

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

Castlecliff plane to be a venue for three artists and a sushi food cart

BY DOUG DAVIDSON

Back in 2019, James Barron bought a Convair CV-580 plane and had it trucked down from Auckland to have it placed in the front of his property in Castlecliff.

His plan was to convert it into "another dwelling unit" resting on a plinth in the middle of a small lake on the property. After getting engineering support and council approval, the project came to a halt when housing regulations, especially in regard to insulation and toilet requirements, made it too difficult and expensive. But he is still very interested in finding different ways to use it, and

also have a great story to tell about having been in the aircraft. The furniture would be worth that much more." Unfortunately, the furniture is not ready, but James wanted to proceed with the idea. There will be three local artists involved. • Glenn MacMillan is an artist in metal casting and assemblage, with a focus on reuse and upcycling. • Fiona Thomas, who does paint, assemblage, and mixed media. • Loulou Krebs – a paint, sketching and mixed media artist. The art will be in a separate small building, a marquee, and the plane itself. It is a case of 'But wait – there's more!' There will be UZU authentic Japanese sushi food by Satoru, who normally has his food cart outside the Castlecliff Library. The dome of the plane will be open, and James will be attaching a supply of warm water for anyone to have a shower and be part

of 'performance art.' The state of dress or undress is up to the individual. But just as important is a partnership with the Koha Shed, a charity that James is very pleased to support. Visitors are asked to give a donation. The Convair CV-580 has a great backstory. It was built in 1956 and was soon used by Sabina, the Belgium Airline, to fly in and out of the Belgium Congo, under the name of Air Congo. Thus, the use of CIA. James says, "She would have flown more than her fair share of CIA operatives and mercenaries during the fighting before and soon after the Congo gained its independence." The Convair was lengthened and had turboprops added for it to become a CV-580 in 1968, but by 1987, it was parked up in a 'boneyard' for planes. However, it was given another life when it was bought by ERA Aviation (Alaska) in 1989. Finally, in 2005, it was



James outside the Convair in Castlecliff.

sold to Air Chatham. "They actually wanted a flight simulator for pilot training purposes," explains James but they ended up buying the simulator and two Convair CV-580s. When Air NZ dropped Whanganui in 2016, Air Chatham was able to step

in partly because they had spare capacity with the Convairs. As James says, "The Convairs saved Whanganui airport." After they were decommissioned and put up for sale, James bought ZK-CIF and then had to truck her down. This involved six pilot vehicles, two

trucks and two more vehicles belonging to Imagination TV, which filmed the process. They were in Whanganui filming a house in Mowhanau for Grand Designs and responded positively to James' suggestion. *Continued on page 3*

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Artist supports Castlecliff Coast Care

Renowned Whanganui artist Pauline Allomes is, for the third year, supporting Castlecliff Coast Care during the annual Whanganui Artist Open Studios. It happens in two ways. Firstly, Pauline generously donates one of her paintings to Coast Care. The donated painting will be on display on Pauline's studio front veranda, and visitors during Artist Open Studios can place their bid in the silent action.

Secondly, Pauline opens up her lovely sheltered garden to Coast Care volunteers who set up a stall to provide tea, coffee and nibbles, with small tables and chairs set out enabling visitors to sit back, relax and take a well-deserved break from visiting all the studios.

Last year, the auction and the morning and afternoon teas raised a grand total of \$1,159.

Coordinator Graham Pearson says the group is very lucky to receive local support from Pauline and other generous people and businesses.



Graham Pearson with Pauline Allomes

Local stroke survivor enjoying being part of support group

Michael was 57 when he had his stroke in 2019. He had no prior warning. "I was at work, and I felt like I was going to pass out," he explains. "I asked a colleague to call 111."

It took 20 minutes for the ambulance to arrive, and in that time, he went from resting, walking around and with no vision issues. By the end of the 20 minutes, "I couldn't stand up, and my vision had become impaired."

The St John personnel asked him questions such as raise your hand, say this/that to check for any speech impairment, before they took him to ED.

"The doctors were not too sure at first but decided that it had to be a stroke. The impact started to show and Michael had to stay in hospital for 4 to 5 weeks before he had learnt to walk again."

Five years later, and Michael experiences a range of limitations due to the stroke. These include mobility issues on his left side, which could be helped by exercises available in a gym, but because Michael is no longer working, he can't afford membership in the absence of any funding.

His vision is a major limiting factor. There are problems with his peripheral vision as well as depth perception. Unfortunately, he can no longer drive (nor could he continue as an amateur pilot with the Aero club) and he has to be careful walking. Taking taxis is his only option.

He has a large TV but needs to move his eyes and head to watch properly. When he uses the computer, he needs to use the accessibility feature to magnify what is on the screen. Reading printed matter is not easy. But Michael is pleased to say, "There is nothing wrong with my grey matter."

The likely possible cause of the stroke is connected to a condition he has had since 2010 – that is, having an extra heartbeat, which probably threw up a clot.

Michael is part of a Stroke Support group, who meet once a month to chat and provide support.

While the stroke has had a significant impact on his life, he remains cheerful, saying, "It could have been a lot worse."



Stroke Whanganui St appeal

Stroke Whanganui Appeal. There will be a collection outside No 1 Shoes in Trafalgar Square between March 12-16. Donations appreciated.

Check out what's in this week's RCP

This issue has a wide selection of articles to read. First up is our front page article on the CIA – Castlecliff International Airport – a great play on the other CIA. James Barron is using the Convair plane he bought in 2019 and located in the front of his property in Castlecliff to host three artists as part of the upcoming Artists Open Studios. Not only that but there will be sushi available, an opportunity to have a warm shower under the dome of the plane and a chance to give a koha to the Koha Shed.

Alien bike monsters have invaded and are lurking around Whanganui. The challenge is to find them. Congratulations to Green Bikes for the fun (page 3).

There are other congratulations.

- To Mollie King for her success at weightlifting. In May she will be off to the World Juniors in Peru (page 15).
- To Whanganui Rotary



Doug Davidson
journalist@
rivercitypress.co.nz

for their 100 years of community service (page 19)

• To the Climate Forum organisers for arranging such an important event in Whanganui (page 6).

Thanks to Michael for telling us about the impact of his stroke (page 2) and thanks to Gina Guigou for her recipes using summer fruits and vegetables. One RCP staff member has already tried her courgette gratin (page 11) with great success.

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Lurking alien bike monsters to be found

Five alien bike monsters, created by Mike Williamson and Al Goodwin from Green Bikes, are lurking in green spaces around Whanganui and the challenge is out – find them. They went rogue about three weeks and will continue to lie low until 14 April.

The goal of their creation and arrival in Whanganui “is to get people out on their bikes, along the cycle ways and exploring,” says Mike, the Manager of Green Bikes Whanganui.

The key is to go to Green Bikes Monster Hunt Facebook page to see a map with clues on where to go, or pick a physical copy up from local libraries, Resource Centre, Green Bikes, Frosty Moons, Article cafe, i-site, Sour Bros, or UCOL. The Facebook page tells the story about their origins: “In the quiet Whanganui valley, a lightning bolt struck an alien spaceship that had been collecting Earth’s creatures. The bolt passed through the ship and hit the Green Bikes scrap bike below, turning discarded bike parts into monstrous hybrids ...” and ends,

“We need your help to find them so we can take them home to Green Bikes before the Men in Black find them.”

When you have found the monsters, take a photograph and send it through to the Facebook page. Mike says, “In the first two weeks, we have had over 100 reportings.”

The monsters will eventually make their home in the new home of Sustainable Whanganui – in Drews Avenue.

Mike and Al hope that next year the arrival of alien bike monsters will be more numerous, even the possibility that members of the public could do some of their



Jasmin du Pont, Mike Williamson, Al Goodwin and Katie Shand.

own creations.

The group are happy

to have provided a cool and free activity for

young people.

Castlecliff plane to be a venue for three artists and a sushi food cart

Continued from page 1

It hasn’t been shown yet but still could depending on how the aircraft will be used longer term.

“Her future is still to be imagined,” James says. “Perhaps as a studio, artists/writers retreat, event space or just a glorious folly and landmark. She has her own Facebook page with updates and videos on her history and the epic trip overland from Auckland to here.” Go to www.fb.com/zkeif.

James himself enjoys art, prefer-

ably art with an interesting backstory. This was another motivation for him to buy the Convair with its backstory and the fact that it now rests underneath the fly path to Whanganui Airport.

To visit CIA – Castlecliff International Airport, go along Seafront Road and park before the tar seal runs out, as there is no parking available close to 72 Seafront Road. It is a short walk. For more information, go to <https://whanganui/link/cia>



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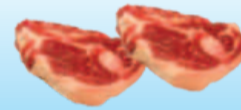


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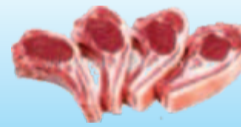
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Small to medium size businesses need to consider Cyber Security Risk

Katja Feldtmann runs Cybershore and illustrates the importance of small to medium size businesses doing something proactive about their cyber security risk, by referring to “recent statistics showing 60% of small to medium businesses go out of business within 6 months following a cyber-attack.”

She explains that these businesses “often have less security measures, making them an easy target. They become even more attractive targets if they supply larger businesses with services or products. They also usually don’t know what to do, once hit.”

They can’t simply rely on an IT Provider to take care of their systems or use internet-based applications as these systems may not be as secure as you think. She explains that businesses can’t just “set and forget. They need to undertake ongoing efforts as the threat landscape changes quick-

ly.”

The reputational and financial impacts on these businesses is often a bigger problem for them than for larger companies with big market shares and revenues.

Katja suggests that business owners should ask themselves the following:

- If I can no longer access my customer or other business-related systems, will I still be able to provide services and products?

- Are my staff educated to understand cyber security threats such as phishing emails and scams and are they able to identify them?

- If my business experiences a cyber-attack, do I know what to do to recover my services and how to protect myself from the potential impact of personal identifiable information being stolen?

Cybershore offers a range of services and products and has created two products especially for small to medium busi-

nesses to help owners understand their risks and learn how to protect their business from cyber-attacks:

1. Cybersecurity Kickstart, where Katja provides you with hands-on guidance to help you un-

derstand some of your risks and implement some “quick wins” to protect your business.

2. CyberRiskCheck. A comprehensive current state assessment, aimed at businesses that hold sensitive and personal informa-

tion, such as accountants, legal firms, real estate companies, and health care and education providers.

Katja is well qualified to offer these services having completed a Bachelor’s and Master’s degree in IT, holding many industry certifications such as ISC2’s Certified Cloud Security and Information Security Professional, and winning a Highly Commended Award in the Cyber Security Champion category of the NZ Women in Security Awards.

Katja came to New Zealand from Germany in 2007 working in hospitality. After returning to Germany for 4 years she decided that she wanted to return to settle in New Zealand. After initially working in Wellington, Katja came to live in Whanganui in 2022. Cybershore is providing its services nationwide.

Katja Feldtmann



NEW ZEALAND WOMEN IN SECURITY AWARDS 2023

Beware of funeral live stream scams

The Funeral Directors Association of New Zealand is warning New Zealanders about a new funeral live streaming scam that asks for money to view a funeral livestream.

Chief Executive, Gillian Boyes, says scammers create fake Facebook pages then send friend requests to families and friends of the deceased with links to the scam sites. Users are asked for personal details, including a credit card number, to watch the live stream.

“Sadly, New Zealanders saw this scam with the recent high-profile funeral of Fa’anānā Efeso Collins, but our members are

also starting to see it with everyday families as well,” says Ms Boyes.

“It is sickening. We know many New Zealanders these days rely on these services when they can’t attend a funeral in person and for someone to take advantage of people in a time of grief is just really low.”

Ms Boyes explains that legitimate livestreaming links are provided direct from the funeral home to the family, and the costs associated with running the service are paid for by the family as part of the funeral bill.

“We are not aware of any legitimate live stream service that asks for money to view,” she says.

The Funeral Directors Association says people should be on the look out for the following warning signs:

- Facebook or other social media friend requests from people you don’t know.

- A request to enter personal and credit card details in order to access a live stream. This is not required for legitimate live streams.

- Pressure to act quickly to view. Typically, live stream recordings remain available for viewing for up to a year.

They also warn that if you are not sure about a livestream link you should check with close family or view the link directly from the funeral home website.

Rick Rudd Foundation announces 2024 Emerging Practitioner in Clay Award



The work of the two previous winners – 2018- Oliver Morse and 2021 HineWaiK-erekerere.

Rick Rudd is one of New Zealand’s studio potters and runs Quartz, Museum of Studio Ceramics in Whanganui. His Foundation invites entries for the Emerging Practitioner in Clay Award or 2024 – an award worth \$15,000.

It is a triennial event set up to encourage, foster and promote excelling by emerging makers of studio ceramics from tableware to sculpture and from traditional to avant-garde.

The prize has increased each time from \$10,000 for the inaugural event in 2018 to \$12,000 in 2021, and now \$15,000.

He said, “I want to change someone’s life. If you’re starting on the journey of making a life with clay, that sort of money can actually set you up for the future.”

Entrants must have worked with clay for less than five years without featuring in any major exhibitions. The three judges, who include Rick, will select about 30 finalists from the entries submitted. These finalists will be invited to send one work for the exhibition as well as a personal and artist biography, a general artist’s statement and printed images of up to ten works.

Entries close on 30 June, with the finalist advised by 31 July. The awards will be announced on 23 September. The exhibition at Quartz will run from 24 September to 30 March 2025.

Rick is hoping for about 100 entries this year, and because of the high value of the award, he will have to be strict about enforcing the rules.

