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Good Bitches Baking spreading kindness through baking

BY DOUG DAVIDSON

Steph Brunt is proud to say that "I am the Head Bitch of the Whanganui Chapter of Good Bitches Baking." She explains, "Good Bitches Baking started in Wellington in 2014 and in Whanganui in late 2016 and works on the principle of 'Spreading kindness, one treat at a time.'"

When she was living in Wellington and on parental leave, "I wanted to give back and it helped that my midwife was a GBB volunteer. I always loved to bake, and to include my children in the process. It is good to make them aware that we are doing something good for those less fortunate and how it brightens their day."

When she returned to her hometown of Whanganui, working from home, Steph became Head Bitch in 2021. Since then, volunteers have increased from 15 to around 70.

Steph and the organisation recognise that the term 'bitch' can be polarising (Our computer programme underlines the word and says, 'This language may be offensive to

your reader.') Their website states, "Simply put, a Good Bitch is someone who gets stuff done, who sees a need and responds to it without needing applause or gold stars. We talk about good buggers and good bastards but somehow some people are still resistant to the idea that calling someone a Good Bitch is really the same thing... If using a 'swear word' in our name helps to get people to think about our message, then that's a win."

And they are spreading kindness in significant quantities. New Zealand-wide, they have given nearly 29,000 boxes of treats in the past 12 months to 430 recipient organisations baked by 3201 Good Bitches. The financial value of these boxes was \$2,736,000.

In Whanganui, they gave out 437 boxes in the past 12 months to 15 recipient organisations to the value of nearly \$42,000.

These local organisa-

tions include Koha Shed, Aphasia Trust, Whanganui Peoples Centre, City Mission, Alzheimer's, Hospice, Birthright, Age Concern, Grandparents Bringing Up Grandkids, Age Concern, Salvation Army, Whanganui Learning Centre, Pride, Family Works and Life to the Max.

Steph explains, "There are strict criteria for becoming a recipient. We don't bake to order although we will take into consideration health, religious or cultural needs. We also don't bake for events or fundraisers or for staff and volunteers or for organisations that aren't directly supporting people having a tough time."

The different organisations have different requirements and times, so Steph puts out a roster to check who is available. For April, there was a need for 52 boxes. Volunteers can opt-in. As Steph says, "We don't want it to be a chore or a financial



Steph Brunt

burden." Volunteers provide their own ingredients and write up what's in the baking. GBB runs a 'Cup of

Sugar' programme under which volunteers can be given \$25 towards ingredients. The recipients remain anonymous

and "there is no need to be embarrassed and can be requested as often as needed." *Continued on page 2*

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Check out what's in this week's RCP

I had heard of Good Bitches Baking but was not aware of how much good they do in the Whanganui community (See our front page). It is such a positive initiative and is clearly very well organised by Steph, the Head Bitch. The article does cover why they chose the word.

It was Steph who pointed me in the direction of her aunt, Robyn Belton, illustrator and writer, who will be having an exhibition at Paiges Book Gallery starting this Saturday. Robyn has won so many awards for her work (page 4).

It was a pleasure to interview the Brazilian family, whose son is in Whanganui for a six-month stint at school here, thanks to the generous initiative of their home state, which sponsors 1000 students to go overseas (USA, Canada, UK, Australia and NZ) (page 10).

Graham and Lyn Pearson are unassuming community heroes, and it is great to see them given



Doug Davidson
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the prestigious Pingao and Toheroa Trophy award at the annual Coastal Restoration Trust of NZ conference recently (page 2).

The coffins being produced at the Men's Shed are not only cheap to buy, but are produced to a high finish. If you have space, it makes sense to buy one or more ahead of time (page 7).

I can recommend the 'Little Campus Cafe' at Training for You on Ingestre Street. The coffee and food are good. Congratulations to the students and their tutor, Bex (page 7).

Graham and Lyn Pearson given Coastal Restoration Award

By Jocelyn Cuming

Graham and Lyn Pearson, co-ordinators of the Castlecliff Coast Care Group were awarded the prestigious Pingao and Toheroa Trophy award at the annual Coastal Restoration Trust of NZ conference held this year – 20-22 March - at the beautiful Maketū Marae at Kāwhia.

The Pingao and Toheroa Award is not an annual award but is one that celebrates exceptional contributions of an individual to coastal restoration. Graham and Lyn were awarded the honour jointly, as it is through both of their efforts that the Coast Care Group of Castlecliff has achieved so much.

Graham and Lyn moved to Castlecliff 16 years ago joining a group organised by Ted Frost for clearing and planting the backdunes. Ted suggested Lyn and Graham attend the annual CRTNZ Conferences which they have usually attended since

2011.

This has given them the opportunity to see what is happening throughout NZ to protect the vulnerable coastline and the scientific advances being made to understand better the interplay of fragile ecosystems. Graham comes with an animal science background and Lyn from a horticultural background, so they were in a strong position to take over Ted's pioneering work.

The outstanding strength of Graham and Lyn has been realising the importance of the community to effect change through education. They have worked with schools, early childhood groups, and many adult groups. As a result of this, the Pearsons have captured the willingness of the wider community to help with planting days. They have worked successfully to get funding support. Initially, they attracted funding from the World Wildlife Fund, DOC and Horizons Regional Council. More recently additional financial support has come from the Gift Trust, Whanganui District Council and local businesses.

The unique contribution the Pearson's have made has been their ability to work with the District Council, Horizons Regional Council and the community. They lobbied tirelessly for the 2021 Coastal Restoration Trust of NZ conference being held in Whanganui at a crucial time when the Te Pūwaha project was gathering momentum.

Through their constant gentle persuasion and astuteness, they have shown how groups can be brought together. Imagine the joy of seeing for the last three



Laura Shaft, chair of the Coastal Restoration Trust, presents the award to Lyn and Graham Pearson. A previous recipient Jason Roberts is in between Lyn and Graham. (Photo by Simon Hoyle, Southlight)

years, groups of up to 100 volunteers planting 4,500 spinifex and pingao in the foredunes and afterwards enjoying a barbecue provided by

Horizons.

It was a moving moment for the Pearson's receiving this award. In their acceptance they immediately acknowledged the

support of a core bunch of dedicated Castlecliff Coast Care workers and numerous volunteers helping to safeguard our local coastline.

Piano performance in the Museum



Rick Baum. Photo credit: Karen Hughes, Whanganui Regional Museum

Whanganui Regional Museum is pleased to announce a live music performance this weekend.

Accomplished jazz musician and songwriter Rick Baum will play a selection of his own compositions, at 1pm on Saturday, 6 April in the Museum atrium, 4 Watt Street.

Rick Baum currently teaches piano at Cullinane College, as well as private students in his home studio.

Members of the public are invited to hear him play on the Steinway Grand Piano.

Rick's performance forms part of his preparation for the Manawatu International Jazz & Blues Festival, which takes place in June.

Both the Museum and the piano performance are free admission. However, the Museum has a maximum capacity of 250.

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Rates increase of 10.6% proposed for Whanganui district

Whanganui District Councillors have adopted the 2024-34 Long-Term Plan consultation document in preparation for community consultation in April. This includes a proposed average rate increase for the 2024/2025 year (from 1 July 2024) of 10.6 percent.

Community consultation on the draft Long-Term Plan will open for a month from Tuesday, 2 April until Thursday, 2 May 2024 during which time the community is invited to provide feedback on which long-term investments should be prioritised and which services the council should cut, reduce or retain in order to keep rates affordable.

Mayor Andrew Tripe says many households are facing unrelenting cost-of-living pressures and councils across the country are strained as well due to significant cost escalations caused by inflation, interest and insurance rate hikes.

"In response to these difficult times, we've come up with a six-point plan which involves growing Whanganui's population, improving efficiency, looking for alternative



funding for projects, cutting council services, selling assets to repay debt and identifying sources of non-rates revenue."

He says the council was initially facing an average residential rate rise of 17 percent, but has worked hard to bring this down to the proposed 10.6 percent average increase. This works out to an extra \$8.50 a week for the average residential household.

"This draft plan very much reflects the times we find ourselves in and it is so important that we hear from the community on what they would like us to prioritise," Mayor Andrew

says. "To get to 10.6 percent, we will need to make changes to service levels. The key question we will be asking you, the community, is what changes you want us to make to keep rates as low as possible."

"While we're looking at where we can cut costs, in times like this it's as important as ever to ensure that we have our eye on the big picture and that we are aspirational about the future of our district for the benefit of current and future generations. The balance between afforda-

bility and aspiration is the challenge and opportunity with this long-term plan." Mayor Andrew says elected members are looking forward to receiving feedback on the long-term plan so they can hear the priorities of the community.

Formal consultation on the 2024-34 Long-term Plan will open on Tuesday, 2 April. All information, including the consultation document and submission form, will be available at <https://www.whanganui.govt.nz/Your-Council/Have-Your-Say>

Good Bitches Baking spreading kindness through baking

Continued from page 1

The demand is for cakes and slices – "preferably stuff which will last for a couple of days as organisations may wish to deliver over a few days." Steph adds, "Some volunteers will make a double batch of cakes, using the second batch for home eating."

While many volunteers are retired, there are increasing numbers of younger volunteers, especially women in their 20's and prior to having children. By the way, as their website states, "You don't have to be a woman to be a Good Bitch, and you don't have to apologise for being one either." The local chapter has a couple of men.

Steph says, "We get great feedback. Recipients are so grateful." As their website says, "We don't claim to fix anyone's world, but our recipients tell us that knowing someone cared enough to make them a treat means a whole lot. It lets them know they're not alone, that they are a valued member of the community."

"We enable the spread of kindness through the mechanism of baking, because kindness benefits everyone involved and ripples through the community."

If you are interested in volunteering to be a Good Bitch, contact Steph at whanganui@gbb.org.nz.

Men's Shed Wanganui makes low-cost quality coffins



Members and coffin-makers Phil and John next to one of their creations. John also has the 'Sheddie of the Month' trophy.

It all started years ago, when John Wicks, who had a carpentry business in Waverley, became a founding member of the Men's Shed Wanganui. He brought his designs and tools for coffin-making with him, making one for himself.

While they made the occasional coffin as required, there has been a bit of an uptake recently. Manager of the Men's Shed, Ivan, says "I have two coffins stored away until needed."

Ivan explains, "They are left in a natural state made from MDF, a timber fibre. We can paint them at an extra cost, but many people prefer to do that themselves or get family members to write messages on the coffin or to do hand prints, making it very personal."

They can be made to measure, but the standard size fits most, and as Ivan says, "Funeral directors can easily put a block at one end if the coffin is too big." It can also be easily lined."

"We generally have one in stock but can make one up in about three days if asked." The cost is only \$550, which includes GST.

