is the Whanganui 'connector' for Neighbours Aotearoa, a community development initiative that encourages people across the country to get to know their neighbours better. Now in its 14th year, Neighbours Aotearoa has grown from being celebrated one day in March to the whole of March each year.

When Jillaine first moved to Whanganui a few years ago, her immediate neighbours came and introduced themselves, left small gifts in the letter box, others popped their head over the fence to say hi. Now a few years on, they all know each other a bit better; they help each other out with pet feeding, small jobs, sharing of tools and resources and have a few gatherings a year over food and drink.

"It was that wonderful feeling of connecting with the people in our area, seeing the benefits of a neighbourhood that interacts with each other, providing a sense of community and safety, that made me really



Jillaine sharing crops with her neighbour, Robert.

keen to work with Neighbours Aotearoa and see other people enjoying similar neighbourhood vibes.

"The benefits of feeling connected and part of a community are well documented. It helps to tackle loneliness, increases feelings of wellbeing and safety. Often people want those benefits but they're not sure where to start.

"My role is to increase awareness around the initiative, but also to provide ideas on how people can get involved, linking people with some of the tools we have available to help bring their ideas to life.

"Participation can be as big or small as you like. It could be as simple as waving or greeting a neighbour for the first time, sharing excess veges from the garden over the fence, an invitation to a shared walk, or a bigger event such as a street BBQ, street garage sale or crop swap. We are encouraging people to register their participation on our website if they do have something planned. It helps us to hear about all the great things people are doing, no matter how small or big, it also gives others ideas for things they can do to get involved"

If you're looking for ways to participate, the Neighbours Aotearoa website is worth checking out: www.neighbourhoodsaotearoa.nz You can also contact Jillaine directly on 021-399-555 or by email: Jillaine@neighbourhoodsaotearoa.nz to chat through ideas and what tools are available.

Sri Lankan lantern making workshop next Thursday



As part of La Fiesta, there is a Sri Lankan lantern-making workshop on 7 March at the Duncan Pavillion in Castlecliff. (Please note the change in date and venue from that advertised in the La Fiesta brochure) The workshop will be between 10am and 12 noon.

Sri Lankan Lanterns, also referred to as Vesak Lanterns or Vesak Kudu, hold a distinct significance within Sri Lankan culture, particularly among Buddhists who celebrate the Vesak festival. Vesak, a major Buddhist festival in Sri Lanka, is observed on the full moon day in May, commemorating the birth, enlightenment, and passing of Lord Buddha.

Playing a pivotal role in

Vesak celebrations, these lanterns transform the streets into a captivating visual spectacle with hundreds of paper lanterns and lights. Symbolizing the Light of Buddha, Dharma (his teachings), and Sangha (his disciples), the lanterns come in diverse shapes, colours, and sizes, contributing to the festive ambience.

In the days leading up to Vesak, families engage in the preparation of lanterns in their homes, and communities often collaborate to create larger-scale lanterns. Additionally, it is customary during this period to provide free vegetarian food to the public. Dan Sala, small food stalls offering complimentary meals, can be found lining the streets

of Sri Lanka during the Vesak festival.

The Workshop: Owing to time constraints, the lantern frames for the workshop will be prepared earlier, ready to be decorated by attendees on the day. Two facilitators will be on hand to assist participants, and an instruction leaflet detailing the structure-making process will be provided.

As an added treat, they'll be offering Sri Lankan nibbles during the workshop. While the event is free of charge, they welcome Koha contributions, which will support future events.

Although this workshop is already full, there is the possibility of another workshop later.

Welcoming newcomers to our community

"You can make a difference to a newcomer simply by starting a conversation or sharing a meal."

Newcomer information is available from:

☎ (06) 349 0001

- www.whanganui.govt.nz/welcome
- www.newzealandnow.govt.nz
- www.cab.org.nz

WHANGANUI DISTRICT COUNCIL
Te Kaunihira a Rohe o Whanganui

Welcoming Communities
TE WAHAROA KI NGŌ HAPORI

FESTIVAL PARTNER

MULTICULTURAL COUNCIL
RANGITĪKEI/WHANGANUI

RACE UNITY WEEK

FREE EVENTS

MONDAY 4TH MARCH

Pasifika Arts

EI KATU & SEI PUA

11-2pm

48 Alma Road, Gonville

Turou, oro mai. Join us for a creative session making Ei Katu (Floral Headbands) & Sei pua (Frangipani).

TUESDAY 5TH MARCH

Explore Indian Arts

10-12pm

Hakeke Community Centre

65 Hakeke Street, Whanganui

Explore Indian culture, costume and tradition with us! Make flower garlands, try the art of Henna and learn how to wear a sari.

WEDNESDAY 6TH MARCH

A Taste of Asia

10-12pm

Whanganui Learning Centre

232 Wicksteed Street, Whanganui

Enjoy a Chinese Tea Ceremony and explore the artforms of Asia including Chinese Painting and Floral Arrangement

THURSDAY 7TH MARCH

Sri Lankan Lanterns

10-12pm

Duncan Pavillion

Rangiora Street, Castlecliff

Join us in learning the art of making Sri Lankan lanterns while enjoying some delicious Sri Lankan nibbles. We have limited lanterns, so please register if you would like to make one. We have plenty of kai for all.

All events are **FREE**. Materials and refreshments provided. For more info, contact mediaposts.wms@gmail.com

A chance to make Pasifika arts

On Monday, 4 March, from 11am to 2pm, there is a chance to learn a couple of 'Pasifika Arts' – the Cook Islands Eī Katu (floral Headbands, known elsewhere as 'lei') and the Samoan Sei

Pua (Frangipani) – the flowers worn behind the ears. Organiser Teena Lawrence says, "It is an opportunity to showcase the beauty of the Pacific Islands through these two

representative crafts and to provide participants with the skills to make their own items." "As it is a cultural tradition to match everything to the dress," Teena adds, "the use of colour is im-

portant. It is also a tradition to waste nothing. So, every part of the flower, including the stem and the leaves, can be used." They will be using everlasting flowers as it would be difficult and

expensive to have fresh flowers. As refreshments will be provided, registrations are essential. Go to media-posts.wms@gmail.com. The location is the IHC rooms at 48 Alma Road.





Toi Moana - Toi Tongata

MARCH 2 - 10

www.seaweek.org.nz



Public welcome to help with beach clean-up this Saturday

To celebrate SeaWeek, the Multicultural Council of Rangitikei/Whanganui do a beach cleanup every year at Castlecliff Beach. This is their 4th year running the event that will take place on Saturday, 2 March from 10.30am to 1pm. Meet up at the Duncan Pavilion.

Thanks to the support of Suzuki Marine, the clean-up is now known as the Suzuki Clean Ocean Project Castlecliff Beach Clean Up.

Each year, the event gets a little bigger and better. In 2023, around 80 volunteers from the Whanganui area came to the event and picked up a total of 220kg of rubbish. This included broken glass, car parts, a couple of couches and a whole lot more.

It is a festive and fun morning, which includes spot prizes for kids, a free BBQ, cuppa and kai.

Tamia from the Multicultural Council says, "This year, we are upping the stakes and offering a morning tea shout for the team that gathers the most rubbish, so grab your families, workmates or communities and come and join us."

Gloves and buckets are provided, but people should bring a water bottle and sun hats.



Join the Castlecliff Beach Clean Up this Saturday

Engage with nature this Seaweek

Seaweek, which runs from March 2 to 10, is an annual opportunity for all ages to discover the many ways that our lives are connected to the sea. It has been a regular fixture in Aotearoa, New Zealand, for over 30 years.