The biggest ceramics award in New Zealand is the Portage Award, Auckland, which has the same prize money. Rick says the prize money for his award was a way of “paying it forward.” Back in 1978, Rick won the Fletcher Brownbuilt Award worth \$1000 then. He benefited not only from the money, but also from the promotion it gave. The winning work will be added to the permanent collection of the Quartz, Museum of Studio Ceramics.

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

Wanganui Turners and Woodcraft Group open to new members

The Wanganui Turners & Woodcraft Group meet in the woodworking rooms at Whanganui City College on St Hill Street on the first, 2nd and last Tuesday evenings of the month. It is an opportunity to work on their multiple projects, but as one member told me, "It is also a great social time."

The group was probably set up in the late 80s – but no one really remembers. Membership is around 30 to 35, and subs are kept low at only \$36. They have three life members – Dave Wagstaff, Des Kendrick and Bill Rod.

The club has a good number of lathes, which they bring out each time, while leaving 3 to 4 of them to be used by the students during the day. They also have their own band saws, and grinding and sharpening equipment.

You will probably have seen their stall at the market and admired the quality of the work. They sell on behalf of members, charging a small commission that goes to club funds.

On Tuesday, 27 February, they had a 'show and tell' with local doctor Dean Hazlehurst, who has become a bit of guru for the group, comment-



Dean Hazlehurst discussing the 'show and tell' pieces.

ing on and praising the pieces.

The range was extensive. There were a number of bowls – but all done differently. There was a large football, carefully put together, looking ready to be used by the Wellington Phoenix. There was an intaglio piece where you use different coloured woods to create a picture. This one was of an elephant. Other examples included pens, candle holders, light shades, salt and pepper shakers, spinning tops, wine glasses and games. They are a friendly

bunch who would not only welcome new members but would go out of their way to provide help and guidance.

They have held a couple of exhibitions in recent years and are planning another in February next year. But before then, there will be an open day on 19 May. Check out this space for details, and be sure to attend.

Otherwise, for more information you can phone Jon Cowan on 0211 378 721 or have a chat to one of the members at their stall at the market.

Plain english allergy labelling good news for consumers

New requirements to make it easier for people to find information about common allergies on food labels came into effect on Sunday.

New Zealand Food Safety (NZFS) deputy director-general Vincent Arbuckle says the changes are good news for people with food allergies.

"For the up to 8% of New Zealanders who have food allergies the consequences of eating the wrong food can be serious, from swelling, hives and vomiting to anaphylaxis.

"People lead busy lives so food labelling needs to be as simple, clear and easy to find as possible to be effective.

"Food Safety Australia New Zealand, with input from NZFS, got valuable feedback from people affected by food allergies to help make sure the changes were effective and practical," says Mr. Arbuckle.

All food packaged and labelled after 25 February 2024 must declare allergens or provide statements

about the contents where appropriate. The requirements will vary depending on how the food is packaged, labelled and sold and risk that needs to be identified. Under the changes, potentially life-threatening common allergens must be listed in bold in the ingredients list and summarised in a 'contains' statement on the label.

Any food packaged and labelled before 25 February 2024 under the previous allergen labelling rules can continue to be sold until 25 February 2026.

Foods at cafes or restaurants including takeaways are not required to be labelled but must be displayed with the food such as listed on the menu, or provided to the customer on request.

Find out more labelling on our website: Allergen declarations, warnings, and advisory statements on food labels | NZ Government (mpi.govt.nz)

If you have questions about allergen labelling, email info@mpi.govt.nz

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Climate Forum in Whanganui to coincide with Godwit bird migration

A group of concerned and qualified locals have organised a Climate Forum in Whanganui for Tuesday to Thursday, 19 to 21 March. They took the oppor-

tunity to coincide it with the likely migration of the Bar-tailed Godwit from Whanganui, across to north Asia and ultimately Alaska. A number of international researchers are coming for this.

The forum will cover three days and five separate events with an experienced, knowledgeable cast of speakers and contributors. Day one at the Whanganui Racecourse will

feature local, national and international speakers mapping their experiences and responses to climate change. In the evening there will be a 'Kai for Climate' Dinner, where local chef, Neihana Pari,

will challenge participants to think about how climate impacts on our food systems through a te ao Māori lens.

The focus of day two is 'Resilience at the Marae.' This will be a marae based wānanga at the Te Ao Hou Marae in Aramoho, to strategise preparedness.

Day three will include a public lecture at the Duncan Pavilion in Castlecliff and a guided walk to learn to read the climate history in our cliffs. This will include two climate experts – Professor Tim Naish who will talk about sea level rise and Mark Dickson, who researches coastal erosion.

Other speakers include:
 • Chris Kumeroa, who leads a risk assessment programme that supports Iwi Māori at a local, regional and national level
 • Mike Smith – well-known climate activist.
 • Estelle Thomson, a Paimiut Yup'ik with traditional lands in the Yukon Delta National Park. She leads programme development for her tribe.
 • Dr Billy Van Uitregt, a Senior Lecturer in Environmental Studies at Victoria University, who lives in Whanganui where all

CLIMATE FORUM WHANGANUI
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of his research is hapū and iwi-based. He is the lead organiser of the Forum.
 • Cecelia Kumeroa, a multi-disciplinary Whanganui artist who accentuates her work with digital technology. She will take the scientific data as well as the feelings and emotions to make a digital animation with a Whanganui design.

There will be attendees coming from around New Zealand. Billy says, "Despite the short notice to organise the forum, tickets are selling pretty well." Tickets are only \$15 for a community member or \$90 for an organisation representative. The Forum is being supported by a wide range of organisations.

WANGANUI SECONDARY SCHOOL NEWS

Cullinane College roll increases which means more volunteers needed to run sports teams

Cullinane College has enjoyed a fantastic start to the first term, with staff and students quickly settling into the daily running of the College. We began the year with the College Tuakana leadership team representing the College at the Marist Youth Leaders programme. They are to be commended for their contribution and efforts. Our Tuakana team embody our SOUL values, and we are very excited to see what leadership ideas they bring to our College for 2024. They have already put two initiatives in place with 'By the Chapel' prayer sessions on Friday mornings. This event is run by students, for students. They have also formed a school choir. We are fortunate to



have increased numbers this year, but this brings an increase of needs for the schools' co-curricular activities. If you are able to help one of our many sports teams, please con-

tact the school. We have also formed our Parent Friends Association this year, who have started planning events to bring our community together and enjoy one another's company. If you are interested in this initiative, and wish to join, please contact the school office. Our first PFA fundraising event will be Eats Beats and Treats, held on Friday, 15 March, from 5.30pm -7.30pm at Cullinane College. On Monday, 4 March, we held our Academic Assembly. This was a wonderful experience, with a large number of students recognized in front of the

school for doing the mahi. Over 50 students received a Merit and Excellence Endorsement for Level 1,2, and 3 NCEA. It was wonderful having our caregivers and whānau come to celebrate this with us. Finally, we would like to celebrate our academic results for 2022. They were, once again, outstanding.
 86% for Level 1
 95% for Level 2
 92% for Level 3
 We are now taking enrolments for 2025. Please contact our friendly office staff for an enrolment pack.
 God bless
 - Tony McBride

Don Linklater Memorial Bursary applications open for 2024

Applications for the Horizons Regional Council Don Linklater Memorial Bursary are now open until Sunday 31 March 2024. The bursary, valued at \$8,000, aims to support students studying in areas relevant to some of Horizons Regional Council's work, and can be split between up to four recipients. The bursary covers students studying at undergraduate or postgraduate level, in areas like environmental planning and engineering, resource management, and environmental modelling – with a particular interest in river and drainage basin dynamics. Horizons councillor Te Kenehi Teira, says it is a great way of supporting students while contributing to investing in the environmental work Horizons undertakes. "These students could one day be leaders in their respective fields, and supporting them in their study contributes to investing in the future management of our natu-

ral resources" says Cr Teira. Previous bursary recipients in 2023 were Joseph Fleming, Maia Kiriona, Shannen Barns and Takardan Tahiwistowers, who were all recognised for their interest in the earth sciences and resource and environmental planning. Eligible applicants for the bursary will be New Zealand citizens or residents, and must be from the Horizons region. However, they can be studying outside the region. The selection panel will also consider any connections applicants may have to iwi/hapū within the region. Bursary recipients will be selected by a panel comprised of Horizons councillors and staff, and any shortlisted applicants will meet with the panel. For those interested in applying for the bursary, please do so at the Horizons website: <https://www.horizons.govt.nz/about-our-region-and-council/grants-and-sponsorship/don-linklater-memorial>.

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Get your firewood sorted for winter now

Horizons Regional Council is reminding those with fireplaces and wood burners to get their firewood sorted now so it's ready to go when the winter cold hits.

Horizons environmental scientist Harold Barnett says sourcing and storing your firewood in the summertime is a great way to not only be prepared and save hassle later, but also saves you money.

"It can be a lot cheaper to buy green or wet wood now and prepare and store it correctly to allow it to dry in time for winter, rather than having to buy dry wood when you need to burn it," says Mr Barnett.

"When buying firewood, you can ask for the moisture content from the supplier, or test the wood yourself if you have access to a calibrated moisture meter.

"Only burn wood with a moisture content of

25% or less. Anything higher than this should be left to dry or season for longer. Green or wet wood emits more fine particles into the air and produces a thicker smoke than dry wood, contributing to poorer air quality.

"Being aware of the quality of your wood before you burn it can help your fires emit more heat and lessen your carbon emissions output. Doing your bit helps keep our air quality clean, healthy and safe for all in the chilly winter months."

Mr Barnett says some areas in the Horizons Region are more prone to air quality issues.

"Horizons has two gazetted airshed sites in Taihape and Taumarunui, in which we monitor for fine particles in the air.

"These areas commonly have air quality issues in the winter due to home heating, climate and local topography. That's why it's even more important



for people in these areas to be aware of this issue and take steps now to check their firewood is stored right and book in a chimney sweep.

"A handy tip for preparing your firewood stock is to remember to 'Split, Stack, Store':

- Split wood into 15cm-thick pieces before you stack it – logs dry faster when split.
- Stack split wood loosely off the ground in a criss-cross pattern to let dry air circulate.
- Store wood in a dry place with the top covered

for 6-12 months to allow it to season."

Mr Barnett says checking your chimney or wood burner now is also a good idea, as a dirty chimney can be a big contributor to poorer air quality and can cause chimney fires if left unchecked.

"Have a look in your chimney or wood burner – if it's got a build-up of soot, or smoke emits from the door when opened while you've got a fire going, it's in need of a sweep.

"Get these things sorted now to save hassle so you're ready to get the fire going when it starts getting cold."

For more information about air quality and burning good wood in the Horizons Region, check the Horizons website at www.horizons.govt.nz/managing-natural-resources/air. You can

also visit LAWA's website for the full national air quality picture at www.lawa.org.nz/explore-data/air-quality/.

Screening of U3A movie delayed until March 13

Unfortunately, last Wednesday, the Embassy was unable to screen the U3A movie 'My Sailor, My Love' because of some confusion between the distributors and the Embassy.

The 40 or so who were there to watch the movie got their money back, and the coffee shops nearby got some good trade.

The good news is that it will be screened at Embassy 3 on Wednesday, 13 March at 10.10am. All are welcome.

The film has received very good reviews with 90% on Rotten Tomatoes, 7.1 on the IMDb site and the Irish Times gave it 4 out of 5.

The Guardian review said, "Beautifully nuanced performances underpin an interesting drama that evolves from late-life romance into study of family trauma across generations."



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Old Palm Lounge site brought back to life after 25 years



A new residence is taking shape at 2 Campbell St.

By Mark Dawson

A site of some historic significance in Whanganui is being brought back to life.

A new residential building is going up at 2 Campbell Street, across the road from the Davis library, ending almost 25 years of a barren wasteland.

This has been a building site before -- 150 years ago noted Anglican missionary the Reverend Richard Taylor had a house built there for his retirement.

Taylor, an explorer, historian, botanist and author, is famous for being present at the signing of the Treaty of Waitangi on February 6, 1840, and for naming the settlements along the Whanganui River -- Ātene (Athens), Korinitī (Corinth), Hiruhārama (Jerusalem) and Rānana (London).

His missionary work at an end, Taylor moved into his new two-storey home -- named Sandown Villa -- in 1873. Built on half an acre, it had 14 rooms plus stables and also an oak tree, planted by Taylor, which is now

a protected tree.

Unfortunately, Taylor did not enjoy a long retirement, dying in October 1873, and the property was passed down through his family.

In the late 1950s, Taylor's old home was converted into the Palm Lounge, which became well-known for its high standard of catering and as a venue for a variety of social occasions.

"It was where young men and women got together -- the place to go," reminisced one long-time resident.

However, after being part of Whanganui's social landscape for close to half a

century, the Palm Lounge burnt down in 1999 in a suspicious fire which did enough damage to cause Sandown Villa to be demolished.

In 2005, a developer had plans to build apartments on the site but this is believed to have fallen through partly because they were not allowed to remove the oak tree. So the site has been vacant for almost 25 years ... until now.

Thanks to Simon Bloor, Whanganui District Council Archivist, for his assistance.



Painted by his grandson, Cranleigh Barton, this is Richard Taylor's house as viewed from the Davis library. Whanganui Regional Museum Collection

Got wood?

Buy and store your firewood now before winter!

An easy method to follow is to 'Split, Stack, Store' your firewood:



Split wood into pieces 15cm thick before you stack it - logs dry faster when split.



Stack split wood loosely off the ground in a criss-cross pattern to let dry air circulate around it.



Store wood in a dry place with the top covered for 6-12 months to allow it to season.