The finished coffin is well made to a professional design following a traditional pattern. Men's Shed members are happy putting them together and the funds from selling them go back into helping the organisation meet some of the costs they incur for their building, power and supplies.

For more information contact Ivan 027 2290 994.

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REVIEW: Liam Wooding plays, Stephanie Acraman sings

The Complete Cabaret Songs of William Bolcom; RATTLE CD: RAT-D140 2023

Liam Wooding played to a large and enthusiastic audience in the Concert Chamber in the Memorial Hall complex on Wednesday 27 March. People remarked that it was the best attended Chamber Music concert they had attended and possibly one of the best received concerts.

He had copies of his Cabaret CD for sale for \$30 and they proved to be popular. Albert Sword has reviewed the CD as follows:

And who is William Bolcom (Bill to his friends), you might ask? I didn't know either. Turns out he is a still-living American composer with a tremendous output of music: symphonies, operas, string quartets, sonatas and even piano rags. Also, four volumes (24) of Cabaret songs, realised here by our own Liam Wooding and his collaborator, Stephanie Acraman; superbly recorded by RATTLE Recording Studio.

But if you are thinking of cabaret as in Noel Coward's cabaret songs, DON'T! These songs, with sometimes fiendishly difficult accompaniments, are not meant to be sung with a smirk, drinks and nibbles, altho' the witty lyrics contain many a smirk! Bolcom's words and music come at a price: you have to listen. And what you will hear,



THE COMPLETE CABARET SONGS OF WILLIAM BOLCOM

Stephanie Acraman
Liam Wooding

Cover of the CD

the payback, so gorgeously recorded, is two young musicians at the top of their game. Acraman's singing is flawless, the music challenging, held together with a true understanding of the lyrics and how the accompaniment works together. And Wooding's accompaniment is so adult, so 'understood,' so fearless. Sometimes he leads, sometimes he listens, always he is on point. A true tour de force from both artists. Fearless and assured are the perfect adjectives for both their performances.

I must also mention the design/production of the CD, booklet and cover, B&W, and simply stunning. The design credit,

we are told, must go to Uncle Franc. Bravo Franc! Wooding and Acraman have managed to take on a series of songs originally written for the composer's wife, accompanied by the composer. I think that Bolcom and wife Joan Morris, with lyricist Arnold Weinstein, would be very proud of these two musi-

cians who have managed to bring their 1950-70 legacy into the 2020s. And how!

Copies may also be purchased online. Go to www.fivelines.nz, click on the article on Bolcom and wife Joan Morris, with lyricist Arnold Weinstein, and there is a link at the bottom.

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Horizons re-affirms commitment to fund essential elements of Whanganui Port project



Tregenna Street works

Horizons Regional Council has re-emphasised its commitments to the Te Pūwaha way of working, and has allocated funding towards enhancing the health and wellbeing of Te Awa Tupua.

Horizons have undertaken to deliver significant river training structures as part of the wider Te Pūwaha project. These training structures are integral to the economic viability of the Whanganui Port as they protect the riverbanks from further erosion, shifting the higher velocities away from the riverbank and encouraging the deposition of sediment. These types of large infrastructural enhancements create significant ecological effects and impacts on the community. Throughout the planning phase Horizons have undertaken significant engagement and consultation with the community to understand these effects, and made commitments in 2021 to continue creating abundance for the awa and wider community.

As a result of council's decision, Horizons have re-allocated project funding towards the North Mole aspirational works, as well as funding to implement long-term enhancements that emphasise restoration and improve the awa. This long-term contribution from Horizons will sit alongside a further \$1.05 million in funding allocated in Whanganui District Council's (WDC) Long-term Plan, and \$300,000 committed by WDC from the Better off Funding which has come from the Department of Internal Affairs.

As a result of hapū and community leadership last year, the North Mole aspirational works were successful in securing over \$876,275 via the Ministry of Business Innovation & Employment's (MBIE) Tourism Infrastructure Fund to deliver hard structures at the North Mole and surrounding area. Horizons funding of \$400,000 will go towards soft scaping of the North Mole area, including reconstructing both the foredune and backdune, plants, volunteer planting coordination, sand ladders, educational signage and dune protection.

Jamie Waugh of Progress Castlecliff has been instrumental in leading this part of the project at the North Mole.

"It is great to see Horizons follow through on the commitments made to the Castlecliff community in 2021, with financial support for delivery of the aspirations at the North Mole. The contribution, together with contributions from Whanganui District Council, MBIE, private and charitable funders will ensure enhanced biodiversity, improved environmental outcomes, and climate resilience in balance with an improved amenity for the public," he says.

"We are also grateful for hapū's leadership and generosity in helping

community and councils understand how the voice of the environment can be amplified for the benefit of all."

A final concept plan for the area has recently been released, with works planned to begin in 2025.

Council's decision also seeks to address historic losses and implement long-term enhancements that emphasise restoration and improve the awa, the wellbeing of the community, the river, iwi and hapū into the future.

"Council's decisions are significant as each of Horizons-led projects within Te Pūwaha create an impact on Te Awa Tupua, as seen at the North Mole, and the rock stock piling, as well as what is planned for the Tanae Groyne, South Spit and South Mole," says Horizons chair Rachel Keedwell.

Council has agreed to initial funding of \$250,000 for 2024-25, with further funding of \$250,000 in 2025-26, and \$100,000 per year until 2034 to go through future annual planning processes. This funding would be conditional on it being put forward to a joint fund with Whanganui District Council, and sits alongside funding already provided for the hard structures on behalf of Kānoa – Regional Economic Development & Investment Unit.

The proposed methodology is to establish a governance approach where representatives of both councils, community and hapū collectively decide how the money should be spent. Therefore reaching the most beneficial outcome for the awa and the community, enabling strong contributions to Mouri Ora, Mouri Awa, Mouri Tangata.

Rachel Keedwell explains the first year of funding, along with the North Mole aspirational works have been allocated from within Horizons' Te Pūwaha budget.

"It is important to make it clear that the funding commitments made today will come from allocated budgets from within the Te Pūwaha project. This means it is more likely that further funding, beyond the current allocated budgets will be required to deliver all components of Te Pūwaha committed to by Horizons. We acknowledge this, and remain committed to all upcoming components of this project, including the Tanae Groyne, South Spit and South Mole."

"Horizons are progressing with the design and planning process for each component which will provide us with budget forecasts for these areas of work, and therefore determine whether additional funding is required for our agreed project outcomes."

Further information on Te Pūwaha can be found at www.whanganui-port.co.nz. The concept plan for the delivery of aspirations at the North Mole can be found at www.ngaringaringawaewae.org.

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Are you a great ancestor for future generations?

By Frank Gibson

Forty years from now the population of Aotearoa will be very different. The same strands of DNA will still be furiously trying to mix with each other, but they will be carried by different people. Many of the people we see around every day will be present as memories and tupuna. There will be many people that we will never meet because we will pass on before they are born.

From February 19 - 12 March a Climate Forum was held in Whanganui. It was an interesting and informative experience but not a cheerful one. Despite what a diminishing group would have us believe, human

caused climate change is real and very serious.

What global warming means is more energy in atmospheric and oceanic systems causing greater extremes of weather. These extremes will mean both hotter and colder weather. Much more rain for some areas, much less rain for others. Sea levels will rise and flood many coastal areas. We are already seeing more frequent destructive weather events.

Even if carbon emissions ended tomorrow, much of this change is locked in for several hundred years.

There were eminent climate scientists speaking at this conference but, the people that

truly resonated with me were the real people. Marae representatives talking about how they are working together to safeguard tamariki and kaumatua as flooding and land erosion increases.

Angute-Karaq Qakvalria represented the village of Paimiut in the Yukon. Her people have lived on the produce of the tundra and the sea for thousands of years. The tundra is drying out and seasonal movements and breeding of fish and seals are disrupted making traditional life difficult. Rising sea levels puts salt in their drinking water. She and her tribe are working hard to cope with the

changes.

The message I took away from this forum is simple. The way to survive this period of history is to be a good ancestor. As an individual, consider the future effect of your actions. Consider how you can work collectively with your neighbours to both adapt to the inevitable and to mitigate in the long term. This needs a deepening understanding by everybody of the problems and what is at risk. This will only come by meaningful communication and learning. This is not an issue for ego driven politics. It is a call for collective cooperative action.



Kai iwi now and Kai Iwi in future with rise in sea level.

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Inaugural kids chess tournament to be held at Churton School



Children as young as four and as old as 18 will be able to compete on April 21 in a Chess Tournament. The first of the monthly tournaments will take place at 1pm this Sunday, April 21, at Churton School, 1pm-5.30pm.

The team from Chess Power already run the popular inter-school chess tournaments held twice a year in Whanganui. The Sarapu Cup Chess Tournament is held around New Zealand in the bigger cities, and now Whanganui children and teens will be able to take part too. The cost is \$25-\$30. For more information and registration please go to Chess Powers website: <https://www.chesspower.co.nz/event/376057>

The Sarapu Cup Chess Tournaments are a great

way for kids of all levels to play and enjoy chess. If children are new to chess, the Sarapu Cup is also a great starting ground for getting involved in chess tournaments. All players get to play other players at their own level. The way this works is that if a player loses their first game, they play another player that has also lost their first game. And so on. Players that lose games are more likely to eventually win a game as the tournament progresses, even if they are a complete beginner.

Chess Power is a New Zealand based company full of people who are passionate about chess. Their purpose is to share their passion for chess with the children of New Zealand and help grow kids' minds.



in concert with
Wanganui Community Choir

Central Baptist Church
Wicksteed Street, Whanganui

SATURDAY 13 APRIL 2024, 2.00pm

Experience the magic of male voices and the joy of a mixed choir

The New Zealand Male Choir is returning to Whanganui, performing in concert with the Wanganui Community Choir at 2.00pm on Saturday, 13 April, 2024 at Central Baptist Church.

The joy of singing in

a choral setting is what brings the New Zealand Male Choir and the Wanganui Community Choir together for an afternoon of music.

Both choirs will perform separately so you get to hear the widest variety of sound. They will pre-

sent music from modern shows to opera, from African spirituals to Billy Joel, from waiata to Beethoven. This is a wonderful opportunity to hear choral singing at its best.

The New Zealand Male Choir is an audi-

tioned choir with over forty members from Southland to North Auckland. Conducted by Hawkes Bay's Joe Christensen, the Choir sings a range of music, including classical, folk, waiata, gospel, operatic, popular, jazz, and con-

temporary. The Choir has entertained audiences both nationally and internationally for the past 24 years, including several tours throughout Europe, Australia, and Canada. The Choir practises with North Island and South Island groups meeting monthly, and collectively meet for tours or concerts two or three times a year.

In June, the choir will be undertaking an eight concert tour of Singapore, Germany, Austria and Italy, plus taking part in a five-day music festival at Val Pusteria in the Italian Dolomites, with six indoor and outdoor performances.