Each year, Seaweek collaborates with a wide range of groups across Aotearoa, New Zealand, to organise a variety of accessible opportunities for all to immerse themselves in the marine environment

and learn about the ocean. Seaweek hopes to inspire people to engage with nature, explore the ocean and develop a deep sense of connection to our environment so that all are inspired and empowered to be kaitiaki.

This year, the Sarjeant Gallery is leading the educational component of Sea Week, with support from Whanganui Regional Museum, Castlecliff Coastcare, Horizons and DOC. Visit www.seaweek.org.nz for more information



Let's clean up our Beach!

SATURDAY 2ND MARCH
• 10:30-1PM •
DUNCAN PAVILLION
CASTLECLIFF BEACH, WHANGANUI



spot prizes!

FREE Sausage Sizzle, cuppa & kai

buckets & gloves provided!

bring a drink bottle and a sunhat

Gather your team, the group that collects the most rubbish wins a morning tea shout!









Green

Green Party of Aotearoa New Zealand

The Green Party is calling for the protection of our oceans, all the creatures that live in and on them, and the people and communities who depend on healthy oceans for our survival and wellbeing.

Join us – its time to put ocean health ahead of corporate profit!

Contact: whanganui@greens.org.nz

Me haere tāua ki te kaukau!

Let's go for a swim!

He makariri te wai?
Is the water cold?

God of Sea Female Guardian of the Sea waves seaweed

ika, ngohi fish kōura crayfish

kōhatu, toka rock kirikiri sand papawai, hāroto rock pools tahatai beach

Haria ko ngā maharatanga anake, waiho ko ngā tapuae anake
Take nothing but memories, leave nothing but footprints

Kia haumarū, kia kitea
Be safe, be seen

Hei aha te kirihou, kei te whakaiti au i te nui o aku para

No plastic thanks, I am trying to cut down on waste

wai māori healthy water

tohorā southern right whale

paieka humpback whale

parāoa sperm whale

tai timu low tide, outgoing tide

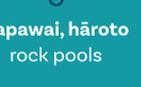
tai pari high tide, incoming tide

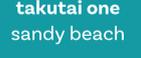
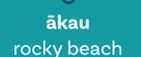
Kia tūpatō ki te kauere
Be careful of the rip










Springvale Garden Centre running a School Gardening Partnership



Huntermville students who were part of the Springvale Garden Centre School Vege Challenge 2023.

World Social Justice Day theme: "bridging gaps, building alliances"

The World Day of Social Justice in an annual international day recognizing the need to promote social justice. The 2024 theme is "Bridging Gaps, Building Alliances"

The decision to have such a day was promoted by the UN General Assembly in 2009. The day includes a focus on efforts to tackle issues such as poverty, exclusion, gender inequality, unemployment, human rights and social protections.

In Whanganui, the Day was supported by the Restorative Practice/Restorative City Whanganui Trust. Jo Hodder from Restorative Practice says,

"The day and the 2024 theme is about creating space where everybody can have the opportunity to discuss these issues. The Golden Rule of Restorative Practices is 'to treat others as you would want to be treated.'"

"We encourage the development of healthy relationships that foster human dignity, equality, freedom and mutual responsibility. These areas can be developed through restorative conversations."

Jo believes that this should be the mantra of all social services agencies. She encourages people to start and support conversations within their

own organisations to see how barriers to social justice can be overcome as a collective.

Within their space of restorative justice, the person who has done harm is brought together with the person harmed. In the process there is frequently a good outcome with understanding and acceptance from both parties.

Overcoming barriers and unleashing opportunities for social justice through listening to the other person, or group, is something that can be applied at all levels and perhaps should be considered as an effective tool by our elected representatives.

Over the past few years, Springvale Garden Centre has run the School Vege Challenge, but this year it will be transformed into the School Gardening Partnership.

As Gareth Carter from the Garden Centre says, "We recognize that each school is at a different place in their gardening journey, so we want to partner with you to provide the gardening supplies and expertise you need."

The School Gardening Partnership is a yearly commitment to support the school and their students as they grow their garden.

The primary goal of the partnership is to offer an introduction to gardening as a life skill for children and young people. Gardening is a great form of recreation with positive benefits for mental health through connecting with the outside environment.

If you join the partnership, you will receive:

- Free gardening supplies up to the value of \$100 per term.
- At least one visit per term from their School Gardening Coordinator, Brydie Hamblyn
- Help from Brydie on a custom gardening programme to suit your school.
- 10% discount on all gardening products at Springvale Garden Centre.

All Springvale Garden Centre asks in return is that you share your gardening journey regularly on your social media channels and allow them to do the same.

Gareth says, "I am very pleased with initial responses with eight schools registered so far."

They are Gonville, Mosston, St Dominics College, Kaitoke, Huntermville, Bulls School, Castlecliff and Brunswick.

For more information and for your school to apply go to <https://springvalegardencentre.co.nz/school-gardening-partnership/>



Why playing is important...



You've been playing hide-and-seek for what feels like all morning... and now they're begging you for just one more game.

While playing the same thing over and over again is probably driving you more than a little batty, it's good to know that there's a reason that your child keeps asking for more. It's because their growing brain connections are stimulated by the

repetition which, in turn, helps them to master new skills.

In fact, for children, playing is how they learn best. Whether it's playing peek-a-boo with your baby, answering your toddler's pretend phone or full-on imaginative play with your preschooler, it's all helping pathways in their brains develop and grow stronger.

Spending time with your child doing things togeth-

er you enjoy strengthens your relationship. It also makes it less likely they'll behave badly to get your attention. And it helps their brain development. So, what are you waiting for? Get playing!

Children's Day is a great time to focus on a day or weekend of fun - it will be good for all of us. With lots of community events being cancelled right now, we are all getting good at making our own fun.

Here are some easy, free play ideas to try:

- Imagination activity - set up a range of objects and see what they come up with. Cardboard boxes, dress up clothes, paint, autumn leaves, a blanket over the table, a dance party. Play together and let them lead the play. You'll enjoy it, too.

- Make a driftwood mobile - spend time at the beach and collect two pieces of driftwood for the top and shells, pumice and other beach finds, all different sizes, to make the mobile at home.

- Whānau game competition - invite other family or families to join you at the park for some old-fashioned fun. Think egg and spoon races, sack races, hula hoops, bean bag toss. Take a picnic and make a day of it. Playing together at this time is great for everyone's wellbeing.

- Telling family stories - tamariki love knowing about their whānau. Get out the photo albums or scroll through your older photos. They love hearing stories about when they were babies, when you were little and what you did to have fun in the old days! Cast photos on your TV if you can, make popcorn and re-tell silly stories.

Check out www.wovenwhanau.org.nz for links to more fun play ideas and parenting tips.

We are proud to support World Day of Social Justice

Restorative practices offer us a way to explore social inequality and injustice in our community from multiple perspectives and build better and more robust dialogue as a collective. This creates conditions for tolerance, equality and participation and the opportunity for a more secure, restorative and cohesive community.

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For further information contact
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NATIONAL CHILDREN'S DAY

MARCH 3

~ A special day to celebrate your children ~

Children's Day is a special day set aside to celebrate children. Many countries in the world have their own Children's Day. In New Zealand, Children's Day or Te rā o ngā tamariki, is always on the first Sunday of March each year. It was first suggested by the first Children's Commissioner, Ian Hassall, in 1991 and finally in 1999 it was celebrated for the first time.

Family Works offering family solutions



"I will never forget how life-changing your support has been" – Family Works client.

At Family Works, we're building an Aotearoa where all tamariki, families and communities are safe, strong and connected. We can help you and your whānau through challenging and confusing times to make positive, lasting change.