For more air quality tips, scan the code below



For more information visit www.horizons.govt.nz or freephone Horizons on 0508 800 800



World BEYOND War: representative speaks to Whanganui

John Reuwer is a retired emergency doctor and a veteran of Unarmed Civilian Protection teams in Palestine/Israel, Ukraine, South Sudan, Haiti, Columbia, Central America as well as inner US cities. Accompanied by his wife Laurie Gagne, an emeritus professor of Peace Studies, he is touring New Zealand to talk about how conflicts can be addressed without resorting to destructive violence. They were in Whanganui earlier this week and spoke at the Quaker Settlement.

World BEYOND War, an organisation founded in 2014 and currently has 37 chapters covering the USA, Canada, South America, Africa and Europe. Over 90,000 people have signed their declaration, which is: "I understand that war and militarism make us less safe rather than protect us, that they kill, injure and traumatize adults, children and infants, severely damage the natural environment, erode civil liberties, and drain our economies, siphoning resources from life-affirming activities. I commit to engage in and support nonviolent efforts to end

all war and preparations for war and to create a sustainable and just peace." Over 850 affiliates have also signed up. Rotary International through their Action Group for Peace programmes is a strong supporter. Their website summarises their approach as follows: "Finding a way to transition to a global security system that is supported by international law, diplomacy, collaboration, and human rights, and defending those things with nonviolent action rather than the threat of violence is the heart of WBW." John was most recently

in Ukraine talking with Ukrainians civilians and soldiers. He said that "before the war started there was a survey carried out by the University of Kiev regarding a possible war with Russia. One third of respondents said they would leave the country, half said they would fight and the remainder opted for civil resistance." There have been many examples of civil resistance, he points out, with civilians blocking the progress of the Russian army by blockade, trying to engage through officials and church leaders, standing in front of tanks

and in Belarus, workers turning a train containing Russian armour around. In Russia there was the famous protest by a Russian journalist against the war in Ukraine on a live TV news programme and when conscription was announced, over 700,000 Russian men left the country rather than fight. John is also involved in the Ceasefire for Gaza Campaign and said that

the conflict could be stopped if the USA ended its support for Israel. USA has just announced that it will veto any UN resolution demanding a cease fire. World BEYOND War has outlined its recommendations for creating an alternative to war. It includes:
1. Creating a Culture of Peace through research, education and peace jour-

nalism
2. Demilitarizing Security seeking alternatives to military intervention
3. Managing Conflict without Violence through reforming the UN, using civilian peacekeeping forces, strengthening International Court of Justice and the International Criminal Court and by establishing Truth and Reconciliation Commissions.

John and Laurie



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Farmers Christmas campaign raising over \$930,000 for Hospices



Hospice representatives with local Farmers staff.

Hospices across the country have been overwhelmed by the generous support of Farmers stores and customers in the lead up to Christmas. The annual Farmers Christmas Campaign has raised just under \$932,000 for hos-

pices this year. Over 15,000 limited edition Christmas baubles were sold, with Farmers donating the full \$15.99 from every purchase. Farmers customers were also able to donate via a 'Tree of Remembrance'

placed in each store, with 100% of the donations from your local store going to your local hospice. Now in its tenth year, the Farmers Christmas Campaign has raised nearly \$8M in full, helping to ensure anyone with a life-limiting illness can access hospice care, so they can live life well until the end. For the people of Whanganui the donation of \$8,914.51 will help Hospice Whanganui to provide free specialist palliative care and support for patients and families in the Whanganui region. "Once again Farmers staff have been incredible ambassadors for Hospice Whanganui, not only helping to raise funds, but also helping the community to better understand the work we do. The awareness raising that comes from partnering with Farmers is invaluable. The enthusiasm and commitment from all staff and the people of Whanganui has contributed to this amazing result, thank you so much" - Hospice Whanganui CEO Davene Vroon.

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CranioSacral Therapy specialist NZCT grants given in Whanganui opens services in Whanganui

Originally from Germany, Daniel moved to Whanganui with his family in 2021 with the vision to combine his background in Physiotherapy, his passion for CranioSacral Therapy and the gift of training in Romiromi treatment, leading Daniel to start his Freiraum Clinic, based in the Whanganui Osteopathy Clinic. "I would like to contribute my values and skills to the community of Whanganui to support people on their health and wellbeing journey," Daniel states.

Freiraum is the German word for Your Own Space, A Space To Be Yourself And To Be Free. In this clinic, Daniel offers his treatments to open up a safe space for his clients to release not only physical pain and immobility but also emotional or physical trauma that they may have experienced in earlier stages of their lives and that now provoke symptoms and impact on the present. CranioSacral Therapy is a gentle, hands-on therapy that can have a deep impact on both acute and chronic pain syndromes, as well as on chronic physical or

mental conditions. Daniel works with clients of all ages, from newborns to the elderly.

Another passion that Daniel implements into his therapeutic work is Romiromi. Daniel was trained in this tradi-

tional healing practice in Rotorua and Whakatane and found it to be an amazingly good and effective combination with CranioSacral Therapy.

"I aim to provide a therapy that reflects the broad range of knowl-

edge, skills and experience I have gained from my clinical work since graduating in Physiotherapy in 1999. After working in different hospitals and private clinics, I ran a successful Physiotherapy Clinic for 15 years, in which I supported clients of all age groups and in all medical areas.

Now, I can look into my toolbox and choose from a wide variety of techniques and approaches, which ones will be best for the specific client in front of me and for their situation."

Daniel enjoys getting to know the person he is working with. The first consultation session is usually an hour, with the following sessions 30-60 minutes, depending on the client's needs.

"I am always happy to have a good chat with you to find out if my therapies are the right fit for you. You can also find more information on my website, www.freiraum-therapy.com, or you can contact me at 027-281-4256."

As a special, the 'Easter Treat' 60-minute sessions will be \$85 from today until 31st March 2024.

Refer to advert on page 1 for more information.



Daniel outside his Freiraum Clinic, 7 Rutland St

NZCT grants given in Whanganui

NZ Community Trust grants in the latest funding round for Whanganui, with Whanganui Rugby Football Union the big winner, are as follows:

* Kaierau Netball Club Inc, \$10,020, Playing uniforms.

* Wanganui Boxing Association 2011 Inc, \$5,000, Rent.

* Wanganui Indoor Bowlers Association Inc, \$5,000, Hall hire.

* Wanganui Marist Rugby Football Club Inc, \$16,812.69, Travel, uniforms and equipment and venue hire

* Wanganui Water Ski Club Inc, \$7,000, Technical equipment

* Whanganui High School, \$18,000, Travel & accommodation, & Sports Performance Pathway Coach contractor

* Whanganui Rugby Football Union Inc, \$105,000, Salaries of Rugby Activator, Game Development - Clubs, Game Development - Secondary School Boys & Juniors, Game Development - Women & Girls and Game Development - Players & Referees

The local gaming venues that contributed to these grants are Caroline's Boatshed, Castlecliff Hotel, Shotz, Stellar Bar and Tandoori Bite.



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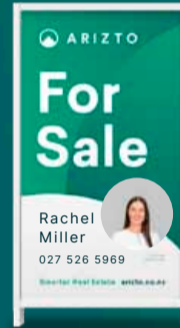
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26 Feb – 3 March
25 – 31 March
22 – 28 April
20 – 26 May

Week 2

4 – 10 March
1 – 7 April
29 April – 5 May
27 May – 2 June

Week 3

11 – 17 March
8 – 14 April
6 – 12 May
3 – 9 June

Week 4

18 – 24 March
15 – 21 April
13 – 19 May
10 – 16 June

1. Roast beef with gravy
2. Thai green chicken curry
3. Crumbed Pork
4. Braised sausages
5. Glazed meatloaf
6. Baked fish with cheese sauce

1. Roast chicken with gravy
2. Corned beef with mustard sauce
3. Pork & mango curry
4. Sausage stew
5. Macaroni cheese
6. Battered fish & tartare sauce

1. Roast pork with gravy
2. Sweet & sour chicken
3. Beef lasagne
4. Devilled sausages
5. Beef goulash
6. Classic fish pie

1. Roast lamb with gravy
2. Crumbed chicken with garlic & herb sauce
3. Beef stroganoff
4. Pickled pork & mustard sauce
5. Spaghetti bolognese
6. Crumbed fish & tartare sauce

Due to extreme shortages and unavailability of Hoki fish, we have had to limit our fish choices. Currently battered and crumbed fish are readily available, so we have chosen to have both on the menu this cycle

All meals are delivered fresh, not frozen and are served with potatoes & vegetables from locally sourced suppliers

COVID-19 still circulating in the Whanganui community

By Mark Dawson
A death in January brought the number of fatalities attributed to COVID-19 in the Whanganui region to 78. There were no deaths recorded here in the first two years of the pandemic – 2020 and 2021 – while 2022 saw 57 COVID-19 deaths and last year there were 20. There has been a steady decline in the number of cases in Whanganui over the past year. There were 1198 re-

corded cases in January 2023 and a peak for last year in May when 1228 cases were recorded. However, the number has generally been dropping since then – July 241; August 180; September 183; October 290; November 409; December 266. The 320 cases in January this year brought the total number for Whanganui to 33,954. Despite the general easing of the situation, Health New Zealand Te Whatu Ora notes that COVID-19

is still circulating in the Whanganui community and it reminds people to stay at home if they are feeling unwell and to take a rapid antigen test (RAT) if they have symptoms such as a runny nose, sore throat, cough, fever, vomiting, diarrhoea, headache, loss of smell or taste, or shortness of breath. The result of RAT tests should be reported at <https://mycovidrecord.health.nz/> or by calling the RAT helpline on 0800 222 478. Reporting a posi-

tive result enables people to be connected with any help and support they may need. Those who test positive should isolate for at least five days and should discuss any return to work or school with their employer or school principal as they may require additional precautions. For 10 days they should also stay away from healthcare facilities, aged residential care facilities, or anyone at risk of getting seriously unwell with

COVID-19. People with a high risk of severe illness from COVID-19 are eligible for treatment with antiviral medicines. People can

access these medicines if they have COVID-19 and symptoms, and became sick within the past five days. The latest information

about COVID-19 vaccines is available on the Te Whatu Ora website – search for COVID-19 vaccines | Health Information and Services.

Planning begins for Techweek - a nationwide celebration of technology in NZ

Whanganui Tech Network is thrilled to announce the regional launch of Techweek 2024, a nationwide celebration of technology aimed at showcasing the vibrant tech ecosystem in Whanganui and connecting it with the global digital network. Techweek 2024, from May 20 to 26, is a collaborative effort between the Whanganui Tech Network and Whanganui & Partners, bringing the community together to celebrate and explore advancements and opportunities in technology.



Since its inception as a Charitable Trust in June 2023, the Whanganui Tech Network has been dedicated to fostering connections and promoting growth within the Information and Communications Technology sector in Whanganui. With a vision to empower the digital journey of the Whanganui community, driven by Whanganui, for Whanganui, the Tech Network aims to create a thriving and inclusive tech sector that benefits the entire community. Techweek 2024 will highlight the importance of technology in Whanganui's economy and community development. As Whanganui experiences significant population growth and economic expansion, the Tech Network recognises the need to support and advocate for the local tech sector

with sights set on collaborating to provide education pathways, support, and awareness of digital opportunities and the people working in our tech sector. Alan Nixon, trustee for Whanganui Tech Network Charitable Trust and co-owner of local tech company E-ology, said, "Our goal is to be a member-led network that promotes a thriving, fast-growing, and inclusive tech sector for Whanganui. "Techweek 2024 serves as a platform to showcase the innovation and talent within our community while encouraging collaboration and engagement at all levels." The vision for Techweek 2024 is to feature a diverse range of events and activities designed to cater to all members of the community. Previous years have included a range of events such as gaming events for rangatahi, digital marketing workshops for crea-

tives, drop-ins and courses for those needing assistance to get online for the first time or knowing how to stay safe, to tech showcases in the agriculture sector. "We invite people and businesses to join us in this exciting initiative by getting involved, joining the planning committee, proposing or sponsoring an event," Nixon said. "The foundation of our network and the support of our members has shown that there is a real wealth of tech talent here in Whanganui that want to come together and allow others to explore those opportunities." Technology is a significant factor across all the sectors Whanganui & Partners focuses on. Rach Hoskin, Strategic Lead for Capability, said the economic development agency prioritised advanced manufacturing and logistics, agribusiness, creative

industries, and visitor industries. "All of these areas of strategic focus can benefit from a strong local tech industry and we consider tech to be a crucial component of Whanganui's economic health." Hoskin said Whanganui & Partners sees tech as a priority industry for investment in Whanganui and working on building the city's own tech capability was essential, "Techweek 2024 is an important contributor to this mahi and the industry's growth." For more information on how to participate in Techweek 2024, including event proposals and sponsorship opportunities, please contact techweek@whanganui.tech or Whanganui & Partners. The Tech Network is inviting the public to join them as they celebrate technology and innovation in Whanganui during Techweek 2024.



Somme Parade reopened to all traffic



Somme Parade drop out repair.

Somme Parade has reopened to two-way traffic at the drop-out repair site opposite the Aramoho Shopping Centre, no doubt bringing relief to people in Aramoho. The Council advises that the Whanganui Alliance and other work crews have put in a huge effort to get this section of the road open between Barrack Street and Kaikokopu Road and detours are no longer in place. To ensure contractors can complete the final work for this repair, a 30km/h speed limit is in place – at times there may be a stop-go-traffic management during the road resealing work. The project to repair and

strengthen the Whanganui River drop-out site is likely to cost \$6.6million, with the District Council's share at \$2.64m and the remaining cost being picked up by the NZ Transport Agency Waka Kotahi.

As more than 100,000 vehicles a week used the detour, residents on Barrack and Seddon Streets will be pleased to see the end of the noise and vibration generated by the vehicles and from the site itself.