There are five members from Whanganui performing at the concert and touring overseas, with Oliver Lane as the Tour Manager. Tony Ross [1st Tenor]; Oliver Lane [2nd tenor]; Dick Mitchell [Baritone] Dennis Brown [Bass] and Gordon Keely [Bass].

Musical Director Joe Christensen comments, "I've now been with the choir coming up eight years and I have really enjoyed the challenge of working with the men and melding the four voice parts to produce a quality sound. They have been working hard, not only for this

concert, but also the upcoming European Tour.

New Zealand Male Choir and Wanganui Community Choir give the promise of an enjoyable and memorable afternoon.

Performance details:
The New Zealand Male Choir.

Central Baptist Church, Wicksteed Street, Whanganui
Saturday, 13 April 2024, 2.00pm.

Adults: \$30.00; Secondary & Primary Students Free. Tickets are available from Subway St Johns, 396 Victoria Avenue, or Door Sales with either cash or EFTPOS.



In concert with
Wanganui Community Choir



Experience the magic of male voices combined with the joy of a mixed choir

Central Baptist Church, Wicksteed Street, Whanganui
Saturday 13th April 2024, 2.00pm

Adults \$30, Secondary & Primary School Children free
Tickets from Subway St Johns, opposite Pak n Save, 396 Victoria Avenue, Whanganui or Door Sales [cash / eftpos] at the venue.

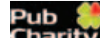


NZ Male Choir performing at Napier's Art Deco weekend recently



We are proud to support the **Whanganui Male Choir**

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06 345 4105



Guitar virtuoso to perform for Wanganui Jazz Club



Nick Granville

There will be a display of guitar brilliance when Nick Granville brings his trio to the Wanganui Jazz Club for their monthly meeting at the St Johns Club this Sunday. Nick has been a shining light on the country's musical landscape for many years, and he continues to evolve as a creative force. His resume is extensive. Here are some of the highlights: Nick has played guitar around the world in venues that include Birmingham's Symphony Hall, Liverpool's Philharmonic Hall, Indigo at London's O2 Arena, The Lighthouse and Typhoon in Los Angeles and the Monterey Jazz Festival. He has recorded in Los Angeles at United Studios (where Michael Jackson recorded Thriller), Kronos Studios and Capitol Studios (arguably the most famous recording studio in the world). Among the artists Nick has played with are Lalah Hathaway,

Dave Weckl, Chris de Burgh, Ronan Keating, Delta Goodrem, Kurt Elling, the New Zealand Symphony Orchestra, Orchestra Wellington, The Rodger Fox Big Band, Bob Mintzer, Joey DeFrancesco, Dave Dobbyn, and many more. He has released five CD's as a band leader and played on more than fifty as a sideman. He can be heard regularly on NZ television and films. His bands feature some of the busiest and finest musicians working in New Zealand today. Playing with Nick for his performance in Whanganui are Lance Philip on drums and Louis Thompson-Munn on electric piano. Although he has played several times in Whanganui with the likes of the Rodger Fox Big Band, this is the first time that Nick will be leading his own band here and playing the music he loves best. He is really looking forward to that, and you do not want to miss it.

This is the Wanganui Jazz Club's April meeting at the St Johns Club, 158 Glasgow Street. Sunday 7 April. Doors open at 5:30 for meals and the music starts at 6:30. General Admission is \$25, with club members paying \$15.

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Training for You hospitality course proving very popular

Training for You at 144-152 Ingestre Street runs a 15 week NZ Certificate in Hospitality (Level 2) course three times a year. After completing their theory work the students do the practical by running the 'Little Campus Café' which is open to the public for five weeks.

The programme aims to provide learners with fundamental skills for the hospitality industry, with learners getting an insight into the different opportunities available, learning hot and cold drink preparations and how they can enhance a customer's experience.

The students range from 16 through to their mid-60s. The RCP met with four of the nine students currently doing the course and with Bex, their tutor.

Ash says, "I am tired of getting bad coffee. So, I thought I would learn to make good coffee and as a barista, provide a high standard for the consumer so they will come back for more." He hopes to combine working in retail with barista work.

Sunshine, originally from India, has worked as a sign writer for eight years, but after having a baby, has decided to explore a career in hospitality. "I wanted to do it last year, but it was full. One day, I would like to run my own business, perhaps by first starting with a coffee cart."

Yosiana is from Indonesia but after meeting her future husband there, they lived in his homeland of Scotland. Four years ago, they came to New Zealand where he works in cyber security for the Ministry of Education. "I have been interested in this course for a long time and now is the right time. I would like in the future to run my own business in hospitality."

Mercadies saw the course on Facebook and decided "it looked like fun. Ash comments, "She was one of the first to complete the



Mercadies and Becks at the back and Sunshine, Ash and Yosiana in the front.

theory side of the course", and Bex says, "She is a bit of a star." She already has a job at the racecourse and has lined up another interview.

They all give credit to Bex for making the course so enjoyable and for her support. She certainly has an extensive background in the industry having trained as a chef and worked in a

variety of cafes and restaurants before switching to do a degree in Theatre and Applied Arts. She later ran a chocolate business and is in the Guinness Book of Records for baking the longest chocolate bar at over 14 metres long.

After owning a café in Whanganui, she wanted a change and "to give something back." This job with

Training for You is "perfect" for her. Opening the café supports the practical side of the course, and Bex had been part of the last 14 Little Campus Café openings.

The Little Campus Café is open from 9am to 2pm Monday to Friday, starting on Tuesday, April 2 and going through until May 1.



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2nd April - 1st May 2024

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NICK GRANVILLE TRIO

St Johns Club
158 Glasgow St, Whanganui
Sunday 7 April
from 6.30pm-8.30pm

Doors open at 5.30pm for meals, snacks & bar.

Admission: Members-\$15 Non-Members-\$25

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Award-winning illustrator exhibiting at Lockett Gallery over April/May

Wellington Heads return to Musicians Club this Friday



Robyn Belton with one of her books - The Anzac Violin

Robyn Belton hails from Whangaehu but currently lives in Dunedin. She has become one of New Zealand's most successful and talented illustrators of children's books.

In the process, she has won numerous prizes and awards. These include:

- The New Zealand Post Children's Book Awards 1997 Picture Book Winner and Book of the Year for *The Bantam and the Soldier* written by Jennifer Beck, an author she has often collaborated with.
- The Russell Clark

Award in 1985 for *The Duck in the Gun*, an anti-war picture book written by Joy Cowley. This was later selected as one of ten books for the Hiroshima Peace Museum.

- The Russell Clark Award in 2009 for *Herbert the Brave Sea Dog*, based on the true story of a dog lost at sea. Robyn wrote the book and illustrated it.

- In 2006 she was awarded the Storylines Margaret Mahy Medal and in 2011 she was the recipient of the William Hodges Fellowship.

- In 2015 she shared with Jennifer Beck a joint

residency at the University of Otago College of Education/Creative New Zealand Children's Writer in Residence. During this time, they worked on *The Anzac Violin*, based on the story of Alexander Aitkin and the Aitken Violin, now on display at Otago Boy's High School. (It is a great story. Google the background.)

- In 2018, Robyn received the inaugural Ignition Children's Book Festival Award for her "sustained and dedicated contribution to children's literature and illustration over a lifetime of work."

TVNZ presenter Mirama Kano read the Te Reo version of *Herbert the Brave Sea Dog* to the audience.

Her illustration style has been described as focusing on "the detail of everyday life" and bringing "a whimsical touch." She is also well known for illustrating the popular *Greedy Cat* series.

The exhibition at the Lockett Gallery in Guyton Street will be opened on Saturday 6 April at 4pm. Most of the books from the illustrations come from will be available to buy at Paiges Book Gallery.



Wellington Heads band

It has been almost five years since the Wellington Heads brought their brand of eclectic original music to the stage of the Whanganui Musicians Club. That hiatus covered the Covid period with all the associated lockdowns and cancelled performances. In April 2022, the band decided that the way forward would be to record. They went to Miklin Halstead's studio in the Hutt Valley, and eighteen months later, the eleven songs recorded and co-produced by Miklin were ready to release. This, their sixth album entitled "World Keep On Turning" sounds brilliant and is the best yet, according to the band.

Here is a description of the music they make in their own words:

'Wellington Heads have evolved their sound through the influences of Kansas City style blues and jazz, the swinging rhythm 'n blues of Louis Jordan and Ray Charles, Chicago blues and infused with Pacific/Hawaiian rhythms, New Orleans grooves and Latino feels'.

The band is led by three song-writer musicians who have been together since its inception - Neil Worboys - vocals, guitar, harmonica, Bill Wood - guitars and Geoff Keith - bass. They are joined by Phil Costello on saxophone and the more recent members, Nic Deighton on drums and Greg Rogan on trumpet and saxophone. Their songs comment on life experiences that share a distinctive Wellington flavour.

"We love to play at the Musicians Club", says Neil - "it's one of our favourite places to play"!

This is the April club night, with an open mic that kicks off at 7pm. We look forward to a new local outfit featuring founder member Johnny Keating and recent arrival Brian Baker who enriches our local music scene with his composing, producing and performing skills. Come on down and feel the love!

7pm, Friday 5 April @ Whanganui Musicians Club, 65 Drews Ave

General Admission \$15, Members \$10 with memberships available at the door



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info.health.nz/flu

Register at: www.pinkribbonbreakfast.co.nz to host your Pink Ribbon Breakfast

- Breast cancer statistics -



Photo credit: Todd Eyre Photography Ltd

Breast cancer statistics in NZ

- Breast cancer is the most common cancer for Kiwi women and the third most common cancer overall.
- More than 3,500 women across the country are diagnosed with breast cancer every year.

- That's nine women a day: one of them will be Māori, one of them will be under the age of 45.
- Every year, 25 men are diagnosed with breast cancer in NZ too.
- We still lose more than 650 Kiwi women a year to breast cancer.
- Breast cancer is the leading cause of death for NZ women under 65.
- Breast cancer in younger women is less common but it does tend to be more aggressive. Of the 3,500 women in NZ diagnosed every year, nearly 400 of them will be under 45.
- Wāhine Māori are 35% more likely to be diagnosed with breast cancer and 33% more likely to die.
- Pasifika women are 20% more likely to be diagnosed and 52% more likely to die.
- The 10-year survival rate if breast cancer is detected by mammogram is 95%, but this falls to 85% if a woman finds a lump.
- Early detection is the best way to beat breast cancer.
- When tumours are small and haven't spread, they are easier to treat, making survival much more likely.
- Being 'breast aware' can save your life:
- Know your normal – get to know the normal look and feel of your breasts.
- Check your breasts regularly. If you notice any unusual changes, get them checked out by your doctor straight away.
- If you're 45-69, go for your free mammograms provided by BreastScreen Aotearoa every two years.
- Breast Cancer Foundation NZ recommends you consider a mammogram yearly between the ages of 40 and 49.