Our unique way of working, known as Te Ara Whānau (Family Solutions), is strengths-based and solutions-focused. It engages the whole whānau and pro-

vides support services for individuals and whānau.

Family Works Central provides a range of social services like counselling for tamariki, Family Works Dispute Resolution, and family safety and violence prevention for the whole whānau. We are trusted and accessible in local communities and offer services in Wellington, Hutt Valley, Wairarapa, Whanganui, and Taranaki.

To enquire about our services, you can get in touch with our friendly team on 0800 FAM WORKS or email family-works@psc.org.nz

tamariki, is always on the first Sunday of March each year. It was first suggested by the first Children's Commissioner, Ian Hassall, in 1991 and finally in 1999 it was celebrated for the first time.

The aims are to:

- Heighten awareness of the importance and needs of children in society and ways of promoting their development.

- Promote a national focus on children and motivate adults towards positive motivation and support of children.

- Promote community responses for the ongoing celebration of Children's Day through local ownership and widespread participation.

Over time Children's Day has gathered support from various government ministries, community organisations and businesses. Together these groups have worked to promote five important messages including:

- Giving Time
- Praise and Encouragement
- Listening and Talking
- Love and Affection
- New Experiences



How about going on a bush walk or comb the beach for natural treasures you can use to make gifts. Not only will you spend time 'pushing play', you'll also get to spend some time being creative when you get home and making good memories with your children.

JESUS

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To learn more call us on 06 345 6681 or visit www.familyworkscentral.

FINAL ROUND NEW ZEALAND JETSPRINT CHAMPIONSHIP

Shelter View Jetsprint Track, Upokongaro, Wanganui - this Sunday from 9am

Get your tickets from www.v8jetsprints.co.nz

NZ Jetsprint Championship final round in Wanganui this Sunday

There will be a large crowd trackside at Wanganui on Sunday, March 3, to watch the final day's racing of the 2023/24 NZ Jetsprint Championship. The racing will be on the edge as teams push hard

to get themselves in the top three at the end of the championship. The rotation looks to be quite fast and flows nicely, which will mean some incredibly fast times for the Building King Superboats, which have 15

boats all vying to come out on top on the day.

Building King Superboats

In this closely fought class, who will take 1st, 2nd and 3rd in the Championship? PSP Racing, Sam Newdick and Shama Putaranui are sitting pretty, having won 4 from 4 so far on 120 points. The battle for 2nd and 3rd is super close. Building Kings Rob and Ange Coley are on 106, Link ECU Blue Flame are on 105, and 2JZ Reuben Hoeksema and Jacob Wood are on 104. It will come down to who keeps their cool and gets around the quickest on the day. Outside of the NZ Championship, there are also some great packages running alongside on Day Licenses; all the way from the USA, Jolly Rogers, Eric Werner and Jen Farmer are hoping

to back up their success at Meremere. The X, the second 6-cylinder boat to take on the V8s, driven by super experienced Richard Burt, showed that they had class at Meremere, coming out in the Top 3 and will also be a team to keep an eye on.

Sprintec Boats Group A

Current 1NZ PSP Racing Ollie Silverton and Jess Sit have won four from four this season and are looking comfortable to retain their title. They will come to the track already amped, as they took the win in Australia on Saturday in the Penrite Oil V8 Superboats competition in Griffin. The battle for 2NZ is between current 2NZ Radioactive Ross Travers and Amanda Kittow on 112 points and TNT's Brett Thompson and David Toms on 110 points.

MTW LS Class

He has come all the way

from USA to race us Kiwis in the newly formed LS class and has not put a foot wrong all season. 19-year-old River Rogers looks like he will take the title at Wanganui with the support of his family, who have been at every event cheering him on. It is too hard to pick who will make up the next steps on the championship podium. David Hopkins, who is back racing after a break of several years, is sitting in 2nd on 112 points, and close behind him on 108 points are current 1NZ Link ECU John Verry and Declan O'Brien, tied with the Skitzo team of Paddy and Jay Haden.

MTW Group B

After a season he wanted to forget last year, Venom's Kris Rasmussen is back with a vengeance this season, winning 4 from 4. As

long as he starts Round 5 he will take the NZ1 title. Rookies Hamish Clarke and Vanessa Phillips are in the hunt to end up 3rd for the season; they've pushed hard at each round, having the 'best time' in the process.

The Shelter View Jetsprint track is celebrating 20 years of racing, built back in 2004 with

a "Shakedown" to test whether the track was up to National standards. It has had plenty of improvements over the years. Racing for the Final Round of the Championship starts at 9am; check out the boats and meet the teams in the lunch break, with eliminations starting after lunch. For more details, head to www.v8jetsprints.co.nz



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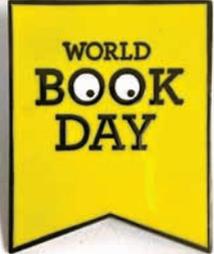
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WORLD BOOK DAY

MARCH 7th



The purpose of World Book Day on Thursday, 7 March, is to promote reading, publishing and copyright. The day will consist of a celebration of books and reading, and children will be encouraged to come to school dressed up as their favourite characters from literature.

It was first organised in 1995, and it is promoted by the United Nations Educational, Scientific and Cultural Organisation (UNESCO), which also helps to select a World Book Capital for one year. That city carries out a programme of activities

to celebrate and promote books and reading. In 2023, Accra, the capital of Ghana, was designated as the World Book Capital. Strasbourg, France, has been designated as the World Book Capital for 2024. The city's strong focus on books, its commitment to addressing social tensions and climate change through programmes like 'Reading for the Planet,' and its emphasis on encouraging debate and discussion of environmental concerns make it a fitting choice.

In the UK and Ireland, children are encouraged to explore the pleasures of

books and reading by being given the opportunity to buy from a collection of special books priced at the equivalent of just NZ\$2. Those in primary school are given a book voucher to buy one of these books or to put towards the cost of any other book. The offer is sponsored by major supermarkets and large bookshop chains.

The original idea of a World Book Day was conceived in 1922 by Vicente Clavel, director of Cervantes Publishing House in Barcelona, to honour the author Miguel de Cervantes and boost the sales of books.

Why reading out loud is important

Back when books were scarce and expensive, storytelling and reading out loud were forms of art. People would travel all over to tell stories to one another. That was how stories were passed down through generations.

According to the The New York Times, "Reading aloud recaptures the physicality of words. To read with your lungs and diaphragm, with your tongue and lips, is very different than reading with your eyes alone. The language becomes a part of the body, which is why there is always a curious

tenderness, almost an erotic quality, in the 18th and 19th century literary scenes where a book is being read

aloud in mixed company. The words are not mere words. They are the breath and mind, perhaps even the

soul, of the person who is reading.

