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Cooperating to improve the supply and use of donated food in Whanganui

BY DOUG DAVIDSON

The need for emergency food in Whanganui is increasing while the supply is getting harder and harder to source. The main provider is the City Mission Food Bank, and Manager Antony Nobbs says, "We experienced an increase in demand last year of 35% and that is continuing."

During Covid, the government provided funding for emergency food, but that is no longer available. Kathy from Stone Soup based in Gonville/Tawhero reports that "Preconceived notions of who asks for free food no longer apply. As well as those unemployed and the homeless, we are seeing more single men, pensioners as well as even families on two incomes."

Both Antony and Kathy explain that "budgets can be so tight, so if you are hit with a rent increase or a necessary repair to the car or dental work, you have no spare cash." As Kathy says, "It is quite heart-breaking listening to their stories."

Azian from Unity Food, which started in October 2021, says, "We have seen a recent bump in numbers coming to us for food."

The NZ Food Network, New Zealand's largest not-for-profit food supply and distribution agency, which normally gets supplies donated by large companies such as Fonterra, reported a 20% increase in demand for food support and have started a public campaign to 'fill' Auckland's Eden Park with enough food to provide 100,000 meals to those in need.

Antony is blunt about the situation - "There is the potential for a real food crisis - where families are not getting enough decent food due to the financial situation."

Late last year, representatives from these groups and also from the Anglican Church, the Whanganui Kai Hub, the Heritage Crops Research Trust as well as Gina Guigou, who until recently was Senior Lecturer - Cookery/Hospitality at UCOL, have been meeting to discuss how to work better together with more transparency and to supply free food more efficiently.

They recently signed a Memorandum of Understanding to try to achieve the following:

1. To reduce food waste - this is a focus for the Whanganui Kai Hub
2. To alleviate food poverty
3. To help transition people from dependence to independence. This could include helping people to grow fruit and vegetables (a focus for Heritage Food Crops) and how to make better use of surplus seasonal crops (a focus for Gina).

The cooperation between these groups is having some positive and beneficial results already. The Food Bank is the official recipient of food from the NZ Food Network. Antony says, "We receive the food every two weeks and will advise the others, including the Bulls Food bank, about what is available, and they get back to us with what they need."

The cooperation works both ways, with Stone Soup and Unity Food do-



Back row - Kelly, Antony, Craig (Anglicans), John (Heritage Crops Research Trust) and Azian. In Front: Lenore (Food Bank Store Coordinator) and Stephen Lee

nating any surplus they have. "Some people will go to all providers," Antony says, "but that's no problem. We are all about ensuring that our communities receive the food that they need."

Gina Guigou has provided the RCP with articles containing recipes on how to use surplus plums

to make jam, cooking surplus zucchinis and using left over summer vegetables.

The City Mission has been proactive in 'tracking' down more food by hunting deer. Antony is an experienced hunter, and the deer he has caught is able to be stored in their chiller and made into

sealed packs of venison mince. Antony would love to hear from landowners who are happy for him to hunt on their properties and also from other hunters who would be happy to donate a full beast or two. Please contact Antony on 345 2139.

Continued on page 3

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Check out what's in this week's RCP

Antony Nobbs, manager of the City Mission, believes that there is a food crisis, coming, and he, along with a group of other donated food providers, are cooperating to ensure that there will be as much food as possible available for those that need it (see our front page article).

We also have articles on the Community Fruit Harvest Manawatu wanting to set up in Whanganui to collect food which would otherwise go to waste (page 3), and on the Koha Shed, which is also able to supply not only household items but also food (page 24).

The Pūtiki Emergency Response team is working with a variety of organisations, and their community to make sure Pūtiki is as resilient as possible if or when they experience another flood but also to improve the everyday safety of the residents (page 24).

Congratulations to



Doug Davidson
journalist@rivercitypress.co.nz

Father Craig Butler who will be representing New Zealand Catholic priests at an important synod in Rome to help determine future directions of the Catholic Church (Page 2).

Congratulations to Councillor Charlie Anderson for making his views on the future of the Whanganui East Pool clear (Page 4).

The 'Lanterns on the Awa' event this Saturday will be a highlight (page 4).

Local priest to represent NZ priests at Synod in Rome

Fr Craig Butler, Whanganui Parish Priest, will represent the Catholic priests of Aotearoa, New Zealand, at a gathering of 300 priests from around the world at the Vatican at the "Parish Priests for the Synod: An International Meeting" in Rome from 28 April to 2 May. Fr Craig was nominated by the NZ Catholic Bishops Conference to attend the gathering, which is being held as part of the countdown to October's second session of the Synod on Synodality.

Fr Craig has been a priest for nearly 30 years in the Diocese of Palmerston North, including 22 as a parish priest. He is a member of the diocesan College of Consultors, the Council of Priests and was the Local Administrator for several years until Bishop John Adams was appointed bishop last year. His work has included youth ministry, helping communities to work more closely together and helping international priests to settle in New Zealand.

During the five-day meeting, the 300 priests

from around the world will participate in roundtable discussions, liturgical celebrations, workshops on pastoral proposals, and dialogue with experts. Its goal is to listen to and value the experience of parish priests, giving them a chance to experience the "dynamism of synodal work at a universal level."

It is being held in the lead-up to the second session of the Sixteenth Ordinary General Assembly of the Synod of Bishops to be convened in Rome in October. The first session was held last October 2023 and produced a 42-page Synthesis Report, which, among other things, recommended a "more active involvement of deacons, priests and bishops in the synodal process," which led to the priests' gathering.

The priests will have an audience with Pope Francis on 2 May, and the meeting will contribute

to the drafting of the Instrumentum Laboris, the working document for the second session of the synod assembly.

"I'm humbled to be asked to go," says Fr Craig. "I'm looking forward to the experience and the chance to meet Pope Francis there, something I never thought I would experience. I wrote to the priests of New Zealand recently saying I've been asked to go to Rome as a parish priest, knowing I couldn't possibly represent them all, and asking if they would share with me their experiences of the synodal process. While I wasn't hugely involved with the Synod process at the parish level when it began, when I became Local Administrator, I became very involved. It's a wonderful way to hear what the Holy Spirit has to say to us from people whose voices are not always heard."



Fr Craig Butler

The RCP will meet with Fr Craig when he returns and what has happened at the synod and what has been recommended to interview him on what happened.

Predator Free Whanganui hopes to involve the community

Predator Free Whanganui has received funding to pay for pest traps and to have a coordinator, Rosi Mertz, for the programme. Rosi is experienced with traps and the process, and she wants to involve as many local people as possible.

She says, "Many people think that to make a place predator free is to do trapping on Council or Government owned land – but that is not the case." She explains that "birds need wildlife corridors" and gives the example of birds moving between Bushy Park and Gordon's Bush in Whanganui East.

The birds need predator free areas along the corridor to rest, obtain food and water, and important a safe place to shelter. That place can be a private garden with trees.

Another reason for the wildlife corridors is that they allow for the carrying and distribution of seeds, making the landscape more resilient.

There is a trap library stored at the Sustainable Whanganui's base in Drew's Avenue. Rosi explains that "there are different types of traps depending on what you need one for. It could be for rats or a stoat or a



Rosi Mertz, Predator-Free Whanganui coordinator (left), and Maddie Stanley, WhEB coordinator.

feral cat." You can lend out a trap for a small fee and keep and use it for as long as necessary.

Rosi and others will be able to explain where to put it and what to use as baits. (peanut butter is a good one) For those who want to avoid having anything to do with the dead pest, there are user friendly traps which provide for this.

The trap will be available from Sustainable Whanganui's office on a Wednesday 10am to 5.30pm and on every second Saturday from 9am to 2pm.

You can use your own trap if you prefer, but Rosi asks you to go to trap.nz to register the results.

If you are unaware of pests on your property, and Rosi says, "If you have a compost, you are most likely to have rodents," – you can

monitor whether pests are there by putting cards with peanut butter in trees. You can tell the pest from the teeth marks.

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RCP winner

Congratulations to Larissa Wroe-Doyle, winner of The International Grand Magic Show, Double Pass. The competition was popular with plenty of entries. The team at RCP hopes you had a entertaining night out!

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Autumn Flower Show this weekend



Chrysanthemums

This weekend the Wanganui Chrysanthemum Club members are hosting the Autumn Flower Show in conjunction with the Wanganui Horticultural Society, and they look forward to showing off our blooms to the public of Whanganui. The show is being held at the Wanganui Intermediate School Hall in Dublin Street and is open for public viewing on Saturday, 27th April, from 1pm to 4.00pm and Sunday, 28th, 10am to 3pm. There will be competitive works by the Wanganui Floral Art Society members who are presenting an Autumn theme "Ode to Autumn" with titles including Autumn Tapestry, A Rusty Richness Reigns, Fare-

well Summer and Novel and Nutty. There is also a competitive class for children as well – An Autumn Gift. In the main hall the amazing Chrysanthemum blooms will be on display. They come in a large array of varieties and colours, Large Exhibition, Decorative, Single, Fantasy, Anemone-Centred, to name a few. There will be exhibitors from Palmerston North, Feilding, Hawera, Whanganui and the judge Mr Dennis McCarthy from Levin will be looking for blooms with good colour, shape and size in each of the different varieties. The hall will also have garden flowers, house plants and garden produce on display. Anyone

is welcome to enter the show by contacting Lyn Hoskyn on 06 3680009 or 0272465224 by Thursday night. There will be a selection of craft stalls around the perimeter of the hall, selling sewing, knitting, jams and pickles, plants and other interesting items. The Chrysanthemum Club members will be selling potted Charm Chrysanthemum plants and posies of flowers. Afternoon teas will be available. Cash only, sorry NO eftpos available. The local public is encouraged to come and enjoy all the different aspects of the show. Members are happy to share their knowledge on cultivating and growing Chrysanthemums and gardening in general.

Community Fruit Harvest Manawatū plans to also operate in Whanganui

Debra Wynn is the co-ordinator for Community Fruit Harvest Manawatū and partly because of her own Whanganui connections but also because CFH sees an opportunity to replicate what they have done in Palmerston North and Levin, to rescue fruit to redistribute. She says, "We have a good following gained by being willing to knock on doors, through word of mouth as well as flyer drops and being totally transparent." She does admit to travelling a lot of kilometres. But it has been worth it, as "In the last financial year, we collected 16,000 kgs of fruit – solely from Palmerston North." Only their van is funded. Otherwise, volunteers meet their own costs. But she does add, "I would love to get a cherry picker." In Palmerston North they have linked with Super Grans who teach how to preserve fruits. Debra has had a relationship with Unity Food in Whanganui supplying them with fruit. Those in Whanganui involved in distributing free food emphasize the need for fresh and nutritious food – and that is where fruit, especially apples, fit in. But CFH is keen to



Successful fruit picking in Manawatū

collect all fruits, including pears, grapefruit (they collected 735kg last year) and 'medlars.' These are described as "tasting of apple puree with undertones of citrus, date and apricot." You don't see them in supermarkets as they look as "as if they are spoiled." They have also collected sweetcorn.

Debra hopes to recruit a team of volunteers to work together to replicate the success CFH has achieved in Palmerston North. It would initially involve locating homeowners happy to donate fruit from their tree or trees. The volunteers would do the picking. It is probable that the Whanganui City Mission

Foodbank with their chiller facilities would be the distribution point. If you can help by either becoming a volunteer or being willing to donate the fruit off your trees, please phone Debra on 021 091 40513. You can find out more at www.facebook.com/communityfruitmanawatu

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Cooperating to improve the supply and use of donated food in Whanganui

Continued from page 1

The Kai Hub did distribute food directly to the public but recently refocused its efforts on expanding its source of donors and streamlining its distribution to the 13 community organisations and seven neighbourhood pantries around Whanganui. Stephen Lee from the Kai Hub says, "The group will be compiling data and stories that will help us tell a cohesive story on what is happening in Whanganui, what is being done, and the gap that exists." All organisations are happy to receive food from your garden and/or donations. For food supplies, it is probably best to donate to the Food Bank in Park Place as they have the chiller capacity to store meat, vegetables and fruit and will redistribute them as required. But they do ask – "Please donate good quality, nutritious food – food you would give to your friends." All those involved say they are grateful to local businesses, groups and individuals who donate, sometimes in kind and the volunteers who make the distribution possible.

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Lanterns on the Awa returning this Saturday

Lanterns on the Awa was first celebrated in 2021, with thousands covering the banks of the Awa to enjoy the food, concert, the colour, and

the lanterns. Unfortunately, in 2022, it was postponed four times and on the fifth attempt, it also rained, but it went ahead in the War Memo-

rial Centre. Organiser Lim Kai Teng Inc Creative Ltd has looked into some long-term weather forecasts, and this Saturday, 27

April, is looking good. So, expect a large crowd to be there.

As 2024 is the Chinese Year of the Dragon, there will be the famous Chinese dragon dance, as well as a Lion Dance, to be performed by representatives from Wellington. There will be a range of entertainment, from the stage, which will be on the grass next to the Wanganui Produce Centre.

This will include dancers from the Shirley McDouall School of Dance performing 'The Lotus' Dance, accompanied

by professional dancer McKenzie Tate. Thanks to the Confucius Institute in Wellington, there will be a performance on the Chinese musical instrument, the 'guzheng'.

There will also be an Interactive Wall 4 metres long and 2.4 metres tall put together by Lim and his company, with which you can interact without needing any form of computer – just through your body.

Such an event attracting thousands needs a decent budget, but sponsorship can be difficult, and in the

two previous years, Lim has made a loss, which he has personally made up. The main sponsors this year include GDM Retail (the biggest sponsor), GJ Gardner Homes, and Property Brokers.

Other local businesses are also supportive with PakN'Save providing \$500 in vouchers and Mitre 10, \$250 store credit. Bullocks is overseeing the road closure, GoFox power equipment and J.A. Russell Ltd are providing services at cost. Other supportive companies include 151 on London,

Anndion Lodge and Scafit.

The lanterns have been supplied by our sister city in China – Lijiang – and Inc Creative provides all the cabling.

Having received permission from local iwi, the paper lanterns will be released over the Awa – and will later be collected by Plumber Dan.

The festival starts at 5.30, with a recommendation to be there from 5pm and goes until 9.45. There will be food stalls as well as vendors selling souvenirs.

Why the Whanganui East Pool "must be kept"



Wanganui East Pool

By Whanganui District Council councillor, Charlie Anderson

The Whanganui East Pool is an historic icon built by the community, literally with the bare hands of teachers, parents, local businesses and children, approximately one hundred years ago. They dug the hole and poured the concrete with shovels and wheelbarrows.

Champions like Toddy Sollitt have taught thousands of kids to swim, saving many young lives in the water. They have been the 'glue' for the Whanganui East community and the city for ever.

After all these years, we are now faced with the tragedy of possible closure because it feels like it has just become too hard for us.

Some amongst us say the pool is old and will cost too much to repair and run. After decades of neglect by many past councils, the cost of an upgrade, not necessarily required all at once, will be petty cash when we consider the risk: not only putting young lives in danger, but also the degrading of the vitally important social fabric that is attached to this pool, the heart of the Whanganui East community.