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Too many courgettes? Try making courgette gratin

Community Fridge re-located to the Koha Shed

By Gina Guigou
My Provençale mother-in-law introduced this dish to me. She used to grow an abundance of courgettes and would often make this dish and freeze it to have over winter. This is a great recipe to use up those courgettes that keep coming, and you don't want them to turn into marrows. Young marrows can be used for this recipe, even though courgettes are ideal.

- 1 red onion - finely diced
- 30mls olive oil
- 2 cloves of garlic – crushed
- 5 courgettes weighing around 1.5kg – cut in ½ and finely sliced
- ¼ cup cream
- 2 eggs
- Handful of basil or mint

Seasoning
Preheat the oven to 180°C.
In a large fry pan or pot, add the oil and onion. Heat on medium and cook onion until soft, then add the garlic. Cook until you can smell the garlic, then add the courgettes and cook, stirring regularly to prevent sticking. Cook until the courgette is soft; season well with salt and pepper.
Remove from heat and



Gina with courgettes

allow to cool.
Beat together the eggs and cream, then stir into the courgette, and lastly, stir in the chopped basil. (Best practice is to chop herbs just before adding to the dish cooking as it helps to keep the aroma.)
Pour into an oven proof dish, and place it into a roasting dish that is large enough for water to be poured around the dish.

This forms a water bath or bain marie. Using a water bath will help keep the temperature surrounding the dish more consistent and help prevent burning, overcooking and curdling.
Cook for 30- 40 minutes until set. To know if it is set, there should be no liquid in the centre and when the dish is shaken it should jiggle.

This dish can be eaten hot or cold, as a vegetable dish for a main meal. Hot as a meal on its own with crusty bread or cold as a first course.
Mint or basil it's hard to choose, but don't mix them. This dish is suitable to puree at the time of removing the courgettes from the heat, if a smooth texture is required.



Sherron Sunnex (left) and Karen Veldhoen outside the community fridge.

A community fridge is a place where people and businesses can donate their surplus food, and those in need can access free nutritious food. Karen Veldhoen (Whanganui Regional Health Network Communications & Technology Coordinator and Koha Shed Board Member) sourced funding and led the establishment of a local community fridge/pantry, which was open to the public in June 2022.

The 20ft container with fridges donated by Fisher & Paykel has been located at the Kai Hub in St Hill Street, who have managed it for the past two years. Over this period, rescued food has been accessed by approximately 100 to 300 people a week.

The Kai Hub is now adjusting the way they operate, focusing on sourcing more rescued food and supplying this to those groups distributing directly to the community. This new direction has meant the closure of the community fridge/pantry at its current location. As the Kai Hub and Koha Shed work collaboratively, and the Koha Shed already supports the community three days a week and beyond, the container has been relocated to the Shed at 88 Duncan Street.

For the last 12 years, the Koha Shed has collected unwanted donated items from the community, so that those in need can access furniture, whiteware, clothing, household items, etc. for free. Approximately 500 people visit the shed each week, to source the things they can't afford to buy themselves. As the Koha Shed is also a registered food bank, it is well placed to support the provision of rescued kai.

Sherron Sunnex, Koha Shed Manager, is pleased for the community. "It is exciting to extend the support the Shed offers and we encourage people who have excess fruit and veges from their gardens to donate to the community fridge. We also ask if people could please bring their own bags to fill," says Ms Sunnex. "The container will be manned by volunteers five days a week, so if you are interested in volunteering any of your time, please contact the Shed."

The community fridge will initially be open Monday to Friday, 10am to 12pm and this will be reviewed as food access changes and demand fluctuates. If you have any questions, please phone Sherron on 027 404 0240.



Do you agree with the strategic direction for land transport in our region?

The draft mid-term review of the Regional Land Transport Plan (RLTP) 2021-2031 **is open for feedback until 11 March.**

Have your say on our aspirations for land transport and focus areas for investment in the region, and if we've got it right.

Visit haveyoursay.horizons.govt.nz/RLTP2024 to find out more and make your submission, or find hardcopies at your local library or Horizons Regional Council office.



For more information visit www.horizons.govt.nz or freephone Horizons on 0508 800 800



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2021 HYUNDAI i30

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2017 SUBARU IMPREZA SPORT

2.0L, auto, only 82,000kms, facelift, alloys, tints, Eyesight, keyless, loads of features, nice car!



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2016 TOYOTA CAMRY GL

2.5L auto, NZ new, alloys, chain driven, reverse camera, bluetooth, towbar, great family car.



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2011 FORD FALCON XR6

4.0L, auto, only 132,000kms, towbar, alloys, cruise control, perfect family vehicle, nice in red!



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1.8L, auto, NZ new, only 39,000kms, leather, heated seats, keyless start, parking sensors, climate air conditioning.



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2018 KIA SPORTAGE LX

2.0L, turbo diesel, NZ new, reverse camera, bluetooth, towbar, AWD, parking sensors, nice vehicle.



NOW \$23,995

2015 MAZDA CX-5 GSX

2.2L, Turbo diesel, NZ New, only 86,000kms, parking sensors, Bluetooth, cruise control, towbar



NOW \$19,995

2018 HOLDEN TRAX LTZ

1.4L Turbo, auto, NZ New, only 53,000kms, R/Camera, Bluetooth, Leather heated seats, good buy!



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Annual Street Appeal this Friday & Saturday March 8 - 9

Child Cancer Foundation urges kiwis to donate to their Street Appeal

Street Appeal
8 - 9 March 2024

Donate now to help Kiwi kids with cancer

Text **CARE** to **3457** to give \$3
Or donate more at childcancer.org.nz

On Friday 8 and Saturday 9 March, Child Cancer Foundation's volunteers will be taking to the streets across Aotearoa to raise vital funds to support tamariki with cancer and their families.

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

"Your donation will directly fund personalised support for each family, helping them overcome the immense challenges that come with having a sick child."

To ensure each family living through childhood cancer in New Zealand receives the support they need, Child Cancer Foundation needs to raise at least \$6 million

each year.

They receive no funding from the government, so they rely on the generosity of everyday New Zealanders to help these families through the toughest time of their lives.

"Whether it funds a delivery of groceries, a petrol voucher or a listening ear of support, every dollar will help provide life-changing assistance," said Briggs.

The annual Street Appeal is one of Child Cancer Foundation's biggest fundraising campaigns of the year.

You can do your bit to help Kiwi kids with cancer and their whānau by donating when you see the Foundation's volunteers in your area on Friday 8 and Saturday 9 March.

No cash? No worries. You can donate online now at childcancer.org.nz.

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63 Jones St, Wanganui East
Phone 343 9598

How common is childhood cancer in New Zealand?

- In New Zealand, about 150 children (birth to 14 years) are diagnosed with cancer each year
- childhood cancer is rare - less than 1 in 100 cancers diagnosed in New Zealand are in children.
- More than 80 in 100 patients diagnosed with a childhood cancer are cured as a result of treatment.
- An estimated 1 in 900 people aged between 16 and 34 years are childhood cancer survivors

How are children's cancer services organised in New Zealand?

Child cancer care is coordinated across New Zealand by the National Child Cancer Network. That means all children get the best available treatment wherever they live. Survival rates are the same across the whole country.

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PETS



How to keep your pet happy and healthy

The Spot Report

Tips for puppy owners



Food enrichment
Puzzle feeders are great for cats, dogs and even other pets, such as guinea pigs and rabbits. There are many food-dispensing toys and puzzle feeders on the market, but you can also make these yourself.



Sensory Enrichment

This can involve one or more of the five senses; smell, touch, taste, see or hear and keeps your pet physically and mentally active. Play hide and seek with your dog so that they have to rely on their sense of smell to find you, a toy or hidden food. Buy or make a scratching post and climbing shelves to replace trees for your cat to climb and scratch all over.

Lavender, chamomile, coconut, and ginger essential oils applied to cloths and presented to dogs can decrease barking and increase resting behaviour. Playing calming music or audio books may also help relax pets when indoors. Whatever enrichment you provide, make sure to switch these around frequently to give things interesting for your pet.

Many cats enjoy interactive toys such as wand toys, stuffed mice, balls

to chase or feathers. Similarly, bunnies and other small animals love playing with toys! They love to investigate, push, pull and play with toys. Toys can be made at home and varied to keep your pet interested.

Some easy DIY toys for your smaller animals can include:

- Fill toilet paper rolls with hay and treats.
- Hide a slice of fruit or vegetables in a treat ball.
- Hard plastic baby toys make great enrichment items for rabbits to throw around.
- Untreated wicker baskets, wooden 'fiddlesticks', cartons and untreated fruit tree limbs make great shredding fun and are also important for wearing down your bunnies' teeth.

Telephone books, boxes, cat tunnels and blocks of untreated wood are excellent for stretching, climbing or sitting.

(Some ideas, with assistance from Trainer/Author Sarah Whitehead)

Out And About: Puppies must be fully vaccinated (parvovirus) before they can go on the ground in public areas. However, this does not stop them from attending well run puppy preschool or socialising them with other friendly vaccinated dogs in a safe environment or travelling by car to see some exciting, noisy, and different places.

It's All Chew Toys to Puppies: Invest in some good interactive dog toys for your puppy to play with and chew. Kongs, Kongs and more Kongs - the range is amazing. They may seem pricey but they last and last and never lose their appeal. These and other wonderful safe toys are available at good pet stores.

What Gets Reward-ed, Gets Repeated: Puppies learn by finding out what gets rewarded and what doesn't.

Laughter, attention, and eye contact are number one rewards for most puppies. This is what makes punishment so counterproductive. Even negative attention (shouting or smacking) is better than no attention at all. Ignoring is one of the most effective ways to eliminate unwanted behaviour.



Playing with your puppy is vitally important

Body Talk: Many people think that a puppy feels "guilty" when it has done something wrong. This is because the owner misinterprets the puppy's body language as "knowing he's done wrong". Hanging the head, looking away, folding ears back, tucking the tail under the body and lip licking are all signs that puppy is showing fear or anxiety (not that he is feeling guilty). Canines don't understand the difference between right and wrong - only what feels good and what doesn't. That's where good training comes in!

Play Together - Stay Together: Playing with your puppy is vitally important. Puppies need to play to

build good relationships with us, to have fun, and to have exercise. Play with your puppy or dog often, especially as a reward for good behaviour. Use two toys if your puppy or dog would like to play "keep away" - this helps them to learn to retrieve.

I am strongly commit-

ted to the welfare of dogs and owner education. Since 1992 I have attended workshops and seminars (NZ & Aust), read books, and viewed DVD's, to continue to upgrade my education in the care, understanding and training of well-mannered puppies and dogs. While I don't profess to know everything, I can usually help puppy and dog owners with most training and behaviour issues. I never guarantee anything because dogs are very unpredictable and anyone who thinks otherwise is dreaming.

Marg is a Full Foundation Member of The Association of Professional Dog Trainers NZ Inc and can be contacted: (06) 343 9806 or 027 2905013

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Mollie King adds gold medals from Oceania Weightlifting Champs to her collection

Mollie King has recently returned from her second Oceania Weightlifting championships, winning a gold medal in her division. Not only that but her Snatch and Clean, Jerk and Snatch combined results of 180kg promoted her not only to the B Grade Youth category but also through to the Junior and Senior categories.

At 16 years of age, Mollie is still in the Youth age grouping of 13 to 17 years.

Her next big competition is in about 12 weeks' time in May and this time it is the Youth

RCP - locally owned and operated
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World Championships in Peru.

Her family have been busy fundraising as competitors have to pay for virtually everything – uniforms, competition entries, travel and accommodation. It is likely that the cost could top \$10,000 – not to mention a circuitous air route to get there. She says, “Even Olympians have to pay their own way at a likely cost of \$50,000.”

While at the World Youth Championships, the New Zealand team of four weightlifters will be accompanied by a manager and two coaches.

Mollie caught the weightlifting bug when she and her two siblings accompanied parents Shane and Tania to CrossFit, where they watched the action

from the children's room. Later, a CrossFit programme for kids was developed, and “I enjoyed the barbell side of it.” As the weightlifting side developed, the participants, including Mollie, trained every Tuesday after school.

Mollie says, “I competed at club competitions in Whanganui, then Palmerston North and Fielding. By the time I was 12 or 13, I bumped up my training and when I turned 15 I was training three times a week.”

In 2022, Mollie went to her first secondary school competition in Porirua, getting second, although she lifted the same weight as the girl who was placed first. Later she went to her first North Island championships and placed about 8th or 9th.

It was a different

picture in 2023, winning gold in the Oceania competition in Samoa and followed this up by winning gold again at the New Zealand Nationals.

Mollie is training four times a week, either at her home gym or at another gym with her previous coach. She now has a New Zealand coach based in Hamilton who sends her the programme on an App but hopes to visit her in the school holidays.

The King family are raising funds mainly through the sale of firewood taken from their farm. They have plenty of dry gum for sale, which can be delivered. If interested, contact Shane on 027 439 6033.

Mollie competing (and winning) at the Oceania Weightlifting comps.



Women in Business

in association with International Women's Day, March 8

River City Cabs committed to looking after community

Rhonda Anderson and her daughter-in-law Victoria Brooks – “the daughter I never had” – have 59 years of experience in the taxi industry, with Rhonda clocking up 33 years and Victoria 26. As Rhonda says, “From the beginning, our commitment was to look after the community, and we have done so.”

Rhonda and husband Bob started River City Cabs in 1996. While Bob is the mechanic, maintaining the vehicles, Rhonda, with Victoria, runs the office.

It is a busy office. Victoria says, “During the daytime, we are flat out to the point we have two more contract drivers and two more employee drivers.” That brings the number of contract drivers to 9, soon 10, with 19 drivers in total. Six of the drivers are females, an important feature as many women customers prefer women drivers.

Rhonda adds, “We ensure all drivers are compliant with the relevant rules.”