Why you should read more books

1. To develop your speaking skills.
 2. It improves your focus and concentration.
 3. Helps you enjoy the arts and improve the world.
 4. It improves your imagination.
 5. Reading makes you smarter.
 6. It makes you interesting and attractive.
 7. It reduces stress.
 8. It improves your memory.
 9. To discover and create yourself.
 10. For entertainment.
- From whytoread.com



Hato Hone St John

SECOND HAND BOOK SALE

Dates 2024

Apr 11, 12 & 13
Thurs Fri & Sat 10am - 4pm

July 11, 12 & 13
Thurs Fri & Sat 10am - 4pm

October 3, 4 & 5
Thurs & Fri 10am - 4pm
Sat 10am - 4pm

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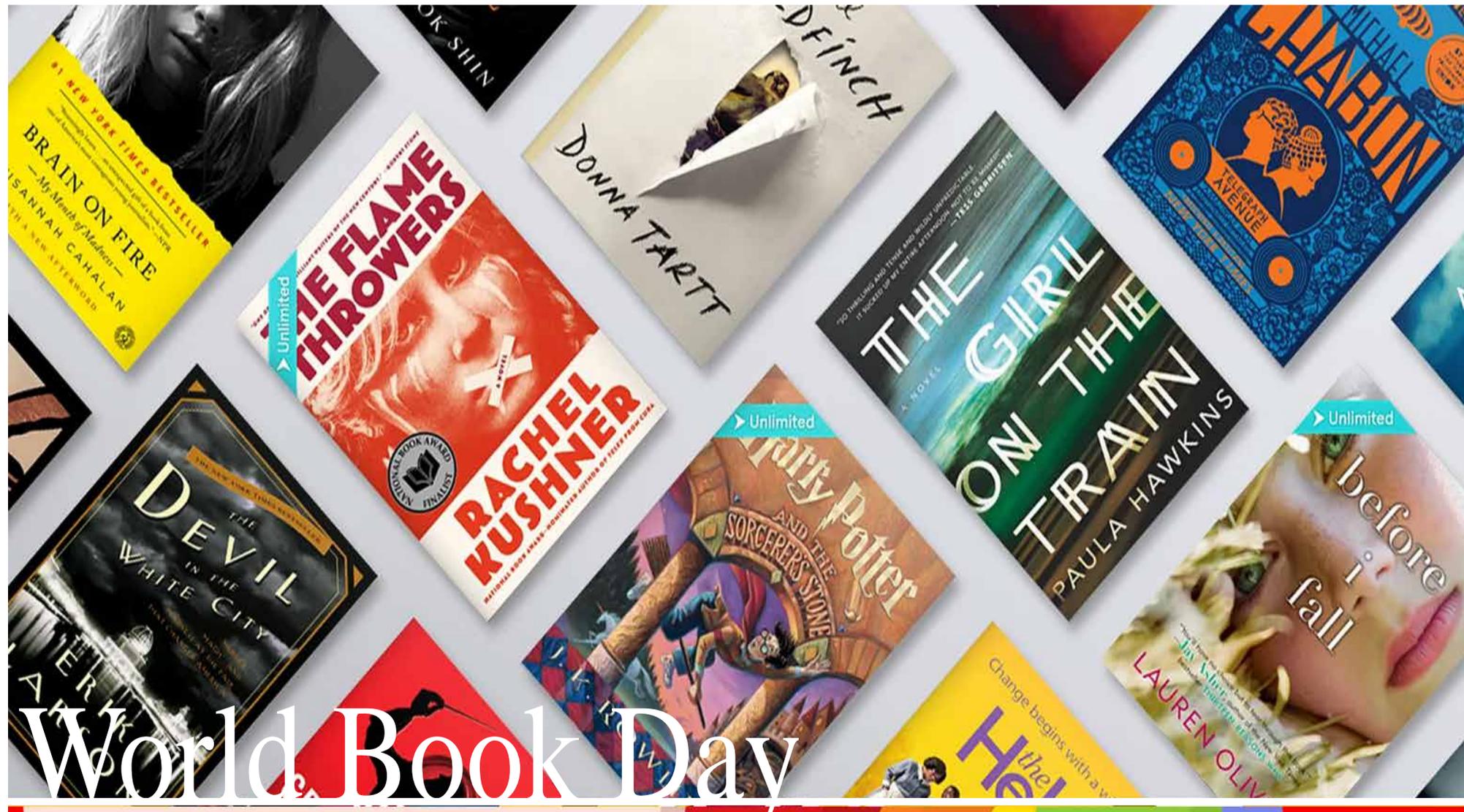
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World Book Day

"Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve, and contribute to improving our quality of life."