Up to twenty schools have used the pool after their own pools had been systematically closed down. Some say these schools can swim at the Splash Centre instead of the WEP, but Splash

would struggle to accommodate them, in my opinion. That aside, we fail to recognize the after-school hours use, weekends and school holidays when this wonderful social asset was historically bursting at the seams with happy children and families.

It doesn't matter where you go, there is always someone young or old saying, "I used to spend all day, every day in that pool"

There are hundreds of old pools in NZ, but the one that springs to mind is Carterton. They have an outdoor pool facility, bigger and older than the WEP. It is a wonderful, busy facility that has free access to everyone. They simply had the will to make it happen.

Take this away and our kids won't travel across town to the Splash Centre – the only other facility available – but down to the river for their fun. The risk is mind-boggling and can only mean the loss of life in time.

One life is one life too many, and we all know that.

I reckon that pool has held up pretty well, considering the lack of love shown it by councils over time.

Those of us who believe the pool is not worthy of saving because it is old and worn out should consider this – there are only three moving parts to a pool: that is the pump, the water and thousands of kids.



A previous year's Lanterns on the Awa event

Blind Spot with Marion Hainsworth

Activities during May

The Association of Blind Citizens (ABC) May social afternoons will be held on the 2nd and the 16th, at 2.00pm. We encourage Members to come along and enjoy fellowship, entertainment and afternoon tea. Transport is available – please contact the office the previous day.

The Indoor Bowls roll-ups continue - at 1.00pm on Sundays, and Craft groups continue on Monday and Tuesday afternoons, commencing at 1.30pm.

Sarah, Blind Low Vision Recreation Officer, continues her walking group on Mondays, at 10.30am –

weather permitting.

Rosemary is starting up a group for women to enjoy coffee and a chat. For further information on this, those interested should contact Rosemary on 344-5405, to learn of the date, time, and venue for the next gathering.

For further information, please telephone the following contacts:

Office, on 348-4401

Dave, on 343-3117

Craft, on 348-4407

- Marion Hainsworth

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Outside, the single car garage offers safe and secure parking for your vehicle and you'll appreciate the low-maintenance garden. With its prime location, you'll have easy access to all the amenities that central city living provides. Don't miss out on this fantastic opportunity! Contact us today to arrange a viewing!

“Why has Whanganui been neglected by Horizons in priority projects?”

Former Whanganui District Councillor James Barron has presented a submission to Horizons asking why it has identified only one priority project in the Whanganui region – central barriers on State Highway 3, which are NZTA ‘Road to Zero’ mandated priorities.

By comparison, the other big city in the Horizons area – Palmerston North – has ten projects prioritized by Horizons. These priorities are for possible funding by NZTA. James comments - “Not being included means not even being in line for primary funding from NZTA.

He makes the comparison between Whanganui and Palmerston North. Palmerston North is 95% urban with a population of 91,800 and predicting

an 8.9% over ten years growth. Whanganui is also 95% urban with a population of 48,900 but with a predicted growth rate of 10.9%. On the strength of this, Whanganui should expect at least a few priority projects to be recommended.

The lack of priority projects recommended by Horizons for Whanganui is also historical. In 2015, under their Regional Land Transport Plan, Whanganui received four priority projects in the Whanganui region. These were:

- A river/urban cycleway.
- Replacement of the over 100-year Dublin Street Bridge
- Replacement of the failing Wakefield St Bridge
- Safety improvements

to State Highway 3 to Whanganui

But a decade on, neither bridge has been replaced and both continue to deteriorate. He asks the question – “If they qualified nearly 10 years ago why are they no longer on the list?”

In 2018, Whanganui received no priority projects, while Palmerston North had eight.

As James points out “NZTA funding drives new investment, growth and urban amenity.” NZTA expenditure in Whanganui is only 5% of what has been spent in Palmerston North.

To sum up, James points out there has been a “nearly complete absence of priority projects in Whanganui in 12 years of TRTLP planning by Hori-

zons Regional Council.”

An article in the Whanganui Chronicle quotes the Chair of Horizons, Rachel Kidwell, as saying, “Lots of smaller Whanganui projects, which were not in the regional priority ranking of 1-10, were featured in the plan.” But this is James’ point. Whanganui projects have received low priority.

The Mayor was also quoted saying he believed that Whanganui had its “fair share” of NZTA funding. James points out that neither Whanganui and Partners nor the Whanganui Chamber of Commerce presented a submission and while the Whanganui Council had a written submission, no delegation was present to give an oral submission.



Tram crossing Dublin Street bridge in Wanganui, 10 April 1915. The bridge will be 110 years old this year. Photograph taken by Frank J Denton.

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National ‘Dutch Week’ at Foxton

The Big Dutch Day Out on Saturday, 27 April, from 10am to 3pm is a prime event on the Dutch Community’s agenda of annual festivities and is well worth a visit from both Dutch and non-Dutch people.

There will be music from two street organs – one built in 1880 and one from the 1960s. The kids will be entertained with old Dutch games like ‘Clog Throwing’ and ‘Stilt Walking,’ and the whole family can join in a public Art Competition – with prizes to win. The park around windmill De Molen will be bustling.

A highlight will be the opening of the ‘Origins’ Art Exhibition, in the Māpuna Kabinet Art Gallery. Another is the official unveiling of a huge two metre by two metre, colorful model of De Heemskerck – the ship that brought Abel Tasman to Aotearoa in 1642.

“This is an important event for our Oranjehof museum,” says Arjan van der Boon, co-chair of the Oranjehof Dutch Connection Centre. “So, we asked Dutch Ambassador Ard van der Vorst to officially unveil our ‘Flying Dutchman’ on this big day.”

“We were gifted the ship last year. It was so big and stunning that we really, really wanted it – but didn’t quite know where to put it. The only

spot with enough space was to let it float above the spectators in our Abel Tasman room.”

“This replica of De Heemskerck was built with plans and help from the Rijksmuseum in Amsterdam, one of our nation’s greatest cultural institutions”, says Netherlands Ambassador Ard van der Vorst. “Eric Hill, from Cambridge, spent years crafting the ship with native timbers.”

The ‘Origins’ Art Exhibition has artists competing for three prizes with one of the judges being ‘Dutch’ MP Ingrid Leary from Dunedin.

“Foxton, with its Dutch windmill and museum, holds a special place in my heart,” says Ingrid. “When my mother passed away a few months ago, I reminisced on her arrival in our country – along with all those 10,000s of other immigrants who arrived by boat and plane.

“The story of the Dutch arrivals is a story of ‘invisible immigrants. There are lots of us, but people don’t realise that – or how challenging it was. They came all this way after WWII, to be ‘peppercotted’ around the country to work in factories and on farms. Most did not speak the language and had no money on arrival. These were not easy times.”

The art competition ‘Origins – The Directions



De Molen Windmill

of our Cultural Winds’ features artists from Dunedin to Auckland. It shows artworks that combine imposing windmill De Molen – and its four sails – with the artist’s whakapapa, their ethnic origins.

Those coming to the Big Dutch Day Out, can also create an artwork and win no less than ten

smaller prizes – sponsored by Higgins civil construction company.

For the first time in Foxton, bicycle enthusiasts will dress up in cheerful orange, to join the ‘Orange Bike Rides’ that are happening as part of Dutch Week in many towns and cities.

The annual Dutch Week kicks off at the

Big Dutch Day Out, and goes through until Sunday, 5 May. There is a speech competition for young students. There will be King’s Day parties, and landmarks across the nation will light up orange at night. Dutch Week is open to anyone keen to experience Dutch foods, culture and language.

AUCTION • AUCTION • AUCTION

SATURDAY 4 MAY 2024 at 10am

at Granny’s Christmas Grotto, 1 Main Street, Marton

Viewing on Friday 3 May, 1pm-5pm

Enquiries please contact

Granny’s - 027 277 5005

Haywards Wanganui - 022 176 8568



Flying Prayers 4 Palestine - Castlecliff Beach kite-flying this Saturday



Flying kites in Gaza in 2011

Flying kites has been a symbol of hope and resilience for the children of Gaza for decades. In 2011, more than 12,000 children in Gaza flew kites on the beach, setting a new world record for the number of kites flown simultaneously. Sadly, more Palestinian children have been killed in Gaza in the last six months than the numbers who flew kites.

Back in 2011 the slogans written on the children's hand-made kites contained messages of hope and peace—

messages urging the end of the over four-year land and sea blockade on Gaza and calling for peace with Israel for all children to live in peace and security.

This Saturday, 28 April from 1 to 2pm, as a show of symbolism and solidarity with the people of Gaza, there will be kite-flying at Castlecliff Beach, out from the Duncan Pavilion. On Wednesday, there was a Kite Flying workshop, but you are welcome to bring your own. As the organisers say, "We want as many as possible."

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Vintage Car Club Autumn Motorcycle Rally results



Overall winner Willie Wood

By Bill James

The VCC 41st Annual Autumn Motorcycle Rally with 33 competitors left the VCC clubrooms at 9.30 am on Saturday morning on their motorbikes, ranging from a 1937 Royal Enfield G to a 2021 Royal Enfield Interceptor.

They travelled South via back roads, which included three timed sections, and onto Marton, where they were treated to a delicious lunch provided by the ladies of the Marton Bowling Club. After lunch they travelled back to the clubrooms with an option of a short or longer route to give some extra riding time.

The prize-giving dinner was held on Saturday evening at the Clubrooms. After a wonderful dinner prepared by club members, the prize-giving was held.

On Sunday morning they gathered at the clubrooms prior to a visit to Moto 74 at Fordell before travelling home. There was a little rain along the way but despite this the weekend was very much enjoyed by all.

The overall winner was Willie Wood from New Plymouth. He is 88 years young and has attended many of our rallies on his beautiful 1958 AJS 18s.

The results are as follows.

POST VINTAGE – First: Norm Hill riding a 1938 Velocette from Lower Hutt. **Second:** Paul Switzer riding a 1938 Royal Enfield from Lower Hutt.

POST WAR – Kendrick Cup First: Willie Wood riding a 1954 AJS 18s from New Plymouth. **Second:** John Rapley riding a 1958 Royal Enfield Clipper from Paraparaumu. **Third:** Sam Wilson riding a 1960 AJS 650 from Wanganui.

POST 60 VEHICLES – First: Robert Heath riding a 1974 CZ 175 Sport from Fielding. **Second:** Barry Wells riding a 1973 BMW R50/5 from Upper Hutt. **Third:** Trevor Barnes riding a 1977 Honda CB 400F from Upper Hutt.

POST 80 VEHICLES – First: Verdon Heath riding a 1988 MZ ETZ 250 from Levin. **Second:** Jim Campbell riding a BMW R65LS from Wanganui.

CLASSICS – First: Colin and Vicky Tate riding a 1961 Norton Dominator from Wanganui. **Second:** Ray Charrington riding a 2021 Triumph T100 from Fielding. **Third:** Robert Cochrane and Pauline Larsen riding a 2021 Royal Enfield Interceptor from Wanganui.

FIRST OVERALL – (Cliff Lowe Memorial Trophy) – Willie Wood

JOHN KENDRICK MEMORIAL TROPHY: (Most desirable British Single Cylinder) Willie Wood

COLEMAN CUP: (Highest scoring local VCC member) - Sam Wilson

HARD LUCK TROPHY: Errol Gray riding a 1975 Norton Commando Mk 3 from Palmerston North.

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OPEN SATURDAY
27 APRIL, 11am - 1pm
Harrison Community
Church Hall

‘Change your mind - change your life. Because you matter’

Elysabeth Wolter of ‘Lizzies Insights’ will give a presentation on Sunday, May 5, at the Peat Street Hall (next to the Peat Street Bowling Club) from 4.30 to 6pm. She will introduce the techniques of Emotional, Freedom Techniques (EFT), described as healing techniques for change. She will also demonstrate their use by asking two volunteers, separately, to go through the process and to give them the opportunity to get rid of a habit they haven’t been able to lose.

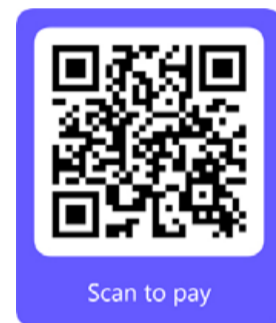
Change your Life. Because you matter.’ She adds, “We all have choices. We need to get out of negative thoughts, start on a new trajectory while happily living in the present. You can tap into your emotions and release bad habits, exchanging them for happy ones.”



Elysabeth Wolter

She will also give this presentation in New Plymouth and Hastings. Numbers are limited to 45 and the cost is \$25. As a Personal Development Coach, Lizzie also runs workshops, with the next one in Marton on 11 May. She also has a membership programme called Attributes, Attitudes and Advancement – the Triple-A of Personal Development. Members can participate in Zoom discussions and receive regular tapping session instructions. She is also writing a book, which she hopes will be completed by July 1, and will launch a podcast at the same time.

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The background to rates increases

By Deputy Mayor Helen Craig
 I believe communities get huge value for rates, especially compared to many other household costs such as insurance, but large inflation increases for capital projects and growing population and regulation mean Council’s are finding it very hard to keep a lid on rates. Households are facing large increases in food bills, insurance and interest rates also so everyone is tighten their belts. As residents consider submitting on what projects to fund or remove in this year’s Long Term Plan (LTP), they should consider the following key facts. You might also want to start lobbying the Government to share the overall tax take more sustainably with local government!!

- Local government debt is rising faster than revenues. The debt to revenue ratio has risen from 80% to 180% for the 13 years up to 2022. This is a reflection of rising inflation, increasing standards for drinking water and wastewater and increasing infrastructure costs due to growth plus a lack of income from rates or other sources to cover all these costs.
- Whanganui’s debt is currently \$160M and set to rise to \$280M by 2031. That’s \$120M rise in six years. Residents need to think carefully about projects and spend in the LTP as this is a huge increase that I believe won’t be matched by increased revenue.
- Rate increases over the next three years as proposed are 10.6%, 8% and 8% before dropping down to 5% but there’ll be another LTP by then and heavens knows what new projects will come along.
- Since rate increases are cumulative, that will equal more than 25% over three years. Eg: your \$3000 rate bill for last year will increase to \$3774 over the next three years.
- The average rate increase will affect all properties differently. Generally, rate increases by Category for this year are as follows:

Residential	12.8%
Lifestyle	6%
Farming	8.5%
Commercial	2.5%
Total	10.6%

- Inflation: For the last three calendar years ending Dec 2023, new bridges cost 38% more, sewerage systems 30%, civil construction including roads and water supply systems 27% and commercial buildings 25%. Infrastructure is a major cost of the Council, so our costs are outstripping the domestic Consumer Price Index hugely, and there is no sign of this decreasing yet.
- Rates, as a percentage of Gross Domestic Product (GDP), have remained flat over the last 100 years, but central government tax take has risen 30%. Council’s are increasingly the poor cousins of central government.
- Local government owns and operates more than 25% of NZ’s infrastructure assets, but of the total tax take, an average Kiwi household pays 7% in rates compared to 93% to central government.
- All government owned property and assets do not pay rates including Govt departments, schools, polytechs, hospitals, police, courts, prisons. Churches don’t pay rates either. GST added to your rates bill, goes to central government.