From Brazil to Whanganui for schooling

Erick Ramos is a 16 year old student from Paraná Province in the south of Brazil, right next to the Tri Border with Paraguay and Argentina, formed by the confluence of the Iguazu and Paraná rivers. Along with his family of father, Fábio, mother, Angela and 11-year-old sister Alexia, he recently arrived in Whanganui to spend six months at school here.

It was a long trip. First, they flew to Sao Paulo, then a 17 hour flight across to Doha, Qatar in the Middle East, then another 17 hours to Auckland.

The Paraná state government offers 1000 sponsored six month school placements each year for students from public schools to go to school in USA, Canada, UK, Australia and New Zealand under the name of "Winning the world." Erick joined 11,000 others in applying, and when the family heard that he had been granted a place in New Zealand, they decided to accompany him and have a family holiday.

They admit, however, that they knew very little about New Zealand apart from it is a "wonderful place." Since arriving and spending some time in Auckland and Rotorua before coming here, they add "it is a piece of para-

dise where people are so nice." One aspect that they are enjoying is the temperatures. "Back home it has been into the 40 degrees." They wanted to hire a B&B for the time they are in Whanganui and came across Stephen Lee, who after conversing with him via what-sApp, they decided he was a good person, especially after he came to the bus stop to pick them up. Erick is living with a family in Springvale.

Erick goes to a public co-ed school, plays football and basketball. One big difference is school starts at 7.30am and finishes at 12 noon. Cooked lunches are supplied for free. While English is a subject at school, Erick has gained his fluency by going to a private school



Parents Fábio and Angela with Erick and Alexia

for English lessons. The family speaks three languages – Portuguese, Spanish and English.

Fábio is a retired policeman and Angela is a tourist guide in Argentina. This is possible because it takes her only 15 minutes to cross the border. "You can visit all three countries in one day" she explains. Close by are the Iguazu Falls made up of 275 separate cascades, which make it the largest broken waterfall in the world and a great spectacle to view.

Angela adds, "Many local and overseas tourists love to go into Paraguay, which does not have taxes on consumer goods, making items like phones especially cheap."

The family will be in Whanganui for about a month and will also travel South.



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Pink Ribbon Breakfast Month

MAY

Register at: www.pinkribbonbreakfast.co.nz to host your Pink Ribbon Breakfast

Pink Ribbon Breakfast is back this May! Register today



Photo credit: Todd Eyre Photography Ltd

This May, thousands of Kiwis will come together at special events all over the country to support women with breast cancer.

Pink Ribbon Breakfast is Breast Cancer Foundation NZ's biggest fundraising campaign of the year, where big-hearted Kiwis get together to host fundraising events for the charity's vital work.

The money raised from every Pink Ribbon Breakfast goes towards supporting patients, ground-breaking research, and education campaigns to promote the importance of early detection.

The best thing is, you can host whenever and however you want – it doesn't have to be a

breakfast!

You could invite a couple of friends around for a small gathering in your home, ask colleagues to bring a plate of food to work, or go all out and host a grand affair in your community.

Although Pink Ribbon Breakfast day is officially Thursday 23 May, you can choose any date in May that suits you best.

"Pink Ribbon Breakfast is the ultimate show of support for the 3,500 Kiwi women diagnosed with breast cancer every year," says Ah-Leen Rayner, chief executive of Breast Cancer Foundation NZ.

"Hosting is easier than ever before, thanks a new website that sup-

ports people to register, plan and track their fundraising goals. As a charity that doesn't receive any government funding, it's only thanks to the generosity of New Zealanders that allows us to do whatever it takes to stop women of dying from breast cancer."

With 1 in 9 Kiwi women diagnosed with breast cancer, we all have someone in our life who's been affected. In the Whanganui

area, around 55 women are diagnosed with breast cancer every year.

Head to www.pinkribbonbreakfast.co.nz to sign up. Once registered, you'll receive a free host kit with ideas and supplies to get you started.

Breast Cancer Foundation NZ relies entirely on the generosity of New Zealanders to work towards its vision of zero deaths from breast cancer.



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NZ's oldest provincial cinema in Raetihi reopens for movies

Gary Griffin-Chappel, Chairperson of the Theatre Royal (Waimarino) Charitable Trust announced today that after some repair work and repaint of part of the theatre the theatre will again be able to host movies. To celebrate this, a re-opening ceremony and documentary film premiere of 'Paddlewheels on the Wanganui', will be held on 27 April 2024, commencing at 7pm.

The Royal Theatre, also termed Theatre Royal Raetihi, was built in 1915 as a movie theatre by a renowned local sawmill owner John Punch. Designed by Whanganui Architect Thomas Battle, it is retorted to be the oldest independently built cinema in New Zealand and the oldest provincial Cinema in New Zealand still in existence.

The theatre had a long period as a cinema, being run by the Thompson family for many years up until, we believe, the late 1980's when it was closed. After that, it sat barely used until a trust was set up in 2000 to manage it and do restoration work.

Over the next couple of years, work was done to build a new stage and add a back wall, new entrance, and staircase. From around 2002, a theatre troupe, the Phoenix Players presented three or four theatrical productions a year, along with the theatre host-

ing the Waimarino Art Awards.

At an AGM of the Trust in August 2022, a new group of trustees was elected, and with the closure of the Phoenix Players it was agreed that the theatre needs a new direction.

Mr Griffin-Chappel explains, "With a focus on the theatre becoming integral to the community, introducing live shows with comedy nights, live bands and working with the local college to utilise the theatre for rock nights and biannually use of the theatre for the school production at the theatre. Also returning to the original use of the theatre as a cinema, this is something we really want to achieve with an idea to have Saturday afternoon matinees for the children in the region along with showing movies from the theatre's early times, with the silent movies and other movies that fall into the older than 50 years, since then there is no risk of copyright infringement, back to the golden days of the silver screen.

"With the nearest cinemas an hour away, north or south, and having spoken with local people we feel there is a need to bring the cinema back to life." With this in mind, Mr. Griffin-Chappel searched for information on operating a cinema and was lucky to find Mr. Graeme Moffatt, who had just completed the task of restoring

Dannevirke's Regent Cinema to an operational status after being closed for ten years, and asked if he would be willing to provide some guidance and support on their journey to return the golden years of the movies to the region.

Mr. Moffatt who is also a documentary filmmaker, has already screened a documentary onto the back wall of the theatre in 2015, using his own projector and sound system, as there was no equipment available at the time.

He called into the theatre in early August 2023, and after discussing what was required he confirmed that he is more than happy to assist in getting the theatre back to operating as a cinema once again.

Graeme began looking around for some second-hand equipment for a sound system and projector, and after finding a suitable projector, this was purchased along with a surround sound system.

A local farmer donated some seasoned logs off his farm and these were milled at the local sawmill, to provide sufficient timber to construct a seven by three metre frame to support a stretched fabric screen, which has now successfully been completed.

The theatre is now ready to screen movies and the first will be the Premiere of Mr. Moffatt's latest documentary titled 'Paddlewheels on the Wan-

ganui', which is based on a book of the same name published in 1967.

The story relates to the exploits of a Hatrick riverboat engineer, who worked in a variety of river boats on the Whanganui River between 1912 and 1919, and as the Royal Theatre was opened during this period and Raetihi is the closest cinema to the area where the boats operated, it was chosen as the ideal location for the premiere.

This event will take place on Saturday, 27 April 2024, commencing at 7.00pm, and will coincide with a re-opening celebration for invited guests for the screening



Front of the theatre

of movies and will comprise the screening of a

number of films, including the iconic 'This is

New Zealand', prior to the premiere screening.

Whanganui Jazz Orchestra playing at Castlecliff Club

Whanganui Jazz Orchestra is going to be at the Castlecliff Club, 4 Tennyson Street, with a fantastic programme on Sunday, 14 April.

Get ready to be entertained with a new programme which will include special arrangements of iconic Kiwi songs by Sharon O'Neil, Dave Dobbin, L.A.B., Hello Sailor, The Holiday Makers and Fat Freddy's Drop performed by Palmerston North based vocalist Bridget Cook and the band, as well as servings of Swing numbers, Funk and Reggae. So, there's something for everyone.



Whanganui Jazz Orchestra

The Jazz Orchestra continues to evolve under the directorship of Riwai Hina to the extent that invitations to perform come from as far afield as Christchurch. Currently the band has been busy in and around Whanganui and Palm-

erston North and will represent our city at the Manawatu Jazz Festival in June.

The band continues to be strengthened with additional players and has full sections of saxes, trombones, trumpets and a great rhythm section

of piano, keyboards, guitar, bass guitar and drums.

The music will begin at 4PM and go until 7PM, so come on down for a great evening of entertainment.

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Theme: My Health, My Right

World Health Day is an annual event celebrated on the 7th of April, aimed at raising awareness about the importance of global health and drawing attention to key health challenges. Organised by the World Health Organization (WHO), this day is an opportunity for individuals, communities and organisations worldwide to come together and work towards achieving the Sustainable Development Goals (SDGs) related to health.

The theme for World Health Day 2024 is 'My health, my right'. It was chosen to champion the right of everyone, everywhere to have access to quality health services,

education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

World Health Day was established in 1948 by the WHO.

Tips for Supporting Health-Related Sustainable Development Goals on World Health Day

Individuals and communities can actively support the health-related SDGs in various ways:

- * Advocate for Health Policies - Engage with policymakers, urging them to implement and support policies that promote health and well-being.

- * Volunteer - Join local health-focused organisations or initiatives, offering your time and skills to support their efforts.

- * Promote Healthy Living - Encourage healthy habits within your family and community by promoting regular exercise, a balanced diet, and mental well-being.

- * Support Clean Water and Sanitation Projects - Donate to or volunteer with organisations working to improve access to clean water and sanitation in underprivileged areas.

- * Reduce Food Waste - Be mindful of your food consumption and waste, and support initiatives that aim to reduce food waste and promote sustainable agriculture.

A dive into the physical and emotional benefits of CranioSacral Therapy

"After the previous article about my clinic a couple of weeks ago, I would like to thank people for the great response and interest in my therapy approaches", says Daniel, who runs his clinic 'Freiraum' at 7 Rutland Street, Whanganui. "Clients were particularly interested in CranioSacral Therapy (CST), and this gave me a chance to explain more about the technique and advise if CST would be beneficial for their specific concerns."

CranioSacral Therapy techniques, consisting of light touch, were designed to improve the functioning of the craniocervical system, which comprises the membranes and cerebrospinal fluid surrounding and protecting the brain and spinal cord. This system's imbalance or dysfunction can impact the brain's and the spinal cord's development and functioning, resulting in motor, sensory, mental or emotional symptoms.