The business has also got the contract to do hospital transfers. They take seven renal patients through to Palmerston North three times a week. They also do urgent blood runs between Whanganui and Palmerston North hospitals.

Many of their drivers have been with the business a long time. Their oldest is 82 years old, and



Rhonda and Victoria.

as Rhonda says, “He would put a lot of 50 year old people to shame.” Another returned to drive after a gap of about 10 years.

“Between all of us here, we would know almost everyone in town. Our attitude is to treat everyone like we would want to be treated. This leads us getting to know many of our customers personally,” adds Rhonda.

A recent addition to their services includes the provision of about 12 ‘butlers’ or buttons in places like supermarkets, doctor surgeries and the hospital. When you press it, you go straight through to the cab.

Rhonda and Victoria are grateful to the Whanganui community for supporting our business over the years.



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M&N Complete Rehab/Physio encouraging women to take care of their health first

Nish, husband Merlin Naidoo, and their primary school daughter immigrated to New Zealand in 2020, during the COVID pandemic. Settling in a country is stressful at the best of times, so it's reassuring to know that despite the timing, Nish, her family, and their business are thriving. Nish, as co-owner of M&N Complete Rehab/Physio, is keen to point out that there is much to a woman's life besides her work role. “I'm also a wife and a mother; that makes for a busy life. We women can be so hard on ourselves and don't take credit for all we do. We need to take time to care for ourselves before we can look after others.”

A quote that Nish lives by is “Be the change you want to see in the world” – Mahatma Gandhi. With these words in her heart and a strong Christian faith, Nish runs Osteoarthritis group classes at Christ Church Community Hall. It's just one way Nish lives by her favourite quote.

Nish with her husband Merlin and their daughter



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Women in Business

in association with International Women's Day, March 8

Aramoho Mags and Lotto for good old-fashioned service

Aramoho Mags and Lotto owners, Nicole and Cory Carston are a hair's breadth away from their first anniversary running the business and a 180-degree pivot from their old life in Rotorua; Nicole, a trained occupational therapist, long harboured the idea of owning a shop that satisfied people's reading habits and love for 'pretty things' – Aramoho Mags and Lotto fitted the bill nicely. Husband Corey, a farmer, has taken to it like a duck to water, plus it's his hometown.

With two young children, McKenna, nearly 5, and Arthur, 2, juggling family and running a business isn't for the faint-hearted, but Nicole wouldn't have it any other way. "I'm a people person, so I love get-

ting to know our customers. McKenna loves helping out in the shop. McKenna starts school soon, so not long until she starts her first after-school job", Nicole laughs, adding, "Arthur, let's say chaos; there's so much to tempt an enquiring two-year-old."

With the roadworks complete along Somme Parade, it's an easy visit to a well-stocked shop loaded with good old-fashioned service.

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THE LUCKY LOTTO SHOP
Largest selection of magazines in Wanganui

FREE PARKING
Friendly and helpful service



Nicole Carston - co-owner Aramoho Mags and Lotto

Every colour scheme is unique with Rachel Brandon Designing Interiors

Rachel Brandon Designing Interiors is owned by lead designer Rachel Brandon. The business has been operating for 12 years with Rebecca Farr being an integral part of this dynamic duo for the last nine years. These two dynamos will work with you on a simple colour scheme for interiors and exteriors right through to project management

of your renovation. They bring with them a well-established team of trades and contacts and the confidence in delivering a superb quality finish to your project.

Not only do they work with colour, flooring, soft furnishings, joinery etc but they are also able to supply you with lighting, tiles, wallpapers, fabrics, furniture, bedding, and artwork



Rachel (left) with Rebecca

so they have all your interior needs covered.

Their ideas are given to you in the form of mood boards, hard samples and graphics of the spaces. They feel it is especially important for all elements of the project to work cohesively and are proud to say that in the 12 years of operating they have never repeated a colour scheme. "Every project is unique and deserves its own iden-

tity," says Rachel.

They work with new build clients around the country, and they love the variety that every project and client bring. What makes this pair unique is their ability to take what the client is wanting and needing from their home and deliver a result that surpasses client expectations. This is due to effective communication and a team that has become family.



Rachel Brandon
Designing Interiors

- Interior / Exterior colour schemes
- Kitchen / Bathroom layouts
- Furniture placement
- Furniture revival
- Fabric / Wallpaper suppliers
- Renovations / New Builds
- Residential / Commercial



027 207 2798
rachel@rbdi.co.nz
www.rbdi.co.nz

Experts in hand physiotherapy

Juliet Brodie initially came to Whanganui to work as a new graduate physiotherapist at Whanganui Hospital. In 2011 Juliet took the plunge of setting up her own business, 'Physiotherapy Hand Clinic'. The clinic has grown over that time and currently has two qualified hand therapists, as well as another associate hand therapist.

Hand therapists are registered occupational therapists or physiotherapists with specific post-graduate training in hand therapy. They are skilled in assessing and treating a wide range of injuries and conditions from the finger-tips to

Juliet Brodie (left) and Anja Edgecombe



the elbow. Treatment programmes vary to address the different needs of each client, and may include hands-on modalities, exercise prescription, advice, and fabrication of splints.

The clinic is located on the corner of Bell St and Church Pl. and is open from 8.30am Monday to Friday. Any enquiries will be warmly welcomed on (06) 345 1198.

Physiotherapy Hand Clinic

IN GOOD HANDS

Juliet Brodie

NZ REG. PHYSIO AND HAND THERAPIST

Anja Edgecombe

NZ REG. OCCUPATIONAL AND HAND THERAPIST

We specialise in the treatment of elbow, wrist & hand injuries & conditions.

p. 06 345 1198 • 18A Bell Street, Wanganui

New look for Just Looking

Owners Mel and Deb

Mel and Deb are the friendly faces of the locally owned Whanganui fashion store, Just Looking, an iconic shop in town that has had a presence in Whanganui for over 52 years.

Last month saw the reopening of their re-styled store just in time for the arrival of the New Season Autumn stock. The new store features lots more room and a complete new décor.

Mel and Deb credit their success to offering different strengths in buying, merchandising and customer relations – combined with communication, honesty, the same interests and a love of fashion.

The girls and their team are all focused on providing a community vibe instore – "We love the different clientele Just Looking has, and enjoy catering for a wide variety of tastes. We pride ourselves on the fact that people leave the store feeling confident, renewed and happy."

Just Looking provides styling advice, a personal shopping experience and the latest in fashionable clothing. They also offer online shopping through their extensive website – www.justlooking.co.nz

They look forward to catering to you, both instore or online.



JUST LOOKING

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Women in Business

in association with International Women's Day, March 8

Listening is a key ingredient to Sharen Tunnell's business success

Sharen Tunnell has spent the last eight years listing and selling homes, but in her words, her role is more about listening. "It's not really about the house it's about helping people. Putting yourself in their shoes and doing your best to get them where they want to be."

Sharen is a softly-spoken, elegant woman, quite a contrast to her inner steely determi-

nation and goal-focussed approach to life. Nothing demonstrates this better than Sharen's story of taking a helicopter flight and going up in a hot air balloon; her primary reason wasn't so much about experiencing the great view but to challenge her fear of heights.

There's something about Sharen that tells me whatever she does, she gives it her all, and her re-

cent move to the real estate firm Arizto has added more energy to her work life.

"Nothing slows me down; I set a goal and go for it. One of the things

I love about being part of the Arizto team is I can offer my clients real savings with the same, if not better level of service. That's really exciting for me."

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ARIZTO

Sharen Tunnell

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sharen.t@arizto.co.nz

Licensed Salesperson (REAA 2008)



Sharen Tunnell

Locally made fudge a speciality at Thistle Sweet Shop



Owner, Sandra Benson

There's nothing quite like the sight and scent of the Thistle Sweet Shop, which has been trading in all things delectable for almost 90 years. Sandra Benson, shop owner, bought the business nearly two years ago, when mesmerised by the array of cake decorating goods on display, being a cake decorating hobbyist.

Thistles Sweet Shop is truly a women's business. As Sandra says, "My daughters, Jamie, Ashley, Jordan and Jessica, all help out in the business."

We like to think of hubby and dad as quality control; he keeps us in line", Sandra adds with a smile.

Speaking of quality, the Thistle is the only place in town selling locally made fudge, the Thistle's own - it's hard to resist. The Thistle Sweet Shop and resistance don't go together, as generations can attest to. "When children visit the shop, they often stand wide-eyed, taking in the treats. We enjoy generations who come in with their happy childhood memories of the store," Sandra adds.

Remember to check out Thistles for Easter treats and the memories, of course.

GIFT BASKETS

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SWEET SHOP

136 Victoria Ave
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Her Fitness is NZ's longest established women's only gym

Her Fitness is celebrating 21 years and is New Zealand's longest established women's only gym. Being a smaller gym, we are able to offer personal attention and service which our members love. We have a great team who create varied and interesting workouts to suit whatever your age, ability and goals. Our group classes are available to members and non members and include Pure Stretch/Yoga, which is designed to improve your flexibility and mobility, and our BoxFit class is always popular and combines fun boxing combinations and aerobics for an all-over workout.

Angela has over 40 years experience as a Group Fitness Instructor, Nutrition Consultant, Personal Trainer and a Biomechanics and Corrective Exercise Specialist. This means she can create a program to help get your body back to functioning after an injury or use her skills to make your workouts varied and fun. Abby and Pam are qualified Personal Trainers, and both are dedicated to creating programs that will challenge whatever your goals might be.

We are excited to cel-



From left: Pam, Angela Hewson, Director of Her Fitness, and Abby.

celebrate our 21st Birthday, so come and be part of the Her Fitness team. Phone us today and make an appointment for your consultation. We discuss what you want from exercise, your overall health and ability, and then design your workout.

PH 348 9121 59 Ingestre Street. E: results@herfitness.co.nz



Her Fitness,
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Ph 348-9121 or email:
results@herfitness.co.nz

America Nails offers so much more than just manicures

Hayley Tran has been in the Nail and Beauty industry for 15 years and has owned and run America Nails in Wanganui for 12 years.

America Nails offers nail treatments, spa pedicures, waxing, tinting

eyelashes and extensions. Hayley also does eyebrow embroidery-microblading.

America Nails offer free hot stone massaging when you purchase a spa pedicure. They also offer a relaxing time with a full chair massage for your

body.

They have eight talented Nail Beauty Technicians with the result that you don't need to make an appointment and you don't need to wait.

As America Nails is part of a large franchise, Hayley and her staff are able to keep up to date with the latest technology and products.

They offer SNS, Acrylic nails, gel colours, gel builder and much more, including all the latest fashion colours. For a relaxing, enhanced experience America Nails provide complimentary coffee and hot chocolate to their clients.

The premises of America Nails at 136 Victoria Ave, provides space and a pleasant open outlook and is a great location set back a little from the Avenue. It also boasts eight tables and six updated

spa chairs, which enables Hayley to offer foot and back massages.

America Nails is open from 9am to 5:30pm Monday to Saturday, 10am-4pm on Sunday. If you can't make it during those hours, phone them up for an appointment on 347 2909 for after 5pm.

Hayley says thank you to all the clients who have been supporting them over the years.



Hayley Tran

AMERICA Nails

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EYELASH EXTENSION

Spa Pedicure
Shellac Gel
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Walk-ins Welcome

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"Brothers in Real Estate"



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

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

Why us?

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

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

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

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

Why now?

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

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

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

Joining the Arizto brand with its near-instantly

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

Why are we your team?

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

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

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

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

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

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

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

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

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

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

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

Helping build this brand for the future is Jared Smith

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

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

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

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

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

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

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

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

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

Steven Schwamm AREINZ & Jared Smith - 0800 176 4321

✉ stevenandjared@arizto.co.nz

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Interns start work at national centre for art glass, in Whanganui

Two emerging glass artists will have the chance to take their careers to the next level when they embark on a Creative New Zealand-funded internship programme at Whanganui's Te Whare Tūhua O Te Ao New Zealand Glassworks.

Whanganui District Council's libraries and community manager Pete Gray, says he's pleased to announce Nathan Moore and Bindi Nimmo are New Zealand Glassworks' interns for 2024.

"New Zealand Glassworks in Whanganui is nationally recognised as the centre for art glass and is committed to encouraging innovation

and growing the next generation of glass artists. During the course of this internship programme, which is funded by Creative New Zealand, five professional glass artists will be on hand to share their knowledge from March to December this year."

The two interns, Nathan Moore and Bindi Nimmo, say hearing the names of the mentors for the programme was really exciting as they're some of the biggest names in New Zealand glass and will bring a huge diversity of knowledge.

Mentors on the 2024 programme are George Agius, Katie Brown, Eliz-

abeth McClure, Madeline Prowd and David Traub.

The hands-on aspect will be supplemented with a capability building programme delivered by Whanganui & Partners. Dr Emma Bugden, strategic lead creative industries, and Ben Blain, business growth advisor, will work with the interns over the year, supporting their development in business planning, marketing and funding.

Both interns say the programme comes at a really good time for them.

Nathan Moore says he finished studying in 2023 and was looking to enter the art glass industry and get himself established.

"Right out of school I went into trades as a welder, and did that for quite a few years before quite a nasty car crash put me out of work for a while. It was during that time that I decided to go into the creative sphere. When I started studying for a Bachelor of Design and Art at UCOL I took glass as an elective and got hooked."

He says he enjoys art glass because it's a unique and challenging medium with liquid and solid elements and you have to learn the technical skills to make the material do what you want.

"In one recent work – titled Cubes: glass doesn't like to be square – I put blown glass and cast glass together and it was quite exciting to see how they interacted with each other. The trick was to get the cast glass up to a heat where blowing fresh glass into it didn't cause it to crack or explode."

