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# Gaza ceasefire pilgrimage from Castlecliff to Upokongaro and back, this Saturday

BY DOUG DAVIDSON

The length of the Gaza coastline is 41km and on Saturday 16 March there will be a pilgrimage for Gaza from St Luke's Church in Castlecliff to St Mary's in Upokongaro and back – a total of just under 41km. The route is mostly flat and along the riverbank path.

Organiser Craig Harris says, "It will mirror the journey Gazans are being forced to take to flee bombardment," and is one of 141 similar pilgrimages being held in 18 countries in all the continents including Antarctica, where a kiwi at Scott Base has signed up to do 41kms on a treadmill.

"The power of the pilgrimage is to allow the geography of the horror happening in Gaza to become real in our home cities." It will start at 5am at St Luke's and Craig expects the full 41km will take 10 to 11 hours with stops along the route. "Along the way we will pause at times for reflection and prayer."

He explains that "participants do not need to do the whole 41km but do as much as they can or want." He adds that "some groups overseas are doing 5km every week, and in New York, the Maryknoll Catholic Sisters, many of them elderly and some with walkers, are doing a mile a day around the grounds of their Convent."

March 16 is also part of Lent – the 40 day period in which many Christians reflect on the events leading up to the death and resurrection of Jesus.

While the pilgrimage is being organised by Christians, Craig makes it clear that "all are welcome, of any faith or no faith." He says, "At the Melbourne Pilgrimage, they stopped at a mosque and were also joined by some Jewish leaders."

Craig and his wife Sarah, a New Testament scholar, have been to Israel and Palestine many times. Sarah leads tour groups there, the most

recent one in September 2024.

Reflecting back, Craig who works for the Whanganui Anglican parish, says, "We love The Holy Land. With all the Biblical sites there it is a very special place for people of faith."

The War in Gaza has a personal connection for them and their family. "We are thinking of our Arab Christian friends in Bethlehem who have friends and family in Gaza and the generous hospitality of people in Nablus when we have stayed there. We are also aware of the fear and uncertainty for our local Jewish Tour Guide with three of her five sons being called back into active service for the Israeli Defence Forces."

The first pilgrimage was organised by Craig and Sarah's son James. He has been involved in youth work, advocacy, and social justice issues in New Zealand, Jordan, and Australia and in 2015

had, along with his wife, spent a month in Nablus in the West Bank, learning Arabic and experiencing Arab culture. Working for World Vision, James was seconded to work in Syrian refugee camps in Jordan and Lebanon.

James felt that he wanted to do something personally for Gaza, so in December he arranged to do a walk of 41km in the Gold Coast where they live. A Palestinian Christian friend joined him and together they raised \$5000 for Palestinian Christians in Australia. This led to the Melbourne Pilgrimage and as Craig explains, "On 14 January, at an ecumenical prayer for peace service on the Mount of Olives in Jerusalem, the call went out for peace pilgrimages to take place throughout the world."

Continued on page 2



Craig doing a bit of training for the pilgrimage.

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

If you didn't know it already, the length of Gaza is a mere 41km. A number of locals will be doing a pilgrimage for Gaza, walking that length, this Saturday. (see our front page article) You don't need to commit to 41 km. Feel free to join in for whatever length. The route goes from St Lukes, Castlecliff, to St Mary's in Upokongaro and back, starting at 5am and finishing 10 to 11 hours later.



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

attend a Rotary Science and Technology Forum (page 24). The second is about Rotary North inviting anyone interested to come to an introductory presentation (page 5).

We have a number of articles on Artists Open Studios, including ones on three of the studios – Bricksticks, 35 Plymouth and Louise Herdman Mosaics (pages 9-11).

U3A is to have a series of presentations on archaeology. You don't have to be a member. The cost is only \$5 (page 7).

We have three articles related to Global Recycling Day on March 18, and two of them are contributions. Thanks to Jeya Wilson for reporting on the Sustainable Whanganui's AGM and also to Stuart Hylton for an article he wrote some time ago, following a presentation to Whanganui Rotary on 'Is Plastic that Fantastic?'

Speaking about Rotary, there are two articles about them this week. One is on Whanganui Rotary Club and their sponsorship of 3 girls from High School to

## 'Chinook' at home with 'Floral Art in the Garden'

'Chinook', the home and garden of Fran and John Dryden, situated at 352 State Highway Three, Westmere, was the venue for last weekend's 'Floral Art in the Garden' event organised by the Whanganui Floral Art Group. Over two hundred people visited on each day of the two-day event.

Visitors were greeted with sights of both traditional and modern styled flower designs displayed throughout the expansive gardens. Not every design featured flowers as one may have expected. Giant coloured bamboo canes rising four metres into the air greeted visitors on entering the garden. A giant-sized ball of barbed wire was the centrepiece of a triptych of designs.

The vegetable garden featured a tired scarecrow and an artistic array of fruit and vegetables atop a 'tepee' made from a spade, fork and shovel. The large copper beech tree displayed several dozen floral-designed circles hanging from lower branches, which one could walk through and around for a closer

look at these intricate creations. There were several quirky designs that caught the imagination of both the older and younger generations.

By nature, flower designers are also plant enthusiasts. There was an impressive laden sales table. The most talked about plant for sale was the Hydrangea 'Bloody Marvellous'. Its autumn-coloured purple-hued flower heads were visible to all on entering the garden. The yellow flowering impatiens was also a sellout.

A garden visit is never complete without refreshments. Devonshire teas were on hand with the opportunity to sit under shady trees with friends.

To say the two-day event was a success is an understatement. The event was outstanding, as indicated by the favourable comments received throughout the two days. Visitors from as far afield as Waikanae and Dannevirke were present. The Whanganui Floral Art Group is looking forward to new members joining as a result of this floral weekend.



Michael Unverricht (President)

## Two opportunities to listen to top brass band music this weekend



Brass Whanganui will be playing at Majestic Square this Saturday

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## Gaza ceasefire pilgrimage from Castlecliff to Upokongaro and back, this Saturday

*Continued from page 1*

Supported by 'Aotearoa Christians for Peace in Palestine' and 'Common Grace Aotearoa' the pilgrimages, which are also taking place in Auckland, Wellington and Christchurch, are asking for the following:

1. Enduring and Sustained Ceasefire
2. Immediate flow of life-saving food, water, aid, fuel, and humanitarian assistance.
3. Release of all hostages – both the Israeli hostages held by Hamas – and the Palestinian hostages held in the Israeli prison system.
4. End of occupation so a just peace can begin.

They also make it clear that "We make a stand against any form of hatred including antisemitism and Islamophobia."

Craig says, "I am walking this pilgrimage in solidarity with my Christian brothers and sisters in Gaza and the West Bank; I am walking to lament for the children, women and men of Gaza; I am walking to express my heart cry for justice and peace in all of Israel and Palestine."

The pilgrimage is also a fundraiser for Palestinian Refugees via Christian World Service. You can donate at <https://cws.org.nz/donate-to-the-gaza-ceasefire-pilgrimage/>

To find out more about the Whanganui pilgrimage, go to <https://actionnetwork.org/events/gaza-ceasefire-pilgrimage-whanganui-3/> and the movement worldwide go to <https://www.gazaceasefirepilgrimage.com/>

A Grade band Brass Whanganui accompanied by Concert Brass will be playing not one but two free outdoor events coming up this weekend.

The first is 'Market Melodies,' 12pm Saturday, 16 March, at the Whanganui River Markets, and the second is 'Majestic Brass', 2pm Sunday, 17 March, at Majestic Square.

It is a great opportunity to come check out the two Brass bands, bring your friends and enjoy an hour of free music each day.

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# Whanganui's economic development agency to become a department of Council



Whanganui Distict Council offices in Guyton Street

After a review of Whanganui District Council's council-controlled organisations (CCOs) initiated by Mayor Andrew Tripe, Whanganui & Partners is set to become a department of Whanganui District Council – so that it can deliver the same service at a lower cost.

Mayor Andrew says, "From the outside, Whanganui's economic development agency will look no different. The team will carry on doing a brilliant job of supporting our local economy to grow."

He says, "Rather than operating as a separate company, with its own board, Whanganui & Partners will become a department of the council. Compliance costs will be significantly reduced because there won't be a need for things like separate audits and accounts for Whanganui & Partners. There will also be savings made with efficiencies in some of the back-office systems."

"The change comes as part of a comprehensive review of all council expenditure as we draft our long-term plan for 2024-34 where we need to balance prudence against our aspirations

for the next wave of growth and development for Whanganui.

"With the high rates environment all councils across the country are facing, this is one of many difficult decisions we will need to make to deliver savings and efficiencies."

The council will also bring Whanganui's iSite, currently managed by Whanganui & Partners, in-house.

"Again, there is to be no reduction in services," says Mayor Andrew.

"The iSite will stay in its current location, with the same team in place."

He says the initial cost saving is approximately \$118,000.

"By changing from the CCO model to an in-house arrangement, we are making a saving for our ratepayers, which we'll be able to achieve without cutting back on our investment in economic development."

The Mayor says the council is looking forward to a new era with Whanganui & Partners.

"I recognise this has been a time of uncertainty for all concerned and we are pleased to now be in a position to share this information with the community. We are looking forward to a smooth

transition that should now happen relatively quickly."

The Whanganui & Partners Board says it is proud of its staff and the work they do. The Board chair and directors have been dedicated to supporting the Whanganui & Partners team and will continue to support and recognise the value of their work.

The directors believe Whanganui & Partners has been integral to the district's positive economic development. Whanganui & Partners and the council have worked in strategic collaboration, which has delivered consistent results for the district.

While the Board is disappointed with the council's decision to shut down the Whanganui & Partners company, remove its independence and establish a new service within the council, it hopes the district's economic development will continue on a pathway of growth and success.

Mayor Andrew says Whanganui & Partners and the iSite have been performing well. "I commend Whanganui & Partners chief executive Jonathan Sykes and his highly professional and capable team on their

very-evident passion for Whanganui and its economic future.

"I would also like to acknowledge Gaele Deighton and the board of Whanganui & Partners for their commitment and governance expertise. They have overseen a strong legacy of achievement by the agency. I'm sure we will see this work continue and go from strength-to-strength on the basis of this foundation."

The transition from CCO to in-house is expected to be complete by 30 June 2024.



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# STATE OF THE NATION

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# Whanganui Work and Income Service Centre building improvements start this week

The Ministry of Social Development's Whanganui Work and Income Service Centre is undergoing scheduled improvements to provide a

better experience for clients, staff and visitors.

The centre at 153 St Hill Street will close at midday on Thursday 14 March and reopen with a temporary service centre on the same site from Monday, 18 March.

Work is being carried out in two stages to ensure services can continue to be provided while the improvements are being made.

"We want to reassure people that they can still access services with our staff," says MSD Regional Commissioner Gloria Campbell.

"Our temporary service centre on the existing site will be limited in its operation but we will be able to see people if they need to see us."

Access to the temporary service centre will be through a different door.

People can still access services by calling 0800 559 009, visiting the Work and Income website or logging into MyMSD.



Work and Income Service Centre, St Hill Street

Stage 1 of the work will finish by Monday 22 April with the centre reopening to the public on Tuesday 23 April.

Stage 2 will be completed by Monday 13 May. This work is not expected to impact on services.

"This is part of a planned programme of work. It will include a different layout to improve our environment for interviewing peo-

ple as well as enhanced reception services and security features," says Gloria Campbell.

"We will be keeping people updated on the progress and we want to thank them for their patience and understanding at this time," she says.

Key information

- Thursday 14 March at 12 noon – temporary closure of Whanganui MSD's Work and Income Service Centre

- Monday 18 March at 12 noon - temporary service centre opens inside current site while internal construction happens.

- In-person service operating with some limits and a different entry point.

- Monday 23 April – site reopens to the public.

- Monday 13 May – construction due to be completed.

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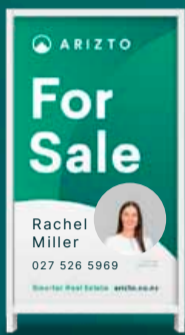
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Though more common in the elderly, glaucoma can begin at any age. Because there are usually no symptoms associated with glaucoma, approximately half of those affected are unaware. The visual system is very adept at filling in gaps, so one eye often 'covers up' for the defects in the other, making it difficult to detect until very advanced stages.

It is estimated 2% of New Zealanders over 40 have glaucoma. This number continues to increase as our population ages: it is now one of the leading causes of blindness in New Zealand.

