

52 Ingestre Street, Wanganui. Phone 345 3666 or 345 3655, fax 345 2644, email rivercitypress@xtra.co.nz

Local enthusiast travels NZ and overseas to fly kites

BY DOUG DAVIDSON

If you were one of the 5,000 to 6,000 people who went to the Racecourse to watch the Kite flying on Sunday – you may wish to thank Geoff Campbell.

Apart from coming up with the idea of a kite flying day for Father's Day three years ago, he also was flying a number of his own kites – the bear, panda, the gecko, lady bugs, big bouncy ball and the trilobite.

Geoff became interested in kite flying 27 years ago when he bought a "Delta kite from Woolworths" to entertain his three year old at a family event at Foxton Beach. "It was a kite that

actually flew." Returning to Whanganui he checked out the shops and bought some more and within three months was a member of the NZ Kite Flyers Association (NZKA).

After attending a NZKA kite festival in Eltham, where he met other enthusiasts, he got involved with the Association, serving on the committee and becoming President for a time. His kites got bigger and bigger. For some he used

the designs of 'Peter Lynn Kites,' others he designed himself.

Kite flying has taken him around the country to regular festivals such as in Otaki, Auckland (for Matariki) Nelson on Wellington Anniversary Weekend and back to Eltham. He has also participated in two overseas festivals – in Bondi Beach, Australia and earlier this year in Cervia, Italy - a 10 day festival attracting 200,000 people along the one km beach.

He says, "The Cervia organisers paid for your accommodation and put on a meal every night." There were about 90 flyers from all around the world. A big difference from Whanganui was the wind. Geoff explains, "Whanganui winds shift around but in Cervia at 12.05 the wind comes on shore and stays for the next four to five hours."

Geoff used to run Computer Valet at 1 Victoria Ave and after the 9/11 at-



Kite Day at the Whanganui Racecourse last Sunday

tacks in the USA, "computer sales almost stopped. I needed another source of income." So he turned to selling kites and; "they saved me. Some of the little octopus kites are still flying now."

They were selling kites at the Racecourse for only \$15 and Geoff says, "It is

not hard to fly a kite. If it doesn't fly away, it is simply the case of adjusting the 'bride.' (The strings that go between the kite and the flying line.) They sold over 200 kites on Sunday so expect to see plenty of kite flying at Springvale Park or at Castlecliff Beach.

The kites on show are

somewhat more expensive. Geoff says, "At the lower end they would retail for \$2000. If you made one using your own materials it would add up to around \$1,000." It helps if you have a basic knowledge of sewing as Geoff has.

Kites crossing over and lines being broken "is not

a biggie," Geoff adds. You just need to bring the kites closer to each other before separating. However, he lost one of his kites in Porirua. "The wind was strong, the line was cut and it blew away, never to be seen again."

Continued on page 2

BEDROOM Specialists
OPEN 7 DAYS
 Locally owned & operated
 151 St Hill Street, Wanganui
 Phone 06 345 6084

Harcourts
 Whanganui
 Looking to sell?
 call me
 Sue Ellis on
 027 452 5986
 for a hardworking, award winning sales agent

Sue Ellis
 Licensed Real Estate Agent REAA 2008

Your New Kitchen
 Elegant, Unique, Handcrafted

ROB O'KEEFE
 JOINERY

06 344 5040 | okjoiner.co.nz
 368 Heads Road, Wanganui

Joinery | Kitchens | Stairs
 Doors | Windows | Commercial

DIMOCKS 100%
BEDS R US & FURNITURE

LOUNGE SUITES - APPLIANCES - BEDS
BEDROOM and DINING SUITES

We are your locally owned and operated Home Appliance and Furniture Specialists. We care and are pleased to offer you the best service and price possible.

Suppliers of:
 Sleepyhead, Morgan La-Z-boy, Fisher & Paykel, Bosch, Panasonic, Samsung, LG, Beko, Haier, Westinghouse.

190 Victoria Avenue, Wanganui
Phone 348 4877 • Open 7 Days

DEVON Homes
 More than just a house

Our plans or do you wish to design your own plan?
 ... Now you can !
 www.devonhomes.co.nz

Contact **Bernard REUTERS** 165A Great North Road, Wanganui. Phone: 06-345 2393 Email: reuters@devonhomes.co.nz

Check out what's in this week's RCP

It was a great day for the family kite flying day last Sunday – sunshine, warm and enough wind. In the midst of it all was Geoff Campbell, who organised much of it and flying multiple kites of his own. Our front page explains his background in kite flying and his love for it.

What an experience for the students of High School, as well as the adults, to travel around Spain recently (page 2). Their next visit, which could be as soon as next year, could be oversubscribed.