Bindi Nimmo says she submitted the application for the New Zealand Glassworks internship on her way back to New Zealand from an overseas internship and was hugely relieved it was successful, giving her the opportunity to continue in the art glass field and work towards making it a career.

"When I initially started at UCOL I was looking for a creative outlet and never imagined I'd end up doing glass – but in the first few days senior lecturer Dr Kathryn Wightman took me in and got me started

on the art glass path.

She says since then it's been a "beautiful flow" with opportunities opening up for her.

"After graduation I didn't have the time or money for art glass but Katie Brown, director of Brown & Co. lighting and design store, scooped me up and hired me to work in the hot shop so I could still have access to the medium."

Bindi Nimmo completed a six-month internship in North Carolina in 2023 before applying for the New Zealand Glassworks internship.

She says her work is fuelled by colour and how it harmonises to imply emotions.

"One of the techniques I enjoy is creating murrine for my work. By layering glass colour and pulling this into long canes it can then be cut into smaller pieces when the glass is cooled. This is a way to create playful detail within layers, I use these in blown work and fusing. In a recent exhibition I fused colourful murrine pieces to make 2D works, these reflected cellular emotion.

"I've also made blown glass vessels cut in two in the final stages to create double neck forms – I've called these Glizzard Vessels."

The two interns say art glass involves a lot of teamwork and the connections they make on the internship programme will stand them in good stead in their future careers.



New Zealand Glassworks

Te Whare Tūhua o Te Ao



Bindi Nimmo and Nathan Moore

Calling all Rotarian members - past and present

The Whanganui Rotary Club is celebrating its 100th birthday, which is no mean achievement in a very different environment from when it first started in 1924 as one of the first Rotary Clubs in New Zealand.

It is celebrating in several ways. First, it has committed \$100,000 from its Foundation finances, built up over the years on three major projects. These are the Exercise Stations along the Whanganui river bank in conjunction with the District Council and Sport Whanganui, a grant to help a rural hospital in the Central African country of Zambia to develop their maternity facilities and a grant to the Splash Centre to install disability hoists.

It is also having a 100th Centennial Dinner at the War Memorial Centre on Saturday, 13 April, and they are calling on all Rotarian members, past and present, to join them to mark this very significant achievement.

There will be people



Dugald Matheson

coming from all over New Zealand – and of all ages. The current eldest ex-member is in his early 90s. The guest speaker will be retired Judge Dugald Matheson, who was a member of the Ro-

tary Club of Whanganui North, when he was in Whanganui.

There will be short welcomes from the Rotary District Governor, the Mayor, and the local MP, and later, a special award will be presented to a well-known and deserving member of the Whanganui community for his promotion of Whanganui.

The dinner starts at 5.30pm with canapé and drinks, all part of the ticket price of \$100 per person and should end by 9.30pm, once all guests have enjoyed the meal put on by Essence Catering and the opportunity to meet Rotarian contacts from different times.

It will be a friendly affair with plenty of humour and as such the suggested dress approach is for cocktail dresses for women and a jacket for men.

The organisers are hoping for 200 attendees. For tickets or more information, give the current Whanganui Rotary President, Dot McKinnon, a call on 027 555 2886.

Recent RCP winners

We had two draws for double passes to shows and a draw to win \$200 in our Summer Quiz. Many thanks to all who entered into these draws. The results are:

Summer Quiz: Julie Hunt

Good Habits Concert: Nigel Brooke

Hello Comedy Showcase: We asked those who entered the draw to submit a one line joke. The deserving winner is Carol Payne with this one-liner – "I was wondering why the cricket ball was getting bigger and bigger, then it hit me."

Congratulations to our winners.



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Rotary Club of Whanganui



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

Gala Dinner at the Whanganui Memorial Hall on Saturday 13 April 2024

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

Tickets are \$100 per person

To register, email

whanganuirotary100@gmail.com

for further information ring Dot McKinnon on 027 555 2886

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It is everything Manawatu-Whanganui Regional Support Manager Steven Schwamm wanted to provide the city where he has worked in real estate for the last 13 years in quality service.

Schwamm oversees the local team for Arizto - New Zealand's rapidly growing real estate company - which nationally is introducing innovation and technical progression to the process of buying and selling properties. This is 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 with marketing covered.

Arizto's methods are the way of the future. The digital platform allows immediate feedback to sellers on their marketing campaign progress through the use of an App with personalised logins, as well as buyers receiving up-to-the-minute property information through email, nearly instantly following open homes and house visits.

But just because the commissions home owners pay are lower does not mean the personal service they receive from their salespeople is any lesser, nor the best price outcome after complimentary marketing and buyer negotiations less likely. 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.

Arizto continues in 2024 with a regional team of experienced salespeople who can personally do more for their clients while offering them the best value commissions available. These tangible savings could make all the difference between finding an acceptable offer after expenses for selling a house, or still sitting on the market as the weeks and months roll by.



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Matt Robertson
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027 920 0366



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Fundraising for NZ Breast Cancer Foundation

Whanganui - March 15-16
tickets from www.nzhouseandgardentours.co.nz

Volunteers needed for Whanganui NZ House and Garden Tours

House and Garden tickets

The details of how to book the NZ House and Garden Tour of homes and gardens in Whanganui on Friday 15 and Saturday 16 March, to raise funds for the Breast Cancer Foundation NZ, are as follows:

Ticket prices are – General Admission \$105, General Admission and lunch \$135 and a VIP ticket \$325. Buy them from <https://www.nzhouseandgardentours.co.nz/>. *Over the past four years over \$100,000 has been donated to the Breast Cancer Foundation NZ.*

Locals are being sought to volunteer in some of the region's most stunning homes, while making a difference for breast cancer.

Breast Cancer Foundation NZ needs more volunteers to help at the NZ House & Garden Tours taking place in Whanganui on Friday 15 and Saturday 16 March.

The annual tours here some of the beautifully created homes and gardens people love to read about in NZ House & Garden magazine. As the charity partner of the event, Breast Cancer Foundation NZ has

received more than \$1.5 million raised from the tours since the partnership began in 2014.

"We're very grateful for the generosity of NZ House & Garden, the wonderful people who open up their incredible homes or give up their time to volunteer, and the many Kiwis who attend the tours," says Ah-Leen Rayner, chief executive of Breast Cancer Foundation NZ.

"The money raised from the tours helps to fund our life-saving work in research, education and

patient support. This is a highlight of our calendar, giving Kiwis the chance to have a lovely day out while also helping us to reach our ambitious goal of zero deaths from breast cancer," Rayner adds.

Volunteers are required for morning or afternoon shifts to help make sure the houses are looked after and the tour-goers are kept safe. In return, they'll be gifted an exclusive goodie bag and discounted tour ticket.

To sign up or find out more, visit www.breastcancerfoundation.org.nz



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Some of the volunteers for the NZ House & Garden, NZ Breast Cancer Foundation fundraiser

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Jumbo crossword

ACROSS

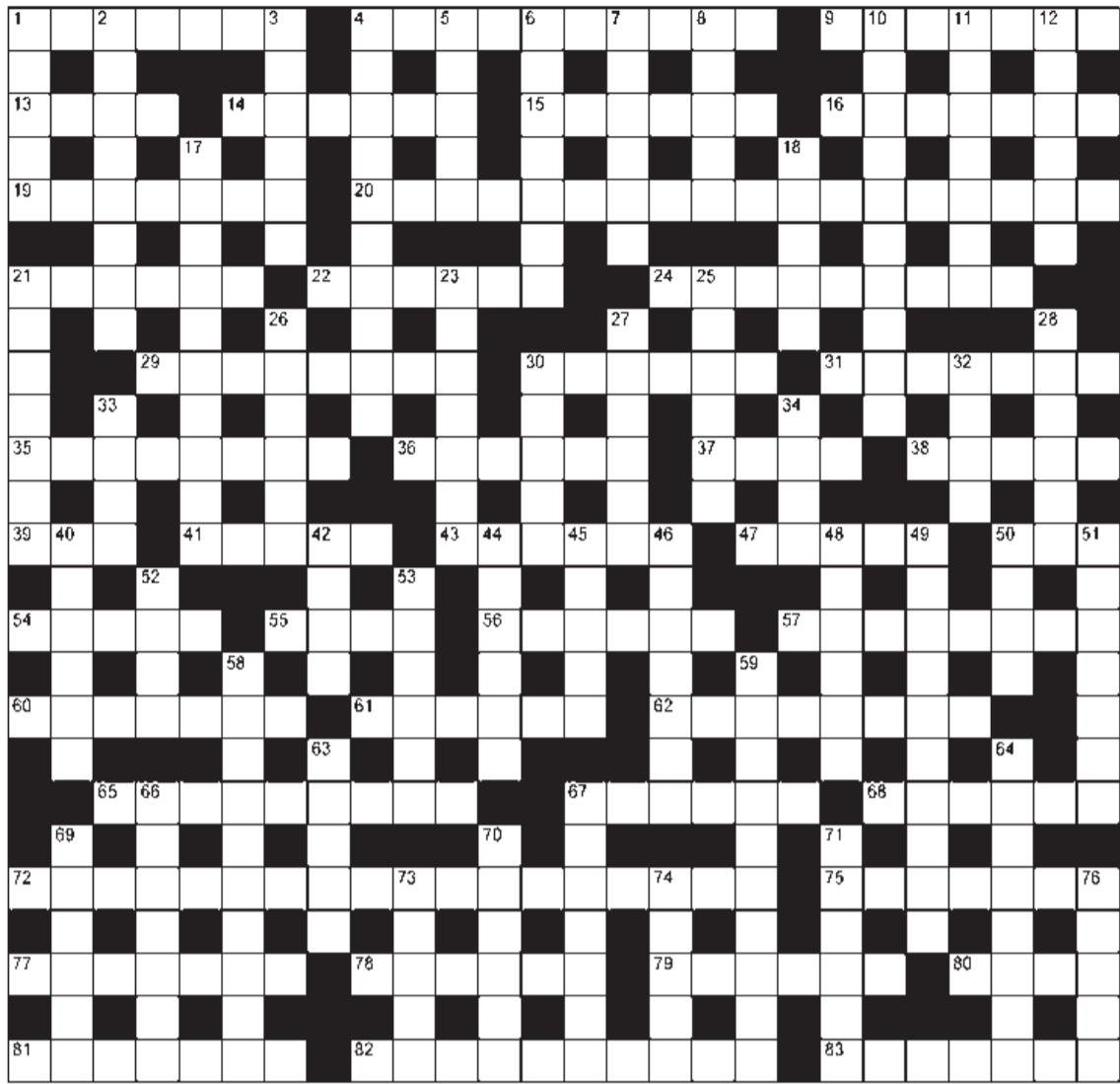
- 1 Tastes (7)
- 4 Bad behaviour (10)
- 9 Crime (7)
- 13 Small whirlpool (4)
- 14 Colonise (6)
- 15 Master, dab hand (6)
- 16 Fruit tree group (7)
- 19 Sentry (7)
- 20 An apparent misfortune that turns out later to be a boon (8,2,8)
- 21 Handwriting (6)
- 22 Vow (6)
- 24 Men-only do (4,5)
- 29 Spring flower (8)
- 30 Free (6)
- 31 Outfit (7)
- 35 Grandiloquence (8)
- 36 Habitual user (6)
- 37 Chew at (4)
- 38 Judge's hammer (5)
- 39 Plant fluid (3)
- 41 Surrender (5)
- 43 Fish (6)
- 47 Kingdom (5)
- 50 Label (3)
- 54 Water vapour (5)
- 55 Skin eruption (4)
- 56 Defensive covering (6)
- 57 Cross-examine (8)
- 60 Big cat (7)
- 61 Hissed (anag)(6)
- 62 Contestant finishing second (6-2)
- 65 Misappropriated money under one's control (9)
- 67 Low room (6)

DOWN

- 1 Turnefy (5)
- 2 So-so (8)
- 3 Detective (6)
- 4 Put into storage or on hold for an indefinite period (10)
- 5 Vista (5)
- 6 Supervise (7)
- 7 Fragrant flower (6)
- 8 Welsh dog (5)
- 10 Presage, indicate by signs (10)
- 11 Tire out (7)
- 12 Stroke lovingly (6)
- 17 Required by rule (10)
- 18 Proverb (5)
- 21 Residential areas (7)
- 23 Misleads, takes in (7)
- 25 Darting pain (6)
- 26 Swot up (6)
- 27 Military display (6)
- 28 Single-celled animal (6)
- 30 Interrogate (5)

ACROSS

- 32 City transport (4)
- 33 Seaweed (4)
- 34 Lose colour (4)
- 40 Off course (6)
- 42 Metal with symbol Pb (4)
- 44 Disinterest (6)
- 45 Viral disease (5)
- 46 Non-partisan (7)
- 48 Astuteness (6)
- 49 Masked ball (10)
- 50 Clip (4)
- 51 Bona fide (7)
- 52 Treaty (4)
- 53 Selection (6)
- 58 Public vote (10)
- 59 At risk (10)
- 63 Stratospheric layer (5)
- 64 Covertly undermine or damage (8)
- 66 Small glass balls (7)
- 67 Hugged lingeringly (7)
- 69 Black eye (6)
- 70 Gambling house (6)
- 71 Concentrated (6)
- 73 Way, course taken (5)
- 74 Country with Tripoli (5)
- 76 Ridiculous (5)