Fortunately, glaucoma is treatable in the majority of cases when diagnosed early. More often than not, prescription eye drops are a safe and effective treatment. Prevention is the key, and regular checks are recommended for all adults. Book an examination at your local New Zealand owned Optometrist - Wanganui Eyecare.



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It is estimated that 50% of people with glaucoma do not realise they have it.

# Opportunity to check out Rotary North with open evening



Rotarians painting the fence of the Tot Town railway, operated by the Lions Club.

The Rotary Club of Whanganui North is having an 'Open Evening' on Wednesday, 27 March, for anyone interested to find out what being a Rotarian is all about as a guest.

It is at the St John's Club in the upstairs room starting at 5.30pm. You will be introduced to the club and some members and also to Rotary as an international service club but in particular to the Rotary Club of Whanganui North – a club that started back in 1960.

They will give a brief rundown on the community projects they are involved in, including:

- Annual Foodbank drive.
- Carols by Candlelight.
- Youth programmes.
- Hipango Park upgrading.
- Emergency Response Kits for the South Pacific.

Two newer members will talk about

why they joined the club.

There will be a platter meal and drinks at no cost to guests.

Membership of a Service Club like Rotary is especially helpful for newcomers to town as it becomes an opportunity to develop friendships while working together for the good of the community, both in Whanganui and elsewhere.

The club meets each Wednesday to socialize, have a meal, catch up on projects and hear from informative speakers. All members become part of a team on one or more of the working groups that run the club, its projects, and social events. New women members are especially welcome.

The Rotary motto sums it up. It is 'Service Above Self.'

To find out more or to register for the Open Evening, contact Cranleigh Chainey on 027 522 2940.

The IJD Jam Sessions at Porridge Watson are becoming more popular as musicians and listeners show up on the third Sunday of the month to spend a couple of hours relaxing to the sounds of improvised music.

At the last session, a woman in the audience approached the bandstand and made her way behind the piano. "I've never played with a jazz band before, but here goes," as she launched into the tune 'Alleycat' to the delight of both the band and the audience. Thank you, Elizabeth!

Returning to Taihape after another fine performance, young tenor saxophonist Joe Kennedy emailed to say, "Thanks so much for the awesome jam last night! So much fun coming up with new musical ideas together (with saxophonist Hadleigh Shaw) in the moment. See you next month."

Pianist Chris Dann continues to hold down the rhythm section with extraordinary versatility that allows for musicians of all inclinations to join in to create new music. He is complemented by bassist Berndt Reiss and drummer Michael Franklin-Browne. The excitement comes from the local musicians who turn up unannounced to jam with the band.

The sessions are supported by club owner Tony Sundeman, and there is no charge to the public. Come down and enjoy what are arguably the best burgers in town that go down a treat with local beers, tasty wines, and a wide selection of soft drinks ... and the music!

The next session is on Sunday, 17 March, from 6pm @ Porridge Watson, 30 Drews Ave.

Photo credit: Rochelle Te Kaho



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# Council shares sneak preview of new Guyton streetscape

With work set to begin on the final stages of the Guyton Street revitalisation later this month, Whanganui District Council has shared an artist's impression to help the community visualise the historic street's new look.

The new streetscape will feature parklet areas on each block, built around the recently installed raised platforms. The parklets will include wooden planter boxes and seating made from recycled Whanganui port timber – as well as new cycle racks. The plantings will focus on hardy, native species that are well suited to the conditions on the street.

Deputy Mayor Helen Craig, who chairs the Town Centre Regeneration Committee, says she's delighted with the way the designs have come together – and the subtle way the new features tie in with built heritage along the street.

“Throughout the Streets for People co-design sessions, the community voiced a desire to see new life breathed into this historic Whanganui street to make it a greener, more vibrant, and more inviting destination. I think this design achieves that in a way that is sympathetic to the surrounding heritage values and the needs of the local businesses along Guyton Street.”

Deputy Mayor Craig says she's also excited by the diverse range of art that will soon adorn the street.

“Near the new parklet, vibrant artworks will be displayed in bespoke light boxes – acting as open air galleries showcasing local artists. The works will be refreshed with new works on an ongoing basis. What's more, designs by talented mana whenua artists from Te Rūnanga o Tupoho and Kaitoi o Tamaupoko will be displayed alongside heritage photography to transform the windows of untenanted shops into spaces for captivating visual storytelling.”

Whanganui & Partners' Strategic Lead for Creative Industries, Dr Emma Bugden, says having indigenous art and design play such a key role in the project reflects our position of leadership as a UNESCO City of Design.

“Projects like this, which elevate the principles of indigenous design are integral to our recognition as a City of Design. The design work and art that will be on display on Guyton Street will enable Whanganui's unique stories to be told in an engaging, creative way that can be a source of both inspiration and education.”

Council's Community Property and Places General Manager, Sarah O'Hagan, says local businesses along Guyton Street are looking forward to seeing everything coming to fruition with the new streetscape.

“Businesses have already told us they're loving the new, calmer atmosphere on the street since we changed the road layout. I think they'll be even happier once the streetscaping work is complete and the fabulous community art is in place. It's especially pleasing that we've been able to achieve a design that adds so much new space for people to sit and relax – without any loss in the number of carpark spaces.”

The Guyton Street revitalisation project is 90 per-



He Awa Koiora - created by Boboy (Ioane Wairua Pohe) Takiari

cent funded by Waka Kotahi NZ Transport Agency through its 'Streets for People' funding programme. The programme encourages councils to work with their local communities to trial streetscape improve-

ments, enhance safety for pedestrians and cyclists, and make streets more inviting, people-friendly spaces to visit.

For more information, visit [whanganui.govt.nz/streets-for-people](http://whanganui.govt.nz/streets-for-people)



Artist's impression of one of the new streetscape sections on Guyton Street



## Community help wanted for International Jazz Day in April

Back in 2018 Ken Chernoff featured on our front page under the heading of 'Whanganui's Mr Jazz Man.' He continues to be passionate about jazz and not just for the appeal of the music. He says, “It is more than entertainment. It is serious music and is about social justice.”

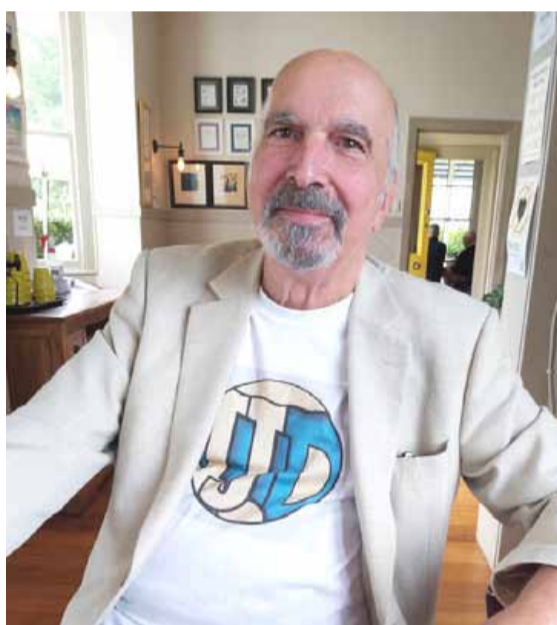
This is why Ken has become a bit of an ambassador and organiser for International Jazz Day. The Day is celebrated in about 190 countries, but Whanganui is the only city in New Zealand that does so. “If you go to the website, you will see pictures of Whanganui IJD,” says Ken.

The goals of IJD are important to Ken. They are:

1. Promoting jazz music and education
2. Promoting intercultural dialogue
3. Promoting international cooperation.

He managed to achieve all three back in 2018 when there was an international jazz organist, taonga pūoro (traditional Māori musical instruments) concert, a local jazz band and improv workshops for school students conducted by Rodger Fox. The students later played in a concert alongside the Rodger Fox Big Band.

In 2019, International



Ken wearing a IJD T-shirt

Jazz Day featured a reggae band, 2021, Robyn Kamira and the Wai Tai band, 2022 Ska music (of Jamaican origin) along with the Rodger Fox band and in 2023, the Rodger Fox Band commissioned music to celebrate the work of poet Hone Tuwhare and musician Dave Dobbin.

Ken had hoped to have a five day celebration this year (in 2021 and 2022 it covered a long weekend) through to Tuesday 30 April, for International Jazz Day, with workshops, jazz jam sessions and performances. However, the main funder – the New Zealand National Commission for UNESCO – has pulled out. Fortunately, the local Creative Communities, continues to help with funding.

There is still a big hole in the budget for a reduced celebration and Ken is appealing to the Whanganui community for help both in terms of personnel and with funding. He says, “The significance for Whanganui is considerable,” and asks for anyone interested in helping in any way to contact him on 022 431 5434.

He has also set up a givealittle page <https://givealittle.co.nz/cause/whanganui-celebrates-international-jazz-day-ijd>



Community art that will feature on window fronts of untenanted buildings. Te Ao Hou - created by Maihi Potaka

## Horizons Notes

A personal view with Cr David Cotton



### Buses - your rates and who pays

There is a push to have a major increase in the funding of the Whanganui bus service as reported last month, along with more bus routes. (Whanganui + \$1 Million over 3 years & another \$1.5 million regional bus transport)

I will be interested in your feedback over the LTP consultation.

But another important consideration is how this level of service is funded. At present, transport is funded through a Targeted Rate based on the capital value of your property, so the higher the value of your property, the more you pay towards buses.

I personally believe a fairer payment system would be UAGC (Uniform Annual General Charge), which is a rate that everyone that benefits pays equally and is a fixed rate. The reason behind my thinking is that the higher value of your property has little to do with the benefit you do or don't receive from the bus service, therefore, everyone in Whanganui should pay equally.

My two questions to you on this subject are:

1/ Do you support the increase in spending on the bus service?

2/ Do you support changing the rating for this service to UAGC?

If you have an opinion on the extra spending and how it is funded make sure you make your views heard.

To give feedback email [haveyoursay@horizons.govt.nz](mailto:haveyoursay@horizons.govt.nz)

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

- Cr David Cotton, Mobile 0274425920, email: [david@tasmantrust.co.nz](mailto:david@tasmantrust.co.nz)

## Whimsical tales of old Wanganui

Making allowances for the 'weaker sex'

By Murray Crawford

An article on education, under the bemusing title “FEMALE TEACHERS' EAaminations” [sic], appeared in the Wanganui Chronicle on 21 January, 1881.

It posed the question: “When will examiners begin to discover that they are working a serious and fatal injury to the health of the young women teaching in our schools, by the severity and length of the examinations to which they are now subjected.”

This was following the demise of a Miss Williamson who had died from typhoid fever “brought on by over study and over excitement of the brain concerning the approaching examinations.” Also of concern was a Miss Hungerford “who lies dangerously ill at home of the same disease and from the same cause.”

“Will they teach any better for the ordeal through which they have to pass?” asked the writer. “I doubt it.”

But a solution was at hand. “A distinction should be made between men and women, and an easier set of papers allotted to the latter, or we shall soon have our best and most refined young women removed from the schools by lunacy or death.

Hard worked throughout the year between teaching and studying, they



are slaving now during the holidays, to wind up with a severe examination in the last week in January, and then back to school, and teaching again without respite. Are the authorities asleep?” the writer thundered.

“We are inclined,” he concluded, “to believe there is a good deal of truth in the above.”



# Whanganui Collegiate School honoured with gift

Dr Peter Saunders, descendant of Dr George Saunders former Headmaster of Whanganui Collegiate School 1878-1881, visited from the United Kingdom on Monday. During the visit, the Saunders family generously gifted several cherished trophies of Dr Saunders' commemorating his significant contributions to the school's rich history. Notably, Dr Saunders introduced the iconic black and blue colours to WCS, leaving a lasting mark on the school's identity. During his tenure at WCS Dr Saunders gave The Pewter Mug for Steeplechase which is the school's oldest trophy that is still in use.

Great-Grandson Dr Peter Saunders of London said "I am very proud of my Great-Grandfather and our family's generational connection with your School. I feel privileged and humbled, I have no doubt that my Great-Grandfather would have approved of this gift of his trophies to further cement his connection with the School."

"We extend our thanks to the Saunders family for reminding us of the rich and well-documented history of Whanganui Collegiate School. The addition of Dr Saunders' trophies to our museum serves as tangible reminders of our School's proud history and experience of our students and community members alike," said Headmaster, Wayne Brown.