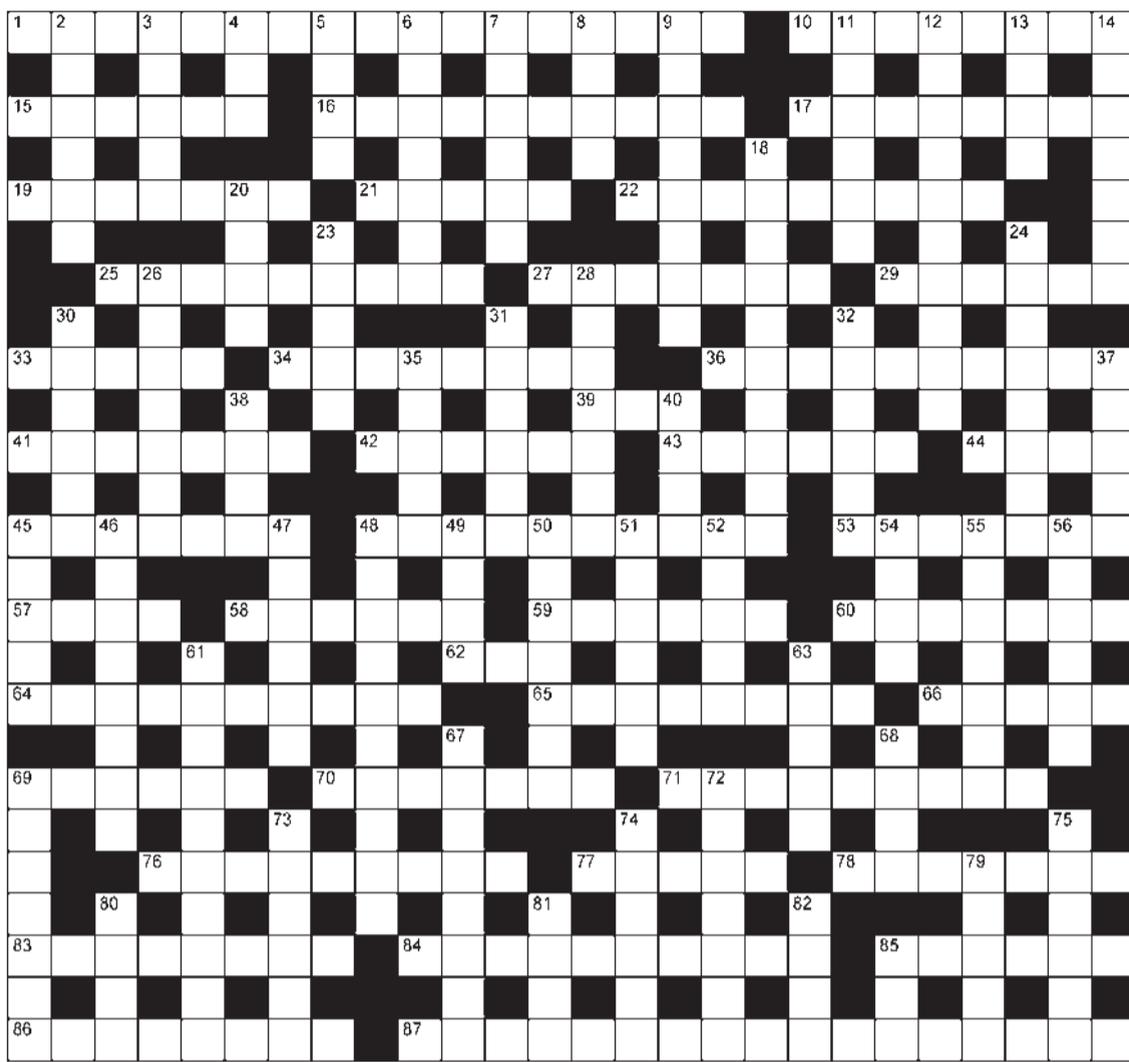
- Sidney Sheldon

whanganuilibrary.com



Jumbo crossword

- ACROSS**
 1 Stay out of trouble (4,4,4,5)
 10 Forceful and definite in expression or action (8)
 15 Sorcerer (6)
 16 Serious devotee (10)
 17 Marriage offer (8)
 19 Somewhat hungry (7)
 21 Pillow stuffing (5)
 22 Strike back (9)
 25 Oddball (9)
 27 Move off, carry on (7)
 29 Ebb (6)
 33 Cunning (5)
 34 Calm (8)
 36 Wet hobby (4,6)
 39 Mimic (3)
 41 Seer (7)
 42 Small truck (6)
 43 In slow time (mus) (6)
 44 Intimate touch (4)
 45 Equivalent word (7)
 48 Final scene in which the plot is resolved (10)
 53 Sweet-scented posy (7)
 57 Impulse (4)
 58 Fragrant ointment (6)
 59 Small rounded lump (6)
 60 Treated hide (7)
 62 Day before (3)
 64 Ultimate criterion (6,4)
- 65 Cud-chewing animal (8)
 66 Line up (5)
 69 Philatelist's interest (6)
 70 Sports official (7)
 71 Height instrument (9)
 76 On the fence (9)
 77 Make ready (5)
 78 Depict (7)
 83 Imperil (8)
 84 Classify according to a mental stereotype (10)
DOWN
 2 Departed (6)
 3 Practical joke (5)
 4 Indicate assent (3)
 5 Drawback (4)
 6 Paper-folding art (7)
 7 Magazine boss (6)
 8 Optical glass (4)
 9 Those watching (8)
 11 Seller's profit (6)
 12 Theory (10)
 13 Job (4)
 14 Crash together (7)
 18 Pickled cabbage (10)
 20 Stop flow (4)
 23 Begin (5)
 24 Withdrawing from the workforce (8)
 26 West Indian music (7)
- 28 Recovery setback (7)
 30 Prey (6)
 31 Two-note bird (6)
 32 Flag (6)
 35 Unworldly, inexperienced (5)
 37 Blustery (5)
 38 Extremely (4)
 40 Abate (4)
 45 Cushion (5)
 46 Bedtime drink (8)
 47 Contemptibly small in amount (6)
 48 Cut out of one's will (10)
 49 Identify (4)
 50 Rattle, demoralise (7)
 51 French Mrs (6)
 52 Synthetic fibre (5)
 54 Portent (4)
 55 Rave about (7)
 56 Tree-lined street (6)
 61 Adjust or make up for (10)
 63 Engineer's block (5)
 67 Curative (8)
 68 Vote against (4)
 69 Perspired (7)
 72 Parody (7)
 73 Alcove (6)
 74 Saturate (6)
 75 Pallid (6)
 79 Singing voice (5)
 80 Part of the eye (4)
 81 Surface depression (4)
 82 Greek B (4)
 85 Passenger vehicle (3)



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SIMON SHUKER'S CODE-CRACKER Extra 798

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

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

© Simon Shuker www.codecracker.co.nz

Sudoku

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

EASY Previous solution

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

Previous solution

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

Previous crossword solution

ACROSS: 1 Muddle through, 8 Object, 14 Exile, 15 Globular, 16 Emerald, 17 Sires, 18 Top, 19 Red tape, 21 Spinnaker, 22 Deputy, 25 Stationary, 27 Startled, 28 Arrows, 31 Sprite, 33 Itemise, 34 Cactus, 35 Limp, 37 Rye, 39 Firm, 40 Traitor, 41 Marco Polo, 42 Spectre, 43 Lethargy, 48 Swansong, 52 Blossom, 56 Nostalgia, 57 Amorous, 58 Axel, 59 Any, 60 Said, 61 Elixir, 62 Angelic, 63 Mallet, 65 Stylus, 66 Stockade, 68 Needlework, 71 Expand, 72 Self-doubt, 74 Added up, 76 Pal, 79 Unite, 80 Proviso, 81 Assassin, 83 Edges, 84 Porter, 85 In the pipeline.
 DOWN: 2 Ugliest, 3 Debut, 4 Eel, 5 Harm, 6 Overpayments, 7 Green, 8 Oddment, 9 Just, 10 Cornet, 11 Ditty, 12 Peppers, 13 Camaraderie, 14 Estuary, 20 Projector, 23 Sanitary, 24 Welcome, 26 Triumph, 27 Skiers, 29 Orinoco, 30 Furrow, 32 Poise, 34 Cents, 36 Prong, 38 Horn, 43 Lanes, 44 Testify, 45 Away, 46 Giggle, 47 Molar, 48 Scorched, 49 Assembled, 50 Swallow, 51 Niece, 52 Bauxite, 53 Shy away from, 54 Mangle, 55 Polling booth, 64 Surplus, 65 Skipper, 67 Cheaper, 69 Reunion, 70 Indigo, 71 Elegy, 73 Onion, 75 Easel, 77 Deft, 78 Wasp, 82 Sip.

5x5

S		A		S
	O		A	
A		O		A
	A		E	
F		E		H

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

G	R	A	D	E
L	O	V	E	D
A	M	O	N	G
R	A	I	S	E
E	N	D	E	D

OBITUARY: Kerry Girdwood

Whanganui, and beyond, lost a taonga when Kerry Bernice Girdwood passed away last week. Few people have managed to fit as much into one life as she did. Ac-

traveller, Kerry was born in Dunedin on the first of April 1943, the oldest of three girls. The family moved frequently as her father's employment dic-

tated. The longest stretch was spent in Hawera, where she attended Hawera Primary School. Her secondary schooling took place at St Mary's Diocesan School for Girls in Stratford, where she was immersed in languages, which she continued at Victoria University earning her BA with a double major in French and English Literature.

She gained a scholarship for further study at the Sorbonne in France, but chose marriage instead. With her marriage came three much-loved sons, Rhys, Tony and Sam.

Some years later, Kerry gained Postgraduate Diplomas in Social Sciences, and Second-Language Teaching. Her teaching career began in 1976 when she was asked to fill in for a temporary vacancy in the History Department at Wanganui Girl's College. She had never taught before and discovered that she loved it, developing a Socratic method which involves an investigative dialogue between teacher and students.

In 1981 she began teaching at Whanganui Collegiate, and she loved those years, becoming the first female Head of the History Department. During this period, she had an exchange with Reigate Grammar in England, where a star pupil was British comedian, David Walliams.

Kerry travelled extensively, visiting forty different countries in all. Ethiopia was dear to her, as she spent time there researching the life of Captain Tristram Speedy, adventurer and explorer, and Kerry's distant relation.

Four years were spent in Japan teaching English, during which time she escorted her Japanese students on tours to Whanganui. She had mixed feelings about her

time in Japan, because she was always an object of curiosity by virtue of both her height and the fact that she was a European living in a largely rural area. Nonetheless, she made some lifelong friendships there, and loved the country's language, history and culture.

Kerry will also be remembered for her strong connection to the Reperatory Theatre. Her varied roles included actor, director and Vice-President. As an actress she won hearts, along with Lynn Taylor, in their award-winning performance of Peter Shaffer's *Lettice and Lovage*. Kerry's interpretations of

Madame Arcati in *Blithe Spirit*, and Lady Bracknell in *The Importance of Being Earnest* were perfection, and her recent role

as the eponymous, Lady in the Van, was a tour de force, sadly the last. As a director for plays such as Shona M Wilson's *Direct Hit*, Roger Hall's *Middle Age Spread* and Tom Scott's *Daylight Atheist*, she drew the very best out of her cast, and was always ready, as a mentor, to take on untried scripts to give new and local playwrights a chance to see their words come to life on the stage.

As if she did not have

enough to do, Kerry also won an award for her restoration of a heritage building in Victoria Ave, transforming a run-down edifice into a magnificent inner-city apartment.