- To check your prospective new rates for next year, go to this link and put in your address: <https://www.whanganui.govt.nz/Property/Rates/Property-Rating-Search>
- You can find full details of the Long Term Plan and submission forms at local libraries and online on <https://www.whanganui.govt.nz/Your-Council/Have-Your-Say/Consultations/Long-Term-Plan-2024-2034>
- Submissions close on 2 May.

Need something repaired? Repair Cafe Whanganui opens tomorrow - Saturday, April 27

Repair Café Whanganui’s official opening is tomorrow, Saturday, April 27 at 11am. The local set-up is one of more than 50 Repair Cafés (RC) under the umbrella of Repair Café Aotearoa New Zealand, which sits beneath Repair Café International. RCs are non-profit pop-up events where people bring in their broken and damaged belongings, and local volunteer experts assess and do their best to repair them. Repair Café Whanganui is flourishing with the support of Sustainable Whanganui Trust and the energy of 27 volunteers who have undertaken training in how the local group works. It is a two-hour event at Harrison Street Community Church Hall on the last Saturday of each month. Repairers educate visitors about repairing and may involve them in the job. Repairers can also offer advice about where to take items if they cannot be fixed at the RC. There is no admission fee, but a donation for successful repairs is expected. Repair Cafés have the goal of improving accessibility to and understanding repair, repurpose and recycling opportunities as a means to reduce waste. “They are special events to help us learn, have fun and grow,” says project lead Margi Keys. “I am thrilled that we have an enthusiastic team who will help



The Chaplow boys enjoyed visiting last month’s inaugural Repair Café Whanganui event.

Whanganui develop a culture of repair, reuse and repurpose.” Members of the public may bring up to two portable items each. Each repair ideally takes less than 30 minutes. While visitors are waiting, refreshments are available. *The following repairs will be possible this Saturday: soft tech items (eg clothing (no zips) and soft toys); leather goods (patching, stitching and polishing); plastic, wooden and metal items (toys, dining chairs); bikes (no punctures), costume jewellery; ceramics (ideally in two or three large pieces); musical instruments and knife sharpening.* Bring parts, threads and/or fabrics so your repairer has materials to work with.

The range of repairs locally available is expanding as more volunteers come on board. “We need a data entry person, people who love baking and can supply savouries, biscuits or cakes; hosts, runners and counters, as well as repairers”, says project lead Margi Keys. “Please email whanganuirepaircafe@gmail.com or phone 0274 481 581 if you would like to help.” The next free training event is on Thursday, 13 June from 6.30 to 8.30pm. Enrolments close on Monday, 10

June. They would also appreciate donations as venue hire and consumables (food and drinks) must be paid for. Materials such as glues, screws and threads are needed for repairs. Repairers use their own tools. Donations may be in the form of cash or EFTPOS. The funds that are collected are deposited in the Sustainable Whanganui Trust account. “Repair Café Whanganui’s Facebook page has updates”, says Margi.

Proudly supporting
The Repair Café
 Come visit us this Saturday
 at The Repair Cafe

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Best to be backwards in going forward - ensuring child passenger safety

By Val Overweel, Horizons Regional Council, Road Safety Coordinator

Fitting child restraints into a vehicle can be challenging because child restraints and vehicles come in different sizes and shapes. It's important to ensure the child restraint fits securely and safely in the vehicle and is the right one for the child. As the driver, you are responsible for ensuring anyone under the age of 15 is correctly restrained. It is recommended children under the age of 12 years travel in the back seat.

Fortunately, we have a dedicated team of child restraint technicians from Little Buds who check child restraints and make adjustments as needed; ensuring belts and harnesses are not twisted, identifying expired or unsafe child restraints, ensuring there's no movement from the child restraint when fixed with the seat belt and any other issues they come across. Whether your child restraint is forward-facing or rear-facing, these technicians are skilled at making sure everything is safe for your children and can offer valuable advice on choosing the best seat for your child.

During a recent Police checkpoint in Whanganui, technicians checked 137 child restraints of which

79% were incorrectly installed. The team were able to correct most of these onsite and for those that couldn't be corrected, advice was given on how to rectify what was wrong.

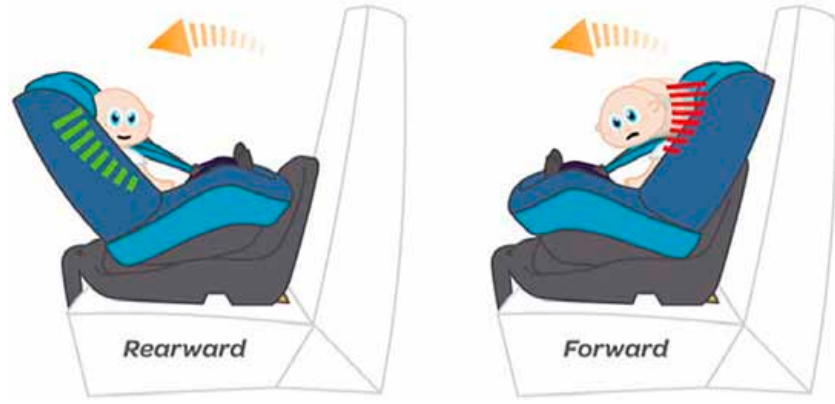
While it is a legal requirement to use an appropriate child restraint for the child's age until they turn seven, what's more important is ensuring the safety and security of our children. Research shows that approximately 70% of road accidents are frontal

collisions. Rear collisions, where vehicles collide in the same direction, are less severe and less common. Rear-facing seats significantly reduce the risk of spinal injuries for children under the age of four in a collision. The longer a child is rear-facing the safer they are.

Over 40 years ago, Sweden pioneered the use of rear-facing child restraints to protect a child's head and neck by spreading the forces over the entire

back, similar to how astronauts are protected during space travel. Children under the age of four are five times more protected when seated in a rear-facing position due to their relatively large and heavy heads compared to their bodies.

Horizons Regional Council Road Safety Team, New Zealand Police and the Little Buds team will continue to engage with families, ensuring that tamariki are



securely restrained while travelling in vehicles. To contact a technician or for more information on child passenger safety, visit the NZTA website at www.nzta.govt.nz and search for "child restraints."



REVIEWS: Latest Books in the District Library

The Beautiful Afternoon - Airini Beutrais

Airini Beutrais plumbs history, literature, Star Wars, sea hags, beauty products, tarot, swimwear, environmentalism and pole dancing to deliver a virtuoso inquiry into how we become and change who we are.

Has anyone seen Charlotte Salter? - Nicci French

A nerve-tingling and atmospheric thriller from master of suspense Nicci French, about two families shattered by tragedy and the secrets that have been waiting decades to be revealed.

The Revenge Club -

Kathy Lette

A subversive, irreverent revenge romp from the wickedly witty mind of Kathy Lette. Perfect for fans of Jane Fallon and Dawn O'Porter.

The Long and Winding Road - Lesley Pearse

One of the world's favourite storytellers tells the extraordinary story of her life. Lesley Pearse didn't publish her first novel until she was 48. Now she has sold over ten million books around the world and is a constant presence on the bestseller chart.



These books are available at all good bookstores and, of course, Whanganui District Library.

Help us with the big decisions

Have your say on our Long-Term Plan

HAVE YOUR SAY
KŌRERO MAI

The Long-Term Plan is our 10 year plan and shows the whole picture of how activities are managed, delivered and funded – which has a flow on effect on our rates.

There are some difficult, big decisions to make, so we want to hear your feedback on what you'd like prioritised.

Find our consultation document, the questions we're asking you and submit your feedback here

www.whanganui.govt.nz/HaveYourSay

or pop in and see us at 101 Guyton Street.



BUSINESS BRIEF

M&N Complete Rehab Ltd Physiotherapy expanding quickly



M&N Complete Rehab Ltd Physiotherapy team - from left: Dylan, Merlin, Nishantha and Janani

M&N Complete Rehab Ltd Physiotherapy started only two years ago and has quickly expanded to include four physiotherapists. Merlin started it by himself but, within six months, was joined by his wife, Nishantha. Both qualified back in 2006 in South Africa.

Dylan Coleman started in January 2023 after qualifying from Otago University and in February 2024, Janani Kumar, who holds physiotherapist registrations in India, UK and in New Zealand, joined the practice.

Each physiotherapist has their area of specialist expertise. Both Merlin's and Nishantha's is osteoarthritis, while Nishantha is also accredited in pelvic disorders.

Dylan focuses on vocational rehabilitation and joint replacement exercise classes, and he uses the nearby Jets Fitness Gym to help patients rebuild their strength, especially those wanting to get back into active sport. He also does strapping on Saturday mornings prior to games.

M&N has an arrangement with the Christ Church Community Centre, also close by, where Merlin leads exercise

classes each morning. He says, "If people would like to join, contact us directly or contact your GP about any arthritis you may have, and a follow-up will be sent to either the hospital or our practice to join The Whanganui Complete OA programme." These sessions are fully funded, and each one has an educational component using the latest research.

Janani has expertise in kinesiology taping as well as in post and ante-natal physiotherapy.

M&N has a range of contracts with ACC, the hospital (for osteoarthritis and muscular-skeletal disorders) and with the meat works, where they go on-site to pick up any injuries early to prevent them from getting worse and to advise supervisors on how best to help.

You can get in touch with M&N on 06 888 6083; and online bookings can be made on their website www.mandn-completerehab.com. They are based at Wicksteed Terrace, Suite 5, Victoria Ave. They have four parking spaces available for patients. Follow M&N's Facebook page, M and N Complete Rehab, to keep up to date with their latest news.



Make your Health a Priority

Our physio team is growing and we have more capacity to provide you with top notch services. Call in today and let our experienced professionals help you recover and achieve your health goals.

To book an appointment

021 752 230
mandnphysio.com



2018 NISSAN NOTE PREMIUM



1.2L auto, top model, alloys, body kit, high seating, practical space, tints, alloys.

Just arrived! **NOW \$13,995**

2019 SUZUKI CELERIO GLX



1.0L, auto, NZ new, only 9,800 kms, economical, high seating, alloys, bluetooth, 6 airbags, great buy.

was \$13,995 **NOW \$12,995**

2015 SUZUKI HUSTLER



658cc, auto, only 74,000kms, high seating, climate a/c, auto lights, keyless start, safety package, quirky & practical!

was \$16,995 **NOW \$13,995**


2019 TOYOTA COROLLA SPORT HYBRID



1.8L Hybrid auto, only 73,000 kms, aftermarket alloys, tints, parking sensors, loaded with features!

was \$25,995 **NOW \$24,995**

2016 TOYOTA PRIUS HYBRID



1.8L Hybrid auto, only 23,700kms, reverse camera, large boot, parking sensors, tints, great value and economical!

was \$24,995 **NOW \$23,750**

2021 TOYOTA AQUA G



1.5L Hybrid auto, like new, only 1,935kms, great colour, 360 camera, climate a/c, high spec, must see!

was \$31,995 **NOW \$29,995**

2016 FORD FIESTA TREND



1.5L auto, NZ new, only 45,000 kms, 17" alloys, sporty stripes, bluetooth, cruise control.

Just arrived! **NOW \$12,995**

2018 HOLDEN SPARK LT



1.4L auto, NZ new, only 37,000kms, leather, bluetooth, cruise control, reverse camera.

was \$14,995 **NOW \$13,995**

2020 NISSAN NOTE E-POWER



1.2L Hybrid auto, only 75,000 kms, high seating, economical, safety package, parking sensors, large boot.

was \$19,995 **NOW \$18,995**

2019 SUZUKI SWIFT SPORT



1.4L turbo manual, NZ new, only 34,000 kms, 1 owner, GPS, bluetooth, reverse camera, great buy!

was \$21,995 **NOW \$19,995**

2017 SUZUKI BALENO RS XT



1.0L turbo, auto, only 41,000kms, adaptive cruise, anti-collision, alloys, sporty!

was \$16,995 **NOW \$15,995**

2017 SUZUKI IGNIS HYBRID



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

was \$16,995 **NOW \$15,995**

2021 HYUNDAI i30



1.5L auto, NZ new, only 13,000 kms, bluetooth, reverse camera, weather shields, great buy!

was \$25,995 **NOW \$24,500**

2017 SUZUKI BALENO XS LTD



1.2L auto, only 27,000kms, keyless, start/entry, adaptive cruise, tinted safe and economical.

was \$16,995 **NOW \$15,750**

2017 NISSAN MARCH S



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

Just arrived **NOW \$12,995**

2009 SUZUKI SX4 LTD



2.0L manual, NZ new top model, chain driven, cruise control, high seating, 6 airbags.

was \$8,995 **NOW \$7,995**

2023 NISSAN LEAF 59kWh



Electric, only 449kms, demo, 3985kms range, e-pedal, Apple CarPlay / Android Auto, 360 camera.

was \$56,995 **NOW \$46,995**

2009 HOLDEN CRUZE CD



2.0L turbo diesel, auto, cruise control, sporty alloys, towbar, auto lights, ESP, great buy!

Just arrived! **NOW \$7,995**

2013 SUBARU EXIGA



2.5L auto, 7 seater, alloys, tints, towbar, adaptive cruise control, keyless start, climate a/c.

Just arrived **NOW \$11,995**

2016 SUBARU IMPREZA SPORTS



1.6L auto, only 42,000kms, tints, alloys, adaptive cruise control, auto lights, keyless entry, sports hatch.

was \$16,995 **NOW \$15,750**

2016 FORD MUSTANG FASTBACK



5.0L auto, NZ new, only 30,000 kms, stage 2 upgrade, stunning sports car, be quick!

Just arrived! **NOW \$59,995**

2011 FORD FALCON XR6



4.0L auto, only 132,000kms, towbar, alloys, cruise control, perfect family vehicle.

was \$15,995 **NOW \$14,750**

2015 JAGUAR XE R-SPORT



2.0L turbo petrol, auto, NZ new, only 76,000 kms, leather, GPS, reverse camera, bluetooth, parking sensors.

Just arrived **NOW \$24,995**

2020 FORD ESCAPE ST-LINE



2.0L auto, 2WD, only 16,000 kms, reverse camera, parking sensors, bluetooth, adaptive cruise.

Just arrived! **NOW \$29,995**

2015 MAZDA CX-5 GSX



2.2L turbo diesel, NZ new, only 86,000kms, parking sensors, bluetooth, cruise control, towbar.

was \$19,995 **NOW \$18,750**

2015 SUBARU XV EYESIGHT



2.0L auto, AWD, only 65,000 kms, alloys, tints, adaptive cruise control, auto lights, safety package, sporty in black!

Was \$21,995 **NOW \$20,500**

2018 KIA NIRO EX HYBRID



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

Just arrived **NOW \$16,995**

2019 RENAULT KOLEOS ZEN



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

was \$29,995 **NOW \$28,995**

2022 HYUNDAI KONA N



2.0L turbo, only 15,000 kms, like new, great savings from new, high seating, fast hatch!

was \$52,995 **NOW \$49,995**

2022 Haval JOLION ULTRA



1.5L turbo Hybrid NZ new, only 14,800 kms, like new, lots of features, leather, great savings from new!

was \$32,995 **NOW \$31,995**

2021 MITSUBISHI ASX VRX



2.4L 2WD, 1 owner, only 2,200kms, like new, roof rack, towbar, leather, weather shields, great buy!