The Saunders family's influence extends beyond the walls of Whanganui Collegiate School. In 1898, Dr Saunders instigated the subdivision of the Imlay Estate for settlement, thereby establishing the suburb of Gonville. Gonville, Caius, and Kings Avenue alongside Cambridge Street were the first established and named after Colleges at Cambridge where Dr Saunders did his training. Their dedication to education and community has left an enduring legacy in Whanganui. Dr Saunders was not only known for his contribution to education but medicine also. He gave up his position as Headmaster to pursue a career in Medicine.

Whanganui Collegiate School extended gratitude to the Saunders family for their thoughtful gesture and for honouring Dr Saunders' remarkable legacy. Their generosity serves as a testament to the enduring bond between the Saunders family and the Whanganui community.

Whanganui Collegiate School extended gratitude to the Saunders family for their thoughtful gesture and for honouring Dr Saunders' remarkable legacy. Their generosity serves as a testament to the enduring bond between the Saunders family and the Whanganui community.



Dr Peter Saunders (left) with Whanganui Collegiate School Headmaster Wayne Brown, unveiling trophies in a presentation to students.

## MP Carl Bates' office officially opened

The office of the MP for Whanganui, Carl Bates, at 200B Victoria Ave, was officially opened on Tuesday evening, March 12.

The Minister of Mental Health, Tourism and Hospitality, Matt Doocey, did the ribbon cutting honours and spoke briefly about Carl and the office.

He acknowledged the contribution of volunteers and introduced the three staff in the Whanganui office – Linda, Tony and Amy.

He spoke about how an MP's office can be seen as a community office where people reach out for support. It is a humbling and important role supporting people.

"Carl has hit the ground running," Minister Matt Doocey said, and has a reputation as "everywhere man. He is accessible, engaged on the ground and out there."



Carl Bates with Matt Doocey

## U3A introducing 3-part series in archaeology



The first of a series of three presentations on archaeology begins on Monday, 25 March, with a talk from archaeologist Gordon Jackman. It will be at the Josephite Retreat Centre on St Johns Hill, off Hillside Tce, starting at 10am. There is a charge of \$5. The presentations are open to everyone.

Gordon Jackman has worked on a number of sites in the North Island including at Oropuriri located at the Bell Block bypass – near New Plymouth – to make way for a Motorway extension back in 2004. (see the photographs below). He will discuss a number of sites.

The excavation in these photos uncovered a long history of occupation, the oldest being a settled village with very clearly defined houses, fences and paths, with the polished earth floors still showing flattened limps of red ochre. It also uncovered thousands of post holes and trenches that told the story of the place, even escape plans that allowed Māori to abandon the pā having inflicted losses, living to fight another day.

## Carl Bates MP for Whanganui

We're open!

Our Whanganui Electorate Office is open at 200B Victoria Avenue

### Opening hours:

Tuesday-Thursday  
9.30am to 12.30pm; 1pm to 3pm

Monday and Friday by appointment only

Tel: 06 348 1029  
Carl.BatesMP@parliament.govt.nz



## FREE MOBILITY SCOOTER SESSION



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Tuesday 19 March 2024  
10am-2:00pm

Register your interest with Val Overweel by Friday 15 March 2024 at Horizons Regional Council on 0508 800 800.

Venue: Church on Ingestre  
42 Ingestre Street, Whanganui

Entrance on Campbell Street  
Morning tea and light lunch provided



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Economical 1.2L Hybrid auto, only 32,000 kms, tints, alloys, high seating, great colour!



**NOW \$16,995**

### 2018 NISSAN NOTE PREMIUM

1.2L, auto, top model, alloys, body kit, high seating, practical space, tints, alloys, great price!



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1.0L auto, NZ new, 1 owner, only 9,000kms, alloys, bluetooth, 6 airbags, CD, like new!



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### 2016 SUZUKI BALENO RS XT

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**NOW \$17,995**

### 2017 NISSAN MARCH S

1.0L, auto, only 35,000kms, ESP, A/C, immaculate condition, economical and late model!



**NOW \$12,995**

### 2009 SUZUKI SX4 LTD

2.0L manual, NZ New, Top model, chain driven, cruise control, 6 airbags, high seating



**NOW \$8,995**

### 2016 SUBARU IMPREZA SPORT

1.6L, auto, only 42,000kms, sporty hatch, adaptive cruise, safety suite, tints, alloys.



**NOW \$16,995**

### 2019 MAZDA 3 FASTBACK

2.0L, auto, L package, very high spec, only 35,000kms, alloys, bluetooth, radar cruise control, great looker!



**NOW \$28,995**

### 2018 KIA NIRO EX HYBRID

1.6L, HYBRID, only 129,000kms, reverse camera, bluetooth, adaptive cruise control, Apple CarPlay, late model.



**NOW \$16,995**

### 2021 HYUNDAI KONA N-LINE

1.6L, turbo, auto, top model, NZ new, 1 owner, only 29,500kms, bluetooth, leather, reverse camera, safety package.



**NOW \$36,995**

### 2019 RENAULT KOLEOS ZEN

2.5L 4 cylinder, auto, NZ new, top model, only 49,000kms, leather, running boards, 20" alloys, tints, reverse camera.



**NOW \$29,995**

### 2011 FORD FALCON XR6

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



**NOW \$15,995**

### 2018 HOLDEN TRAX LTZ

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



**NOW \$18,995**

### 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**

### 2023 KIA SORENTO PREMIUM

2.2L, diesel, NZ new, only 11,600kms, top model, 7 seater, features galore, great buy for a stunning vehicle.



**NOW \$67,995**

### 2019 MITSUBISHI TRITON GLX-R

2.4L, 4WD, diesel, manual, NZ New, only 49,600kms, 1 owner, canopy, towbar, nudge bar, black rims, good buying.



**NOW \$38,995**

### 2014 NISSAN NAVARA ST

2.5L, manual, 2WD, only 104,000kms, very tidy, towbar, tonneau cover, running boards, black alloys.



**NOW \$22,995**

### 2022 SUZUKI CARRY TRUCK

658cc, manual, 4WD, only 9,000kms, like new, folding deck sides, ESP, Air conditioning, cab protector.



**NOW \$22,995**

### 2021 MITSUBISHI TRITON GLSB

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Te Taonga Toi O Aotearoa  
The Arts Destination of New Zealand  
**2024**

# 15 - 24 March

Whanganui: the eclectic art capital of Aotearoa

Download the trail guide at [openstudios.co.nz](https://openstudios.co.nz) or purchase from isite for \$5.00



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

## Artists Open Studios to include mid-week workshops

While 2024 Artists Open Studios will have over 90 studios and galleries to view local Whanganui and Marton artworks over the weekends of 16/17 March

and 23/24 March, there will also be a good range of workshops available mid-week. They include: two different pottery workshops, two glass workshops,

embedded mosaic, Kantha Stitch Sampler, felt making, pinch pot flowers, stained glass, raranga (harakeke harvesting and weaving, Curiosity Shelf workshop and printmaking. For information and bookings go to [openstudios.co.nz](https://openstudios.co.nz).

As part of the AOS opening on **March 15**, there will be the Riverside Paddle & Palate with food vendors, a dockside bar and live music from 5 to 8pm.

On **March 16** there will be a Rutland Street Art Play Party for the kids. In a traffic-free zone, they will be able to explore a range of art2play activities.

A new event is the opening of Te Ao Hou Marae in Aramoho for **March 16/17** only. There will be a range of traditional and contemporary art works from local Māori artists as well as poetry, photography, carving, weaving and writing on display from 10am to 4pm.

The Sargeant Art Gal-

lery has arranged for two talks during Artists Open Studios as follows:

**Tuesday 19 March:** Public Art and Social Change.

A discussion with Mark Amery, Sophie Jerram, Andrew Clifford and Anique Jayasinghe. Mark and Sophie will present and discuss some key art projects they have been involved with, and Whanganui District Council's Creative Community Advisor Anique Jayasinghe will discuss some past, current and upcoming local projects.

**Thursday 21 March:** Jade Townsend

Jade Townsend is the current Tylee Cottage resident painter. She will be joined in conversation by the Sarjeant's Curator and Public Programmes Manager Greg Donson.

Both events are from 7pm to 8.30pm at the Nikaū Room at the Backhouse, 28 Taupō Quay.

**BOOKINGS:** These events are FREE but book your seat on 06 349 0506 or [info@sarjeant.org.nz](mailto:info@sarjeant.org.nz)

As there is so much choice of art studios and galleries, it would be a good idea to buy a Trail Guide for \$5 from the i-site. Another approach is to go first to the Start-

ing Point Exhibition at Whanganui Arts @ The Centre, 19 Taupō Quay, where there will be works from each studio participating in the event. Get a taste of what to expect

and start to map out your art adventure. The exhibition is open 9 to 4.30pm on the weekends and from 10am to 2pm from Monday 18 to Friday 22 March.



Artists Open Studios booklet available from i-site

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# Artists open studios week day talks:



## Public Art and Social Change

A discussion with Mark Amery, Sophie Jerram, Andrew Clifford and Anique Jayasinghe

Tuesday 19 March 2024, 7pm – 8:30pm

Venue: The Nikaū Room at the Backhouse, 28 Taupō Quay

This event is FREE but please be sure to book your seat on 06 349 0506 or [info@sarjeant.org.nz](mailto:info@sarjeant.org.nz)

Mark Amery and Sophie Jerram have been running The Letting Space Projects since 2010 and their book *Urgent Moments: Art and Social Change The Letting Space Projects 2010 - 2020* was published in 2023. They will present and discuss some key art projects they have been involved with and Whanganui District Council's Creative Community Advisor Anique Jayasinghe will discuss some past, current and upcoming local projects. Sarjeant Gallery Te Whare o Rehua director Andrew Clifford, has contributed to *Urgent Moments* and will chair a panel discussion and facilitate a Q&A. Mark and Sophie's book will be available for sale and signing.



## Artist Talk: Jade Townsend

Thursday 21 March 2024, 7pm – 8.30pm

Venue: The Nikaū Room at the Backhouse, 28 Taupō Quay.

This event is FREE but please be sure to book your seat on 06 349 0506 or [info@sarjeant.org.nz](mailto:info@sarjeant.org.nz)

The Sarjeant Gallery is delighted to introduce the current Tylee Cottage resident painter Jade Townsend. Jade will be joined in conversation by the Sarjeant's Curator and Public Programmes Manager Greg Donson.



**Sarjeant Gallery**  
Te Whare o Rehua  
Whanganui

**creative nz**  
ARTS COUNCIL OF NEW ZEALAND / TOI AOTEAROA

**ARTISTS  
OPEN  
STUDIOS**  
WHANGANUI  
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Image: Landscape of a butterfly wing 2, by Denice Midgley.

## Louise Herdman Mosaics studio open with one-day workshop on offer

## '35 Plymouth' Street Studio - first time in Artists Open Studios

Louise Herdman discovered the love of mosaics when she attended

a night class back in 2002. "I fell in love with it – the messy process, the happy

accidents, how materials can gel together. It is a playful art, choosing col-

ours, patterns and materials."

By 2006, she started teaching, but only after a lady from Waverley booked some classes and told her that she had to teach.

"I learn along the way, working out the best glues, what materials work together and so on." She continues to learn through online courses and in-person and joined an Australian Mosaic Art group.

Louise has been a participant in Artists Open Studios since 2008, never missing an event.

Last year, Louise started a project with junior St George's students to create a 12 and a ½ metres long mosaic for one of their classrooms. The works of 32 children, along with some of her own contributions, will be in her studio at 19 Taupō Quay, in the building opposite the Boring Gallery

Louise will also have a number of her own works – some finished and some in progress. Check out the two in the picture, plus decorated mirrors.

She will also conduct a one-day workshop on Tuesday, March 19, in between the two weekends of Artists Open Studios. Go to [openstudios.co.nz](https://openstudios.co.nz) for more information and to book.

As Louise says in the catalogue, "I love to discover new ways to make mosaics and to encourage others to find their own style of creating mosaics."



Glen Hayward (wood sculptures) and Pam Bell (upcycled art)

Readers might remember Ellwood Electronics, based at 35 Plymouth Street. They operated out of a long garage with a frontage onto the street. It is now, with some re-decoration and skylights, "the perfect spot" for an art studio and work space for Glen Hayward (wood sculptures) and Pam Bell (upcycled art).

Glen was born in Whanganui, but his parents shifted to Auckland. In 2014, he was awarded the Tylee Cottage residency and came back with the idea of making it a permanent shift. It happened and Glen bought the old

motor mower shop in Gonville as his studio.