Kerry made her final exit on the evening of 23 February. A service to celebrate her incredible life will be held on Friday, 1 March, at Collegiate Chapel, Liverpool Street.

Supplied -
Joan Rosier-Jones



Kerry Bernice Girdwood



Sadly passed away recently...

Jean Kathleen DARVILL,
on 21 February 2024, aged 100 years.

David Charles DORAN,
on 25 February 2024, aged 67 years.

Kathryn (nee Hegedus) DUFFIN.

Peter Douglas DUXFIELD,
on 21 February 2024, aged 80 years.

Kerry Bernice GIRDWOOD,
on 22 February 2024, aged 80 years.

Aroha Virginia HINA,
on 24 February 2024, aged 60 years.

Mark Owen Melville HODSON,
on 15 January 2024, aged 60 years.

Philip Kenning (Phil) LOWRY,
on 11 February 2024, aged 71 years.

Merekānara Makareti Manahaua PONGA-SKIPPER,
on 22 February 2024, aged 1 year.

Dale Doreen PRYME,
on 21 February 2024, aged 74 years.

Rosalind (Ros) SUTHERLAND,
on 20 February 2024, aged 64 years.

Marama WHANARERE,
aged 63 years, on 25 February 2024.

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WHAT'S ON
IN THE COMMUNITY

Alcoholics Anonymous
Phone 0800 229 6757. If you have a drinking problem maybe we can help. AA Wanganui area meeting list: Sunday, St Johns Lutheran Church Hall, 51 Liverpool Street, Wanganui, 9am; Monday, Friendship Hall, Morris Street, Marton, 7.30pm; Tuesday, St Johns Lutheran Church Hall, 51 Liverpool Street, Wanganui, 12.30pm; Wednesday, St Luke's Church Hall, 34 Manuka Street, Castlecliff, 7.30pm; Thursday, St Johns Lutheran Church Hall, 51 Liverpool Street, Wanganui, 7.30pm; Al-Anon (family support) Thursday, Quaker Meeting House, 256 Wicksteed St, 7.30pm. Friday, Gonville Library meeting room, 12.30pm. Ph 0508 425 266.

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

Sustainable Whanganui Trust's "Acknowledging Great Moments"
Date: Monday 11 March 6.30pm Venue: The Backhouse, 28 Taupō Quay. Guest Speaker: David Langford, CEO, WDC. David will speak about his experiences setting up New Plymouth's modern recycling system. SWT's AGM follows, this has no elections, focusing instead on the Trust's achievements during 2023.

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

World Day of Prayer Service
Date: Friday, 01 March 2024. Time: 11.30am Venue: St Paul's in the City Church Worship Centre - 112 Guyton Street. An offering will be taken up for Hospital Chaplaincy followed with a bring and share finger food lunch.

Twinkle Toes at St Paul's
Fridays from 10.00am to 11.00am at St Paul's in The City Hall, Cooks Street. Car park building and lift access. A fun music time for pre schoolers. Gold coin donation.

Wanganui Community Choir A.G.M
Notice is hereby given that the A.G.M of the Wanganui Community Choir Inc. will be held on Monday 25th March 2024 @ 7pm at the Riverside Christian Church Hall, 4 Ingestre Street, Wanganui followed by Choir Rehearsal. All welcome.

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.

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New season for Film Society beginning March 4

The new season for the Whanganui Film Society opens on Monday, 4 March, with the showing of the film 'The Fallen Idol', one of three films in the programme by director Carol Reed. In 1952, Reed became only the second British film director to be knighted for his craft.

Annual membership is open to all. WFS offers a full-year membership as well as a three-film sampler for people who want to come along before committing to a year's membership. The three-film sampler can then be easily upgraded to a full membership. WFS also offer a half-year membership, which can also be upgraded.

Your local membership can even be used at other film society screenings throughout the country.

The 2024 brochure has been released and copies can be picked up in cafes and from the i-site.

"With 37 films in this year's selection, we offer great value to our members. It works out at less than \$3 per film" says WFS President Jude Lydia, one of the volunteers who run the local film society, which is part of the nationwide Federation of Film Societies.

This year, some exciting titles hit the screen. The mind-bending Russian sci-fi 'Solaris' (Andrei Tarkovsky) will take audiences on an interstellar journey. They'll meander through a bad night out in New York in Martin Scorsese's 80s comedy 'After Hours'.

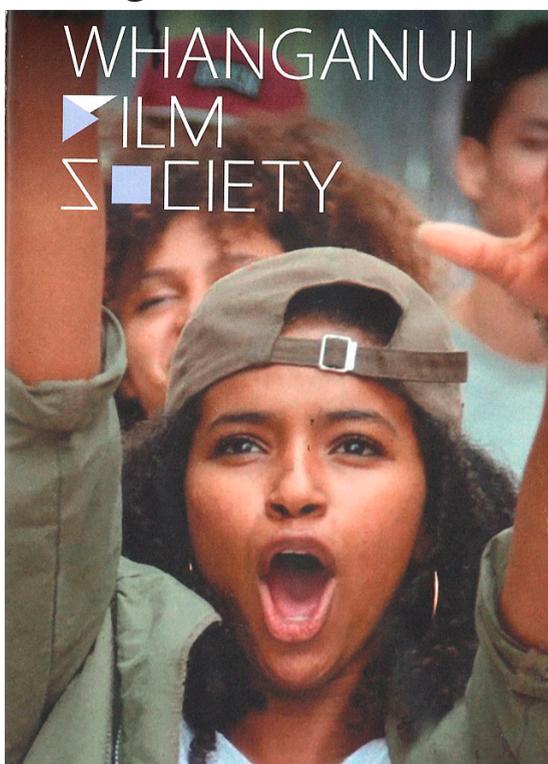
They'll return home for Dame Jane Campion's 'An Angel at My Table', which won the Grand Special Jury Prize at the Venice Film Festival in 1990. Campion's film is based on the autobiographical work of the same name by writer Janet Frame.

Key themes for this year's curated selection are Korean Cinema, 70s sci-fi films, and 80s comedies.

In addition to 'Solaris', WFS will be showing 70s sci-fi films 'Silent Running' (directed by the man behind the special effects in 2001: 'A Space Odyssey', Douglas Trumbull) and 'The Andromeda Strain' (based on the novel by Michael Crichton and directed by Robert Wise).

Another South Korean film is the acclaimed 'Memories of Murder', directed by Bong Joon-ho, who made history when his film 'Parasite' became the first non-English language film to win the Academy Award for Best Picture.

As well as Scorsese's



Front cover of the brochure

'After Hours', two more 80s comedies add some levity, with acerbic satire 'Heathers' and 'Valley Girl', featuring a young Nicholas Cage.

WFS screenings are on Monday nights at 7pm. Visit www.nzfilmsociety.org.nz/whanganui.html for more information and to join.

Learn Sri Lankan cooking - March 16

The Sri Lankan community in Whanganui are having a 'Sri Lankan Kitchen Cooking Workshop' on Saturday, 16 March, from 10am to 2pm. The workshop is limited to 12 people and will be on a first-in-first-served basis. Phone Jayanthi on 027-721-8483 to register. It is a gold coin arrangement.

The main dish will be dhsa. It is like a large thin savoury pancake. (some can actually be up to 1 metre long) and made from urindhu (or ulundu) dal. Dhsa are popular in Sri Lankan and South Indian cooking.

Jayanthi explains, 'Dhsa are high in protein, and the urindhu flour is mixed with rice flour, fermented until soft and then cooked.' There will also be two side dishes - coconut chutney and sambar, which is like a vegetable soup - and again, very healthy.