CST aims to enhance the body's natural healing processes, and because of its influence on the functioning of the nervous system, CST can benefit



CranioSacral Therapy (CST)

the client in a number of ways. Clients choose CST for a number of reasons - from reducing stress, relaxing the muscles and enhancing overall health and wellbeing, to specific conditions associated with pain, depression, anxiety and trauma.

Daniel adds, "The special offer with reduced prices during the last couple of weeks has also shown that people are very interested in CST and used this opportunity to get a taste of the therapy approach. I understand that people are struggling

with increasing costs of living in general and with the high extra costs for health for those who need additional support due to chronic ailments. This led me to the decision to reduce the prices for all my therapy in general. Both CST and Romiromi will

be \$100 NZD for a one-hour treatment and \$70 for 30 minutes treatment from April on."

With this, Daniel is hoping to make therapy affordable to more people, as he sees a high need for therapy in the community.

'Healthy Ears for Life' - at Tea and Topics, April 11

Gonville Library is proud to present its next Tea and Topics talk with Chris Cooke, who recently opened Resonate Health at 87 Victoria Avenue.

Chris is an audiologist, holding a Master of Audiology (Hons) and is also a member of the New Zealand Audiological Society (MNZAS). He is very passionate about sharing his knowledge, making sure as many people as possible are aware of how to maintain their own hearing health.

As Chris explains himself, the impact of hearing loss extends well beyond our ability to communicate. If you're concerned about your balance or fall risk, frustrated with memory lapses, struggling with sleep, or ex-

periencing unwanted noises in your ears or head, it could be due to an issue with your hearing.

He says, "In this talk I will explain how hearing loss can affect different areas of one's wellbeing, and tie this in with the theme for World Health Day 2024 on Sunday, April 7 'My Health, My Right'. I will discuss why accessibility to quality hearing healthcare is your right, and how you might access funding to support your own hearing health journey."

Tea and Topics will have its usual format, with a hot drink and a biscuit being served between 10am and 10.30am. The talk will start at 10.30am and there will be ample opportunity to ask questions or share stories.

First Aid training

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

Public classes are run at venues throughout the lower North Island, including Whanganui, Palmerston North, Levin, Kapiti, Masterton, and Wellington. The next Whanganui class is scheduled for Wednesday 10 April or Monday 6 May. This eight-hour class will enable individuals to have the skills and confidence to assist during a medical emergency.

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

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

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

trical Training, aspires to deliver as many training opportunities as possible to meet this requirement. The next EWRB Whanganui date is Tuesday 9 May or Thursday 23 May, and Links recommends booking early to secure a space. Other venues and dates can be found on their website.

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

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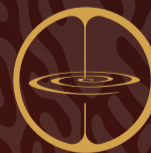
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Whanganui **Air Ambulance Trust**



The Whanganui Air Ambulance Trust was established on the 8th of February 1996 by Trevor Colway (a former Air Transport Auxiliary pilot during World War II) and is a registered Charitable Trust.

The principal purpose of the trust is to encourage and assist Air Ambulance services in the Whanganui District to provide specialised medical equipment necessary for these services.

OPEN DAY

Sunday 14th April 2024 11am - 3pm

Air Whanganui Hangars, 23 Airport Rd, Whanganui Airport
Bring the family for a fun-filled day out for a great
Community cause

Static Aircraft Displays featuring:

- P51-D Mustang (12pm - 2pm)
- RNZAF A109 Light Utility Helicopter
- B200 King Air & C90 King Air - Air Ambulance aircraft
- Spitfire - 7/8 Replica
- De Havilland DH 82A Tiger Moth

Other exciting opportunities and attractions:

- Chat to an Air Ambulance Captain and learn about their rewarding role
- Take a photo with an Air Ambulance Captain - on the flight deck
- Chat to the dedicated Flight Nurse Team with Q & A sessions
- CPR Demonstrations
- See Air Whanganui's Patient Transfer Service van and learn how a patient is transferred safely and seamlessly onto an Air Ambulance aircraft
- World War II Jeeps and Motorcycles on display

Earn your Wings

Children have the opportunity to become an honorary Air Ambulance Captain

Food and Drink Stalls

Stay hydrated and keep hunger at bay with food and drinks available to purchase

- Sausage Sizzle onsite
- Coffee Cart
- Ice Cream van

Scenic Flight Raffle

Buy a \$2.00 Raffle ticket and go in the draw to win a 20 min scenic flight on a Beech B200 King Air - 5 chances to win! Additional raffle prizes of Family passes on the Paddle Star Waimarie to be won!

The Draw will be conducted on the Monday after the Open Day and the winners will be advised by phone that night. The Scenic flight is yet to be confirmed.

Collection Buckets will be onsite - so please bring cash and donate towards this fantastic Community cause

- Please note that the postponement date for this event is Sunday 21 April - postponement will be advertised through social media on Saturday 13 April 10am



Whanganui Air Ambulance Trust Open Day

The Whanganui Air Ambulance Trust was established on 8 February, 1996 by Trevor Colway (see our front page article last week) and registered as a Charitable Trust.

Included in the purposes of the Trust are:

1. To encourage and assist air ambulance services based and operating from the Whanganui District.
2. To raise funds to support the services by acquiring equipment and financial services to assist in the operation.
3. To encourage interest and awareness in air ambulance service, regionally and nationally.
4. To receive donations, bequests and subscriptions for the services.

Since its inception, the Trustees have assisted the service, which is operated by Air Whanganui Ltd, through the provision of medical equipment and assisting in the development of a Flight Nurses Team. It has raised several hundred thousand dollars to purchase medical equipment, from specialised

medical stretchers to electronic portable monitors.

Rex McKinnon, Chair of the Trust, says, "The service has grown from one to a fleet of three King Air aircraft, which are available to transport patients on a 24/7 basis to anywhere in New Zealand and medically equipped to the highest standards, together with a flight nurse team which is the equal of any service operating in this country today."

The Trust is entirely dependent on donations and acknowledges the generous support they have received from the Whanganui community and, in particular, the Four Regions Trust, The GOME Trust, Moore Markhams, Whanganui Lions Club, and the Rotary Clubs of Whanganui and Whanganui North.

Rex sees, "the trend to centralize to specialist medical procedures will see a continued increase in demand for air ambulance services to transport patients to the centres of best medical care. In the near future



Don Colway (Trevor's son) holding her flying helmet, Margaret Colway, who was one of the original nurses for the Air Ambulance Service and Rex McKinnon, with one of the three King Air aircraft in the background.

it is likely that a 4th aircraft will be required to meet demand, and the Trust will be seeking to equip this medically to the required standard."

Donations which are tax deductible can be made to: Whanganui Air Ambulance Trust care of Moore Markhams Chartered

Accountants, 249 Wicksteed Street, Whanganui or direct to their bank account at Westpac Whanganui 03 0791

0598669 00. A receipt will be issued. The Trust Chair, Rex McKinnon, can be contacted on 021 615 347. The other

members of the Trust are Dr Bevan Chilcot, Margaret Craig, Keith Smith, Stuart Kelly and Maurice Gordon. All trustees are volunteers.

THANKS TO OUR SPONSORS and SUPPORTERS



✓ 2% + GST Commission

✓ Essential marketing of your listing is included

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

✓ Experienced, local sales support

*Minimum Fee Applies

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

Schwamm oversees the local team for Arizto - New Zealand's rapidly growing real estate company - which nationally is introducing innovation and technical progression to the process of buying and selling properties. This is through a cutting-edge technology approach - putting digital platforms in the hands of the right salespeople to deliver a more user-friendly service for their clients at a better value commission fee with marketing covered.

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

But just because the commissions home owners pay are lower does not mean the personal service they receive from their salespeople is any lesser, nor the best price outcome after complimentary marketing and buyer negotiations less likely. Schwamm advocates for his team to get in front of people and have the conversations that matter when it comes to connecting the right seller with the right buyer.

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



Steven Schwamm
021 176 7845
AREINZ



Is this you?
Contact Steven



Scan QR

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



Felicity Temple
027 483 6753



Rochelle Burton
027 295 8407



Penny Little
021 216 6784



Mark Voss
027 877 3399



Mark Morton
022 353 9419



Bren Guild
021 022 06668



Matt Robertson
021 886 815



Steven Schwamm & Jared Smith
0800 176 4321



Rachel Miller
027 526 5969



Sharen Tunnell
027 920 0366



Michael Bourne
021 210 3883
(The Bournes)



Renee Geary
021 164 2793
(The Bournes)



One More Joining
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Rangitikei



Lisa Tangaroa
020 4131 0277
Hawera



Rapid Growth for Arizto Whanganui!

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

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

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

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

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

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

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

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

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

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

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

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

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

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



- 3rd generation family business
- We grow our own vegetable and bedding plants
- Local stockists of Matthews Roses
- FREE delivery within city limits
- Plenty of off street parking





DAYLIGHT SAVING ENDS SUNDAY

Put your clocks **BACK** 1 Hour...
before you go to bed on Saturday night!

Don't Hibernate!

Speedway set for a spectacular finale

By Tony Stuart
Fast Lane Spares Oceanview Family Speedway holds its final meeting of the 2023-24 season on Saturday night, and it's going to be huge!
It's Memorial Night, with all but one class paying tribute to notable club members who are no longer with us.
Superstocks top the bill, and a big, noisy field is expected for the West Coast Superstocks. Each of the three

heat races serve as memorial races, in memory of Noel Kensington, George Podjursky and Craig Heibner, respectively.
The field is full of quality including current 1NZ Asher Rees, 3NZ Zane Dykstra, former New Zealand champion Peter Rees, and they will be up against a top field of local drivers.
The Stockcars are racing for The Charlie, a unique trophy donated to the club to recognise

former club Patron "Big Bad" Charlie Berntsen, one of Stockcar racing's first legends. At the time of writing 33 cars had entered, with the number growing by the day.
Wanganui drivers will do whatever it takes to keep The Charlie in town, which should produce plenty of action on the track.
Another big field has assembled for the Heibner Memorial Youth Ministocks. Local numbers in the youth class have really taken off this season and rarely, Wanganui cars will outnumber visitors.
The Karl Barritt Memorial

Sidecars always produces fast, exciting racing and the final memorial is the Ray Purdy Memorial Production Saloons.
Racing starts at the earlier time of 5pm as the nights get cooler, and the gates open to the public at 3.30pm. The gate at the airport end of the track will also be open, in expectation of a good crowd.
It has been an outstanding season for the Wanganui Stockcar and Speedway Club, so get out to Oceanview on Saturday night as drivers and riders see the season off in style!