Just arrived **NOW \$23,995**

2018 SUZUKI VITARA TURBO



1.4L turbo auto, only 50,000 kms, NZ new, 1 owner, AWD, GPS, bluetooth, reverse camera, great buying!

Just arrived **NOW \$23,995**

2021 NISSAN QASHQAI ST



2.0L 2WD, auto, only 47,000 kms, 19" Ti alloys, reverse camera, bluetooth, cruise control, keyless entry & start.

Just arrived **NOW \$25,995**

2018 NISSAN CARAVAN NV350



2.5L diesel, auto, only 93,000kms, twin sliding doors, reverse camera, work station, tints.

was \$29,995 **NOW \$28,750**

2018 NISSAN CARAVAN



2.5L turbo diesel, only 75,000kms, twin sliding doors, reverse camera, ESP, anti collision, like new!

was \$31,995 **NOW \$29,995**

2020 NISSAN NAVARA 4WD



2.3L turbo diesel, manual, only 51,000 kms, king cab, large flatdeck, towbar, bullbars.

Just arrived! **NOW \$37,995**

2017 HYUNDAI IMAX



2.5L turbo diesel, auto, NZ new, 1 owner, 8 seater, heated front seats, reverse camera, alloys.

was \$22,995 **NOW \$21,500**

2014 NISSAN NAVARA ST



2.5L manual, 2WD, only 104,000kms, towbar, immaculate condition, black alloys, new cover.

was \$24,995 **NOW \$23,995**

2016 TOYOTA HILUX SR5 4WD



2.8L diesel auto, alloys, stone protector, canopy, towbar, running boards, GPS, reverse camera.

was \$39,995 **NOW \$36,995**

2016 NISSAN NAVARA ST



2.3L twin turbo, 4WD, auto, canopy, towbar, bluetooth, reverse camera, tubliner, ready for work!

was \$34,995 **NOW \$32,995**

276 & 330 Victoria Avenue, Wanganui. Phone 06 345 5115



David Jones Motors



Possibly the last letter written by Jim Anderson

In last week's issue of the RCP we had an article about how three uncles of Robyn Belton, originally from Whangaehu, were killed in WWII. One was Jim Anderson, who died in Italy in 1944 and is buried in Florence.

Errol McNaught doesn't get a copy of the RCP delivered (he lives in Waikupo Road, at the far end of Okoia) but his sister, who lives in town, alerted

him to the article. Errol who keeps the family history records, remembered that Jim was a good mate of their father at Collegiate School and knew of a letter written to Sandy and Joyce, their parents, dated 4 July, 1944.

It was an airgraph – a system devised in WWII in which letters were photographed in miniature and sent by airmail.

Errol quickly found the

letter (the family records are very well organised). It is newsy, without giving away any details of military action and ends "with regards to you both, Jim." It is possibly one of the last messages he ever sent.

Errol's grandfather – Major James Gordon McNaught – was in WWI and was badly wounded in France. He was one of four brothers – Gifford,

Hector, Cyril and Oswald who went to war with all of them returning to New Zealand. The youngest, Ian, was too young to go.

'Sandy' was brought up on a farm at Parikino and boarded at St Georges and Collegiate, where he became good friends with Jim. He was medically unfit to go to war and later worked at Kempthorne Prosser in Aramoho.

Errol spent much of his

life in Hunterville, where, in his 'spare' time, he raised calves and thoroughbreds. In 2017, he returned to Whanganui and chose to live close to the Waikuku Reserve. He and his partner Haidee, who works in town, enjoy the native bush and the peace and quiet.

Errol with his mate, 11 year old Mia, a Boxer.



World Veterinary Day Saturday 27 April

~ Celebrating our local vets ~

Veterinarians are the only doctors who play a crucial role in the well-being of animals and humans. They specialize in different areas so that every animal gets professional and adequate treatment and care. They also wear many hats and can work in food safety and inspection, research activities for the prevention of zoonotic diseases, teaching in universities and environmental protection.

And so on every last Saturday of April, the veterinary community celebrates the positive impact of veterinary medicine around the globe.

The World Veterinary Association created 'World Veterinary Day' back in 2000 to celebrate the profession and promote the work that veterinarians do. They choose a theme each year to promote the hard work of veterinary

professionals on the topic. It is also an opportunity to celebrate the contributions of veterinarians to the health of animals, people and the environment.

This year's theme is 'Veterinarians are essential health workers. Veterinarians competencies must be regarded as an essential and integral part of health at large.'

While the profession is a profoundly rewarding pursuit, being a vet can be physically and mentally taxing. Stress and burnout and other health issues have

risen in recent years with the experience of Covid.

There are also long work hours, ethical dilemmas and challenging interactions with clients, making resilience an important component of the job.

Everyone likes to be appreciated so perhaps on April 27 grateful pet and animal owners may wish to show their appreciation by:

- Giving them a thank you card or a gift.
- Donating to an animal charity such as the SPCA in their name.
- Sharing their outstanding service on social media.

You could also make their workload that little bit easier by practicing preventive care and showing some extra love to your pet.

On World Veterinary Day (and every day), buy your canine or feline companion some healthy treats, purchase the diet prescribed by your vet, get your purring friend some hiding places and cat trees in your house.



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NZ MUSIC MONTH • May 2024

Icons Six60 and Four Square team up for the Grassroots tour - Four Square Castlecliff to host band's tiny house this Saturday

Whanganui locals are in for a treat this week as Kiwi icons Six60 and Four Square team up for the Grassroots Tour - an unforgettable journey across small-town New Zealand.

Six60 travelling across the country, performing in intimate venues and showcasing their iconic hits in a stripped-back acoustic format.

In keeping with the tour's grassroots spirit, a miniature replica of the

flat where the band members once lived together in Dunedin will accompany Six60 to all 24 performances, parked up at the local Four Square in each town visited.

So, while concert tickets are unfortunately 'long gone', locals will still be able to get Six60 'vibes' by visiting their local Four Square to check out the tiny house, snapping some photos and grabbing some exclu-

sive merchandise.

The tiny house can be found at Four Square Castlecliff this Saturday, on April 28.

"Later this year, Four Square celebrates its 100th birthday, so it's great to be able to start the party early with a unique experience at so many of our stores." Greg Stone, Foodstuffs North Island Head of Four Square says.

"Every Four Square is

owned by a local grocer family and each store has been busy coming up with a unique way to celebrate the Six60 tiny house coming to their community.

"So, even if you can't get your hands on a ticket to one of the sold-out tour dates, we still invite you to come take part in the tour yourselves and visit the tiny house at the local Four Square."

Vivek Bangia, owner-

GIVEAWAY

River City Press has some exclusive Four Square/Six60 t-shirts to give away. Simply email rivercitypress@xtra.co.nz with your contact details and shirt size to be in the draw to win. Put Six60 in the subject line please. Winners will be drawn May 6.

operator of Four Square Castlecliff, says it's a rare privilege to be at the heart of an event like this. "The tiny house will be set up at our store on April 28, and we're inviting customers to come through and check out all the \$6:60 deals we'll have on offer! The

whole team is excited to do something unique and special for the community.

"It's really cool that the boys at Six60 are playing a gig here in Whanganui. They stick to their word when they say don't forget your roots."



IF YOU ENJOY SINGING, THEN THE Whanganui Male Choir (Inc) NEEDS YOUR VOICE!

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For further details contact:

Tony Ross (President) 027 611 5533
Dennis McGowan 021 252 2246
Denis Brown 027 240 4598
Dick Mitchell 027 4855 741
William Chegwidan 027 2491 061



Six60 with their tiny house which will be outside Four Square Castlecliff this Saturday

Celebrating NZ Music

The purpose of NZ Music Month is to celebrate music from New Zealand, and the people who make it. It was initially NZ Music Week launched in 1997 before becoming New Zealand Music Month in 2001.

The month of May has gone from a period of encouraging radio to play more local tunes, to a 31 day celebration of homegrown talent across the country.

In 2000 NZ Music made up around 10% of programming on commercial radio. By 2021 the annual figure reached 23.84%, an increase from 2020 when the figure was 20.95%.



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THURSDAY 9 MAY 2024

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NZ MUSIC MONTH • May 2024

Whanganui celebrates International Jazz Day

The jazz community is a world wide aggregate that knows no boundaries, united by a respect for this great music that was born in America and because of its sheer brilliance has spread to virtually every country on the planet.

In November 2011, the United Nations Educational, Scientific and Cultural Organization officially designated April 30 as International Jazz Day. UNESCO believes in the power of Jazz as a force for peace, dialogue and mutual understanding. The day is set aside to highlight the role of music in education and reinforce the need for intercultural dialogue and international co-operation to meet the problems we face as a global community.

Here in Whanganui we make an important contribution by leading the way in Aotearoa New Zealand in the celebration of this remarkable initiative set in motion by the United Nations and master musician and cultural ambassador Herbie Hancock (www.jazzday).

Since 2018, our community has staged impressive events every year (2020 was cancelled due to COVID) under the musical direction of Dr Rodger Fox, the country's most celebrated exponent of the idiom. Music students from Whanganui and Manawātū gather for an afternoon workshop where they are tutored in the art of improvisation, one of the fundamentals of jazz music education. In the evening, we are treated to a performance that includes both student and professional musicians.

This year, an unprecedented number of students have registered their interest in participating. This is testament to the abilities of Dr Fox and the musicians he brings with him. Accordingly, the focus of this year's event will be on education, with the spotlight on our youth.

The evening concert will begin at 7pm at the St Johns Club on Tuesday 30 April. Tickets will be available at the door for \$30, with members of the Jazz club paying \$20. Non members are encouraged to join the club on the night, as the discount will practically pay for membership and all proceeds go towards ensuring that we in

Whanganui continue to champion this important art form that contributes so much to our cultural

fabric. We look forward to welcoming you to the celebration.

Should you require fur-

ther information, please contact Ken, president of the Whanganui Jazz Club on 022 431 5434.



Rodger Fox. Photo by Rene Huemer

Gatshack, the musician's go-to in the heart of Whanganui

Gatshack, on the corner of Ridgway and St Hill Street has become something of an institution for musicians, from beginners to virtuosos. Craig Cawley, a musician who has been gigging for almost half a century, and this year, celebrated establishing the business 15 years ago, on Valentine's Day to be exact, gets a buzz out of supporting local musicians and NZ Music Month.

Despite dealing with Multiple Sclerosis, Craig keeps going and has no plans to retire, "I thought I might be broke in six months, but here I am, 15 years later. I still like coming here every day; I've never got up and thought, 'I don't want to go to work today' because it's my passion."

It's not hard to understand why. Just in the space of time RCP popped into interview Craig, visitors poured in, and it was like listening to the conversation of friends. I guess living your passion, like Craig does, gives the shop a certain feel that's very welcoming.

Gatshack is a boutique-sized shop brimming with possibilities. If it's not in the shop, you can be sure Craig will do his very best to find what you're after. If your guitar needs some tender loving care, Craig can sort that, too.

We reminisced about the music scene in Whanganui back in the 70s and 80s when Craig played three nights a week at the Rutland Hotel, now The Rutland Arms, and the Riverside Hotel, in a band called Thin Ice. There have been several other bands and gigs over



Gatshack store on Ridgway Street

the years including being part of supporting acts for Split Enz, The Feelers and Fur Patrol.

Craig reflected on the music in Whanganui, saying, "The music scene here is great; there are plenty of brilliant musicians. What we do lack a bit is venues to perform in."

What we don't lack is

a music store with a little bit of magic. Whether fresh on your musical journey or well along the path, the Gatshack is the place to visit. Craig can source from Music Works and Music Planet, and more besides. There's no need to leave town, and you'll be supporting a great local business.

Proud to support New Zealand Music Month

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Robert Cleaver playing lunchtime organ concert on Wednesday



Robert Cleaver at Console of St Peter's organ

Palmerston North organist Robert Cleaver will present a concert at Christ Church on Wednesday, 1st May, starting at 12.15pm.

Robert is no stranger to Whanganui audiences having performed in previous lunchtime concerts here. He says he is looking forward to entertaining again on the Christ Church organ.

"My programme won't be a strictly formal one", he says. "It will be an eclectic mix of musical genres, and some of the numbers will have the audience tapping their toes – a smile at the end of the concert is guaranteed."

Robert was taught the pipe organ by the late John Pryor on the organ of St Peter's Anglican Church in Palmerston North. Lat-

er, he became an organist at St John's Presbyterian Church and also spent 42 years as organist at St David's Presbyterian Church.

All styles of music appeal to Robert and he enjoys entertaining on piano, organ and various other keyboard instruments.

In the wider community,

he can be found using his talents in churches, retirement homes and other venues. "I like to play music with which audiences are familiar, and I am always happy when people come away with a smile," he says.

Entry to the concert is free, but a Koha is much appreciated.

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- River City Park Up

The River City Park Up is organised by the Wanganui Road Rodders Club and if you have a love or even just an interest in cars of all types (as well as motorcycles and boats), head to the grounds of Whanganui City College on Sunday, April 28, from 10am to 2pm.

You will see a huge display of veteran, vintage, and classic cars as well as Hot Rods, Muscle Cars (defined as sporty mid-size American cars of the 1960s/70s with powerful engines and preferably only two doors), drag and stock cars, 4WD vehicles, motorbikes and boats.

It is also an opportunity for the enthusiasts to get involved in an 'automotive swap meet' as well as viewing trade stalls and displays. Entertainment will be provided by the Wanganui Ukelele Orchestra, and food and coffee will be catered for by food carts alongside an outdoor seating area.

The display vehicles will be gathering from 8am with the Park Up open to the public at 10am. The cost/donation is \$2 per person, with the money going to the Whanganui Cancer Society to support the amazing work they provide to our community.



Display vehicles will be gathering from 8am with the Park Up open to the public at 10am. The River City Park Up is organised by Wanganui Road Rodders Club

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International *Dance* Day

Monday 29 April



Uplifting the spirits of people through dance

International Dance Day is a global celebration of dance, taking place every year on 29 April, which is the anniversary of the birth of Jean-Georges Noverre (1727–1810), who is considered to be the "father" or creator of classical or romantic ballet.

In celebration of the day, here are eight reasons why dance is a special art form that can uplift the spirits of people around the world.

1. Dance gives a voice to the unheard
There are many dance styles that were born out of struggle, especially by youths in socially and economically deprived circumstances. These have since spread around the world, highlighting

their struggles.

2. Dance is a powerful vehicle to share and connect through cultures
Most dance styles have deep cultural origins behind their creation. The spreading and teaching of dance, and its roots, is something that allows people from different backgrounds to better understand and connect with each other.

No experience or partner required for ballroom dance lessons

3. The growing ways the power of dance is spread
These include; teaching in classes, workshops and online, making dance films and curated visual content, viral social media clips, using photography and written dance articles.