Participants will be involved in making their own dhsa, and side dishes and recipes will be provided to take away. There will also be time to taste.

The Sri Lanka Society has been very active this year with celebrations for Independence Day (4 February), a cricket game against non-Sri Lankans, and on 7 March, as part of La Fiesta, there will be a Sri Lankan Lantern Making workshop. There will be another event in April - a celebration of the Hindu New Year.

The location for this Sri Lankan Kitchen event is the Quaker Settlement at



76 Virginia Road. Jayanthi promises that it is likely they will do more cooking events. We want to educate the next generation of Sri Lankans here as well as spreading our culture."

Blind Spot with Marion Hainsworth

The dates for our Association of Blind Citizens (ABC) March social afternoons are the 7th and 21st, at 2.00pm, in the 102 Peat Street Rooms.

Blind Indoor Bowls start their Sunday roll-ups on 10 March, at 1.00pm.

Blind Low Vision Recreation Officer Sarah continues her walking group each Monday at 10.30am - weather permitting. And her monthly games afternoon will be held on the 6th of March.

Blind Low Vision is seeking to set up a Community Committee that will provide opportunities for Blind Low Vision members to connect with one another through various community activities, interest groups, entertainment, and social gatherings. If you are keen to know more and make yourself available to assist, please phone Russell Lowry on 027 50 222 47 and leave a message. Alternatively, you can phone the Whanganui Blind Centre Office on (06) 348-4401 and leave a message for Russell to call you back. A gathering to discuss this exciting initiative is planned for Thursday, 14th March 2024, commencing at 11am, at the Blind Centre Rooms.

For further information, please telephone the following contacts: Office, on 348-4401; Sarah, on 022 015 7515 - for walking group and games afternoon.

-supplied by Marion Hainsworth

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

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SECTION 101 SALE AND SUPPLY OF ALCOHOL ACT 2012

Wanganui Function Centre Limited, 19A Purnell Street, Whanganui has made application to the District Licensing Committee at Whanganui for the renewal of an On licence in respect of the premises situated at 19A Purnell Street, Whanganui, known as the Wanganui Function Centre.

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

The days on which and the hours during which alcohol is intended to be sold under the licence are: **Monday - Sunday 8am - 2am the following day.**

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

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

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

This is the second publication of this notice.

The first notice was published on February 22, 2024.



"I'm working hard to ensure this region is a great and affordable place to work, live and play."

If you have any questions or concerns, contact me:

Cr David Cotton

david@tasmantrust.co.nz • 0274 425 920



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The Rotary Club of Whanganui is celebrating 100 years of community service with a

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on
Saturday 13 April 2024

All past and present Rotarians along with Partners and Friends are welcome.

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The Big Bike Film Night returns March 20

Brett Cotter, organiser of The Big Bike Film Night around New Zealand, says, "Each year, I set out with just one goal – to find the best cycling short films from around the world for our audiences that celebrate the fun, the adventure, and the inspiration that cycling enables."

The Big Bike Film Night returns to Whanganui on Wednesday, 20 March, at the Davis Theatre. There will be ten movies guaranteed to be uplifting and inspiring. The total running time is 2.5 hours, with the length of films ranging from 3 to 26 minutes.

It originated in Taupō; Brett says, "as a passion project back in 2015." So, 2024 will mark a decade of "delighting our two-wheel devotees and we may not have the budgets of the BIG blockbusters, but we do certainly have the drive

and ambition to take these wonderful short films to audiences across the country (and indeed the globe), showcasing where a bicycle can take you."

This year's treasure chest of films includes:

- a visually commanding film following one rider's colourful adventure scouring the most beautiful spots from Guatemala to Peru via Bolivia
- a documentary about a community of cyclists from Alexandra.
- discovering how a bicycle can be much more than a bicycle, bringing change to people's lives.
- a determined father and his daughter prepare for their greatest adventure together: an ambitious ride around Central Otago's Lake Dunstan Trail.
- A passionate and quirky Australian cyclist advocating to "Ride your bike, don't just romance the idea. Ride."

- Join ten young people as they learn to ride a long way ... embarking on a 900km bike-packing trip from Wellington to Wānaka.

- a fast-paced, fun, feminist bike race film set in Canada.

- a moving movie set in Scotland, showcasing how the simple joy of riding bikes can make a big impact.

- and rounding out the night, "Everesting" (an activity in which cyclists or runners ascend and

descend a given hill multiple times, in order to have cumulatively climbed 8,848 metres

(29,029 ft) (the elevation of Mount Everest), is a feather few cyclists have in their caps, but what

happens if your cap is full? So full in fact, you think "Why not do more?"

Win a double pass

The RCP has a double pass to The Big Bike Film Night showing to give away in a draw. All you need to do is to email rivercitypress.xtra.co.nz, putting 'The Big Bike Film Night' in the subject line and giving us your name and daytime contact details. The draw will be made at noon on 8 March.



Our Hero image Credit: Fuego - JB Liautard Commencal

Core boards installed at Kowhai Park for people with speech or language trouble

A new community resource has been installed at Whanganui's Kowhai Park to help people with verbal communication and encourage active and inclusive participation in play.

Core communication boards – known as core boards – are large signs with pictorial images and words that provide visual communication for people of all ages who have trouble with speech or language skills. They help people to make requests and share how they're feeling.

The installation of core boards in parks and play spaces is a relatively new initiative by the TalkLink

Trust to increase non-verbal communication throughout Aotearoa, New Zealand. Whanganui resident Kori Mako and Lorraine Russell, head teacher at Central Kindergarten – Keith Street, made the suggestion to install core boards at Kowhai Park to Mayor Andrew Tripe.

Mayor Andrew says, "I was initially approached by Kori with the idea to install core boards in Kowhai Park so that she and her son could better communicate while they played at the park.

"Core boards are a great initiative to make members of our non-verbal commu-

nity feel acknowledged and valued in our public spaces, and they fit perfectly with ongoing Whanganui District Council funding for greater accessibility at our playgrounds and parks," he says.

"On behalf of our community, I thank the TalkLink Trust for their advocacy and the creative vision that's led to the installation of these valuable augmented communication signs."

The core boards – one in te reo Māori, the other in English – have been installed along the pathway within the park's playground. The boards feature illustrations of playground

rides to point to, such as a tāre-re-swing, retire-slide and tiemiemi-seesaw, alongside symbols and terms for activities and actions like reri-ready, huri-turn, inu-drink and kai-eat, as well as tauanga (numbers) and symbols for āna / kāore (yes / no).

People can point to the illustrations and symbols to convey what activity they'd like to do, and the

words can then be spoken by others to emphasise the activity or action.

Another core board is planned for Lorendale Park in Gonville as part of an upgrade to this park. The core boards have been funded and installed by Whanganui District Council.

For more information about the TalkLink Trust, visit: www.talklink.org.nz

- Bowls results -

Whanganui Men's Masters Bowls representative selections for Wellington – 4 and 5 March

Singles: A Springer

Pairs: C Waterson (Skip), M Hendry.

Triples: P Corney (Skip), G Winterburn, C Wright.

Fours: P Head (Skip), R Neilson, N Grant, Ray Hutchinson.

Selector/manager: C Cox

Regional teams include Wellington, Wairarapa, Manawatū, Hawkes Bay, Kāpiti and Whanganui.