1NZ NZGP - Three-time 1NZ Asher Rees is always tough to beat at Oceanview
Photo credit: Tyler Hill



Two 3NZs - 3NZ Zane Dykstra (Superstock - front) and Cody Lockett (Stockcar) will be in action on Saturday night
Photo credit: Tyler Hill



Don't miss out on the speedway action this Saturday

Grey Power Wanganui Inc MEMBERSHIP RENEWALS ARE NOW DUE

Please complete this form and return it with your payment IF PAYING BY CASH



Name/s _____

Membership Number _____ or New Member

Address _____ Contact number _____

I/We enclose my/our subscription for the year 01/04/24 to 31/03/25

(Note: Separate cards with the same membership number are issued for couples)

\$25 Single **\$40 Double** **Donation**

Please tick appropriate box/es above

Payments can also be made at our office at Club Metro, Ridgway Street. Tuesdays & Thursdays, 11am - 1pm in person or in envelopes to our mailbox (foyer)

New & current members can sign up or renew online at www.greypowerwanganui.co.nz (click the membership tab)

Internet Banking: Bank account number: 38-9006-0435305-02 (Kiwibank).
Important: Be careful to record your surname and initials in the CODE box and your membership number in the REFERENCE box.

Your new membership card will confirm receipt of the subscription.

Join Grey Power to help make a difference

Grey Power New Zealand Federation is the premier voice of New Zealanders over 50. You can be 18 and enjoy all the benefits that go with membership!

Benefits include local and national discounts and access to Grey Power Electricity. Annual membership is \$25 a single / \$40 for a couple (www.greypowerwanganui.co.nz).

Nationally, we have successfully lobbied for the creation of an Aged Care Commissioner, greater support around the removal of copper lines, improved personalised banking and banking hubs, the reinstatement of pensions for

superannuitants stranded overseas and recently, a noted pension increase and opposing phasing out of the Low Fixed User charge for electricity.

Grey Power Wanganui has been lobbying the council for longer parking times for those with the Council parking card. Grey Power Wanganui is also instigating, a meeting to discuss Kerbside Recycling which comes into force July 2024 for its members.

Be our voice locally or nationally, we make a difference. Join us.
- Nerrily Frith,
Grey Power Wanganui President



5pm START

WESTCOAST SUPERSTOCKS CHAMPS

including the

NOEL KENSINGTON MEMORIAL
GEORGE PODJURSKY MEMORIAL
CRAIG HEIBNER MEMORIAL

plus

THE CHARLIE BERNTSEN STOCKCARS
RAY PURDY PRODUCTION SALOONS
KARL BARRITT MEMORIAL SIDECARS
ADULT MINISTOCKS
CLASSIC STOCKCARS

GATE PRICES

Adults - \$25
Kids 8-15 - \$10
Kids under 8 - FREE
Family - \$60
(2 adults & up to 4 kids)
Gold Card Holders - \$15

SATURDAY 6th APRIL Both public gates open at 3.30pm

Bring your own food & drink OR buy food at the track from our wonderful vendors!

BRASS WHANGANUI PRESENTS



APRIL 14 | 2:00PM
PRINCE EDWARD AUDITORIUM
GREY STREET, WHANGANUI



PURCHASE TICKETS





DAYLIGHT SAVING ENDS SUNDAY

Put your clocks BACK 1 Hour... before you go to bed on Saturday night!

Don't Hibernate!

Showcase of dance this weekend with the Shirley McDouall School of Dance



Top row - Michael Absolum & Mahalla Hague-Davis, 2nd row - Simira Hague-Davis & Kennedy Tate, 3rd row - Anber Lim, Daisy Fowler & Ava McKnight

The Shirley McDouall School of Dance has its annual production this weekend – April 6 and 7. It is a Showcase of Dance and will have a vibrant collection of Classical Ballet to original Contemporary and Modern dance works, including tap dances.

The classical excerpts will be from Beatrix Potter, Romeo and Juliet, Sleeping Beauty,

and The Wizard of Oz. The contemporary modern, tap and character works include original pieces choreographed by Melissa Tate, who runs the School and her Senior Teacher Olivia Reuters-Seeger. This will be the 11th production that Melissa has run since she took over the Shirley McDouall School of Dance.

The performances are

at the Royal Whanganui Opera House and are on at 3pm for both shows.

The show of about 1 hour and 45 minutes, including an interval of 15 minutes, will be full of action. There will be about 150 dancers from age 2 to those aged 18 and over. This includes ten members of Melissa's adult groups who have chosen to perform. There will be a sprinkling of boys performing, including Michael Absolum, who has a variety of roles, such as the prince in Romeo and Juliet, the prince in Sleeping Beauty and the lion in The Wizard of Oz.

Putting on a showcase of dance like this requires a huge collection of costumes. Fortunately, as Melissa says, "I chose some of the excerpts based on what costumes we have, what we can source and what is easier for parents to put together." The end result will be a mass of colour.

Melissa's School is currently operating out of the Musicians' Club, waiting for the refurbishment of the building in the St Johns Hill shopping centre. It is very busy with over 20 different groups learning dance each week.

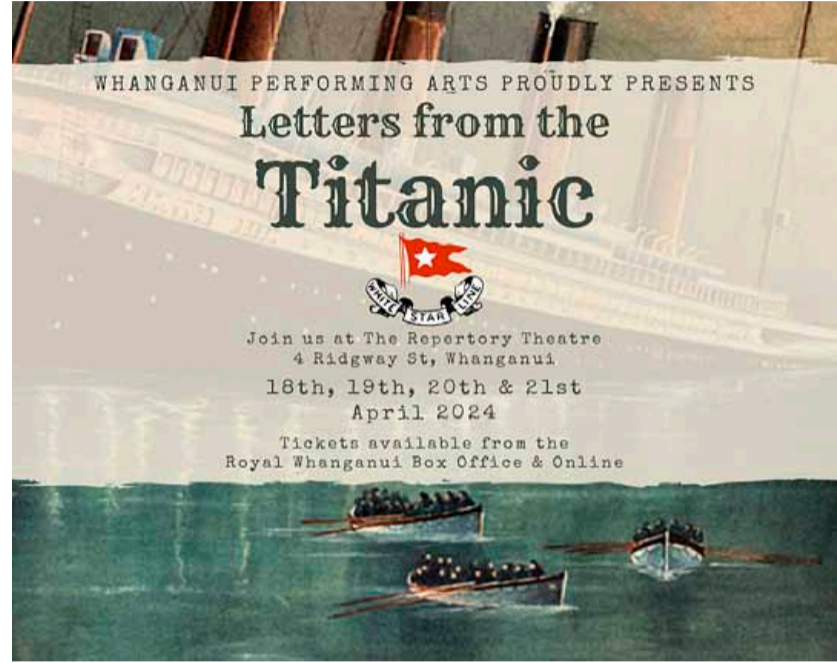
Theatrical experience like no other - Letters from the Titanic

You may have heard, in passing, that Repertory Theatre is abuzz with a new show. Whanganui Performing Arts is in full swing with rehearsals for their upcoming production of "Letters from the Titanic".

In a stirring homage to one of history's most iconic tragedies, a new theatrical production is poised to grace the stage, promising audiences an immersive journey into the heart of the Titanic disaster. Titled "Letters from the Titanic", this ambitious play is set to captivate theatregoers with its blend of historical accuracy, emotional depth, and theatrical spectacle.

Inspired by the events of April 15, 1912, when the RMS Titanic met its tragic fate in the icy waters of the North Atlantic, 'Titanic - Echoes of Courage' transports audiences back in time to experience the untold stories of those aboard the ill-fated voyage. Through a combination of stirring performances, evocative music, and innovative staging, the play offers a poignant exploration of human resilience, sacrifice, and the enduring power of the human spirit.

Directed by Megan Hartley, "Letters from the Titanic" weaves together the narratives of passengers from all walks of life – from the



opulent first-class cabins to the humble quarters of the steerage passengers. Audiences will be introduced to characters, each grappling with their own hopes, fears, and dreams as they embark on the voyage of a lifetime.

From the bustling decks of the ship to the haunting strains of the orchestra's last performance, "Letters from the Titanic" promises to be a theatrical experience like no other. As audiences are swept up in

the drama and emotion of the production, they will be reminded of the enduring legacy of the Titanic disaster and the timeless lessons it imparts.

"Letters from the Titanic" is set to premiere at the Repertory Theatre on Thursday 18th of April, promising audiences an unforgettable theatrical experience that will resonate long after the final curtain falls.

Tickets are now available from the Royal

Whanganui Opera House Box Office. Tickets: including fees Adult \$17, Senior / Youth 18-25yrs \$12, Child 3-17yrs \$8.75

Credit card fees apply (Debit card online). No refunds / No exchanges unless the event is cancelled or postponed.

Tickets can be purchased from the Opera House Box Office Monday to Friday 10am-4pm : 69 St Hill Street: Ph 06 349 0511

Enjoy an extra hour this Sunday

The time change from Daylight Savings ending to winter will take place in New Zealand on April 7, 2024 at 3 in the morning. The clocks have to be shifted from 3 to 2am.

So, the people can enjoy this very hour twice. The winter time, also called normal or standard time, is going to be valid until the next time change to Daylight Savings, starting on September 29.

Don't hibernate over the winter months – we encourage you to stay active, learn a new skill or sport, volunteer and keep your social contacts over the winter months.

WHANGANUI PERFORMING ARTS PRESENTS

Letters from the Titanic

TICKETS ON SALE NOW

On Stage at the Whanganui Repertory Theatre
4 Ridgway Street, Whanganui

7.00pm SHOW
Thurs 18th, Friday 19th
Saturday 20th, April 2024

1.00pm SHOW
Sunday 21st, April 2024

Tickets can be purchased from the Opera House Box Office
Monday to Friday 10am-4pm
69 St Hill Street : Ph 06 349 0511

Shirley McDouall SCHOOL OF DANCE PRESENTS

A Showcase of Dance

A vibrant collection of Classical Ballet and original Contemporary Dance works.

Featuring Excerpts From: Sleeping Beauty, Romeo & Juliet, Wizard of Oz, Beatrix Potter plus original, Modern and Contemporary works.

Saturday 6th & Sunday 7th of April 2024
3.00pm, at the Royal Whanganui Opera House

Tickets available to the public from Tuesday 19th March at The Royal Whanganui Opera House.

This ad is kindly sponsored by **DEVON Homes**
More than just a house

Outdoor enthusiasts wanted for new outdoor research community

Source: New Zealand Mountain Safety Council (MSC)

The NZ Mountain Safety Council (MSC) is calling for outdoor enthusiasts to join its new Adventure Voice outdoor research community and help shape the future of outdoor safety in Aotearoa.