4. Dance is a universal language
A big part of the power

Glastonbury Dance has been operating since 2005, and offers classes and lessons that suit students from Beginners through to Competitive couples of all ages. The Beginners course advertised gives an introduction to Waltz, Foxtrot (Ballroom), Cha Cha and Rumba (Latin). No experience is needed for this course as studio partners are part of the team at Glastonbury Dance that makes the learning easy and fun. Principal, Mark Glastonbury Fellow/Licentiate NZFDT says, "Starting to dance can be easy if you have the correct guidance and the willingness to learn. Of course, like anything it will take practice." Dance is simply walking ... in time to appropriate music and a set pattern. Give Mark a call at 0274415880 with any queries.

of dance is how it allows someone to communicate through movement. Dancers can transmit powerful messages, tell stories and express feelings in a way that can be understood even by people who don't speak the same language.

5. Dance is good for your physical and mental health
Dance exercises your body, can clear your mind, help you release stress and let go of anxieties.

6. The worldwide dance community is open to everyone
Global dance communities mean that wherever a dancer goes in the world they can find like-minded individuals ready to chill, hang out and practise.

7. Dance grows our love of music



Every dance style originates from a genre of music that inspired its creation.

8. The amazingly creative dance scene and industry

The dance scene and industry are both massively creative and innovative places that entertain and

inspire. They also offer something for everybody, with dance appearing in many forms.

Shirley McDouall School of Dance is Whanganui's oldest established dance school

Shirley McDouall School of Dance was founded 67 years ago, making it the oldest established dance school in Whanganui.

The school offers classical ballet, modern, tap, contemporary and adult ballet classes for preschool children to 60+.

Dance is an excellent way to develop a variety of skills under the careful guidance of fully qualified instruction in a caring and nurturing environment. Student's not only learn the solid base of dance technique but numerous skills: how to behave in a classroom situation, musicality, coordination and strength.

Dance is also a wonderful way to develop their imagination and gain confidence. Students are offered examinations in Royal Academy of Dance and International Dance Teachers Association syllabi. There is the opportunity for students to do dance competitions and perform on the stage at the Royal Whanganui Opera House in their Productions. The proceeds from previous productions were donated to Whanganui Charities, totalling over \$155,000 going back into the community over the years.

Many of SMSD's previous students have graduated into successful careers in dance or teachers

of dance in New Zealand and abroad.

The Principal, Melissa Tate, was a student at Shirley McDouall School of Dance before attending full-time training at the New Zealand School of Dance for three years. Melissa danced professionally and eventually moved back to Whanganui to teach. Since returning, Melissa has travelled to England to receive the Giles Bursary for the highest mark gained in the world in her International Dance Teachers Association exam and has also been appointed as an Examiner for I.D.T.A. Melissa is a Registered teacher of the Royal Academy of Dance and has her Fellowship in I.D.T.A ballet. The Senior Teacher, Olivia Reuters, is also a previous student of Shirley McDouall School of Dance. Olivia gained her Bachelor in Screen and Performing Arts at Unitec and has a Certificate in Ballet Teaching Studies. You can be assured your children are in safe hands and are receiving the best training possible at Shirley McDouall School of Dance.

If you or your child are interested in dance, please contact Melissa Tate 021 149 3849, mktate@gmail.com or www.shirleymcdouallschoolofdance.co.nz.

Glendaroch Scottish Country Dance Club

Scottish Country Dancing is popular the world over for its blend of traditional culture with exercise. Most dances are made up of a few basic figures that can generally be learned quickly and easily. Scottish Country Dancing is a social pastime and allows anyone, young or old, to enjoy an evening dancing to traditional music that has come down through the generations.

Come on your own or bring a friend, but you will probably find yourself dancing with someone else most of the time – a great way to learn. You don't need any special clothes – you certainly do not have to wear a kilt! Anything comfortable will do, but flat shoes with a soft sole are recommended.

Classes often begin with a brief warm-up and a few easy dances to loosen up and get the feel of the music. Time may be spent on practising the steps, which are unique to Scottish dancing but, initially, you will just be encouraged to move in time to the music.

Most classes are 'mixed ability' for people ranging from newcomers to the very experienced. At some point in the evening, you may be invited to stay and watch as experienced members enjoy some more difficult dances.



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Historic wedding dress unveiled - a piece of Marton's heritage

Wairere Rebus Club goes into recess

By Karen Hughes

With a remarkable example of this region's history, Whanganui Regional Museum is about to unveil the next Ko te Kākahu o te Marama - Outfit of the Month: a stunning silk taffeta wedding dress worn by Alvine Augusta Voss for her wedding in February 1883.

Alvine Voss was born in Germany, in March 1858, and was 25 years old at the time of her marriage to 34-year-old Wilhelm Franke at the Lutheran Church in Marton.

The dress, made from silk taffeta and satin believed to be imported from Germany and tailored in New Zealand, showcases a fusion of machine and hand sewing techniques. Notable features include a stand-up satin collar, front fastening with hooks and handmade eyelets, and delicate hand-sewn ruching, gathering and buttonholes - a testament to the dedication and skill of its makers.

"We are pleased to have such an important piece of local history in our collection," said Kaihāpai Taonga/Collections and Curatorial Lead, Trish Nugent-Lyne. "This dress not only represents



Alvine and Wilhelm's granddaughter, Eileen Martin, with Alvine's wedding dress, and a hand-coloured photograph of the couple in their later years.

Photo credit: Karen Hughes/Whanganui Regional Museum

a significant moment in the lives of Alvine and Wilhelm Franke but also provides insight into the craftsmanship and fashion of the late 19th century."

The exquisite dress was donated to the museum in 1993 by a descendant of Alvine and Wilhelm Franke; their granddaughter Eileen Martin. Eileen revisited the museum recently to support Trish Nugent-Lyne with her research into the dress, bringing with her a hand-coloured photograph of Alvine and Wilhelm Franke. Eileen revealed

her unique position as the sole descendant of her father's marriage, "The Voss's were farmers, and my grandfather turned to farming. Alvine had many children; my father was the last of them and I was the only child of his marriage (to my mother). The others were all much older and have all passed away. I'm the last of that line now."

A dress of similar style and colour worn by Alvine's sister, Caroline, at her wedding to Robert Ross the following year in 1884, is also part of the

museum's collection.

Kaihāpai Taonga/Collections and Curatorial Lead, Trish Nugent-Lyne will present and discuss Alvine's dress with an informal public talk. Members of the public are invited to hear her presentation in the Museum at 12.15pm on Friday 3rd May.

Entry to the event is free. Koha for the Museum is always appreciated. No booking is required, all are welcome. The dress will be on display in the Museum throughout May.



Jean Cleveland and Jeanne Lundon (who sadly passed away in 2021) cut the cake for the 25th celebrations in 2018.

The Wairere Rebus Club for those over 60 was set up in 1993 and soon became very popular. They had to cap membership to 155 and moved to St Peter's Hall and then to Laird Park Bowling Club.

As there was a waiting list for people wanting to join, Wairere helped to organise another Rebus Club - Pukenuamu - bringing the number of Rebus Clubs in Whanganui to four.

Wairere met once a month from 10am to around noon. One of the members would give a short talk, and then they would have morning tea. This was followed by a guest speaker.

There were other activities such as day trips, a monthly Coffee Club at a local café, a monthly dinner at a local restaurant and a popular Christmas luncheon. Members could attend as much or as little as their circum-

stances allowed, but club meetings and activities provided good social connections.

The cost was only \$45 per year. The club was run by a committee and unfortunately, they struggled to get members willing to serve. Late last year, the 90-plus members were warned that if no one stood for the committee in elections in March, the club might have to go into recess. Some committee members had served for multiple years and wanted to step aside.

As no one did stand, it was decided to put the club into recess. While this decision was sad for so many members, the reality is many members were getting old and felt they couldn't serve on a committee. The Coffee Club, however, continues.

Of the four Rebus clubs, only the Pukenuamu Club continues.

BUSINESS BRIEF

New owners at Appliance Repair Care

We live in a disposable society where "throw it away and get a new one" has often been the mantra when something breaks down.

But that mindset is slowly changing reckons Matt Perry who points to the value in fixing faulty items, thereby saving money and reducing the number of appliances dumped in landfills.

Matt is the new owner of Whanganui's Appliance Repair Care (ARC), the Bell Street business that can get most household electrical items back working as good as new.

ARC was founded by Njela and Pahia Turia nine years ago and, in that time, it has grown in its scope and in its reputation as the place to go to get things fixed.

Matt has been with ARC for the past year as the parts co-ordinator, ordering parts and doing estimates for jobs, having worked for 20 years in the electrical and telecommunications sectors.

With Njela wanting to spend more time with family, she approached Matt to take over. And, though he never saw himself as an employer, he took over the reins earlier this month.

"I was excited and terrified in equal measure," says Matt. "Excited because this is such a good business with lots of potential for growth ... and terrified because I have to be responsible for the staff and that's something new for me."

The staff of 10 includes five very experienced electrical technicians who

handle the range of appliances - ovens, fridges, dishwashers, vacuum cleaners ... you name it.

ARC covers both commercial and domestic work, mobile phone repair, is an authorised service centre for almost every major brand, and is a parts supplier for a number of companies, including Samsung, Electrolux and LG.

Matt is encouraged by the introduction to Parliament of the Consumer Guarantees (Right to Repair) Amendment Bill, created by Green Party co-leader Marama Davidson and drawn as a member's bill last week.

The bill will empower consumers with more of a right to repair their products, aiming to extend the lifetime of goods in order

to keep resources in circulation and out of landfills.

"Too much of what we use ends up in landfill burdening our environment and also our pockets," says the bill, which will require manufacturers to provide the information, spare parts and tools necessary to diagnose, maintain, and/or repair goods.

In recent years, the right to repair movement has gained momentum overseas, with the European Union, United Kingdom, United States and France (among others) implementing regulations of a similar nature.

Says Matt: "Disposing of appliances has become a big issue and getting something repaired can be a whole lot cheaper, so this bill could mean a lot more business for us."



Matt Perry sees great potential for growth as the new owner of the Appliance Repair Care.



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Welcome to HEADS ROAD

The heart of Whanganui industrial area

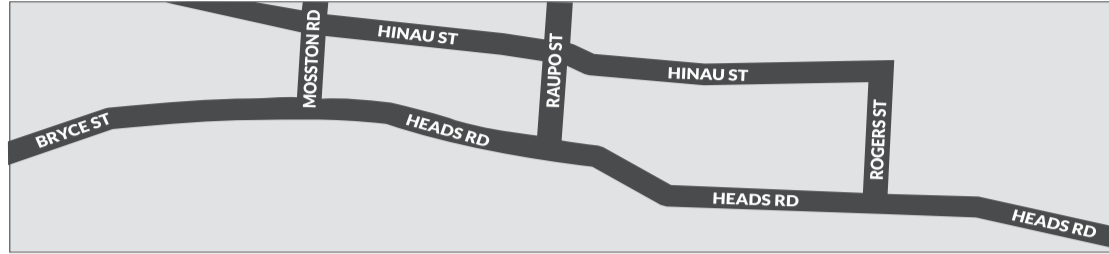
Heads Road leads from the city, through Gonville to Castlecliff, through residential and industrial areas and, as its name suggests, through to the "heads or harbour." Many of the city's most important services and landmarks are on Heads Rd or accessed by it, including Wanganui Hospital, the old Wanganui cemetery, the motorway bridge, otherwise known as

Cobham Bridge, Imlay, the port and Castlecliff Beach. It also incorporates much of the iconic Cemetery Circuit, which hosts the annual motorbike races on Boxing Day.

But Heads Rd is probably best known as an industrial area where the bulk of the city's industrially zoned land is located. The city end has many connections with early European settlers. The area up to

Carlton Ave was owned by Richard Taylor, the missionary, naturalist and writer who served in Wanganui from 1843 to his retirement in 1866. He is buried in the old cemetery.

Beyond Carlton Ave, the block was owned initially by Peter Nixon who sold it to Peter Imlay, whose name is remembered in the meat works. Nixon lived in Sedgebrook in Wanganui East, where



Nixon Street was named after him.

Opposite the hospital is Cavell Place, named after Edith Cavell, an English nurse shot by Germans for harbouring and helping British

soldiers to escape in WW1. Other nearby streets named after people include Mason Tce, named after J Mason, the first resident missionary in Wanganui 1840 to 1843

until he was drowned. Gilmour Street was named after the foreman of works for the council.

In 1883/4 the railway line connecting Castlecliff with Wanganui

was built and the tram route started in 1910. The hospital was built around the turn of the 19th century and the area became part of the Wanganui town boundary in 1924.

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Welcome to

HEADS ROAD

What some of the businesses do in Heads Road

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TradeZone

For more than 30 years, McDonald Equipment – now trading as TradeZone Wanganui – has been leading the way as a one-stop shop for all engineering supplies. TradeZone offers an online sales service, as well as the warehouse-style shop on Heads Road. Also sales reps provide an on-road service, while a well-stocked tool van covers workshop and DIY needs.

Pirtek

Pirtek is a national franchise that has become one of the world's leading suppliers of premium fluid transfer solutions which go everywhere from wineries to excavators, from printing presses to the mines. Pirtek supplies parts and repairs for hydraulic and pneumatic systems, as well as selling other associated products such as oils, grease and safety equipment.

Kooter Motorsport

Whanganui motor mechanic Blair Gray founded Kooter Motorsport almost four years ago, and – as well as repairs and servicing -- he has been busy establishing his company as the go-to place for racing cars, specialising in motorsport fabrication and preparation on all forms of race vehicles.

Pegasus Rental Cars

Whether you've got an important business trip or are just cruising and taking in the sights; whether you want to take your school class or rugby team to an event or just get work equipment safely from A to B -- whatever your reasons for driving, you'll get a warm welcome from Pegasus Rental Cars. Pegasus promise a top-quality, well-maintained rental vehicle at an affordable daily rate, and they'll have you on the road in no time.

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25 years of experience, Access Engineering can provide maintenance, repairs, inspections, support and certification for all elevating work platforms (EWPs) and other access equipment. All EWP equipment must undergo six-monthly inspections according to the Department of Labour code of practice, and Access can carry out these inspections to ensure equipment is compliant. With the rising awareness of workplace safety, this allows customers the peace of mind that the equipment they are working with will keep them safe.

Wanganui Steel Supplies

Wanganui Steel Supplies was founded in 1994 as a wholesaler of machinery and construction supplies. It is also open to the public and offers industrial and general steel products as well as hardware, plumbing and heating equipment.

Wanganui Car Dump

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Heads Road - one of Whanganui's longest streets, running from CBD, Gonville and Castlecliff.