Golf results

Castlecliff 9 Hole Club

Thursday 22 February MC Medal

Ladies: Anne Cox 35, Elaine Everitt 37 c/b, Rawinia Connors 37

Men: Rodney Mence 33, Richard Smith 34 c/b, Allen Wills 34 c/b, Ike Edmonds 34

Raffle: Ike Edmonds

Wanganui Golf Club - Thursday 22 February

A Stadtmueller 40 pts, C Milne 40, C Feaver 39, R McKinnon 39, W Hodges 38, R Hussey 37, H Carvell 36, P Gorringer 36, B Patrick 36, K Patel 36, **Two's G Taylor, 1st closest to marker:** Feaver ball J Kay, **3rd longest putt:** Riverland Family Park voucher L Jones, **14th closest to pin First Vets ball** R McKinnon, **18th longest putt:** Canaan Honey voucher R Nicholson, **Lucky cards:** G Meyers, L Anderson



Core boards at Kowhai Park– Whanganui kaumātua John Maihi and tamariki at the launch of core boards at Kowhai Park on Tuesday, 27 February.

Bridge Club results

Bridge Results Week ending 25 February

Monday Ladder: N/S: 1. R Bowie A Sutherland 55.42 2. H Jarrett E Topfer 55.00 3. B Collins J Smith 53.54 4. C Brown D Berry 52.29 E/W: 1. I Kelly G Keelty 63.18 2. J Thomson H Elgar 55.68 3= I Newbold J Glenn 52.733= D & J Tripe 52.73

Tuesday Ladder: N/S: 1= S Pedley K O'Callahan 62.50 1= A Thirtle G MacLachlan 62.50 3. C Rainsin L Vodanovich 52.31 4. R Austin J Dodds 50.69 E/W: 1. S Watson T Watson 61.57 2. K Verhoek C Chesswas 58.10 3. G Handley S Dempsey 54.86 4. J Newman R Nightingale 53.47

Wednesday Ladder: N/S: 1. B Eriksen R Terrey 62.24 2. E Tolley R Pech 55.86 3. J Coxon R Story 54.53 E/W: 1. D Johnson C Winton 57.97 2. M Webster W Pedley 54.66 3. L Raine L Lilly 49.17

Wednesday Social: N/S: 1. N Gale D Price 61.67 2. S Cvitanovich P Godderidge 52.88 E/W: 1. N Kennedy J Dodds 68.13 2. B Collins J Hore 49.58

Friday Social: N/S: 1. S Watson J Newman 63.37 2. M Johnson S Smithson 59.38 3. D Ewing J Botting 58.51 4. A Thirtle W Pedley 57.85 5. D Haynes C Pepperell 55.38 6. B Young T Watson 48.26 E/W: 1. J Wagstaff C Chesswas 59.62 2. N Bartrum R Sigley 58.97 3. B Franklin-Browne J Dodds 57.05 4. S Pedley A Hodges 56.57 5. M Hoek E Topfer 52.08 6. B Collins J Hore 50.16

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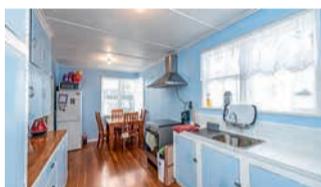
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For Sale Buyers \$389,000+
View Sun 3 Mar 11.45 - 12.15pm
Web pb.co.nz/WGU114001



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Aramoho 238 Roberts Avenue

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3 1 2 1 2

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M 027 273 3458

Durie Hill 54 Maxwell Avenue



Durie Hill dream

Perfectly positioned to maximise the sun, this beautiful blonde-brick and tile home, with its easy care and well-presented section, offers you an exceptionally low maintenance lifestyle. Natural light is plentiful in the generously sized living/dining room with its ornate ceiling which adds an elegant dimension. The lovely large kitchen, with filtered water tap, new appliances, ample bench space and storage, enjoys the morning sun and overlooks the private garden through a large wrap-around corner window. Two spacious double rooms are in close proximity to a separate toilet.

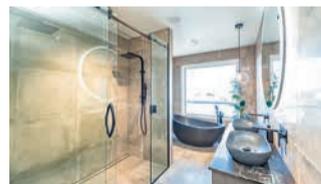
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Bernadette Nugent
M 021 045 5467

Castlecliff 24 Golf Vue Place



Architectural coastal dream

Every inch of this stunning 2022 home has a design aesthetic, creating a truly unique and modern living space. Crafted from exquisite materials, and built to maximise the elevated views, this magnificent home boasts five bedrooms, two living areas and three bathrooms. On the ground floor, the beautifully polished concrete floor offsets the sleek kitchen in black, with its unique designer-stone island and counter tops, high-end appliances, built-in wine fridge and the backlit metallic Ocro splash-back lends elegance. Designer pendants feature in the dining area.

5 3 2 2

For Sale Buyers \$1,600,000+
View By appointment
Web pb.co.nz/WGU177711



Bernadette Nugent
M 021 045 5467



Whanganui East 20 Jellicoe Street

Open Home



Whanganui East charmer

This character-filled 1930s property is a true gem, offering a perfect blend of vintage elegance and modern comfort. Discover the elegance of the master bedroom located upstairs, complete with an en suite and a walk-in wardrobe. A peaceful retreat, offering comfort and style. Downstairs, two good-sized bedrooms welcome you, while a well-proportioned separate lounge to the front of the house provides the perfect space to relax and entertain. The kitchen and dining area to the rear seamlessly flow out to the backyard, creating an ideal layout for modern living.

3 1 2 1 1

For Sale Buyers \$599,000+
View Sun 3 Mar 1.15 - 1.45pm
Web pb.co.nz/WGU174926

Anthony Floyd
 M 021 477 435

Leighton Toy
 M 027 415 1515

Aramoho 13 Madras Street

Open Home



Unique dual dwelling oasis

Discover the versatility of 13 Madras Street, where two distinctive dwellings seamlessly coexist on one exceptional property. This offering is a true gem, featuring a spacious main house with four bedrooms, expansive living areas and double glazing, complemented by a detached fully self-contained one bedroom unit at the rear. Situated on approximately 1,012 m2, this property presents a myriad of options for a range of homeowners. Step into the main house and experience the perfect blend of comfort and space. The main house has a generously sized separate lounge, dining room, and a kitchen.

5 2 2 2

For Sale Buyers \$699,000+
View Sun 3 Mar 11.00 - 11.30am
Web pb.co.nz/WGU178473

Anthony Floyd
 M 021 477 435

Leighton Toy
 M 027 415 1515

Gonville 95A Heads Road

Open Home



Heads Road haven

Discover the perfect blend of comfort and convenience at 95A Heads Road, Whanganui. This delightful two bedroom home, nestled in a peaceful location close to the hospital offers a haven of tranquility. Ideal for those seeking a low-maintenance property. Enjoy spacious living with two well-appointed bedrooms, providing ample space for relaxation and personal retreat. The heart of the home is an inviting open-plan living area, offering flexibility and a seamless flow between the lounge, dining, and kitchen spaces. Your vehicle will find a comfortable home in the single garage.

2 1 1 1

For Sale Buyers \$349,000+
View Sun 3 Mar 10.00 - 10.30am
Web pb.co.nz/WGU177751

Anthony Floyd
 M 021 477 435

Leighton Toy
 M 027 415 1515

Whanganui 94 Campbell Street

Open Home



Charming character home

Welcome to 94 Campbell Street, where timeless elegance meets modern comfort in this beautifully renovated residence. This classic 1910s home has undergone a meticulous renovation. Situated in a prime location, this property provides easy access to local amenities, schools, parks, and the central city. The interior boasts an open-plan living design, creating a bright and inviting space for family and friends. The home features two generously sized bedrooms, perfect for a growing family, professionals, or those looking for a cosy retreat. The property features an easy-care section.

2 1 1 1

For Sale Buyers \$419,000+
View Sun 3 Mar 12.30 - 1.00pm
Web pb.co.nz/WGU174253

Anthony Floyd
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Leighton Toy
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