Adventure Voice welcomes individuals of all experience levels, abilities and land-based outdoor interests. Whether you prefer walking, hunting, biking, running, climbing or snowsports, your participation will offer valuable insights to enhance MSC's safety education resources.

Community members will be invited to take part in regular short online surveys, sharing their experiences, insights, and opinions on various outdoor recreation topics. In return, they will receive regular updates on insights and the chance to win exclusive community prizes.



Adventure Voice is incredibly exciting because it will allow us to learn more about the everyday people across Aotearoa who make up our outdoor community – says MSC CEO Mike Daisley.

We're looking forward to having new and valuable insights into how people actually plan, prepare, and adventure in the outdoors.

Whether you like short walks, hearty tramps, scaling mountains or riding down them, sliding on snow, or scaling crags, your voice matters. We're looking for

people from all walks of life, across all types of land-based outdoor recreation, to give us honest insights about what they do when heading off on adventures, big or small.

Daisley says Adventure Voice will support the MSC to be more responsive to the needs of the outdoor community, and make sure everyone has the knowledge they need to make it home safely.

We aim to provide resources that are genuinely helpful for New Zealanders heading outdoors, and that help everyone to have a positive safe experience. To do our job well, we need to understand where the need is – and part of that is understanding how people are preparing for their adventures, big or small. The Adventure Voice community will give us a valuable snapshot of how people from all walks of life across Aotearoa are thinking and acting when they plan, prepare and head off on their adventures.

Join the Adventure Voice community at: www.adventurevoice.nz

WHS win major cricket competitions

The Whanganui High School 1st XI had an outstanding March, as their club championship double of claiming both the Cricket Whanganui Premier 2 Twenty20 and 40-over competitions bookended winning the Ross Taylor Bat Championship at Palmerston North's Ongley Park on March 13th.

As well as schools cricket, the junior representative programme saw a busy schedule, with two tournaments in early January and a host of other games these last three months.

The Under 13 Girls squad travelled to Wairarapa College to play the Lower North Island tournament from January



Whanganui High School players with Premier 2 40-Over cup

15th-18th, and emerged with a very creditable 2-2 record to finish mid-table.

Outside of tournament play, there was a

noteworthy effort in the Whanganui Under 12's victory in early March against Horowhenua-Kapiti U12, where Riley Symes scored 92 from

49 balls with the bat, as well as taking a couple of wickets at Donnelly Park.

Collegiate Colts report next week

Gymnastics scholarship awarded

Kaitlin Dew is the latest recipient of Whanganui Boys and Girls Gymnastics Club's (WBGGC) Ollerup exchange scholarship.

WBGGC has a long-standing association with Ollerup Academy in Denmark, thanks to a connection established in the 1980s by Jens and Karen Bukholt.

Each year, WBGGC is very grateful to have the opportunity to send up to two deserving gymnasts on scholarship to Ollerup. The scholarships provide all accommodation, meals, and tuition, with recipients funding their own travel and spending money for off-campus trips and experiences.

The 2024 recipient of the scholarship is 18-year-old gymnast and volunteer coach Kaitlin Dew. Kaitlin began her

gymnastics journey with WBGGC as an eight-year-old, first in competitive, then recreational gymnastics. By the time Kaitlin was 15, she was coaching her own recreational classes. Kaitlin's family are also strong supporters of the club, with many members having been or still actively involved.

Previous scholarship recipient Katy Harvey describes her time at Ollerup as the best experience of her life so far.

"It has been amazing to learn about the different cultures in gymnastics as a gymnast and as a coach. Ollerup creates an environment where gymnasts can feel safe to push themselves out of their comfort zones to try new things and reach their goals in a place where they feel safe to do so."

"I am so thankful for the opportunity I've had to study at Ollerup for ten months."

Katy returns to New Zealand in July, and Kaitlin will leave for Denmark in August.

To reciprocate the agreement WBGGC

welcomes two exchange coaches each September from Ollerup to coach in the gymnastics club for 12 weeks, they bring the Danish style gymnastics into the club and experience the joy of what New Zealand has to offer.



Kaitlin Dew

Pigeon racing results

The St Johns Club Wanganui Pigeon Racing Adjunct held its first race of the 2024 season with a race from Taumararua. The race attracted 107 pigeons from six flyers. The winning pigeon from the loft of Brent Miller, of Waverley, covered the 115.6km in 1hr 50min 24sec to record an average speed of 1047.15metres per minute (mpm) or 62.83kph. The pigeons experienced a south easterly wind on their flights to Whanganui (118km) and Waverley.

Results were:

Brent Miller (Waverley) 1047.15mpm or 62.83kph; Jim Pullins (Whanganui) 953.31mpm or 57.20kph; Heather Verstraeten of Tongariro Loft (Whanganui) 952.71mpm or 57.16kph; Alois Verstraeten of Tongariro Loft (Whanganui) 911.60mpm or 54.69kph; B and A Fairweather (Whanganui) 911.35mpm or 54.68kph.

Golf results

Castlecliff 9 Hole Club
Thursday 26 March Medal

Ladies: Anne Cox 35, Rawinia Connors 39, Joan Coxon 42

Men: Gerald Connors 35, Allen Wills 37, Tony Hore 37

Raffle: Gerald Connors



Faith City School does well in regional Kids Lit Quiz

Andrew Marsh, Kids Lit Coach and Room 5 Teacher at Faith City School advised us how the Faith City A Kids Lit Team did really well in the regional competition on Tuesday, 26 March. "This is a huge reading quiz (100 questions) for 9-12-year-old children and many schools around the region were represented. To come second was an excellent achievement, as we were one of the only Whanganui schools in this heat." Team members were Bruno Marsh, Eloise Gordon, Bronwyn McLean and Sally Price. They got 81.5/100 which is an excellent score.

"We also had a B team who got 51/100 correct. They also improved significantly on their last year's score and represented the school with pride. They were Ruby Pratt, Toby McLean, Shanae Tims and Tamara Tims.

Andrew says, "During the term we trained very hard for this event. My wife Chantelle and I spent lots of time coaching them. This included many lunchtime practises, after-school practises, weekly reading challenges, nursery rhyme memorisation, a full tour of Whanganui Davis Library and an inter-generational family 50 question practice quiz and afternoon tea."

Through the term, the students increased their knowledge of books, book series, authors and library vocabulary. They have also undertaken lots of extra research on topics like mythology, fairy tales, popular series, classic adventure books and New Zealand picture books.

Quizmaster Wayne Mills started this competition in Auckland 33 years ago. It has now become a world-wide competition.

From left: Wayne Mills (Quizmaster) Sally Price, Eloise Gordon, Bronwyn McLean, Andrew Marsh (Coach) and Bruno Marsh.



PETS

The Spot Report

Playing games with your puppy - the key to confidence

(My thanks to Dr Debbie Calnon BSc BVMS MACVSc (Animal Behaviour) Playing appropriately can be a great confidence builder for puppies and dogs especially if they are anxious or nervous in certain situations.



The retrieve (fetch) game is a great game for your pup to fetch an item and bring it back to you for another throw. It has been shown that pups who are taught to retrieve prior to 14 weeks of age are much more likely to have genuine enthusiasm for this game into adulthood.

Two of the more common problems that can be encountered are, a lack of interest in the item or, a failure to bring it back.

To train this game it is best to start the last part first.

1. "Take" - It is important for you to become very excited about the item yourself and adding a bit of something tasty will encourage puppy to "take" as requested.

2. "Give" - Once puppy has learned to take it, give him the opportunity to "give" as you say "give". Swap the item quickly in exchange for a tasty treat so puppy learns very quickly there is no cost in giving the item up.

3. Now ensure puppy is happy to take the item eagerly as you say "take" and return it as you say "give", followed by a treat.

4. "Distance" - Toss the item slightly upward and away from your hand (no more than a metre), saying "take". Reward taking it with lots of excitement and a treat. Gradually the distance puppy will cover will increase until he is chasing the item away from you and returning for his reward.

5. Eventually, he will enjoy the chase so much that rewarding him with food will become unnecessary.



Rules of retrieve are:

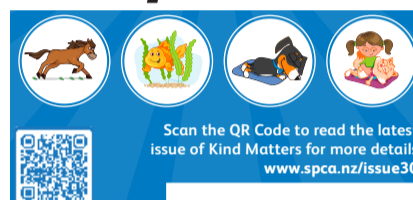
- Puppy should sit quietly before starting the game
- The item should always be returned to you and put away at the end of the game
- No contact should be made between your pup's teeth and your fingers
- Always finish while pup is still interested in playing for longer.

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

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

SPCA kids competition

Do you love and care about animals? Do you know everything it takes to ensure your companion or farmed animal is happy, healthy and is living a good life?



It's time to start thinking about the welfare needs of animals and to get ready to show off your amazing artistic skills.

First, choose an animal (it could either be your animal at home, a farmed animal or you could choose one from the Kids' Portal) and fill out their profile based on their welfare needs - remember to use the Five Domains!

Then, draw a picture of your animal with some of the things they need to be happy and healthy.

Show us you know how you can be the very best responsible animal guardian! Don't miss out on this fantastic opportunity to win some truly 'pawesome' prizes, like an amazing personalised mini pet portrait, cool digital pet art, books, art supplies, EUGY and more!

Teachers! Kids! You can also get your whole class at school involved and go into the draw to win a class set of EUGY!

The judges are specifically looking for; a carefully filled in animal profile which includes information about the Five Domains, a detailed drawing of your animal, and 3-5 things your animal needs to be happy and healthy!

The Animal Profile Competition closes on Sunday 28th April 2024.

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What should happen to the fruit trees of Williams Domain?

At the far end of the Williams Domain, opposite the Harakeke Community Centre, there is an area of land full of fruit trees. The Council was able to advise that

“Whanganui East School planted around 100 fruit trees when Robin Hall was the principal.” This would have been over ten years ago. “At the time, there was a public health push

through schools to engage with community gardens to further the ‘fruit in schools’ campaign.” Today the fruit trees are generally overgrown, overcrowded and some

are diseased. Whanganui East School has confirmed that it has no continuing involvement with the trees and likewise the District Council. Sarah O’Hagan, general manager Community, Property and Places, advised the RCP that the Council “does not have the capacity to look after them. We understand various community groups have had some involvement over the years.”

Their future came to the fore when plans for future use of the Domain were published. Two locals – Bridget McArthur and Wendy Miller -contacted the RCP concerned about whether the fruit trees would be removed. Sarah O’Hagan has confirmed that “there are no plans to remove the fruit trees” and added “We would be keen for volunteers to give the trees more attention with the intent of continuing free access to the fruit for the whole community.”