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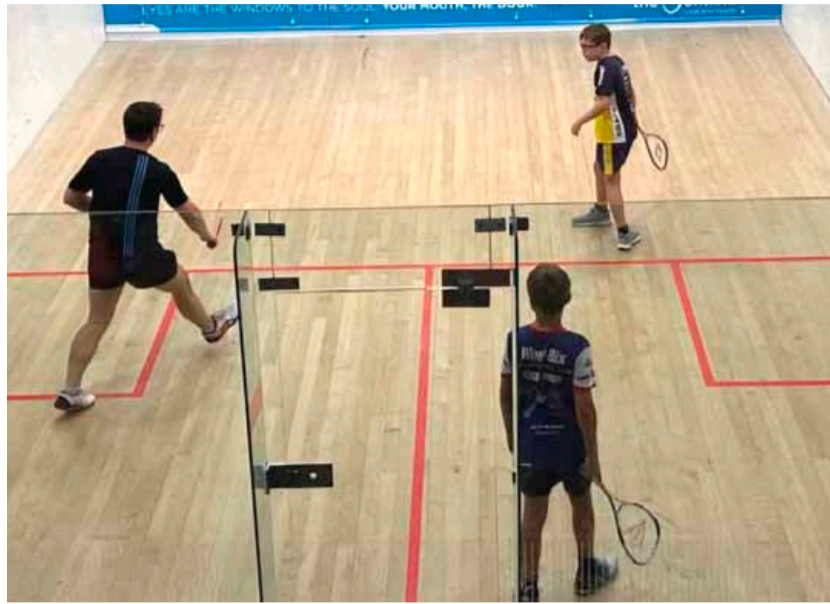
Junior Squash programme restarting Monday

The Whanganui Squash Club is buzzing with activity as it heads into the business end of the year and the start of the competitive season. The tournament calendar is full as the club intends to host ten main events this year leading up to the Masters Games in February, attracting players from all over the country. On top of this is the re-introduction of the Junior squash nights on Monday, opening the courts to young players to have a go and pick up some skills.

The club's first event for 2024 is the B Grade and Below tournament, sponsored by Moore Law and being held on the 3-4th of May. The annual tournament is always a favourite, and the complex is nice and busy on the weekend, with Tennis Whanganui hosting an annual Masters tennis tournament that same weekend. Having the tennis and squash courts running at the same time ensures a competitive and social atmosphere and is valued by the two clubs as a joint venture highlighting the respective codes and the clubs. The courts at Bassett St will be open to the public on the weekend and both clubs would welcome supporters who would like to drop in to see the tennis and squash on display.

Exciting news for the squash club is the re-introduction of the Junior

Programme. This is starting next Monday the 29th from 4-6pm, Terms 2 and 3. The programme will cater for the beginner upwards. Racquets and equipment are provided; players should come in comfy clothes and non-marking clean shoes. There will be two groups on the night with 13-year-olds and up having coaching 4-5pm and 10-year-olds and over from 5-6pm. If you are interested, feel free to drop in on Monday night to the Bassett St courts, or contact Tim Easton 0221340164. More information is also available on the Whanganui Squash Club website www.whanganuisquash.co.nz



Fundraising slowpitch softball tournament

Slowpitch softball - a gentler form of the sport - will feature at the Whanganui Ballpark in Puriri Street on Sunday when a fundraising tournament takes place.

The fundraiser is for four girls who are taking to the international softball stage this year, and it will feature a 15-team tournament and an all-star game between a celebrities team and the Slam Sisters.

In action will be Polly Priddle who has been chosen to play for the junior White Sox, New Zealand's under-18 team, in a tournament in Brazil in July which will be a qualifier for the Junior World Championships.

Also featured on Sunday are Taylah Waitokia, Olivia Moore-Smith and Ngarongo Ponga who, after shining during a tour of Australia last year, have been invited to join the Aussie under-16 contingent at the Babe Ruth event in Alabama in July.

'Have a hmmm' before winter sport kicks in



Kiwis love their weekend sport, but to make sure you're not one of

the thousands who miss out due to an injury, follow some handy hints from ACC and stay injury-free this season.

If you're a player, coach or anyone involved in winter sport, ACC is urging you to 'Have a hmmm' before you get stuck in. ACC supports people to recover from around 140,000 injuries each year from playing rugby, rugby league, netball, and football. Injuries not only mean less winter sport fun, but can also impact your family, friends, workmates and employer.

With 90% of injuries being preventable, it makes sense to follow

some simple steps that will help you continue doing what you love:

1. Gradually increase training intensity and contact training
2. Spend time working on core strength and balance
3. Practice sport-specific movements you will need to use in a game
4. Use the ACC SportSmart warm-up before training and games; this information is on the www.acc.co.nz website.
5. Take enough time to rest and recover

For more handy hints, check out the ACC videos on YouTube with specific tips for rugby, rugby league, netball and football.

School mountain bike experience



Over successive weeks in February and March, eleven students from Upokongaro School participated in a pilot mountain biking experience at That Place Mountain Bike Park, Kaiwhaiki, Whanganui.

The experience offered by That Place Wellness Trust is to provide children who would not normally get to go mountain biking with the opportunity to do just that, under the direction of well experienced mountain bikers.

Upokongaro School Principal Erin Brown said "Louise, Tom, and the team at That Place have really exceeded our expectations for building confidence, resilience, and self-worth through their mountain biking programme. Our children started out learning some basic skills and progressed quickly to riding grade three tracks. I am looking forward

to having more of our students participate in this programme in the future and recommend anyone who is interested in connecting with a great community asset like That Place to do so."

The trust intends to hold four more Mountain Bike Experiences for schools by the end of 2024. Lead instructor Tom Oskam, says, "It was great to see the children improve their biking skills and see the smiles on their faces when they rode some of the higher grade tracks".

That Place is a mountain bike park situated on the banks of Te Awa Tupua, the Whanganui River at 1021 Kaiwhaiki Road, Whanganui. That Place Wellness Trust provides mountain biking, running, walking and retreat opportunities in beautiful natural surroundings.

Golf results

Wanganui Golf Club, 18 April

C Feaver 36 pts, A Stadtmueller 36, W. Baxter 35, N Hopkins 35, B White 35, M Hyland 34, P Gorringer 34, L Anderson 33, J Maslin 32, R McKinnon 32, R Nicholson 32, **Two's A Mangan. 1st nearest marker Feaver ball L Respinger, 14th closest to flag First Vets ball B Patrick, 18th longest putt Canaan Honey voucher B Patrick, Lucky cards G Taylor, R Stoneman.**

Castlecliff 9 Hole Club Thursday 18 April Stableford

Ladies: Anne Cox 18, Marilyn Edmonds 16, Janice Donghi 15 c/b

Men: Tony Hore 20, Ike Edmonds 19, Brian Elliott 19

Raffle: Anne Cox



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Women's Health Awareness Month May 2024

The Heart Foundaton puts spotlight on heart attacks in women

The Heart Foundation is highlighting a critical issue affecting women's health: heart attacks.

Heart disease is the single biggest cause of death among women in New Zealand, claiming the lives of almost eight women every day.

Contrary to popular belief, women may not always experience the classic symptoms of a heart attack, such as chest pain or discomfort. Instead, they may present with symptoms including shortness of breath, nausea, vomiting, backache, jaw pain, or extreme fatigue.

These differences in symptoms can sometimes lead to under-recognition and delayed treatment, putting women at greater risk of serious complications or death.

An international study published in 2020 con-

cludes that women under the age of 55 can experience different heart attack symptoms to men.

The study looked at ten symptoms of a heart attack and the top symptoms experienced by both men and women were pain in the chest, jaw, neck, arm or back. However, women presented with less chest pain and more sweating, dizziness and nausea than men.

Heart Foundation Medical Director Dr Gerry Devlin says too many women are dying from heart attacks as the warning signs aren't recognised.

"Seeking medical attention promptly is crucial as early intervention can make all the difference in saving lives. We encourage women to look after their hearts and get a heart check with their health practitioner as soon as they get any of

these symptoms."

Women without any known risk factors of heart disease are advised to get a heart check from the age of 55. Women with known heart disease risks should be checked at 45; Māori, Pasifika and South Asian women are advised to go from age 40; and those with severe mental illness as early as 25 years old (their mortality rate is 2-3 times higher and cardiovascular disease is a major contributor to that).

A heart check will include having your blood pressure and cholesterol tested, going through your family history, and discussing smoking and other lifestyle factors.

The Heart Foundation will be putting the spotlight on women in the month of May in an awareness campaign aimed at educating New Zealanders about the signs and symptoms of heart attacks in women and encouraging women to look after their hearts.

They are also calling on kind-hearted supporters to donate and support further life-saving heart research, so more can be understood about heart disease.

Female heart attack survivor Raewyn Shaw has shared her story to encourage other women to be aware of their heart health.

Raewyn had a horrifying experience out on the water when a routine swim became a battle for her life. After gratefully receiving the help of two

paddleboarders, her heart event led to a hospital stay.

"I'm not allowed to go out into the deep ocean to swim anymore," she says. "At least, not until they give me the all-clear. I don't know if they ever will. I really love swimming and I love the ocean, so it's taken a bit of adjusting to."

Raewyn wants to stress that heart attacks can be a silent killer. As she personally encountered, the common warning signs are not always present, and everyone's experience varies. Getting a heart check-up early can save your life.

"I was 58 when I had my heart attack out on the water," she says. "And so much could have gone wrong that day but it didn't. Now I'm keen to make the most of my second chance at life."

The Heart Foundation invests around \$4 million every year in life-saving heart research to enable people with heart disease to live healthier lives.

Dr Devlin says through the Heart Foundation's membership of the Global Cardiovascular Research Funders Forum (GCRFF), we are currently exploring the most urgent research needs for women's cardiovascular health which will inform an exciting international research opportunity.

For more information about women's heart health visit heartfoundation.org.nz/your-heart-womens-heart-health.



Female heart attack survivor Raewyn Shaw

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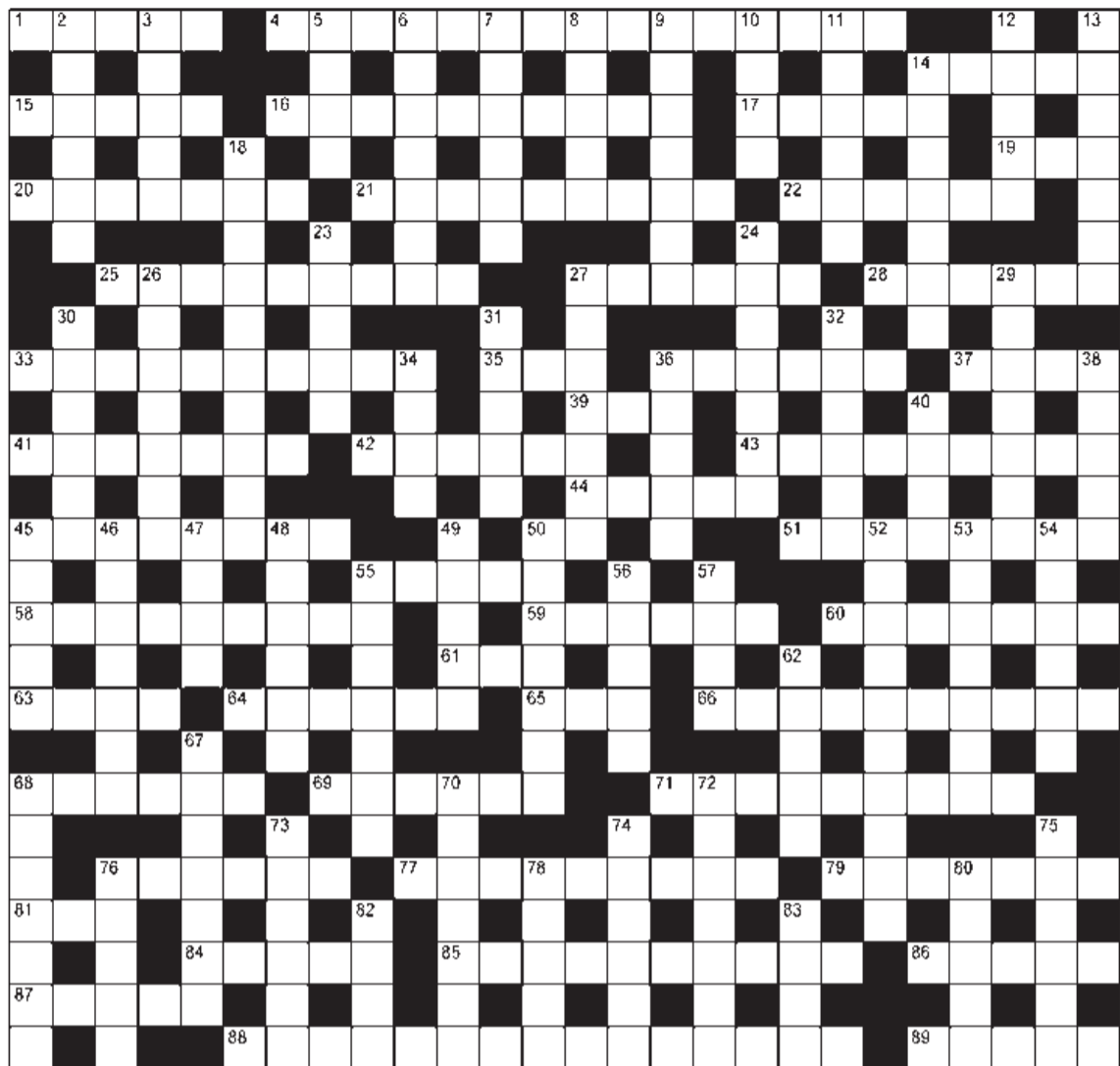
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Jumbo crossword

- ACROSS**
- 1 Estimate (5)
 - 4 Lose one's temper (3,3,3,6)
 - 14 Richly luxurious (5)
 - 15 Wall painting (5)
 - 16 Enigmatic (10)
 - 17 Chop off (5)
 - 19 Morning moisture (3)
 - 20 Answer (7)
 - 21 Northern animal (5,4)
 - 22 Drop steeply (6)
 - 25 Stamp cancellations (9)
 - 27 Israel's monetary unit (6)
 - 28 Film cutter (6)
 - 33 Smuggled goods (10)
 - 35 Go wrong (3)
 - 36 Curtain rail cover (6)
 - 37 Fewer (4)
 - 39 Utilise (3)
 - 41 North American grassland (7)
 - 42 Scared (6)
 - 43 Take apart (9)
 - 44 Spooky (5)
 - 45 Graveyard (8)
 - 50 Symbol for aluminium (2)
 - 51 Lumbago (8)
 - 55 High-up room (5)
 - 58 Attempt fruitlessly (3,2,4)
 - 59 Kidnapper's demand (6)
 - 60 Pungent gas (7)
 - 61 Twosome (3)
 - 63 Space (4)
- DOWN**
- 2 New (6)
 - 3 Inundate (5)
 - 5 Produces eggs (4)
 - 6 View (7)
 - 7 Ceremonious (6)
 - 8 Big explosive (1-4)
 - 9 Terrorists' captive (7)
 - 10 American car make (4)
 - 11 Vigorous (6)
 - 12 Steer (5)
 - 13 Thick fish soup (7)
 - 14 Computer accessory (7)
 - 18 Resourcefulness (10)
 - 23 Deadly (5)
 - 24 Screen from view (7)
 - 26 Survive (7)
 - 27 Apple pastry (7)
 - 29 Doubter (7)
 - 30 Croaky (6)
 - 31 Rot (5)
 - 32 Japanese hostess (6)
 - 34 Quick and neatly skilful (4)
 - 36 Oyster gemstone (5)
 - 38 Military blockade (5)
 - 40 Dull, uninspired writer (4)
 - 45 Provide food (5)
 - 46 Ribboned post (7)
 - 47 War vehicle (4)
 - 48 Think logically (6)
 - 49 Inspect (5)
 - 50 Word formed from initial letters of other words (7)
 - 52 Congratulate (10)
 - 53 Loving (7)
 - 54 Young cow (6)
 - 55 Worried, tense (7)
 - 56 Supercilious (5)
 - 57 Company's emblem (4)
 - 62 Soft hat (5)
 - 67 Over-modest (7)
 - 68 Object to (7)
 - 70 Slim tie (anag) (7)
 - 72 Foursome (7)
 - 73 Slander (6)
 - 74 Sloping upwards (6)
 - 75 Disregard (6)
 - 76 Ethical (5)
 - 78 Farewell (5)
 - 80 Eyed amorously (5)
 - 82 Eager (4)
 - 83 Nucleus (4)