However, he had his eye on 35 Plymouth and approached the Ellwoods, and when they were ready to move on three years ago, he and Pam bought the house and workspace.

The space is divided into four, with the large back area devoted to wood and wood tools. It is light, warm and inviting.

Glenn, who has been doing wood sculpture for 30 years. One example is a fire extinguisher based on one he saw at the Venice Biennale art exhibition in 2024. He prefers background objects. His work is so accurate, that art goers believe it can be used.

Another example is a circular drinking fountain based on the 'real thing' in the Guggenheim

Museum. When it was exhibited in Canberra, someone wanted to get a drink from it.

Pam buys framed vintage art without glass fronts and "gives them a new lease on life" by writing sentences in glitter, which "can be fun to sweet to naughty." She also buys retro ceramics, alters them and makes them into bookends and planters.

Their combined piece for the exhibition on opening night at the Community Arts Centre in Taupō Quay is a large painting with the words 'Adventure Before Dementia' with two wooden cigarette butt sculptures attached to the frame. As Glen puts it, it could mean "stuffed out – gone for a walk."

Louise Herdman



**Louise Herdman MOSAICS**  
*"Be inspired to mosaic in your own way"*  
**Intro to mosaics classes. Range of workshops offered.**

**Tuesday 19 March 2024**  
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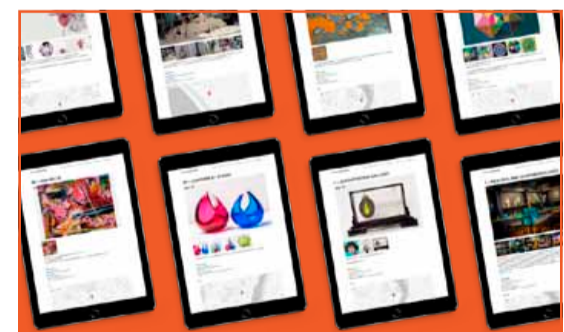
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Image: Landscape of a butterfly wing 2, by Denice Midgley.



## Bricksticks/Twin Kilns Gallery - a must to visit *Storyteller's dress exhibition*

Bricksticks/Twin Kilns Gallery at 18A Georgetti Road is a must to visit during Artists Open Studios. The building itself is a fascinating piece of architecture with a great history and with a number of separate gallery spaces, making it perfect for an exhibition involving 13 artists, covering a wide range of different types of art.

It is the property of Greg Betts, who makes beautiful furniture on site. He has a variety of stools, tables and chairs hand made from a variety of different woods, including the silky oak tree. Try out his chairs, and you will be impressed with how comfortable they are. He has been producing quality furniture since

1975.

Michelle Colson works with acrylic and metallic paints to achieve shimmering organic paintings that interplay with the light. Colour is often bold, and she works on large and small-scale formats. She says her new works depart a little from pure abstract to include landscape elements.

The other artists are:

- Chloe O'Leary – Wildlife Sketches
- David Coleman – Furniture Maker, especially small tables
- David Taylor – Painting, Mixed Media & Watercolour
- Graham Baskiville-Robinson – Ceramicist & Painter
- Heather Baskiville-Robinson – Fibre Artist
- Jack Michalski – Woodwork & Photog-



Michelle Colson with an example of her painting.

raphy

- Jeff Martin – Handcrafted Wooden Spoons
- Ken Sandö – Contemporary Artist
- Mark Gibb – Woodturner
- Mere Keating – Flax Weaver & Hat Maker
- Tom Turner – Drawing, Painting and Sculpture

The gallery is open from 9.30 to 4.30, and there will be live music by David Chadwick. Just follow the drive, and there will be plenty of parking available.

For details and examples of the artists' work, go to *Twin Kilns Gallery at Bricksticks* on Facebook, and to check out Greg's furniture visit *Bricksticks Greg Betts Whanganui* on Facebook.

## *Storyteller's dress exhibition*

Since studying textile design, Jenny Brown has always had a love of graphic design, colour, shape and texture. Lockett Gallery are exhibiting Jenny's stitched and embroidered children's clothing inspired by main characters from picture books.

A child get to wear the dress and become part of the story. You can view this exhibition during Artists Open Studios at Lockett Gallery, 65 Guyton Street.



**BEAUTIFUL**  
best describes Jenny Brown's exhibition at **Lockett Gallery**  
65a Guyton Street  
*Jenny will be "in residence" during AOS*

Phone 021 2927 417

Proud to support Artists Open Studios

**Rutland Street Block Party**  
9am - 2pm  
Saturday 16 March

**ARTISTS OPEN STUDIOS**  
WHANGANUI

**ART PLAY**  
Explore creative play at Artists Open Studios  
15 - 24 March 2024

## Lyndsay Patterson Glasswork Auction

**EXHIBITION:**  
Friday 15 - 22 March

**AUCTION:**  
Friday 22 March  
6pm

Community Arts Center,  
19 Taupo Quay, Whanganui

In early 2023 the Whanganui community lost the much-loved and renowned glass artist, Lyndsay Patterson. Lyndsay's family have chosen to honour his memory with the establishment of the Lyndsay Patterson Art Foundation, making available future scholarships for young artists.

Artist Open Studios are proud to host an auction of Lyndsay's glass artwork. Proceeds from this auction will go towards these future scholarships.

Lyndsay graduated in 1999 with a BFA from the Wanganui Polytechnic. He was a founder and co-owner of the well-known Chronicle Glass Studio in Whanganui. A regular participant in Whanganui Artist Open Studios, and at the time of his passing he was member of the WAOS Trust Board, on which he had served faithfully since 2016.



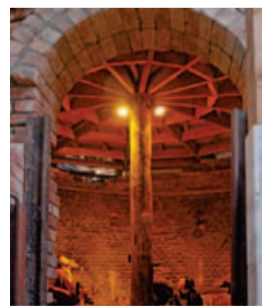
## Bricksticks Furniture & Twin Kilns Gallery

Open for business over 2 weekends...  
**March 16-17 and 23-24**

For more information about the Artists go to [bricksticks.co.nz](http://bricksticks.co.nz) and follow artists at Twin Kilns Gallery at Bricksticks on Facebook.

Off road parking.

**From 9.30am to 4.30pm each day.**





# Global Recycling Day

## March 18

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Global Recycling Day is celebrated every year on March 18. The day was created in 2018 to help recognise and celebrate the importance recycling plays in preserving our precious primary resources and securing the future of our planet. It is a day for the world to come together and put the planet first.

Every year, the Earth yields billions of tons of natural resources and at some point, in the not too distant future, it will run out.

That's why we must think again about what we throw away – seeing not waste but opportunity.

Recycling is a key part of the circular economy, helping to protect our natural resources. Each year the 'Seventh Resource' (recyclables) saves over 700 million tonnes in CO2 emissions, and this is projected to increase to 1 billion tons by 2030. There is no doubt recycling is on the front line in the war to save the future of our planet and humanity.

Every year in New Zealand we discard 17.5 million tonnes of waste, with 12.6 million destined to landfill. From the volume that is disposed in landfill, 30% (3.6 million tonnes) are made of readily recyclable materials that have high recycling value and can be easily diverted if we dispose of them correctly.

When it comes to plastics, the figures for New Zealand are eye-watering:

- We use 1.76 billion plastic containers every year, with 39% going to landfills.

- The most common item of plastic is the single-use plastic drink bottle – 188

per household every year.

- 181 million containers don't even have an identifiable plastic identification code on them

- Plastics numbered 1, 2 and 3 can be recycled well.

The theme of Global Recycling Day 2024 is #RecyclingHeroes. This will recognise the people, places and activities that showcase what an important role recycling plays in contributing to an environmentally stable planet and a greener future which will benefit all.

Annual General Meetings can often be notoriously pedestrian affairs; but not so the AGM of the Sustainable Whanganui Trust (SWT) at the Backhouse on March 11. Around 40 people gathered for the event themed "Acknowledging Great Moments". Among them, Carl Bates MP, Cllr. Ross Fallen, and Lupton For, Te Awa Tupua's first accountant.

The Sustainable Whanganui 2023 brochure, distributed at the meeting, highlights the influence of Te Awa: "This is Whanganui's greatest contribution yet to the global movement for redefining human relationship with(in) nature. Sustainable Whanganui Trust is inspired by this."

With a respectful acknowledgement of Papatūānuku (mother earth), the chair, Hadi Gorton, opened the meeting.

The SWT financial report was presented, followed by four informative and



### 'Acknowledging Great Moments' with Sustainable Whanganui

engaging reports on SWT projects.

**Creative Kids:** This initiative fosters creative thinking and environmental awareness in children by utilising natural materials and recycled items.

**Predator Free Whanganui:** Supporting the national Predator Free 2050 goal, the project has a growing 'trap library' and mapping of Whanganui's predator hotspots.

**Repair Café:** Part of a global network with 50 branches in New Zealand alone, this initiative promotes sustainability by repairing clothing, tools, and other household items, drawing upon the skills of local residents.

**Green Bikes:** Manager Alastair Goodwin and mechanic Mike Williamson showcased the environmental impact of keeping bikes on the road by repairing and refurbishing them, thereby effectively saving them from the landfill.

Their accomplishments are remarkable. Green Bikes has repaired and sold over 160 bikes, provided parts and servicing, and taken 12 trailer loads of unfixable bikes to the scrap yard after stripping them for parts.

A \$21,000 grant from the Department of Internal Affairs, enabled Green Bikes to run bike maintenance workshops for school students. "This helped maintain the schools' bike fleets which are otherwise prohibitively expensive to maintain," explained Alastair.

The most rewarding aspect for Alastair and Mike has been the growing volunteer base: "A lot of them come in after school to help us out fixing our bikes or working on their own." Last year over 900 hours were contributed by volunteers to Green



Bikes, and Whanganui Collegiate's Selwyn House raised \$7,000 for Green Bikes during their charity week.

Green Bikes' commitment extends far beyond repairs. They actively promote cycling safety through initiatives like Bikewise Month and Saturday River Market workshops. Additionally, by providing and repairing bicycles, they help kindergartens, the Toy Library, Stanford House, and the unhouseed.

With several ongoing

projects and new ones in the pipeline, SWT is in an exciting and dynamic phase with a change of place and space. The previous location is now closed, and the new premises at 23 Drews Ave will open on Saturday, 13 April.

The future of sustainability in Whanganui looks promising indeed, thanks to the SWT and the tireless efforts of its dedicated community.

Contact: <https://sustainablewhanganui.org.nz/>  
Supplied - Jeya Wilson



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# Global Recycling Day

## March 18

### Is plastic really that fantastic?

A few years ago, Stuart Hylton, who advises our council on a range of issues, spoke to members of Whanganui Rotary Club on 'Is plastic really that fantastic?' This article is based on his presentation.

Post WW2, plastics took over steel as one of the most innovative and widely used products. It has huge advantages – very lightweight, high strength, durable, and low corrosive.

In 1960, the world produced 15 million tonnes a year. Today we produce around 600 million and since the 1960s, over 8 billion tonnes of plastic have been produced worldwide. The trouble is – only 9% of plastic worldwide is recycled.

The figures for plastic, especially plastic bags, are not cheerful. Five trillion bags are produced yearly. Side by side, they could encircle the world seven times. Plastic will start degrading only after 700 years and will full degrade only after 1000 years. After it degrades, it breaks down into smaller and smaller toxic bits of itself, infecting virtually everything on land and sea.

While recycling is important and there are many uses of recycled plastic, this is not a solution. We have to slow down the production of plastic and find alternatives.

Stuart was adamant that it is up to large corporations and governments to use science and innovation to move us beyond reliance on plastic.

In the meantime, mar-



kets for recycled plastic are shrinking. Historically China has been the largest buyer and recycler of the world's recyclables – around 50%. But in 2017, they announced restrictions.

By now most of us know to look for the number in the triangle at the base of plastic containers – if they

are actually there. Out of the seven different types, based on the plastic resin the product is made of, generally only those with a 1 (water bottles through to household cleaners), 3 (milk bottles to laundry detergents), and 5 (yoghurt, margarine and ice cream tubs) are recycled in New Zealand.

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# Self-Harm Awareness Month

March is Self-Harm Awareness Month, and despite a recent cultural shift toward more open discussions about mental health, self-harm remains a significant and often misunderstood topic.

### Understanding self-harm

Non-suicidal self-harm is a behaviour where individuals intentionally inflict harm on themselves as a coping mechanism for dealing with emotional pain, stress, or trauma. It could involve actions like cutting, burning, picking at wounds, pulling out hair, or inflicting bruises. However, self-harm can also refer to other behaviours such as consuming alcohol and substances, engaging in dangerous activities, or neglecting one's physical or emotional needs.