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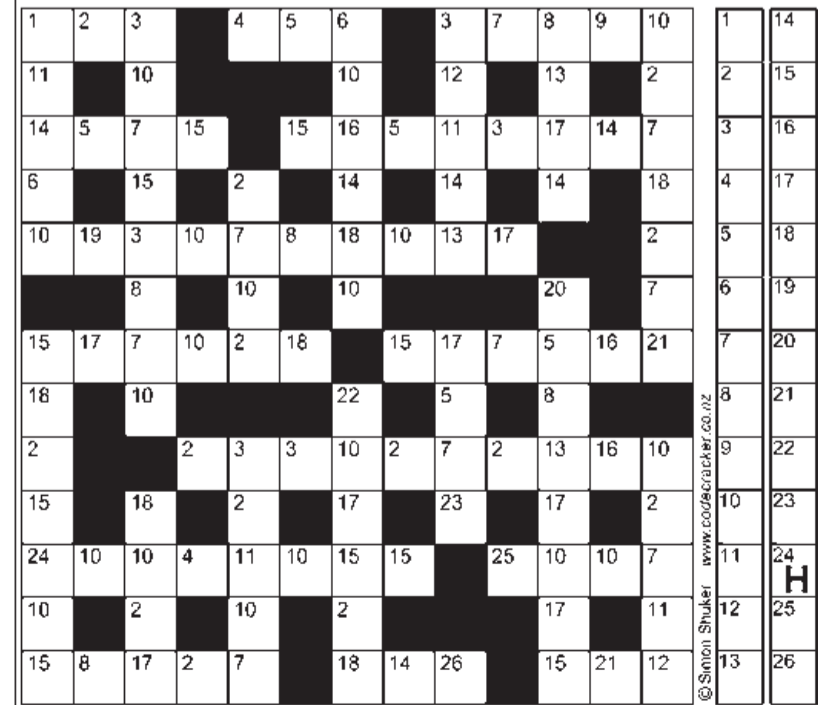
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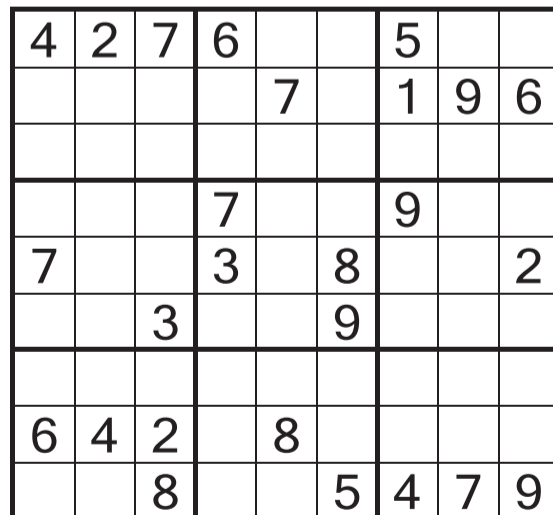
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SIMON SHUKER'S CODE-CRACKER Extra 799

EACH number in our Code-Cracker grid represents a different letter of the alphabet. For example, today 24 represents H, so fill in H every time the figure 24 appears. You have one letter in the control grid to start you off. Enter it in the appropriate squares in the main grid and solve the starter word. Fill in other squares in the main and control grids with the found letters and look for the next word. Follow the word trail through the puzzle to its completion. Visit www.codecracker.co.nz



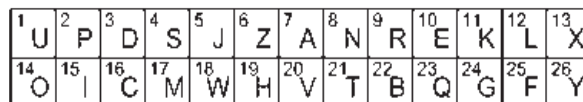
Sudoku



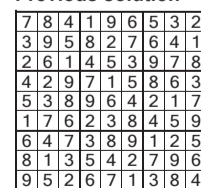
MEDIUM

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

Previous solution



Previous solution

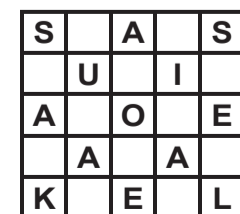


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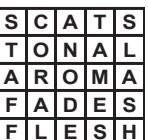
Previous crossword solution

ACROSS: 1 Keep one's nose clean, 10 Emphatic, 15 Wizard, 16 Aficionado, 17 Proposal, 19 Peckish, 21 Kapok, 22 Retaliate, 25 Eccentric, 27 Proceed, 29 Recede, 33 Guile, 34 Tranquil, 36 Skin diving, 39 Ape, 41 Prophet, 42 Pickup, 43 Adagio, 44 Kiss, 45 Synonym, 48 Denouement, 53 Nosegay, 57 Urge, 58 Balsam, 59 Nodule, 60 Leather, 62 Eve, 64 Bottom line, 65 Ruminant, 66 Queue, 69 Stamps, 70 Referee, 71 Altimeter, 76 Undecided, 77 Prime, 78 Portray, 83 Threaten, 84 Pigeonhole, 85 Bungle, 86 Disperse, 87 Clutching at straws.
DOWN: 2 Exited, 3 Prank, 4 Nod, 5 Snag, 6 Origami, 7 Editor, 8 Lens, 9 Audience, 11 Margin, 12 Hypothesis, 13 Task, 14 Collide, 18 Sauerkraut, 20 Stem, 23 Start, 24 Retiring, 26 Calypso, 28 Relapse, 30 Quarry, 31 Cuckoo, 32 Ensign, 35 Naive, 37 Gusto, 38 Very, 40 Ease, 45 Squab, 46 Nightcap, 47 Measly, 48 Disinherit, 49 Name, 50 Unnerve, 51 Madame, 52 Nylon, 54 Omen, 55 Enthuse, 56 Avenue, 61 Compensate, 63 Anvil, 67 Remedial, 68 Veto, 69 Sweated, 72 Lampoon, 73 Recess, 74 Drench, 75 Sallow, 79 Tenor, 80 Iris, 81 Dent, 82 Beta, 85 Bus.

5x5



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



Previous solution

OBITUARY: Dale Pryme

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.

NZ Society of Genealogists - Whanganui Branch
 Genealogy through DNA Led by Sandra Metcalfe. Alexander Heritage and Research Library, Monday 11 March: Workshop 1-4pm, entry fee \$10 cash. Monthly meeting 6.45pm Sandra will speak on researching Genealogy through DNA. Individual research available from 6.15.

Poultry Club
 meets Saturday, 9th March. Mathieson Street Hall, 12pm start, outside if fine, otherwise inside. All sorts of poultry for sale: hens, roosters, bantams, ducks, quail. Also, eggs, chook food, poultry gear. Plants and produce table. Cuppa, chat at end. All welcome, including beginners. \$2- entry. Enquiries ph. 345-8718.

Sustainable Whanganui Trust's "Acknowledging Great Moments"
 Date: Monday 11 March 6.30pm Venue: The Backhouse, 28 Taupo 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

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.

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

Whanganui Film Society
 Monday 11 March 7pm: Silent Running (Douglas Trumbull | USA | 1972 | PG Cert) Bruce Dern stars as the last gardener in the universe, tending a man-made Eden in a giant space station with his robot helpers. Davis Theatre, Watt St. Members only. Join at nzfilmsociety.org.nz/whanganui.html

Whanganui Forest and Bird Annual Meeting
 Tuesday, 12 March. Report Committee. Quaker Rooms, 256 Wicksteed Street, Whanganui, at 7pm.

Whanganui Music Society AGM
 and short instrumental recital Sunday 10th March at 2pm. St Paul's Hall, Cooks St. Afternoon tea to follow, all welcome.

Wisdom is Yours
 This Saturday the 9th at 10.30am, a guided meditation to reconnect mind, body and soul, led by Natasha. Then at 11.30am clairvoyant mediums Natasha and Kevin will give a presentation on clairvoyance, with an opportunity for spiritual questions to be answered with inspiration from their Guides. 59 Victoria Ave, 06-345-5002.

What's On Notices
 What's On in the Community notices are \$10 for up to 50 words. Contact River City Press, by Tuesday 1pm to place your advertisement.

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Whanganui Film Society remembers Dale Pryme
 The Whanganui Film Society committee says, "We are deeply saddened by the sudden passing of Dale Pryme, a much treasured member of our committee. Dale was a lover of movies and sometimes viewed them at home before the evening screening and then watched again with us at Davis Theatre,

always with a coffee and ice cream in hand. Dale will be greatly missed, along with her breadth of knowledge and experience in running our film society."

Helen Marie O'Connell, Founding President, Whanganui Film Society adds, "I would like to acknowledge Dale Pryme's constancy and commitment as the longest serving Whanganui Film So-

ciety committee member, having been appointed to the committee at the first public meeting held to establish the Whanganui Film Society in Dec 2012, and her constant support on the often bumpy road that took.

Her interest in film also extended to making trips

over to Palmerston North for NZIFF films - with fortunate passengers in tow - and accompanied by lengthy musings about the films - what was loved and loathed - on the drive home afterwards.

She will be deeply missed.



Sadly passed away recently...

Mary BATTY,
 on 2 March 2024, aged 92 years.

Raymond(Ray) CHARITY,
 on 17 February 2024, aged 96 years.

Jack (Patrick John) KAVENEY,
 on 3 March 2024, aged 95 years.

Andre Lang MASON,
 on 1 March 2023, aged 61 years.

Colleen Veronica PERRY,
 on 2 March 2024, aged 90 years.

Aselele (Asa) TA'ALA,
 on 27 February 2024, aged 95 years.

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LETTERS TO THE EDITOR

Community Korero

Dear editor,
On the 20th of February I took the opportunity to attend a Community Korero on "The future shape of your council" an invitation from the mayor and councillors. I was astounded that only three members of the public turned up (There were four councillors). If this is a demonstration of public complacency, then as ratepayers you will reap what you sow; I commend the four councillors in attendance for continuing with a full explanation of the purpose of the proposed survey to the three attendees.

One point of interest, however, was that the survey does not mention the Maori wards that were voted in by the Council last year to be included at the next local body elections. What the survey fails to explain is that irrespective of the number of councillors decided, there will be two Māori ward seats, which was not negotiable, and the balance will be made up by the "others" elected. I believe that the Council need to be more open and explain the composition of future councils. Mind you, this could be academic if the coalition government have their way.

- Kevin Smith
* * *

Kerbside recycling

Dear Editor,
I read in a local publication recently that the Whanganui District Council are about to sign a contract for the Kerbside Recycling. I note the preferred option will be three open crates per household (for cans, paper/cardboard and glass); I also note the crates will be open to the elements (wind and rain), which means all crates will be subjected to filling with water and the Paper/cardboard will inevitably become a soggy mess. Will this still be appropriate for recycling? If winds in Whanganui can blow our wheelie bins over, what will it do to the paper and plastic trays, etc, in the crates?

Who will be responsible for these items blowing down the street? Apparently, there are "things" you can purchase to put over your crates at the householders expense. With the cost of the three crates estimated at \$134.16 per household, this equates by my calculations to an approximate Rates increase of 3% even before the next increase is struck. Also, where are we at with the Foodscrap bins proposed?

Will this be another additional cost when introduced?

While the council is on a roll with recycling, why not introduce a Green waste bin? That will give us six bins/crates (including current wheelie bins), one each for six days of the week; then we can rest on The Sabbath!

- Kevin Smith

Poem to the Editor IT'S NOT EASY

It's not easy being green
But I'm not a frog.
I'm just an old lady
needing help to keep clean.
They assessed me at home,
easy to see I couldn't cope.
Three showers a week
and an hour in the house.
What time would you like, she asked with a smile?
Between nine and ten, that'll do for a while.

The first day I waited until eleven, then dressed.
A sweet old lady arrived an hour later.
She'd only been notified twenty minutes before,
while having a rest.
Next time I waited and waited till twelve,
then showered and dressed and got on the phone.
At one someone local rang to give me the news
She would be here to shower me at three if I choose.
No thanks. I said I nap after lunch.
They're a weird mob you work for.
They're always the same, she said.
No system, no roster, we never know when they will
call us and tell us to go.

On Wednesday I waited again. I waited all day.
Nobody came.
I rang them again.
Begging for answers, for some kind of sense
They laughed at the other end.
I was incensed.
A knock at the door at ten the next day
A woman stood there,
I've come to shower you or clean the house,
whatever you say.
Don't bother, said I your company's a farce.
Can I come in, she asked. I have an excuse.
They text me at one yesterday and told me to come.
I asked for more info,
It came through at six. Too late to be any use.
That's enough, I said. I'll cancel the contract
And write a complaint to the commissioner.
Maybe someone might act.
Good for you, she said,
time somebody did
This isn't funny
It's no way to run a business,
and it's taxpayers money.
- Jean McDavitt

LETTERS TO THE EDITOR

Please keep Letters to the Editor to a maximum of 250 words. RCP reserves the right to edit, amend or reject any letter. We will not publish abusive letters and will not act as a go-between, between disputing parties. Letters can be emailed to rivercitypress@xtra.co.nz

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Connecting with Carl

- Carl Bates, MP for Whanganui -

A busy summer

Speaking in Parliament's weekly General Debate last Thursday I focused on three issues: our 100-Day Plan, the success of events around the electorate, and the issue of inadequate rural digital connectivity. So, I have focused this column on those same three things.

It has been great spending plenty of time in the community at a whole range of events and functions and hearing feedback about the Government's 100-Day Plan. That feedback has been plentiful and overwhelmingly positive.

A weekend at the Egmont A&P in Hāwera gave me the opportunity to talk with people from all corners of the electorate, including plenty from Whanganui. People were telling me that they were pleased by the progress the Government is making on our 100 Day Plan with the most popular policies, including the banning of cell phones in schools, abolition of the Ute Tax, and the repeal of Three Waters.

Meanwhile, Whanganui has been on a domestic tourism roll. I used the General Debate to highlight our successes such as Whanganui Vintage Weekend, an outstanding weekend that demonstrates that regional New Zealand can produce domestic and international tourism activities.

The fifteenth La Fiesta Fest is currently underway, and it's living up to its byline of New Zealand's Best Women's Festival.

I joined the surfing group at Castlecliff Beach on Friday afternoon, observing from the beach. The sheer diversity of events on offer has been impressive.