Whanganui



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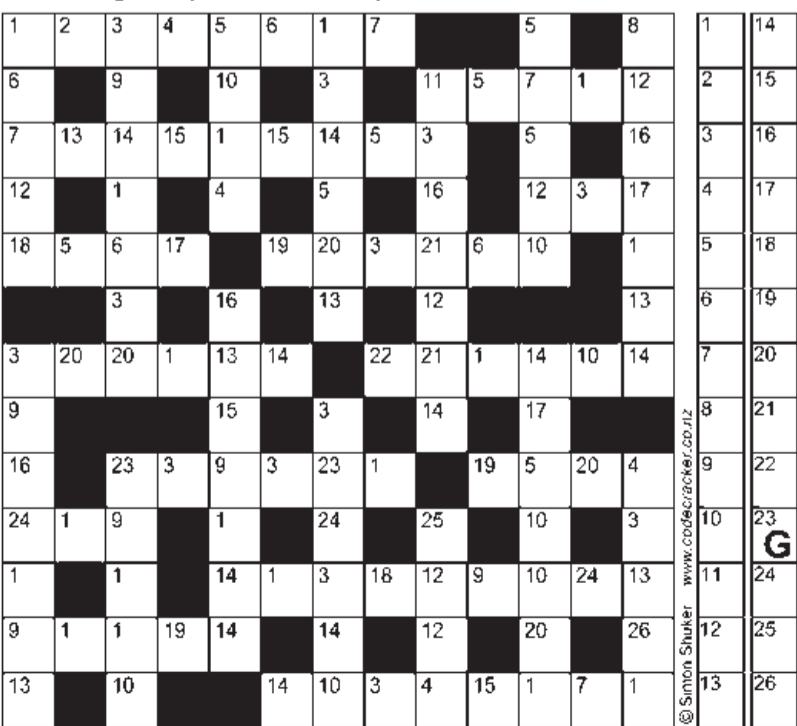
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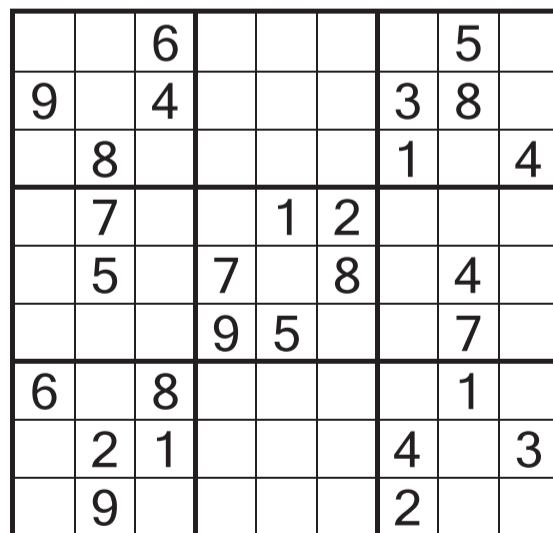
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EACH number in our Code-Cracker grid represents a different letter of the alphabet. For example, today 23 represents G, so fill in G every time the figure 23 appears. You have one letter in the control grid to start you off. Enter it in the appropriate squares in the main grid and solve the starter word. Fill in other squares in the main and control grids with the found letters and look for the next word. Follow the word trail through the puzzle to its completion. www.codecracker.co.nz



Sudoku



MEDIUM

Previous solution

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

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

Previous solution

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

Previous crossword solution

ACROSS: 1 Fight tooth and nail, 10 Anaconda, 15 Szymie, 16 Sunday best, 17 Operates, 19 Academy, 21 Deter, 22 Figure out, 25 Lookalike, 27 Educate, 29 Static, 33 Gamut, 34 Weakened, 36 Fraudulent, 39 Gut, 41 Firebug, 42 Saline, 43 Roused, 44 Aged, 45 Protest, 48 Pigeonhole, 53 Naughty, 57 Push, 58 Walrus, 59 Alaska, 60 Bouncer, 62 Tar, 64 Laryngitis, 65 Intended, 66 Shuts, 69 Racket, 70 Runaway, 71 Pugilists, 76 Billiards, 77 Crack, 78 Beeswax, 83 Tailings, 84 Contravene, 85 Atomic, 86 Libretto, 87 Keep a straight face.
DOWN: 2 Intact, 3 Humid, 4 Tie, 5 Oust, 6 Henpeck, 7 Neared, 8 Nibs, 9 Instinct, 11 Nephew, 12 Circuitous, 13 Note, 14 Arsenic, 18 Subterfuge, 20 Make, 23 Fleet, 24 Strength, 26 Opulent, 28 Dudgeon, 30 Rapier, 31 Unwise, 32 Tureen, 35 Khaki, 37 Toddy, 38 Ours, 40 Trio, 45 Pupil, 46 Obstruct, 47 Tragic, 48 Particular, 49 Gist, 50 Ocarina, 51 Hearts, 52 Liken, 54 Avow, 55 Gunshot, 56 Treaty, 61 Indecisive, 63 Tepid, 67 Wardrobe, 68 Wife, 69 Recital, 72 Unclear, 73 Slight, 74 Breaks, 75 Maniac, 79 Spoof, 80 Limb, 81 Step, 82 Yeti, 85 Ash.

5x5

A	L	S		
	R	C		
L	T	E		
	T	E		
R	E	S		

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

S	C	R	I	M
A	R	E	N	A
H	O	V	E	R
I	N	U	R	E
B	E	E	T	S

Previous solution



WHAT'S ON

IN THE COMMUNITY

Autumn Flower Show

The Wanganui Crysanthemum Club is holding the Horticultural Show. Come and view amazing Crysanthemum blooms, garden flowers and produce, Floral Art, raffles craft and plant stalls. Afternoon teas available. Saturday 27th April 1pm to 4pm, Sunday 28th 10am to 3pm. Whanganui Intermediate School Hall, Dublin Street. Admission \$2 adults. Cash only.

Adoption Support Group

Meets this month at Christ Church Wicksteed Street down below in the church foyer, Monday 29 April 2024, at 7.30pm. We are a friendly group supportive and understanding of all. Enquiries, please phone Joanne 021-055-6292.

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; Al-Anon (family support) Fridays, Gonville Library meeting room, 12.30pm. Ph 0508 425 266.

Alzheimers Whanganui Inc. Mother's Day High Tea

Sunday 12th May. Wanganui Golf Club, 14 Clarkson Road, Whanganui - Doors open 2:15pm, \$35.00 per ticket, bookings essential. Tickets purchased from office 4/236 Victoria Avenue, Whanganui 4500. Phone to book (06) 345-8833 or email admin@alzheimerswhanganui.org.nz

FOR SALE

BLINDS - Roller & Venetians to order. Free measure and quote. Strath Davis Furniture & Flooring, Ph (06) 345-0883. **NEW** books available at River City Press, 52 Ingestre St. "From the Sea to the Mountain"; "Whimsical Tales of Old Wanganui"; "More Whimsical Tales of Old Wanganui"; "My Life - Annasophia". **TOP-VALUE** great range of \$6.00 native plants and grasses including Black Mondo, looking superb for landscaping now. Two varieties of Nandina; Domestica and Gulf Stream, both low maintenance and colourful. Parnells Quality Tree and Shrub Nursery, 102 Fox Road, Springvale, Wanganui. Phone 344-6645, well worth an inspection, with competitive prices and sound advice. Est. 1895. **TWO** greater recliner, 3 years old. Grey material. \$300.00 Ph. 027-447-7914.

Candle Creation Workshop

Wine or cider, candle creating fun and laughter. Date: Friday, 3rd of May. Time: 5.45pm-8pm. Location: The Awa Room (At the back of the gallery) 19 Taupō Quay. Tickets sold online - www.whisp.co.nz/Workshops&Markets \$65.00 FB-Squooosh

ESOL Home Tutors

Are you interested in other cultures and helping new migrants and are you keen to teach English as a volunteer tutor? English Language Partners Whanganui is running a free volunteer ESOL Home Tutor Training course on Monday and Wednesday afternoons, beginning on Wednesday 15th May from 1.00pm to 4.00pm and running until 12th June. Text Jane for details on 027-257-7776 or email whanganui@english-language.org.nz

Euchre - St. Paul's Putiki Church Fund-raiser

Where: Pūtiki Church Parish Hall, Te Anaua St., Pūtiki. When: Every Wednesday afternoon at 2pm. Cost: \$5 entry. Come along for laughter and fun. Contact Joe: 027-555-4993

Jigsaw Exchange

Next meeting Saturday 27th April from 10am to 11.30am. Held at Central Baptist Church in Wicksteed Street. No limits, no cost, but donations gratefully accepted. Contact Jack 343-1404 or 021-0277-5391 or email rega21@xtra.co.nz

Repair Cafe Whanganui official opening

Sat 27 April, Harrison St Church Hall, 11am-1pm. Plastic and wooden items, musical instruments, clothes, soft toys, sewing machines, ceramics, costume jewellery. Learn about repairing. Two items per person max. Donation

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tion for successful repair, please. Buy refreshments while you wait. Enquiries 0274-481-581 or whanganuirepaircafe@gmail.com

Theosophy Whanganui

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

Wanganui Country Music Club Inc.

meet this Sunday, 28th April, 1pm to 4.30pm at the Highland Pipe Band Hall at 1E Bell Street. Join us for a relaxed afternoon of Country Music with our fabulous live band, great singing, raffles and afternoon tea. We meet 2nd and 4th Sundays of each month. Contact Terri 021-420-069 or Dave 021-061-7282.

Whanganui Film Society

Monday 29 April 7pm: After Hours (Martin Scorsese | USA | 1995 | M cert) An evening of chaos awaits uptight office-worker Griffin Dunne as he heads downtown for a date. Nearly 40 years on, Scorsese's comedy is as fresh as ever. Davis Theatre, Watt St. Members only. Join at nzfilmsociety.org.nz/whanganui/html

Wanganui Spiritual & Awareness Centre

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

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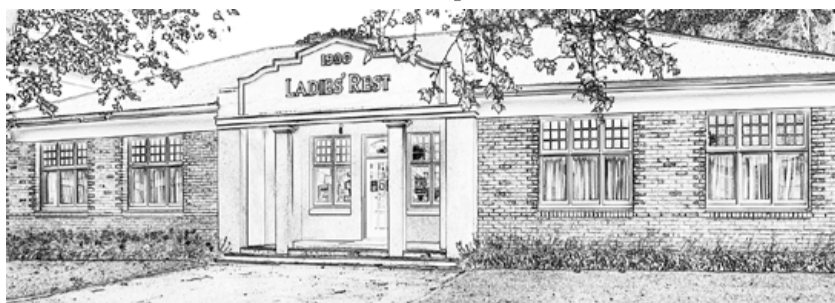
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Winter Wonderfest expressions of interest now open



The historic Ladies' Rest building on St Hill Street - home to the Whanganui Women's Network.

As the golden glow of autumn sets in, a warm and empowering event is set to take centre stage in our community again this winter. Embracing the spirit of connection, empowerment, and inspiration, the ninth annual Winter Wonderfest is in its planning stages, with expressions of interest now open.

In a world where women continue to strive for equality and recognition, events like these serve as vital platforms for empowerment and unity. The festival's theme, "Connect, Empower, Inspire," encapsulates the essence of what it means to celebrate womanhood in all its diverse forms. The Winter Wonderfest also celebrates community partnerships, the foundation built from the significant success of our summer festival, La Fiesta!

Connection lies at the heart of these festivals. A chance for women from all walks of life to come together, share their stories, and forge new bonds of friendship and support. In a society that is all too often marked by division - especially with the current global conflicts in play and the challenges of climate change and the cost of living - fostering connections among women is crucial for building a stronger, more cohesive community.

Empowerment is another key pillar of the Winter Wonderfest, along with everything else the Women's Network strives to deliver. Previous festivals have offered activities, workshops,

and panel discussions that provide attendees with valuable tools and insights to help them navigate the challenges they face in both their personal and professional lives. From leadership development to self-care strategies, the festival aims to equip women with the confidence and skills they need to thrive.

But perhaps most importantly, the Winter Wonderfest is a source of inspiration. It's a reminder that no matter what obstacles we encounter, we are capable of achieving greatness. Through the stories of trailblazing women who have overcome adversity and made a difference in their communities, attendees will be inspired to reach for their dreams and effect positive change in the world around them.

Beyond its educational and motivational aspects, the festival also offers a vibrant celebration of women's creativity and talent. From art exhibitions to musical performances, attendees will have the opportunity to revel in the diverse expressions and exploration of women's identity. By coming together to celebrate the achieve-

ments and potential of women, we not only uplift ourselves but also pave the way for a more inclusive and equitable future for all.

The Winter Wonderfest is set to run from 3-17 August, with a festival launch event at Space Studio and Gallery scheduled for 31 July. If you would like to partner with the festival by running an activity or event, know someone who does,

or simply have a great idea, get in touch by 31 May. For an expression of interest form, email: womnet.whanganui@gmail.com

In the meantime, mark your calendars and get ready to join some winter fun. Together, let's connect, empower, and inspire each other to reach new heights and transform lives and communities, one person at a time.

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Recent Bereavements

Sadly passed away recently...

Brian Alexander TRAIN, on 12 April 2024, aged 88 years.

David Thomas COOPER, on 16 April 2024, aged 85 years.

Raymond Haddow (Ray) MATTHEWS, on 17 April 2024., aged 94 years.

Olivia NEVARD, on 21 April 2024, aged 79 years.

Kevin Ross SAYRING, on 20 April 2024. aged 66 years.

Arthur John WILKS, on 21 April 2024, aged 78 years.

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Pūtiki Emergency Response Group (PERG) collaborating and communicating - information and training evening next Thursday

The Pūtiki Response group was formed last year by Pūtiki cousins, Kanui Cooper, Tania Bailey and Piripi Huwylar as a result of ongoing flooding events in Pūtiki and the distress this was causing to their Kaumatua and the community, who were living in fear of the next 'event'. The idea was to develop a coordinated emergency response, and to work alongside Chris Shenton and Pūtiki Hapū with Deep South Massey University on climate adaptation and mitigation issues.

They have had a positive response from the Whanganui District Council about their community-led initiative and recently signed a 'Takai Here' or M.O.U. not only with Council but also with Horizons, Waka Kotahi, the Pūtiki Marae and them-

selves, committing everyone, mana ki te mana, to sit down and work together under the values of Tupua te Kawa to provide pathways forward for Pūtiki. Two point of business entry cases for the Long Term Plan have been accepted, which sees Pūtiki included in the Long Term Plan; this has not occurred for some years, which is reflected in the infrastructure, which is no longer fit for purpose and also adds to the flooding issues.