While it can affect individuals of any age, teens are at an exceptionally high risk for self-harm, with girls at a higher risk. Members of the LGBTQ community represent another at-risk group. Self-injury is also known to co-occur with mental health conditions, including eating disorders, borderline personality disorder, depression and anxiety disorders, and conduct disorders.

### Why do people self-harm?

For those who have not experienced it, self-harm can seem perplexing. To understand this behaviour, it might help to understand the biochemical medications that underpin self-injury—namely, the body's release of endorphins in response to pain.

Endorphins are natural painkillers produced by the brain, which can create a sense of emotional release or numbing. Because physical and emotional pain activates the same parts of the brain, those endorphins may bring emotional relief immediately following a self-harming behaviour.

Some research suggests that those who self-harm may have a higher pain tolerance, which may explain why the physical discomfort it causes may not be enough to deter the behaviour.

### Recognizing the signs of self-harm

Key signs to notice include the following.

- Physical injuries – Frequent cuts, bruises, burns, or scars can be a sign that a person is engaging in self-harm, particularly if the injuries are not easily explained or located in a place that is easily hidden.
- Different clothing and appearance – Those who self-harm often attempt to conceal their injuries. For example, they may wear long sleeves or trousers, even during warmer months, or use accessories like bandanas or wristbands to cover their injuries.
- Unusual excuses for injuries – Implausible excuses for physical injuries or a dismissive attitude towards noticeable wounds might be a sign.
- Behavioural changes – These could include social withdrawal, decreased engagement with school or work, substance use, or risk-taking behaviour. Emotional distress.

**World Sleep Day** March 15

**Sleep is Essential for Health**

## Sleep is vital to maintain both physical and mental function

The goal of World Sleep Day on March 15 is to celebrate the benefits of good and healthy sleep and to draw society's attention to the burden of sleep problems and their medical, educational, and social aspects, and to promote the prevention and management of sleep disorders.

There is also the economic aspect. It was estimated in 2019 that sleep deprivation cost the US over \$US 400 billion a year with Japan losing \$138 billion, Germany \$60 billion, the UK \$50 billion, and Canada \$21 billion.

Poor sleep can be caused by a number of different issues, often linked to each other. It can, however, be very difficult to break the cycle.

Good sleep is important as it allows our bodies to rest, conserve energy, lower our breathing rate, blood pressure and body temperature. While this is happening our brain is engaged in specific processes that help with memory, mental functioning and physical growth.

Regular lack of sleep interrupts these processes and can lead to mood and concentration problems, hunger and weight gain, getting sick more often and simply looking tired.

There are many tips to help improve sleep. They include:

- Set your body clock – go to bed and get up at the same time each day.



Get out into bright light as soon as you wake up as light regulates your body clock.

- Keep your evenings stimulant-free – including caffeinated drinks (within six hours) smoking, alcohol, (within two hours) electronic devices (at least 30 minutes before going to bed)

- Be active in the day, although avoid strenuous exercise within three hours of going to bed.
  - Wind down at bedtime and avoid heavy meals within two hours.
  - Go to bed when you are tired.
- Other suggestions include using a weekly 'Sleep tips tracker' for each day, and then rating how good your sleep was. Relaxation activities and deep breathing is also recommended.

For more information, go to [hn.org.nz](http://hn.org.nz). You can download a Sleep tips tracker there as well.

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# 17th ANNUAL WANGANUI EASTER BOAT FISHING CONTEST 2024

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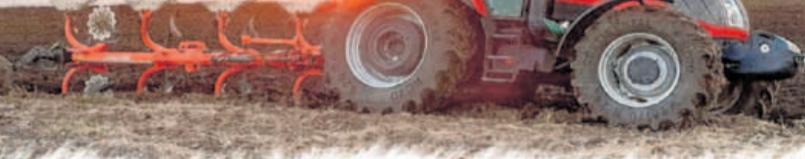
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The 17th Annual Wanganui Easter Boat Fishing Contest will take place Saturday and Sunday, March 30 and 31, 2024. All entries prior to **Good Friday** go through Wilsons Hunting & Outdoors on 222 Victoria Ave, 06 348 7679, email [shop@wilsonshunting.co.nz](mailto:shop@wilsonshunting.co.nz) or [wanganuieastercomp@xtra.co.nz](mailto:wanganuieastercomp@xtra.co.nz). All entries, however, must be in by 6pm on **Good Friday 29 March** at the briefing in the Castlecliff Club, Wanganui.

The competition started 18 years ago and



Participants launching their boats at a previous competition

only missed 2022, due to the Covid pandemic. It's expected to bring in over 200 anglers again from around the region: Taranaki across to the East Coast and down to Wellington.

The fee has been kept at \$60 per angler. All fishing is by conventional rods only. All boats are to be launched and returned to the Castlecliff Slipway. The start each day is 7am with a finish time of 3pm, and the organisers warn entrants to bring their fish to the queue at

the Wanganui/Manawatu Sea Fishing Club weigh-in by that time. (The only exceptions are an MPI inspection or the boat has broken down and is under tow)

There is a range of prize categories, with prizes

from 1st to 8th for Snapper, Blue Cod, Gurnard, Kawahai and Tarakihi, 1st to 6th for Trevally, 1st to 4th for John Dory and 1st to 3rd for King Fish. The organisers have pointed out that if sufficient fish are not caught



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# 17th ANNUAL WANGANUI EASTER BOAT FISHING CONTEST 2024

## Wanganui Easter Boat Fishing Contest



Prizegiving at a previous Whanganui Easter Boat Fishing Contest

credible to find so many wonderful sponsors will- ing to support this Easter Fishing Contest and keep the legacy of this fun event going. Many thanks. The Organisers wish all entrants good luck with their fishing and see you at the briefing. Supplied- Miles Johnson

to fill a category, those prizes will be added to the already large pool of Lucky Spot Prizes which will go at the Prize Giving on Sunday night. The spot prizes include a skipper's prize of a

\$500 fuel voucher, five draws for \$50 cash on Friday and Saturday nights, plus one draw of \$100 on Saturday night. Last but not least, is the major spot prize on Sunday night of a 'Traeger Wood Pellet

BBQ' worth \$2100. Prize giving and live entertainment will be held on the Sunday night at Club Metro, Ridgway Street. While the current economic climate is making life tough for all, it is in-



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Award winning local author launching new book



**Airini**

Photo credit: Skye Boniface

Airini Beautrais has had significant success with her writing. Her debut work of fiction, *Bug Week*, won Aotearoa New Zealand's top fiction award, the Jann Medlicott Acorn Prize, at the 2021 Ockham New Zealand Book Awards.

She is also the author of four collections of poetry, including *Secret Heart* (VUP, 2006), which won the Jessie Mackay Award for First Book of Poetry at the 2007 Montana New Zealand Book Awards. In 2016 she won the Landfall Essay Prize.

Her latest book is a collection of essays on personal and political themes under the title of 'The Beautiful Afternoon.' The launch is on Tuesday 19 March at Space Studio and Gallery, 5.30 to 7pm.

A summary is as follows:

"In *The Beautiful Afternoon*, award-winning poet and short-story writer Airini Beautrais plumbs history, literature, Star Wars, sea hags, beauty products, tarot, swimwear, environmentalism and pole dancing to deliver a virtuoso inquiry into how we become, and change, who we are."

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# SUPPORT OUR LOCAL TRUCK DRIVERS



A couple of trucks on display recently at a gathering at The Boatshed, Somme Parade

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## Grange Transport - specialists in rural transport services



From the left - Ray Stewart working at Grange for over 40 years, Angela Hacket, one of two women drivers, Peter Smith (Dispatch Manager), and Brendon Molan (Owner).

Whanganui based Grange Transport has been an enduring presence in the rural sector since its inception over 50 years ago. Founded by truck driver Peter Molan and now owned by Peter's son Brendon, Grange Transport continues to be a vital player in the transportation industry, boasting a fleet of diverse vehicles and a dedicated team.

The company serves the agricultural sector with a wide range of services, from the transportation of wool, fertilisers, seeds and livestock to roading

products, handling diverse cargo making it an invaluable partner for farmers in the region.

Grange Transport focuses primarily on the central and lower North Island. However, its commitment to service extends beyond regional boundaries, as it undertakes jobs further afield when required. With a team of approximately ten skilled drivers, Grange Transport has become synonymous with efficiency and reliability in the rural logistics arena.

"The rural sector, with its unique demands, requires precision and timeliness," explain current transport manager Peter Smith. "Grange Transport understands the urgency associated with products like livestock and fertilisers and the importance of being responsive, sometimes at short notice."

The company's fleet includes units rated from 44 to 50 tonnes, ensuring it can handle a variety of loads. Additionally, a small truck is available for accessing difficult places, showcasing the company's commitment to tackling any job. The fleet is

equipped with accredited stock crates, allowing for the safe transportation of livestock.

Grange Transport also employs drivers with dangerous goods licenses, ensuring the safe and compliant transport of chemicals and other hazardous materials.

Keeping up to date with

the latest technology is important for the company. Farmers can simply phone or text their job requests. Trucks are equipped with GPS, enabling them to track the progress of each job in real-time. Job details are swiftly sent via computer to the driver's cell phone.

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# SUPPORT OUR LOCAL TRUCK DRIVERS



## The importance of trucks for our economy

Road freight transport plays a critical role in the New Zealand economy, with 93 percent of all freight carried in trucks, and is predicted to grow substantially over the next 30 years. The road freight transport industry employs almost 33,000 people (2.0% of the workforce), and has a gross annual turnover of \$6 billion

Truck drivers work long hours, can be away from home for long periods of time, and shoulder tremendous responsibility for carrying sensitive, critical, or dangerous loads.

Everyone wants their goods yesterday, so there are time pressures as well. But most truck drivers will be the first to help out if anything bad happens on the road and always have a ready smile and quick chat.

Through all weathers, natural disasters, pandemics, Covid-19 level changes and lockdowns, truck drivers keep delivering the essentials New Zealanders need to live on a daily basis.

Our economy is driven by exports and imports – goods that need to get where they are going as efficiently and cost-effectively as possible, given our disadvantage of being so far away from the rest of the world. This is a well-oiled, logistics-driven machine, and people in the trucking industry deserve credit for the role they play.

So we recommend that



people say thank you to truck drivers for all the things they've delivered for them. Pretty much everything spends some time on the back of a truck. A friendly smile and a wave can mean so much to truck drivers.

The organisation, called Road Transport Forum NZ (RTF), provides unified national representation for several regional trucking associations. RTF members include Road Transport Association NZ, National Road Carriers and NZ Trucking Association. The affiliated representation of the RTF is about 3,000 individual road transport companies which, in turn, operate 16-18,000 trucks involved in road freight transport, as well as companies that provide services allied to road freight transport.

The Green Freight project, overseen by the Ministry of Transport, was initiated in April 2019 and looks at the role alternative green fuels — electricity, green hydrogen and biofuels — could play in reducing emissions from heavy vehicles carrying freight on New Zealand's roads.

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## Athletic Football Club Golf Day - a remarkable display of community spirit

On Friday, 1 March, at Castlecliff Golf Course Whanganui Athletic Football Club hosted its annual golf day. After the success of the 2023 golf day, it was inevitable the Club would continue this awesome day out again this year.

In a landscape dotted with golfing events, the Club's golf day stood out as a testament to community spirit and unwavering support. The 18-hole Ambrose competition was a showcase of skill and teamwork, with each team giving their all in pursuit of victory.

A fun day out was the goal for most teams but there also had to be a victorious team, Cooper and Co's tactical tee shots and great short game earned them the top spot on the leaderboard. Close behind were Chunny's Chompers, demonstrating their prowess with a commendable second-place finish, followed closely by Mickey's, who secured third place with determination and skill.

Individual achievements were also celebrated, with Jordan Joblin-Hall, the midfield dynamo of the First Team, claiming the title of Longest Drive on the 6th hole. Meanwhile, Brendan Haughian's precise shot on the 4th hole earned him the accolade of Closest to the Pin, showcasing his finesse and accuracy.

The fundraising continued off the greens with a lively auction, where attendees eagerly bid on exclusive prizes, including signed memorabilia, helicopter rides, golf trips and gift packs.

Among the highlights was the auction of a round at the prestigious Cape Kidnappers Golf Course, fetching a substantial sum. Notably, it was a former Athletic player/coach Matthew Calvert whose winning



The Eltech team of Jimi Blinkhorne, Sam Cosford, Jack Anderson, Luke Reece.

bid added a touch of nostalgia to the event and enabled him to tick that one off his bucket list.