Bridget and Wendy are keen to take up the chal-

lenge and there is a lot to do such as:

- An expert appraisal of what trees need to be removed. There are quite a number of non-fruit trees.
- What pruning is needed.
- Possible planting of citrus fruit trees. Currently, the trees are mainly apples with some feijoa, peach and pears.
- Sponsorship from businesses to carry out the removal and pruning and possible provision of citrus trees.
- The need to set up a community organisation to help with maintenance, promotion and the distribution of the fruit. It is possible that an alterna-

tive group might be doing something and if so, Bridget and Wendy would love to hear from them.

the River City Retirement Village.

- Suggested recipes for the use of the fruit.
- Bridget and Wendy would love to hear from anyone interested in getting involved. You can contact Bridget on 06 343 2277 or 021 0242 1120.



Bridget and Wendy amongst the fruit trees.

Apology

In last week’s issue we misspelt the name of the locum chaplain at the Hospital. The correct spelling should have been Alex Czerwonka. Our apologies to Alex.

Recent Bereavements



Sadly passed away recently..

Ann Judith (Jude) CLAPISON,
on 23 March 2024, aged 70 years.

Aubrey Harold FROST,
aged 85 years.

Graham Thomas GULLERY,
on 30 March 2024, aged 62 years.

Peter Robert JOHNSTON,
on 27 March 2024.

William Leo (Bill) MOISLEY,
on 26 March 2024, aged 81 years.

Anne Elizabeth STOWELL,
on 21 March 2024, aged 96 years.

Sally Patricia YEOMAN,
on 1 April 2024, aged 73 years.

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Easter Colouring Competition winner

Thank you to all the creative kids who entered our Easter Colouring Competition. We have enjoyed being surrounded by colourful drawings! The winner is 7-year-old Ruby-Lee Craddock. We loved all the colours of the rainbow; congratulations!

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Marton Harvest Festival this Sunday

Petre 60sUp a growing club



Mark your calendars for April 7th, as Marton gears up to host its much-anticipated Harvest Festival, promising a day filled with excitement, entertainment, and culinary delights.

One of the highlights of the event will be the presence of celebrity guest MC Te Radar, renowned for his wit and humour, who will be adding his unique charm to the festivities, keeping the crowd entertained throughout the day.

Music lovers are in for a treat as local bands take the stage, delivering the classics we all love that will keep the atmosphere lively and vibrant. From rock to folk, there will be something for everyone to enjoy.

For the little ones, there will be free children's entertainment galore, including a giant slide, climbing tower, maze, obstacle course, mechanical bull, bubble ball, and dunk tank. With so much to explore and experience, children are sure to be kept entertained for hours on end.

Foodies will be in paradise as they wander among the 150 stallholders showcasing the region's finest artisans and food and beverage producers. From handmade crafts to delectable treats, there will be plenty of treasures to discover. And for those craving international flavours, a variety of food trucks will be on hand offering tastes from around the world.

But the fun doesn't stop there. The festival will also feature a range of exciting competitions, adding an extra element to the day. From the giant pumpkin competition to the pumpkin pie competition, attendees will have the chance to showcase their skills and creativity. For the beer enthusiasts, the festival will celebrate Marton's status as the home of Malt with a homebrew competition that has been attracting entries from near and far.

The Marton Harvest Festival promises to be a day to remember, celebrating the best of the region's produce, talent, and community spirit. Whether you're a local looking for a day out with the family or a visitor eager to experience the charm of Marton, this is one event not to be missed. So come along on Sunday, April 7th, 10am-3pm, and join in the festivities – we look forward to welcoming you!



Connecting with Carl

- Carl Bates, MP for Whanganui -

Art and tourism collide

Well done to all those involved in delivering a successful Artists Open Studios for another year. One artist I visited told me she had visitors from all over New Zealand, and from the United States, United Kingdom and Europe. As much as it engages us locally, it brings good domestic tourism into our region.

Thousands of people visited the 94 studios involved, in venues as diverse as a former brick factory to the fuselage of a Corvair aircraft. Over the two weekends of Open Studios, Whanganui certainly had an extra vitality.

Whanganui is the only UNESCO City of Design in New Zealand,

and that's something we should be really proud of. The arts community in Whanganui is strong, and as Artists Open Studios has demonstrated, it continues to go from strength to strength.

The Government recognises the importance of domestic tourism. Hon. Matt Doocey, Minister for Tourism, recently launched a \$5 million Regional Events Fund with the aim of attracting tourists to regional New Zealand, part of National's 100-point Economic Plan during the election. Supporting regions to maximise the value of tourism is one of his three key goals for the tourism sector.

The Regional Events Promotion Fund is a con-



testable fund available to regional tourism organisations and councils outside of the main centres to help promote events to domestic visitors. In announcing the fund, the Minister stated that "Creating a strong economy is our key focus for the next three years." and that "This new fund will support our regions to maximise the value of tourism, currently our second largest export earner." During his recent visit here, the Minister attended a forum with local tourism providers, hosted by Business Whanganui Chamber of Commerce. There is a fantastic opportunity for the tourism sector to come together to conceptualise a significant event that will bring further tourists to the Whanganui region and open their eyes to what we have to offer.

We visited a number of Artists Open Studios sites including Jill Maas of Slightly Weathered Ladies. Amongst her eclectic collection of characters, Jill had created a miniature featured in the picture with this week's column and it has to be said, she's nailed the likeness!

And as a new quarter begins, Prime Minister Christopher Luxon has unveiled a new suite of 36 priorities for the Coalition Government he leads to be delivered by 30 June 2024. This is a government that will get things done and get New Zealand back on track.

- Carl
Your local MP



Mini-me Carl



The Petre 60sUp group, along with the Wanganui 60sUp group, is part of a New Zealand wide 60sUp groups of around 30 clubs throughout the country. The groups are made up of active people, usually no longer in full time employment, who meet in local branches to find new friends and activities.

As their website says, "One of the Movement's main objectives is to offer opportunities for members to maintain and expand their minds and bodies with social communication and educational and recreation activities."

The Petre 60sUp group meet at St Andrews Church Hall on the third Wednesday of the month (except January) at St

Andrews Church Hall in Glasgow Street from 2 to 3pm.

Recently I was asked to speak (every second meeting they have a speaker) and I arrived at 1.50pm. There was a big group – membership is around 70 – and many were milling around the Trading Table, which is open from 1.30pm, hosting a wide variety of goods especially knitting, fresh and bottled products.

There was also a Members Display Table. Each month a topic is chosen for members to bring along relevant items, with the speaker or entertainer choosing a winner who receives a small prize. For March it was St Patrick's Day, and the table was covered in everything green. For April it is anything to do with the

Whanganui River.

They were also selling raffle tickets at only \$1 and at the meeting there is a lucky draw with the winner receiving a small gift.

Petre 60sUp also runs day trips. The next one in April 24 is a trip to the Ashurst Herb farm. Another activity is 'Merry Munching' – trips to local eateries on the last day of the month. In February they went to the Thai Express, in March it is to St Johns Club and in April it will be at the Barracks.

Membership is only \$10 with a door charge of \$2. Name badges are worn so you can pick up names quickly.

For more information contact Yvonne Head on 343 1151.

- Doug Davidson

WHAT'S ON IN THE COMMUNITY

Alcoholics Anonymous

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

Theosophy Whanganui

will be hosting Carole Van Weede who will give a free public presentation on Sunday 2pm, April 14, in the Awa Room, river entrance, Community Arts Centre, 19 Taupo Quay, for about an hour. Carole will be discussing: The Mystery of Ley Lines and Energy Lines. Explain the difference between these; sacred geometry of the earth; pilgrimages and UFO sightings; dowsing; famous lines; megalith additions and the effect of the sun on earth; Birkeland currents and vortexes and how to find them.

What is 'Theosophy'... a worldwide association dedicated to exploration and practical realisation of the oneness of life, and to independent spiritual research with no imposed dogma. Our purpose is to share and apply learnings, to 'do no harm', to support personal exploration creating opportunities to develop and practice open and diverse communication - no soap boxes available. Look forward to seeing you there. :)

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.

Repair Cafe Whanganui

official opening Saturday 27 April, 11am to 1pm. Get your stuff fixed by skilled volunteers and learn repairing at Harrison St Church Hall, cnr Liverpool. Two items per person. Donation requested for successful repair. Buy some refreshments while you wait. Phone 0274-481-581 or whanganuirepaircafe@gmail.com

St John Book Sale

April 11th, 12th, 13th 10am - 4pm @25 Tawa St. Novels, Hobbies, Music, Jigsaws and much more.

Whanganui Film Society

Monday 8 April 7pm: Cairo Conspiracy (Tarik Saleh | Sweden/France/Finland/Denmark | 2022 | M violence) This firebrand thriller set in Cairo's Al-Azhar University, the country's most respected religious teaching institution, deftly explores the tangled state of modern-day Egypt. Davis Theatre, Watt St. Members only. Join at nzfilmsociety.org.nz/whanganui.html

Whanganui Spiritual & Awareness Centre

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

What's On Notices

What's On in the Community notices are \$10 for up to 50 words. Contact River City Press, 52 Ingestre Street, Whanganui, by Tuesday 1pm to place your advertisement.

NEED HELP?

Emergency.....111

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Women's Refuge Wanganui 344 2204



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

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

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PUBLIC NOTICES / ENTERTAINMENT



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

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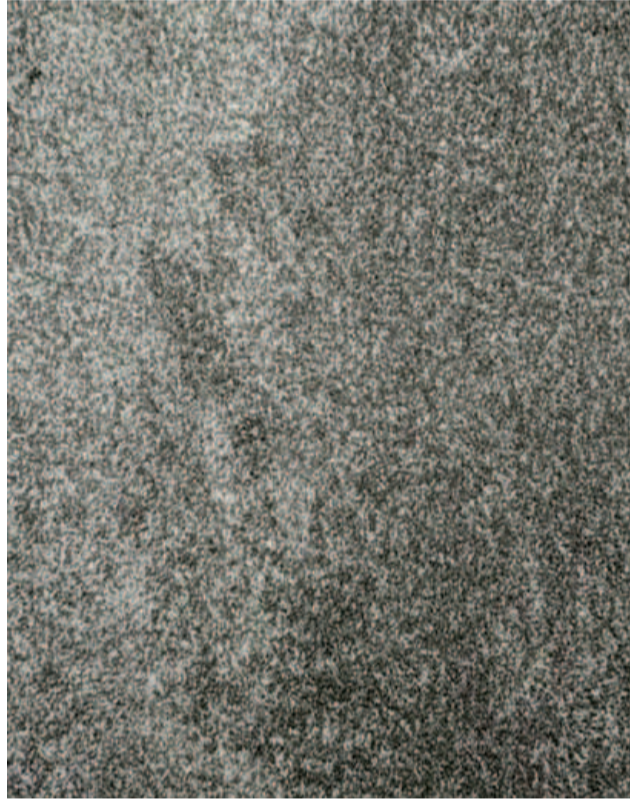
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