And in just over a week, Artists Open Studios returns, with around 90 sites to visit around Whanganui and Marton. Once again, this will attract visitors to Whanganui who stay at hotels, motels, and Air B&B's, who go out to eat, and who will buy some of the artworks they view when they visit the various studios. Let's make sure they feel welcome!

As your local MP, I see

part of my role in highlighting the great activities around the region and showcasing them to my colleagues in Parliament, providing a platform for their promotion to our nation.

Lastly, if you've ever been frustrated by inadequate digital connectivity along State Highway Three and as you drive through Pātea in particular, I have just launched a petition calling for Pātea and SH3 to get connected.

I recently watched a business owner there as he struggled to connect to the EFT-POS network. Surely in a town of 1200 people,



you'd expect that to be straightforward; in reality it was anything but. As the local MP, I know we can do better for Pātea and for all of us who use that important route for both business and pleasure.

You'll find the petition here - <https://www.national.org.nz/getpatea-connected> - and I would really welcome your support.

- Carl

Free presentation on Chakra System

Theosophy Whanganui is delighted to host Claire McGrail, who will give a free public presentation Sunday, 2pm, March 10, in the back Awa Room river entrance Community Arts Centre 19 Taupō Quay for about an hour. She will be discussing the Chakra system and healing.

A bit about Claire
"I have been a follower of the Baha'i Faith since I was 14, and have been blessed to be a part of Ti Hauora o Te Aroha healing centre in Whanganui since its inception in 1996. My main work is as a massage, working holistically, with the body, spirit and mind.

Over the last few years, I have been developing a basic manual with information about the chakra system and the healing work which my own experience in this field has inspired. I really look forward to sharing this with others, especially the findings I haven't found anywhere else.

What is 'Theosophy'? - a worldwide association dedicated to exploration and practical realisation of the oneness of all life, and to independent spiritual search with no imposed dogma.

We would love to see you there. And it's free; a gold coin donation is appreciated but not required.

Info via Facebook 'Theosophy Whanganui'



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PUBLIC NOTICES / ENTERTAINMENT



Alzheimers Whanganui Incorporated ANNUAL GENERAL MEETING

Tuesday 26 March—5.30pm

Christ Church Anglican Church 243 Wicksteed Street, Whanganui To be held in the Lower Lounge

ALL WELCOME

For further information Please phone (06) 345 8833 or email

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

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Durie Hill Bowling Club men to go to national tournament

The Durie Hill Bowling Club Men's premier interclub team is gearing up for a road trip to compete in the National Interclub Seven tournament held this year in Auckland over the 5th, 6th and 7th of April.

The Team consists of Shane Broderson, Kaylin Huwyler, Tony McRae, Pottze Satterthwaite, Bruce Winterburn, Gavin Scrivener and Phill Corney. With the up-and-coming Danny Collins likely to be the travelling reserve

This is the second year in a row that Durie Hill has won the Regional Premier interclub competition, and last year travelled to Wellington to compete in the National event.

It was the first time in many years that Durie Hill had won the local competition, and the club members were out in force supporting the team in Wellington, with many of the opposition teams remarking on the level of support enjoyed by the guys.

That club spirit is once again being shown by the numbers heading to Auckland in support and also by the work behind the scenes to help with the financial cost.

Joe Power, local chef identity and keen club bowler, is putting together a delicious menu of take-home meals including Beef and Mushroom Bolognese and Butter Chicken on Basmati rice, a steal at \$12.00 each so please use the QR code or contact Joe on 0272967967 for bookings.

Although there is still some way to go, things are looking good with the Durie Hill having finalists in three of the five disciplines for the centre open finals day at the St Johns club this weekend and high hopes for the

upcoming champion of synthetic green on the Hill to provide the members with the best surface possible and keep the momentum going. We invite any businesses who might be interested in getting on board this successful and growing club to please contact us and enjoy the ride that is THE HILL.

Once the season finishes at the end of April, it will be all hands to the pumps to raise funds for a new

any businesses who might

any businesses who might

any businesses who might



Durie Hill Bowling Club Men's premier interclub team

Geordie Beamish is Whanganui's first world athletics champion

Beamish achieved that honour when he won

the 1500m at the World Indoor Championships in Glasgow.

Schooled at Whanganui Collegiate, Beamish has retained Athletics Wanganui as his New Zealand club.

He has been based for some years in America, having been trained in his school years by the renowned coach Alec McNab.

Alec told the RCP that he knew Geordie would be good at the sport because of what he achieved in his final year at school.

In that final year, in 2014, Geordie won the national schools' 3000m senior boys' title and was in the school's winning

4 x 400m relay team. Geordie had shown good leg speed with his final sprint in that race, Alec said.

Geordie won the national schools' cross country event in 2014 and, before going to university in America, won the New Zealand under-20 1500m title.

Alec said that although Geordie was a Hawke's Bay boy, he had kept his membership with Athletics Wanganui.

The versatile Beamish has had a big year this year after being fifth last year in the world 3000m steeplechase at Budapest. He has recently set national records over 3000m and 5000m.

Pickleball becoming hugely popular



Club secretary Hamish Randle, a wizard on the emails and on the court. Here demonstrating a one handed backhand while on the run.

Have you heard of pickleball yet? It's exploded in popularity around the world during the 2020s, and it's thriving here in Whanganui. A handful of pickleball fans with lots of energy and ideas incorporated a formal club last year. The club organises multiple opportunities to play friendly and competitive club games each week and are planning to host a series of regional tournaments. A five-week coaching programme is introducing the game to St Anthony's students and a weekly junior's event will launch next month. River City Pickleball Club currently has over 70 members, ranging in age from 12 to 82 years.

Why so popular and with such a diverse group of people? Club secretary Hamish Randle says pickleball is deliberately a very inclusive sport. "It was invented in the US in the 1960s. It's in contrast to tennis, which over there is a pretty exclusive game

that only rich people play. Pickleball is by design easy to pick up and it costs very little to get started. The effectiveness of the paddle and wiffle-ball are deliberately limited so as to create a more level playing field."

People who have played other racquet sports will find some of their skills readily transferable. Pickleball uses a badminton-size court, with a tennis net and paddles that resemble table tennis bats. The game can be very fast but there's not a big court to cover and people of all sizes, ages and abilities are having a lot of fun. At the other end of the spectrum, multiple professional leagues are competing for players and viewers: search YouTube for 'Major League Pickleball' to check out some top level action.

A number of River City Pickleball Club members have represented Whanganui in tournaments around the central and

lower North Island. It's not uncommon to find parents partnering up to play doubles with a son or daughter—most pickleball play is doubles and mixed doubles is as popular as men's or women's.

"We've just moved to Jubilee Stadium in order to accommodate all the people wanting to play each week," says Hamish. He encourages people to come along to a club night. "We've got club paddles you can borrow to start and someone will show you the basics."

River City Pickleball plays at Jubilee Stadium on Tuesday and Thursday evenings, Wednesday mornings at the Badminton Hall - Springvale Stadium. It's \$10 per session for non-members (free for juniors). To play, email the club on rivercitypickleball2022@gmail.com.

A friendly bunch of happy pickleballers look forward to meeting you.

Golf results

Castlecliff 9 Hole Club Thursday 29 February Stableford

Ladies: Elaine Everitt 22, Anne Cox 19, Janice Donghi 17

Men: Rodney Mence 20 c/b, Richard Smith 20, Mike Meyrick 16

Raffle: John Glenn

Wanganui Golf Club 29 February

P Schmidt 41 pts, R Nicholson 39, C Milne 39, D Spencer 37, P Schlierike 37, P Hopper 37, C Thompson 37, L Drummond 37, L Anderson 37, R Southee 37, Two's B Brown-Sharpe, R Nicholson, G Taylor, L Respinger, P Schlierike. **1st closest to flag:** Feaver ball J Harrison, **3rd longest putt** Riverland Family Park voucher: W Costello, **14th closest to pin** McMenamin chicken: B Pickett, **18th longest putt** Canaan Honey voucher: B Pickett. **Lucky cards:** P Gorringer, G Horrex.



Detailed ultrasound images of your baby's development

Eloise and Werner Hübsch started running 'JellyBean Imaging', non-diagnostic ultrasounds of your baby's development as valued memories and keepsakes, in February this year.

A friend from South Africa has a similar business and in July last year, they started researching the market and the best machinery available in New Zealand. They chose Philips who could supply from Australia and went through the learning process while solving initial teething problems.

Eloise was a Financial Director in South Africa but after settling in Whanganui in 2019 where Werner, a Software Engineer, accepted a job offer, she wanted to do something more in tune with a good work/life balance. They have two young children.

She says, "Prenatal imaging will provide keepsake memories of your pregnancy. It can be such a positive, emotional experience as you capture the magic of life while it's growing inside you."



Eloise and Werner Hübsch

JellyBean Imaging specialises in 2D, 3D/5D and 4D ultrasounds, offering non-medical, non-diagnostic services. They are completely safe, and these services are popular not only in other countries but around New Zealand. The services can be used from 10 to 40 weeks of pregnancy.

The 2D ultrasound is the standard imaging technique in black and white, while the 3D provides a more realistic and detailed view with the 5D TrueVue technology adding light to the image.

4D gives you images in motion, basically a video. The prices vary according to the time involved and the technology offered. Werner, who is managing the marketing, says, "We have researched similar imaging services in New Zealand and have made ours affordable for everyone to enjoy."

For more information and to make a booking, go to jellybeanimaging.co.nz. Eloise operates the studio from their Springvale home.



Whanganui Floral Art Group Presents

FLORAL ART IN THE GARDEN

March 9 - 10 @ Chinook Gardens
352 SH3 - Westmere

Plants for Sale • Devonshire Teas • Raffles

Gold Coin Entry - Cash Only

Floral designs in the open air

The Whanganui Floral Art Group have provided flower lovers with the enjoyment of floral designs over the past 54 years for many public and private functions such as weddings, funerals and anniversary celebrations. The Royal Whanganui Opera House, Amdram Theatre, Whanganui Racecourse, Whanganui Mainstreet and the park around Virginia Lake have been the stages and back drops over the years for both large and small designs created by members of the Whanganui Floral Art Group.

This coming weekend, 9/10 March, members are staging their floral designs throughout the "Chinook" garden situated at 352 State Highway 3 Westmere. Come and view spectacular designs, some of which have been days in the making. Spend an hour or two wandering around the extensive garden, indulging in Devonshire teas, browsing the table of plants for sale and taking the chance of winning a plant or two or a basket of goodies with a raffle ticket.

Take the opportunity to talk to members of the Whanganui Floral Art



Group, who will be present on both days. Within its ranks, the group has floral designers, educators and judges, some of whom have exhibited or judged at international levels. Members have the opportunity of training in all aspects of floral design from novice to sen-

ior levels at both club and national levels. Interested members of the public are invited to register for our regular introductory classes.

The group meets on the first Tuesday of each month at 6pm at the Riverside church hall in Mathieson Street. The monthly

meeting includes a talk and/or a demonstration around floral designing followed by supper.

For more information, phone Michael (President) 027 3790 262 or Val (Secretary) 021 2093 741. You are assured of a warm and friendly welcome.

Your first aid training specialists

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

Public classes are run at venues throughout the lower North Island, including Whanganui, Palmerston North, Levin, Kapiti, Masterton, and Wellington. The next Whanganui class is scheduled for Friday 15 March (with places still available). April's class is fully booked so book early to secure a place on Tuesday 7 May. This eight-hour class will enable individuals to have the skills and confidence



to assist during a medical emergency.

Knowing how critical it is for Electrical Workers to renew their compliance

on time in order to continue to practice, Links also offers electrical compliance training.

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

As an EWRB training provider, Links in conjunction with *Upstage Electrical Training, aspires to deliver as many training opportunities as possible to meet this requirement. The next EWRB Whanganui date is Tuesday 9 April, and Links recommends booking early to secure a space. Other venues and dates can be found on their website.

Whatever your training needs, Links Training has it covered. www.links-ltd.co.nz

Would you know what to do if someone is injured?

+ First Aid Training

**Whanganui:
Friday 15 March**

N.B. Businesses are welcome to attend our Public Classes, all NZQA Accredited!

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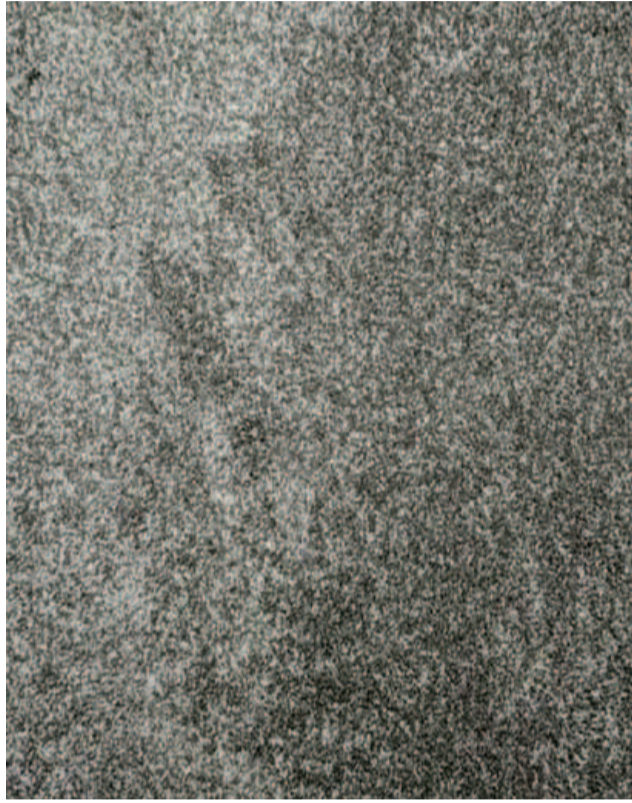
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