The Club extends its sincere appreciation to

Wanganui Glass for their generous sponsorship. Their support was instrumental in bringing the event to fruition, underscoring their commitment

to the Club's endeavours and the broader community.

Acknowledging the indispensable contributions of volunteers, the

Club extends its heartfelt gratitude. Their selfless efforts behind the scenes were instrumental in making the event a resounding success.

## Marangai Archery Club expanding and looking for new indoor venue



Marangai Archery Club new coaches

Marangai Archery Club has an eye to expand with a fresh crop of keen coaches and a search on for new indoor premises.

The club recently ran a coaching course and now has 12 qualified coaches to be able to teach newbies. All those who took part are now registered with Archery New Zealand and able to coach anyone up to intermediate level.

Marangai is going ahead in leaps and bounds with all the groups and schools they put through the club.

The club recently hosted several sessions as part of La Fiesta, New Zealand's Best Women's Festival, and is regularly visited

by local schools, after-school and home-school groups. The club can cater for anyone aged eight and up, and groups and individuals are welcome.

Founders Maureen and Rob are now branching out into other districts. With 80+ members, the club has grown so large that the community has

expanded its outreach into areas that don't have archery, so watch this space! Investigations are underway to find an indoor space in Marton to practice. Anyone with a suitable space is invited to email Maureen McMillan at secretary@marangaiarcheryclub.co.nz.

## CRICKET - United and Marist to meet in Coastal Challenge derby semi-final

The race for the home semifinals has been decided in the Coastal Challenge Cup as Wanganui Vet Services Marist and Property Brokers United will get to run it back one more time next weekend.

After their competition opener at Tasman Tanning (Victoria) Park was rained out on January 20th, the Whanganui teams have travelled different paths, but in the final round robin games on Saturday, Marist leapfrogged United into second place by virtue of a dynamic seven wicket win over Weraroa CC at their domain, in a match where nearly 650 runs were scored in less than 100 overs.

United fell to third after a six wicket loss at home to the two-time defending champions Levin Old Boys, who despite being shut out of the playoff picture and missing the chance at Coastal's first three-peat, still signed off their season in style.

Despite Marist's efforts the other home semifinal, and therefore the home final should they get that far, has gone to minor premiers Burger King Red Star, after their comfortable six wicket away win over Roofbox Paraparaumu.

Follow results and draws for the tournament at <https://www.playhq.com/new-zealand-cricket/org/coastal-challenge/coastal-challenge-summer-202324/coastal-challenge-50-overs/619aab07>

### Upcoming Premier Final

The door is still open for Whanganui High School 1st XI to make the Premier 2 40-over final after a clutch 18 run win over Whanganui Renegades in the penultimate round on Saturday.

Renegades still hold second-place from WHS on net run rate, behind uncatchable Matt Burke Engineering Marton Saracens, so it will all come down to this weekend when Renegades have to travel to play Marton, while WHS face Property Brokers United 2nd XI.

In Premier 3 30-over, Kaitoke Knight Riders continued their unbeaten streak with a big win over Awa City Cavaliers, while the Marton Saracens P3's scored a crucial 16-run win over Marist 2nd XI to take over the other grand final spot with one round remaining.

Follow results and draws for the tournaments at <https://www.playhq.com/new-zealand-cricket/org/cricket-whanganui/summer-202324/f02163af>  
Supplied - Jared Smith (edited)

## - Golf results -

### Wanganui Golf Club Thursday 7 March

D Goodgame 48 pts, T Gifford-Moore 46, K Patel 39, G Taylor 39, B Patrick 38, J Spooner 38, N Hopkins 38, N Hooker 37, L Respinger 36, R Hussey 36, A McKenzie 36, **Two's** T Gifford-Moore. **1st nearest marker** Feather ball: L Anderson, **3rd longest putt** Riverland Family Park voucher: C Milne, **14th Closest to Pin** First Vets ball: H Carvell, **18th longest putt** Canaan Honey voucher: R Stoneman. **Lucky cards:** D Spencer, R Bullock.

\*\*\*

### Castlecliff 9 Hole Club Thursday, 7 March, Putting

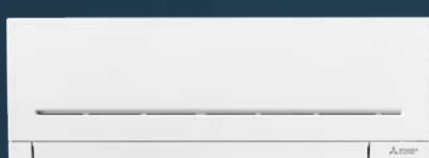
**Ladies:** Anne Cox 15, Janice Donghi 16, Elaine Everitt 16. **Men:** Rodney Mence 13, Ike Edmonds 15, Sam McGregor 16. **Raffle:** Ken Smith

\*\*\*

### Wanganui Golf Club 9 Hole

**27/02/24 Stableford:** H Jarrett (21) L Dunlop (18)  
**Closest to Pin** - P Follows  
**12/3/24 - Stableford:** R McKenzie (24) R Bourne (23), P Follows (21)  
**Two's** - R McKenzie (2)

Heat Pump  
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CONTROL



Always return home to total comfort!



# Pianist Liam Wooding to open concert series with a solo recital Churches next in Camera Club sights

Chamber Music Whanganui is well known locally for promoting top-quality musical artists in their concert series. On Wednesday, 27 March, at 7.30pm their 2024 concert series will begin with a solo recital given by internationally acclaimed pianist Liam Wooding. The concert will take place in the Concert Chamber of the Whanganui War Memorial Centre.

Liam Wooding needs no introduction to Whanganui audiences, having grown up here and contributed to many wonderful musical occasions, both as soloist, ensemble member, or accompanist.

Described by Radio New Zealand as possessing "chameleon-like ability with keyboard colour", Liam is known for his innovative and eclectic performances. His work "introduces audiences to a thought-provoking range of piano music" (Five Lines), often combining standard repertoire with music not often (or not yet) performed.

He was named the University of Waikato's Creative and Performing Arts Person of the Year in 2020 and 2021, and in 2023 was a Fulbright scholar based at the University

of California San Diego.

Wooding performed with the Auckland Chamber Orchestra, Wellington City Orchestra, the Western Australian Youth Orchestra, the Christchurch Symphony Orchestra, and on several occasions with the Auckland Philharmonia Orchestra. He has performed solo recitals in Australia, Canada, the United States, and in New Zealand, recently touring a programme for Chamber Music New Zealand titled "Reflections and Connections".

Liam's recital programme will include music by Shostakovich, Chopin (a Nocturne Op 62, no 2 and his Fantasy Op. 42), the late Jenny McLeod, one of New Zealand's most eminent composers, and finishing with Beethoven, his sublime Sonata No.31 in A-flat, Op. 110. The concert programme lasts approximately 75 minutes including a short interval.

Tickets are available from the Box Office of the RWOH, or at the door



Liam Wooding

(cash only) Adult \$40.00, Senior \$35.00, Student \$5.00

Subscriptions for the year's programme are also available at the Box Office. They can be used individually or shared with friends. A FULL subscription card for \$105.00 will give you pre-paid entry for up to 4 seats at any concert or one seat at any 4 concerts in the series. That is \$26.25 per concert or seat. In addition, a subscription gives you a discount price of 25.00 for any further con-

certs. A second option is the GENERAL subscription of \$40.00, giving the discount price of \$25.00 on the presentation of a membership card.

## Recent RCP winner

Mary Ann Lamont was the winner in the draw for a double pass to the Big Bike Film night. Congratulations to her and thanks to all those who entered into the draw.

Following the success of its 2022 Domestic Heritage Project, the Whanganui Camera Club (WCC) is again teaming up with the Whanganui Regional Heritage Trust to document places of worship in Whanganui and Rangitikei.

"Churches of all faiths and denominations add a rich architectural and cultural heritage to our lives. We believe it is important to capture and record the essence of these structures as a historical record for both current and future generations to enjoy. Whanganui and the wider region has around 60 churches that we've identified in our target area, which stretches from Waitōtara to Turakina and Castlecliff to Raetihi, says WCC president John Smart.

"Unlike the Homes Project, where images taken from the street were sufficient, the Whanganui Churches Historical Record Project will be much more complex. We will not only make sure we get shots "for the record" of the various church exteriors but will



St Mary's Catholic Church

explore and record the interiors while seeking to capture the unique atmosphere of each place of worship with more creative images.

"A trial shoot at St Mary's Catholic Church, Guyton Street, last month provided lots of good lessons and gave us a feeling for some of the challenges and creative opportunities we'll be facing," says Smart. "Churches approached so far have reacted enthusiastically to the concept, and we are hop-

ing more will come on board."

A selection of prints of the churches will be shown in the Whanganui Community Arts Centre as part of the Club's annual Members' Exhibition in October 2024.

In addition, a complete digital record of all the churches photographed in the project will be on display. Selected images (both print and digital) will be archived at the Alexander Library, Te Rerenga mai o te Kāuru, for future generations.

## CAB Awareness Week 2024 - Youth Week

# Rangatahi/young people, levelling up to adulthood has its challenges, but the CAB has got you!

Shout out to all rangatahi! CAB knows this adulting thing means facing heaps of new challenges on the daily, and it's good to have somewhere to go when you've got questions, want solid advice, or just need someone to print out a form for you. We've got you.

No matter the issue - whether it's about starting your first paid job, going flatting with your mates, buying a second-hand car without getting ripped off, getting your ID sorted, or understanding what the heck insurance is about - we're here

to help. We have heaps of information about your rights that we're keen to share with you, so you're empowered to deal with the world and get the most out of life as a young adult.

What's awesome is that all CAB's services are free - you don't have to pay anything. Our help is also confidential and non-judgemental - you can talk openly and we're there to listen and help.

You can ask us questions online via our website - cab.org.nz or send us a message and we'll get back to you. You can also call us on our freephone number 0800 367 222 or visit a CAB in your neighbourhood. For Whanganui

locals, we're just next to St Pauls Presbyterian Church in Guyton Street, opposite the Whanganui District Council building.

We can connect you up with other services too. We have a massive online directory of over 35,000 community services, support groups, clubs and activities.

Having over 2,000 CAB volunteers around Aotearoa delivering our free info and advice also means when you come to us you get to speak with a real person. Google is great, but it won't always get you to what you need or do it in a way that makes you feel heard and understood

You also don't have

to be a New Zealand citizen or resident to get help from us. If you're here, we're here. No matter who you are; if you need help and don't know who to ask - ask us!

CAB is also a great

place for young people to volunteer to make a difference in our communities. As a CAB volunteer, you receive awesome training, gain valuable experience, boost your CV, and get to work alongside

dedicated volunteers of all ages, learning and making a positive impact together. If you love helping people, then volunteering with the CAB could be your thing.

Nau mai haere mai! If

you've got a pātai - just ask, or better still, come in and check us out.

**Citizens Advice Bureau Whanganui**  
120 Guyton Street  
Whanganui  
Ph: 06-3450844



Citizens Advice Bureau



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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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**Mark Voss**  
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**Mark Morton**  
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**Bren Guild**  
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**Matt Robertson**  
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**Steven Schwamm & Jared Smith**  
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**Rachel Miller**  
027 526 5969



**Sharen Tunnell**  
027 920 0366



**Michael Bourne**  
021 210 3883  
(The Bournes)



**Renee Geary**  
021 164 2793  
(The Bournes)



**John Hewitt**  
020 4086 0204  
Rangitikei



**Tony Hewitt**  
027 449 2289  
Rangitikei



**Lisa Tangaroa**  
020 4131 0277  
Hawera



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Welcome to

# WILSON STREET

## Wilson Street named after a doctor who didn't practise medicine

Dr Peter Wilson was a medical doctor who came to Wanganui in 1841 but did not practice medicine full time in Wanganui. Instead he farmed the area now occupied by the Inlay Freezing Works. The reason was that in the absence of a public health system, a doctor was paid only when his patients could afford to – and in whatever ‘currency’ they could afford, whether it be a bag of potatoes or a chicken. For most doctors it could not be a full time profession.

Peter and Helen Wilson lived around the corner in Ridgway Street and an extension was built onto the house and this became the ‘Colonial Hospital.’ There is a sketch of it in the Whanganui Regional Museum, drawn by his wife Helen, with the inscription of ‘Peter’s House.’ It could not be Peter and Helen’s house, as women were not allowed to own property at that time.