The next step is commissioning a resiliency survey and analysis to guide a 30 year climate adaption plan, while also focusing on current flood risks and the need to manage those risks. Due to the risk of flooding not just from the Awa but also the Ngatarua and Awarua streams, there is an urgent need to respond.

There is also the need to improve safety for Pūtiki residents. There is supposed to be a speed limit of 50kph, but with Pūtiki bordering two highways, the speed limit is frequently ignored. They intend to carry out a traffic survey to determine the level of risk to support the case for footpaths, new signage, and a Pedestrian crossing outside the kaumatua flats.

The group are concerned about the dangers the lack of these facilities has on both children getting off the school bus (there is no other bus service for Pūtiki residents) and also for those kaumatua living in their flats. Understandably, they look enviously at the facilities on the other side of the Awa and wonder why Pūtiki has been excluded for so long. The District Plan review starts in July, and Pūtiki will be

engaging in that process to ensure Pūtiki is future proofed.

Pūtiki Emergency Response group is grateful to be supported by TCLT - The Community Led Development Trust, who are sharing their wealth of experience of emergency preparedness all along the Awa and resources, including a mobile generator and training. PERG would like to give a shout out to the Pūtiki Vestry, Mayor Andrew Tripe, David Langford, the CE of the Council, Kritzo Venter, Three Waters Manager at the Council, Craig Pocock from Becca, Tim & Ants at Civil Defence, The team at TCLT, Tupoho Social Services and Massey Univer-



sity Deep South project for their amazing support to enable this kaupapa.

PERG plan to have a mobile emergency response set up and are looking to have a custom

trailer built with a generator and emergency equipment. This will allow them

to mobilise to other areas in Whanganui to help if needed. PERG are partnering with various stake-

holders including WDC, Horizons, DIA, and Waka Kotahi for funding.

In the meantime, they have recruited 12 to 15 local first responders as part of the volunteer Emergency Response Group who are undertaking various training. They point out that this is a diverse group that represents the community and the goal is to strengthen community connections and resilience.

On Thursday, 2 May there will be an information and training day at the Pūtiki Parish Hall (next to the Pūtiki Church in Te Anaua Street). This is a collaboration with the Red Cross and Civil Defence which will look at processes and an emergency scenario. The community is invited to join in from 7pm. Nau mai haere mai come for a kōrero and update. Prior to the event there will be a maildrop to the community.

The group are really pleased that Pūtiki is finally in the Council's long term plan and that everyone is sitting at the table under the values of Tupua te Kawa which places the well-being of our Awa at the heart of anything we do.

For a "bunch of cuzzies who got together" to press for change, they have and will continue to make significant progress.

Any enquiries, please email putikiERG@gmail.com

New Koha Shed Board members



From left: Te Mania, Karen, Kelly, Sharon, Sherron, and Marama (absent Elaine) with some fruit for the Community Fridge.

The Koha Shed said farewell to two Board members earlier this year. Kiri McKee and Tania Bailey contributed greatly to the Shed, volunteering their time and helping to develop a more robust governance structure. At the recent Annual General Meeting, three new members were accepted onto the Board, and the Shed is pleased to welcome Kelly Scarrow, Sharon Duff and Te Mania O'Rourke. Their diverse backgrounds and experiences are great assets to this role.

The Koha Shed collects unwanted donated items from the community so that those in need can access furniture, white-ware, clothing, household items, etc. for free. Approximately 500 people visit the shed each week, to source the things they can't afford to buy themselves. As the Koha Shed is also a registered food bank, it is well-placed to support the provision of rescued kai. With the current economic downturn and increased hardship being evident, there is even more need to support vulnerable communities.

The Community Fridge is now onsite at the Koha

Shed, 88 Duncan Street and operates Monday to Friday, 10am to 12pm. This converted 20ft container is a place where people and businesses can donate their surplus food, and those in need can access free nutritious food. Koha Shed Manager Sherron Sunnex is pleased to have this additional resource to support the supply of food to those who are struggling. "The Community Fridge is being well utilised, with 40 plus people accessing it a day, and these individuals generally come in once a week, so we are supporting over 200 a week."

Even with the regular rescued food from Kai Hub, Just Zilch and Fitzies Bakery, there is still need for more supplies. "We really appreciate the weekly support we get from these organisations but would welcome more contributions from the community and encourage people who have excess fruit and veges from their gardens or canned food going spare to donate it to the Community Fridge," says Sherron.

Koha Shed Board member Karen Veldhoen acknowledges the commu-

COUNCIL BITS

A personal view from Whanganui District Councillor **ROB VINSEN**

Whanganui's public transport

The introduction of the Te Ngaru/ The Tide service has been highly successful for Whanganui.

The key has been the high-frequency- every 20 minutes - on a popular route that is linking Castlecliff via the Central Business District with Aramoho.

An intended future addition of a high-frequency service that mirrors the Te Ngaru/The Tide service and links Whanganui East via the Central Business District with Springvale will, in my opinion be just as successful as the Te Ngaru / The Tide service.

Horizons plan though, is that the current poorly used (up to 3 hour) services are retained plus new collector routes are added also.

However, additional services, of course, come at a cost, and the Horizons Long Term Plan completely avoids the matter of rates affordability for the proposed new services.

Without considerations of affordability, there is widespread support for new and improved services; however, once the costs to the ratepayer are factored in, the true cost is revealed. We know that

only a minor proportion of ratepayers actually use public transport. However, I believe that most will agree that a public transport network is vital for Whanganui and a level of subsidy is justified to have an efficient network.

Horizons plan, however, tests the ratepayers tolerance to provide this subsidy

There is a Rates Search tool on the Horizons website that tells you what your next Horizons rate bill will be.

Looking at my own 24/25 rate demand, I note that the Public Transport Rate increases in Year 1 from \$10.22 (per \$100,000 CV) this year to \$15.05 next year. This is an increase of 39.66%. Horizons LTP Consultation Document gives no indication of this level of increase, and it doesn't stop there. Annual increases then follow to Year 4 where the PT Rate reaches \$35.85 per \$100,000CV - a 229% increase over four years.

Horizons Public Transport Rate is calculated using property values.

Refer to graph below

I have attended some Passenger Transport Committee meetings and not once have I heard what the proposed new services

will translate into on the rate demand.

Horizons Revenue and Financing Policy

All local authorities are required to have a Revenue and Financing policy. This details how activities are rated and gives reasons why.

Public Transport is levied on Capital Value - the value of your property.

Public Transport has a high degree of private benefit, and usage has no relativity to property values. Ability to pay has little relevance to property values either, and three yearly revaluations distort rates.

The table above shows how this policy unfairly rates for Public Transport. A property in Oakland Ave in four years' time will pay (just for Public Transport) \$316.49, a property in Lincoln Rd Springvale will pay \$193.59, and a property in Liverpool St will pay \$132.65.

Horizons are having a review of their Revenue and Financing Policy, and a change to a Targeted Rate for Public Transport is justified.

Contact me at rob.vinsen@whanganui.govt.nz with your concerns.

- Cr Rob Vinsen

PT Rate \$100,000 CV	Increase	CV\$ 370,000	CV\$540,000	CV\$880,000
Current 10.22		\$40.27	\$58.77	\$95.77
24/25 15.05	39.66%	\$55.70	\$81.29	\$132.47
25/26 19.02		\$70.39	\$102.71	\$167.38
26/27 26.12		\$96.64	\$141.05	\$193.59
27/28 35.85	229 % over 4 years	\$132.65	\$ 193.59	\$315.48

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also offer a selection of desserts served with custard, including fruit crumble and chocolate fudge pudding. All meals are prepared with quality produce sourced locally when available. It is a family business based in Marton, operating for over 30 years. Zane and his wife Kelly took over the business from his parents four

years ago. They deliver in Marton and Whanganui and along the way, Ratana,

Whangaehu, Fordell and around Whanganui, including up the Great North Road and along

the Riverbank Road. They also deliver once a week to Bulls and Hunterville.

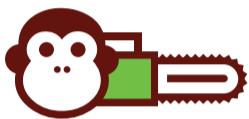
The meals come in two sizes on biodegradable trays which are both oven and microwave safe. You can order by phone, email or in person by 6pm on the Wednesday for the Friday, and on Friday for the Tuesday deliveries. There are no delivery charges. The meals clearly suit a wide range of people,

especially a younger group and an older one, who love the convenience. Zane says, "Numbers vary depending on the season, but it can be anywhere between 200 and 400 meals each time." Zane adds, "You get to know the individual preferences of our regular customers. They become like family."



Graze Out Caterers owners Zane and Kelly

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PRE-COOKED MEALS



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Call: (06) 327 4035
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Order Days

- Friday for Tuesday delivery
- Wednesday for Friday delivery

To order Ph (06) 327 4035 or text 027 292 7753 or email grazeoutcaterers@xtra.co.nz EFTPOS available.

All orders to be placed by 3pm on the relevant order day (orders can be placed earlier)

Delivery Days

- Delivery Days are as follows;
- Tuesday
 - Friday

All payments can be made by either cash, eftpos or internet banking. Please contact us if you would like our banking details. There is a surcharge for all PayWave and credit card transactions

Dessert Menu

- Fruit crumble & custard
- Rhubarb & apple pie
- Self saucing chocolate pudding
- Lemon sponge
- Cheesecake

These desserts are available every week.

Ask us about our Refer-a-friend Deal!

- Small Value Meals \$14.00
- Medium Value Meals \$17.50
- XL Value Meals \$20.00
- Desserts \$7.00

Week 1	Week 2	Week 3	Week 4
22 – 28 April 20 – 26 May	29 April – 5 May 27 May – 2 June	6 – 12 May 3 – 9 June	13 – 19 May 10 – 16 June
1. Roast beef with gravy 2. Thai green chicken curry 3. Crumbed Pork 4. Braised sausages 5. Glazed meatloaf 6. Baked fish with cheese sauce	1. Roast chicken with gravy 2. Corned beef with mustard sauce 3. Pork & mango curry 4. Sausage stew 5. Macaroni cheese 6. Battered fish & tartare sauce	1. Roast pork with gravy 2. Sweet & sour chicken 3. Beef lasagne 4. Devilled sausages 5. Beef goulash 6. Classic fish pie	1. Roast lamb with gravy 2. Crumbed chicken with garlic & herb sauce 3. Beef stroganoff 4. Pickled pork & mustard sauce 5. Spaghetti bolognese 6. Crumbed fish & tartare sauce

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

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

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SPECIALISED SERVICES

Murray's Appliance Repairs now selling new Parmco appliances

Murray's Appliance Repairs has been part of the Whanganui community for more than ten years, operating under the parent company Walker Thomas Electrical and they've added another string to their bow, now holding the agency for Parmco products.

That's good news because not only can they

repair your troublesome appliance, from dishwashers to washing machines and everything in between, they now offer new kitchen and laundry appliances at competitive prices. The Parmco products typically come with a seven-year warranty, which is great news – far longer than most electrical appliances on

the market.

Grant explains the kitchen range, saying, "Most manufacturers of kitchen appliances produce what we call Eurostyle, which is quite different from what most Kiwis are used to, such as ceramic tops. Parmco products are designed in New Zealand, with a more typical Kiwi style."

Murray Fletcher, who works alongside Grant, has over 40 years of

experience as an electrician, and they both share the value of good old-fashioned customer service.

Grant, who manages Murray's Appliance Repairs, enjoys working with Murray, saying, "Murray's a top man. I worked in the industrial side of Walker Thomas Electrical before



moving over to manage Murray's Appliance Repairs. We're both qualified electricians, so we can trust the high quality of each other's work."

It's clear that Murray's Appliance Repair has your kitchen and laundry appliance woes covered, from repairs to replacements. The added bonus is you

have two 'good guys' who know their stuff on all things electrical.

Call Murray or Grant to chat about your appliance needs at 344- 7503.

Look on the www.walkerthomas.co.nz website and click on 'Murray's Appliances' for a full range for sale.

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Whanganui East 47 Wembley Place

Open Home



Attention all first home buyers and investors

This property is just a short walk to the home of football, Wembley Park. It offers convenience and lifestyle in equal measure. Step inside to discover a tidy, well-maintained interior that exudes warmth and comfort. The open plan living area is perfect for relaxing with loved ones or entertaining guests. Three cosy bedrooms provide peaceful retreats, ideal for unwinding after a long day. With plenty of natural light flowing in, each room feels inviting and tranquil. Outside, the property features a low-maintenance yard, perfect for enjoying the fresh air or hosting weekend barbecues.

3 1 1

For Sale Buyers \$325,000+
View Sun 28 Apr 10.45 - 11.15am
Web pb.co.nz/WGU181826

Anthony Floyd
M 021 477 435
Leighton Toy
M 027 415 1515
Danny Jonas
M 027 224 2270

Springvale 4 Lincoln Road

Open Home



Lovely on Lincoln

Welcome to 4 Lincoln Road, where comfort, convenience, and low-maintenance living come together in perfect harmony. Nestled in the popular Springvale location, this tidy three-bedroom home is ideal for downsizers and investors alike, offering a perfect blend of functionality and charm. As you walk onto the property you'll immediately notice the well-maintained exterior, a testament to the care and attention lavished upon this property. Inside, each room greets you with spaciousness and comfort, as the good-sized double bedrooms provide ample space for relaxation and personalisation.

3 1 1

For Sale Buyers \$499,000+
View Sun 28 Apr 11.45 - 12.15pm
Web pb.co.nz/WGU181780

Anthony Floyd
M 021 477 435
Leighton Toy
M 027 415 1515
Danny Jonas
M 027 224 2270

Whanganui 45B Plymouth Street

Open Home



Perfect on Plymouth

This gem of a home offers both convenience and comfort in a central location that's perfect for those seeking a low-maintenance lifestyle. This well-maintained two-bedroom residence is a testament to easy living. Step inside to discover a welcoming open-plan living area, where relaxation and entertainment seamlessly blend together. Two cosy bedrooms provide peaceful retreats, each offering a serene ambiance for restful nights. Outside, the delights continue with a private backyard oasis, providing the perfect setting for al fresco dining, gardening, or simply enjoying the sunshine in peace.

2 1 1 1

For Sale Buyers \$369,000+
View Sun 28 Apr 12.15 - 12.45pm
Web pb.co.nz/WGU175385

Anthony Floyd
M 021 477 435
Leighton Toy
M 027 415 1515
Danny Jonas
M 027 224 2270

Aramoho 55 Paterson Street

Open Home



Plenty of Paterson

A home where size truly matters! This spacious home boasts an expansive floor area of approximately 260 m2, offering ample room for all your lifestyle needs. Upstairs, discover a haven of comfort with three bedrooms providing peaceful retreats for rest and relaxation. The layout is thoughtfully designed, featuring a separate lounge area for cosy evenings in, as well as a separate kitchen and dining area where culinary creations and family gatherings take centre stage. But that's not all - downstairs awaits a spacious open-plan area, limited only by your imagination.

4 2 1 1

For Sale Buyers \$499,000+
View Sun 28 Apr 10.00 - 10.30am
Web pb.co.nz/WGU111420

Anthony Floyd
M 021 477 435
Leighton Toy
M 027 415 1515
Danny Jonas
M 027 224 2270