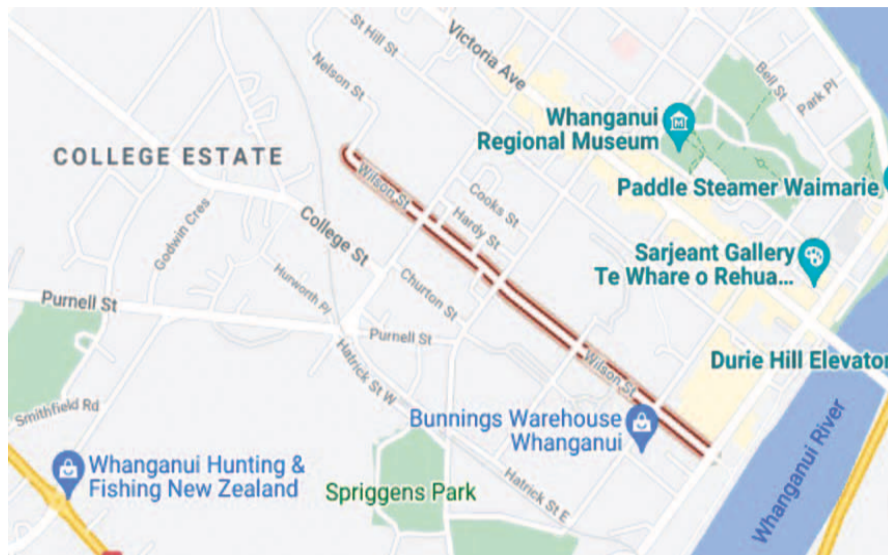
In 1848 Dr Wilson returned to practising medicine full time when he was appointed Colonial Surgeon at New Plymouth. He died in 1863.

Wilson Street was significant in early Wan-

ganui days as it represented the boundary beyond which no hotels could be established. This was based on the need for the police to have to walk a miscreant back to the town jail, in the absence of vehicles or even a horse.

While there are few historic buildings left in Wilson Street, one original remains – but in a different location. Tylee Cottage, which is now located at the base of Queen’s Park, was originally on the corner of Wilson and Maria Place extension. One of Wanganui’s oldest homes, it was built in 1853 and named after Thomas Tylee, a Wanganui pioneer who was in charge of the commissariat for the 65th Regiment.

Another old building was recently removed – a two story, five-bedroom home – from the corner of Wilson and Maria Pl Extension. It was built in the 1890s and was the residence for the Governor of the Prison. It was shifted by Brittons Housemovers to allow space for expansion by Midtown Motors. Brittons plan to restore it and on-sell.



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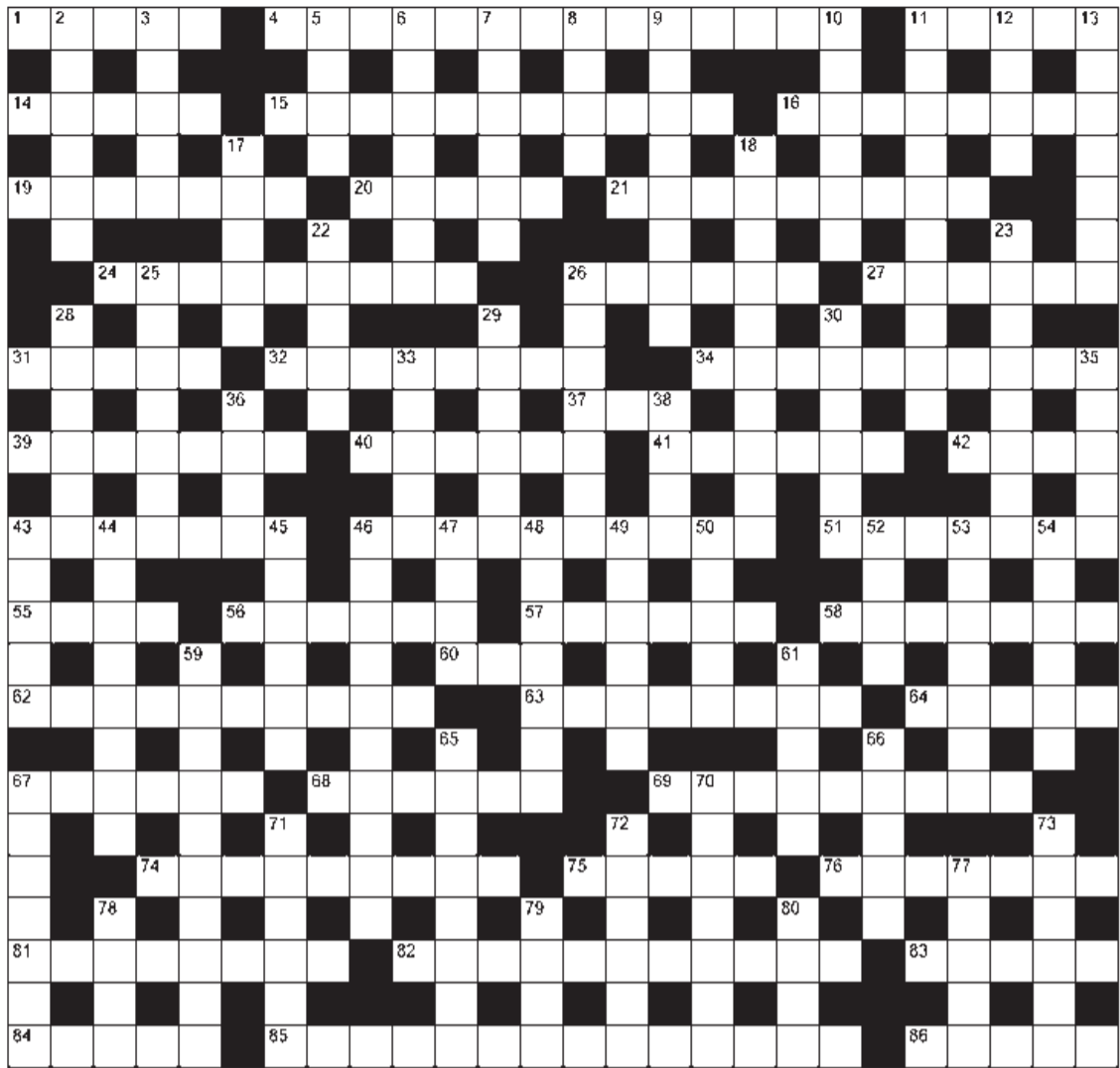
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# Jumbo crossword

- ACROSS**
- 1 Grey-faced (5)
  - 4 Insincere show of grief (9,5)
  - 11 Apparel (5)
  - 14 Bee product (5)
  - 15 Stone coffin (11)
  - 16 Abuse (8)
  - 19 Cowboy film, book (7)
  - 20 Way in (5)
  - 21 Fastest team sport (3,6)
  - 24 Orbiting device (9)
  - 26 Baby's toy (6)
  - 27 Courageous (6)
  - 31 Hackneyed (5)
  - 32 Paired (8)
  - 34 Moon starrer (anag) (10)
  - 37 Towards the stern (3)
  - 39 Gun barrel diameter (7)
  - 40 Jolly (6)
  - 41 Alleviation (6)
  - 42 Male deer (4)
  - 43 Artist's board (7)
  - 46 Independently (10)
  - 51 Declare one's approval of (7)
  - 55 Telephone (4)
  - 56 Picnic basket (6)
  - 57 Man's headdress (6)
  - 58 Progress (7)
  - 60 Age (3)
  - 62 Beau (10)
  - 63 Cross (8)
  - 64 Conductor's stick (5)
  - 67 Mark of disgrace (6)
  - 68 Bifurcated (6)
  - 69 Enrage (9)
  - 74 Disown (9)
  - 75 Cautionary light (5)
  - 76 Grand house (7)
  - 81 Witness (8)
  - 82 Shiny metal coating (6,5)
  - 83 Trainee (5)
  - 84 Perfume (5)
  - 85 Notice of dismissal (8,6)
  - 86 Denim trousers (5)
  - 36 Nasty child (4)
  - 38 Accurate (4)
  - 43 Skin holes (5)
  - 44 Women's underwear (8)
  - 45 Tooth coating (6)
  - 46 Faster than sound (10)
  - 47 Unpolluted (4)
  - 48 Turned like a wheel (7)
  - 49 Legendary jungle man (6)
  - 50 Permission (5)
  - 52 Require (4)
  - 53 Experienced sailor (3,4)
  - 54 Follow secretly (6)
  - 59 Eradicated (7,3)
  - 61 Children (5)
  - 65 Nervous; inclined to shy (8)
  - 66 Opponent (5)
  - 67 Grave (7)
  - 70 Provoked (7)
  - 71 Relic repository (6)
  - 72 Unborn offspring (6)
  - 73 Up-to-date (6)
  - 77 Frighten (5)
  - 78 Chimney (4)
  - 79 Balanced (4)
  - 80 Mix up (4)
- DOWN**
- 2 Digging tool (6)
  - 3 Vote in (5)
  - 5 Tangible (4)
  - 6 Large seed of tropical palm (7)
  - 7 Set off (6)
  - 8 Heavy metal (4)
  - 9 Cut short (8)
  - 10 Quest (6)
  - 11 Place to sign (6,4)
  - 12 Potato dents (4)
  - 13 Make content (7)
  - 17 Fleeting (5)
  - 18 Easy task (6,4)
  - 22 Transparent (5)
  - 23 Oriental sword (8)
  - 25 Greed (7)
  - 26 Insignia of royalty (7)
  - 28 Sun hat (6)
  - 29 Main ingredient of glass (6)
  - 30 Turn to ice (6)
  - 33 Throttle (5)
  - 35 Scoundrel (5)



## Whanganui

★★★★★

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## SIMON SHUKER'S CODE-CRACKER Extra 800

EACH number in our Code-Cracker grid represents a different letter of the alphabet. For example, today 25 represents D, so fill in D every time the figure 25 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. [www.codecracker.co.nz](http://www.codecracker.co.nz)

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

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

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

## Sudoku

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

HARD

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

Previous solution

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

Previous solution

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

## Previous crossword solution

ACROSS: 1 Samples, 4 Misconduct, 9 Offence, 13 Eddy, 14 Settle, 15 Expert, 16 Orchard, 19 Lookout, 20 Blessing in disguise, 21 Script, 22 Pledge, 24 Stag party, 29 Bluebell, 30 Gratis, 31 Costume, 35 Rhetoric, 36 Addict, 37 Gnaw, 38 Gavel, 39 Sap, 41 Yield, 43 Salmon, 47 Realm, 50 Tag, 54 Steam, 55 Rash, 56 Armour, 57 Question, 60 Panther, 61 Dishes, 62 Runner-up, 65 Embezzled, 67 Cellar, 68 Crease, 72 Charge an arm and a leg, 75 Tedious, 77 Include, 78 Burial, 79 Burrow, 80 Ball, 81 Irksome, 82 Second-hand, 83 Gallery.

DOWN: 1 Swell, 2 Mediocre, 3 Sleuth, 4 Mothballed, 5 Scene, 6 Oversee, 7 Daphne, 8 Corgi, 10 Foreshadow, 11 Exhaust, 12 Caress, 17 Compulsory, 18 Adage, 21 Suburbs, 23 Deludes, 25 Twinge, 26 Revise, 27 Tattoo, 28 Amoeba, 30 Grill, 32 Tram, 33 Kelp, 34 Fade, 40 Astray, 42 Lead, 44 Apathy, 45 Mumps, 46 Neutral, 48 Acumen, 49 Masquerade, 50 Trim, 51 Genuine, 52 Pact, 53 Choice, 58 Referendum, 59 Endangered, 63 Ozone, 64 Sabotage, 66 Marbles, 67 Cuddled, 69 Shiner, 70 Casino, 71 Strong, 73 Route, 74 Libya, 76 Silly.

## 5x5

F		R		S
	M		D	
C		D		E
	G		E	
D		E		S

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

Previous solution

S	C	A	R	S
T	U	L	I	P
A	B	O	V	E
C	A	N	A	L
K	N	E	L	L

## OBITUARY - Alan Cooper

**About Poetry**  
Meets third Tuesday of month, Club Metro, Ridgway Street. 2pm to 3.30pm. Informal, friendly meetings, visitors welcome. Recite yours or a favourite poem. A monthly topic is optional. Enquiries Robert Taylor, the bugleeditor150sc@gmail.com

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

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

**Free Computer Course**  
The UCOL Free and Easy Computer course covers all Microsoft programmes: Excel, Word, Powerpoint, Publisher. The course is on Mondays and Tuesdays 9am to 11am and 5pm to 7pm. It is ideal for all levels. Add computing to your CV. Enquire now 0800 468 265.

**Jigsaw Exchange**  
As the last Saturday of March falls on Easter Saturday, the meeting for this month will be on the 23rd of March, usual time, between 10am and 11.30am at Central Baptist Church. Contact Jack, 343-1404 or 021-0277-5391 or email rega21@xtra.co.nz.

**MIST Mental illness Survivors Team**  
203 Victoria Ave, open 9.30am to

3.30pm Monday to Friday. Closed statutory holidays. A place to share activities and socialise. We offer activities, acceptance and support.

**Repair Cafe Whanganui**  
Sunday, 24 March, 11am to 1pm. Get your clothes or soft toy mended by skilled volunteers and learn about fabric repairs at Gonville Community Room (behind Gonville Library), 44 Abbot St. Two items per person. Donation requested for successful repair. Enquiries whanganuirepaircafe@gmail.com or ph 06-344-1250.

**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.

**U3A Open Day!**  
Come for afternoon tea, buy a raffle ticket, and chat to our group leaders about the fun we have learning together. Friday 22nd March, 2-4pm, St John Ambulance Community Hall, 25 Tawa Street, Gonville. Contact Angela 022-632-4638.

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

**Whanganui Film Society**  
Monday 18 March 7pm: Burning (Lee Chang-dong | South Korea | 2018 | M cert) A tense, haunting romantic drama transforms into an enigmatic and mysterious thriller in this adaptation of a short story by Haruki Murakami. Davis Theatre, Watt St. Members only. Join at nzfilmsociety.org.nz/whanganui.html

*Whanganui lost a leading educationalist with the passing of Alan Cooper in February*  
Joseph Alan Cooper was aged 88. He is survived by his wife, Margaret, and his children Michael, Geoffrey, David and Eli. His teaching methods at St. George's Preparatory School in Whanganui led to global recognition of it and to Alan travelling overseas to education and leadership conferences and furthering his own learning. In his teaching career, he established himself as an innovator and as a headmaster who could turn schools' fortunes around. In 1982 he accepted the challenge of undertaking that process with St. George's, working with a two-year window or seeing the school close. He instigated many changes over 17 years with that school. Principals and teachers in New Zealand began to seek out Alan and his staff for advice, mentoring and support. Parents in and around Whanganui took notice and the school roll grew. Retirement saw him introducing a new venture, Cooper Consultancy, in which he guided schools, principals, teachers, tertiary institutions, and non-educational businesses. He was able to continue to travel overseas and be in touch with global experts, people he knew as friends. Alan was raised in Poverty Bay, from where he won a scholarship to Whanganui Collegiate School. First a stock and station agent after leaving school, he then taught at St. George's before graduating from Palmerston North Teachers' College. He taught at Waiouru School, Gisborne Boys' High and Scots College (Wellington) before returning to Whanganui to teach at St. George's and Collegiate. Alan taught at Palmerston North Boys' High and then joined the Education Corps of the Regular Army. He returned to the Whanganui Collegiate School staff in 1969 and was the inaugural Housemaster of Porritt House. He became deputy headmaster at Lindisfarne College at Hastings in 1973 and was appointed headmaster at Hadlow Preparatory School, Masterton, in 1979. It was in Wairarapa that he demonstrated the capacity to build a school roll to revitalise school finances and to reinvigorate the curriculum, staff and educational style. Alan was a rugby player and cricketer and, whilst teaching, gave his time to both codes. Cricket was his primary sporting focus and he coached, managed and administered the game. Alan's health over a long period was generally good after he had rheumatic fever, among other setbacks, in his early years.



His funeral was appropriately held at the Whanganui Collegiate School Chapel, the school having played a major role in his life.

## Community Day at BestStart centres in Whanganui this Saturday



**Some of the staff at Glasgow Street BestStart Centre – Tori, Toni (Manager), Alana and Helen.**

BestStart provides early childhood education throughout New Zealand. There are ten centres within the Manawatu/Whanganui area, with two of them in Whanganui, which are:

- BestStart Harrison Street
- BestStart Glasgow Street

They are having a community day at each centre this Saturday, 16 March, from 10am to 12 noon and are inviting parents/caregivers to come with their children to check out what they offer. There will be activities set up for children to engage in, such as messy play, face painting and colouring-in. There will also be a 'Guess how many jellybeans are

in the jar' competition for children to have a guess. Both centres have invited the local Fire & Emergency teams to join and bring their fire trucks; Glasgow Street will also have Plunket representatives attending, who will be running their own activities, and Harrison Street has a local coffee cart attending. There will be platters provided by their chefs. Both centres will be running competitions to win BestStart prize packs, a \$500 Prezzy cards and a double drawer airfryer. Glasgow Street is licenced for 110 children over four rooms, and Harrison can take 90 children.

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- Sadly passed away recently...*
- Diane Joy EYRE**
  - Jannet Isabell HIPANGO**, on 9 March 2024, aged 79 years.
  - Fay Elisma POLLARD**, on 7 March 2024, aged 91 years.
  - Susan Georgina (Sue) ROHLOFF**, on 29 February 2024, aged 70 years.
  - Maureen Mary ROWAN**, on 5 March 2024, aged 82 years.
  - Leighton John SMITH**, on 5 March 2024, aged 76 years.
  - Earle William TURNER**, aged 85 years.

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Your skill set will also need to be accompanied by a willingness to adapt to change and work unsupervised.

We require someone available from 9.00am until 3.00pm - Monday through to Friday.

If you are interested in this position, please email [cathy.barrett@markhams.co.nz](mailto:cathy.barrett@markhams.co.nz) for a job description and an application form to accompany your CV and covering letter.

Applications close **Thursday 28 March 2024**

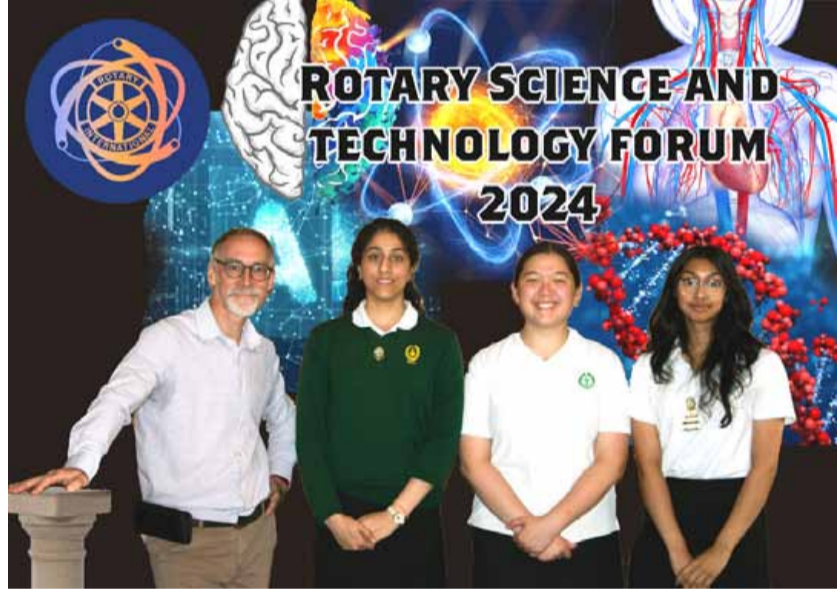
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### Community News

## Three Whanganui High School students report back on Rotary Science and technology forum



Mike Crook HOD Science WHS, Aarna Marwah, Siobhan Sarkar, Reina Jones

The Rotary Science and Technology Forum is a programme aimed at high-achieving, well-rounded science, maths and technology students in Year 12 at New Zealand Secondary Schools who will be returning to Year 13 and who are planning to study science or technology subjects at tertiary level in New Zealand.

It is held in early January in Auckland with the support of the University of Auckland, AUT and Massey University over two weeks. Applications are through a local Rotary Club and selection is based not only on academic qualifications but also on personal skills such as strong communication skills, strong inter-personal skills, and

involvement in a range of extra-curricular and cultural activities.

For the 2024 Forum, three candidates from Whanganui High School were accepted and Whanganui Rotary Club provided sponsorship.

The attendees, Aarna Marwah, Siobhen Sarker and Reina Jones recently came to a Whanganui Rotary Club meeting to report back. Members were impressed with their fluency, enthusiasm and communication skills.

They gave members a detailed run down of the classes they had taken including, Chemistry, Physics, Psychology, Bio Science, Molecular Biology, Nutrition, Biomedical engineering, Food technology, Food technology, AI, Biomedical Science,

Robotics, and Game Technology.

But it wasn't all academic learning. Their days started with a 6.30am run, walk, mindfulness and volleyball and gym work. They had visits to companies, including the Air Force, as well as a day to explore Auckland. (None of the three girls had been to Auckland before)

Group challenges included identifying and finding a solution to a problem, such as developing an app to improve motivation for NCEA; research into strep throat medications; shark nets and their effectiveness.

They were also given assistance with their career choices.

The students thanked the club for the support they had received.

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**RCP - Positive news stories welcomed**

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**BLINDS** - Roller & Venetians to order. Free measure and quote. Strath Davis Furniture & Flooring, Ph (06) 345-0883. **NEW** books available at River City Press, 52 Ingestre St. "From the Sea to the Mountain"; "Whimsical Tales of Old Wanganui"; "More Whimsical Tales of Old Wanganui"; "My Life - Annasophia".

**TOP** loading washing machine Midea, two years old, very good condition. \$250 ONO. Phone 028-4009-758

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



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## PUBLIC NOTICES / ENTERTAINMENT

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

Gagan & Vikaus Enterprises Limited, 99A Guyton Street, Whanganui has made an application to the District Licensing Committee at Whanganui for a renewal of an On Licence in respect to the premises situated at 99A Guyton Street, Whanganui and known as **The Grand Hotel**.

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

The days on which and the hours during which alcohol is sold under the licence are **Monday to Sunday, 8.00am to 2.00am** the following day.

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

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

No objection to the issue of a license may be made in relation to a matter specified in section 131 of the Sale and Supply of Alcohol Act 2012.

This is the first publication of this notice.

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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](mailto:whanganuirotary100@gmail.com)

for further information ring Dot McKinnon on 027 555 2886



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### Whanganui Service Centre

Scheduled improvements are happening in our Whanganui Service Centre, 153 St Hill Street.

- Thursday 14 March, 12 noon – site closes
- Monday 18 March at 12 noon - Temporary service centre opens inside the current site
- Limited in-person operations
- Tuesday 23 April – site reopens

You can still get in touch with us

- Call 0800 559 009 for Work and Income
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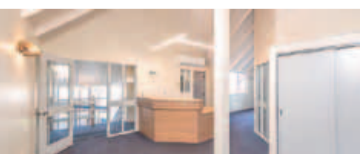
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3 1 1 3

**For Sale** Buyers \$1,050,000+  
**View** Sun 17 Mar 1.30 - 2.00pm  
**Web** pb.co.nz/WGU178597



**Anthony Floyd**  
M 021 477 435



**Leighton Toy**  
M 027 415 1515

### Gonville 15 Mason Terrace

Open Home



#### Charming 1910s character home

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4 1 1 1

**For Sale** Buyers \$629,000+  
**View** Sun 17 Mar 12.15 - 12.45pm  
**Web** pb.co.nz/WGU177682



**Anthony Floyd**  
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**Leighton Toy**  
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3 1 1

**For Sale** Buyers \$329,000+  
**View** By appointment  
**Web** pb.co.nz/WGU176937



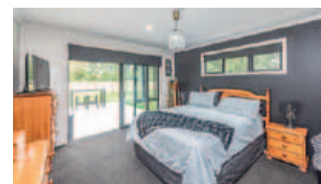
**Anthony Floyd**  
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**Leighton Toy**  
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#### Your idyllic lifestyle awaits!

Seize the opportunity to experience a lifestyle of unparalleled tranquility at 52 Delhi Avenue. This splendid four bedroom, two bathroom home, constructed in 2021, beckons you to a haven of modern comfort on an expansive landholding of approximately 3.28 hectares (approx). This contemporary residence is designed for both elegance and functionality, providing the perfect backdrop for comfortable living. The heart of the home is an open plan living area that flows directly onto a covered deck with lovely rural views. There is also a second living area should you wish to hide away to read a book.

4 2 2 2

**For Sale** Buyers \$1,200,000+  
**View** Sun 17 Mar 1.00 - 1.30pm  
**Web** pb.co.nz/WGL177477



**Anthony Floyd**  
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**Leighton Toy**  
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