Congratulations to Sisters Marcienne, Therese and Helen for celebrating their diamond jubilees as sisters of St Josephs (page 19).

'The Magic of Music' for children's workshops coming up on September 7 to 9, looks very interesting (page 26). Thanks to Jo and Phil Chiet for explaining how using music



Doug Davidson,
journalist@
rivercitypress.co.nz

helps them with their boys.

Also on page 26 is a report on what Economist, Cameron Bagrie, had to say on the world and New Zealand economy. His presentations are always informative and entertaining.

Something for the family to look forward to is a Laser Light show being organised by Hospice for October 14 (page 4)

- Doug Davidson

High School students, parents and teachers still buzzing from trip to Spain

Queralt Scott and Beverly Stuart teach Spanish at Whanganui High School and about a year ago decided it would be great to take the students on a trip to Spain. The school agreed – and then the organisation began with all the health and safety requirements, the itinerary and fundraising.

The trip was opened to all students learning Spanish and students of photography. Beverly said, "We expected up to 20 at a push," but they ended up with a group of 34 and they capped it at that number. Of the group, 24 were students, two were teachers of Spanish, another teacher of art and two other teachers joined in as well. They did fundraising either individually or as a group. The trip was from July 7 to 22.

They worked with 'Travel to Learn' and the cost came to \$5300 which included flights, internal transport, accommodation, entrances to attractions and guides. Beverly says, "There was no chaos despite the numbers of visitors. It was smooth as"

- helped by avoiding the queues.

The favourite spots were:

- The Royal Palace in Madrid along with the park.

- The medieval city of Toledo.

- The whitewashed city of Cordoba best known for La Mezquita, an immense mosque dating from 784 which became a Catholic church in 1236, but is now just a place to visit.

- The unfinished Basilica de la Sagrada Familia by Antoni Gaudi (1852-1926) in Barcelona designed to represent a forest. It is hoped that it will finally be completed in 2026.

The group did go to the famous bull ring in Seville, but not to a bull fight and to a flamenco show in a cave in Granada.

Beverly says, "It was great for the students to be engulfed with Spanish culture through its language, history and food. They all seemed to grow up a bit." Queralt adds, "We gave them a quiz each morning on the previous day's activities. Some of them learnt to take notes."

They both agreed that the students "coped really well with the travel, the visits, the temperature (the warmest was 42 degrees) the different time for eating, (normally 9 to 10pm) and being on time in the morning. They worked very well as a group."

They had about three visits each day but were able to incorporate time to explore and rest. Every second day meals were organised but on the other days they had to order their own. Beverly says, "This was a good experience for them." The food, she adds, "was cheap, tasty and new to them."

On the last day they spent time swimming in the Mediterranean Sea off Barcelona – but also had time to do some shopping.

Both Beverly and Quer-



Whanganui High School travel group in Spain

alt, who comes from Barcelona herself says, "We would do it again," and "They probably will as students are already asking when the next trip is."

Local enthusiast travels NZ and overseas to fly kites

Continued from page 1
Back in 2003 Geoff invented his Lady Bug kite which he says is, "the most prolific and popular wind toy in the world." Although he has the design rights, he has had the designs published in kite magazines and kite lovers are free to use it for personal use. An American company – Gombert Kites – has permission to sell them.



Geoff Campbell (Photo by Jessica Allan)

The number of kites owned by Geoff "is in three figures," but he points out that they fold up and use minimal space.

The Kite Day was organised by Whanganui Daybreak Rotary of which Geoff and his wife, Debra, are both members. The event is essentially a fun day, an opportunity "for families to get outside and have some fun with their dads and grandparents," says President, Raewyn Overton-Stuart.

They did raise about \$1700 in donations and \$3000 from kite sales but much of this went to pay for things such as portable toilets, advertising, the kites and so on. The rest will be donated to causes within Whanganui.

Geoff says, "Kite flying is very family friendly. You can get involved at any level you like. We have travelled around the country and the world kite flying and have made some very good, dear friends in the process."

Geoff is the only member of NZKA in Whanganui. If you are interested in joining him and finding out more about kite flying, you can contact him on 021 225 9725. If you are happy just being a spectator, watch out for next year's Rotary Monster Kite Day.

NEW STOCK IN STORE NOW!

Cabinets, Couches, Chairs, Accessories and much more.



Check with the team for these special pieces and customised lounge furniture.

WANGANUI FURNISHERS

33 Victoria Ave | 06 345 4554

Open Mon - Fri 9am-5pm, Sat 10am-1pm

enquiries@wanganuifurnishers.co.nz

www.wanganuifurnishers.co.nz

Want white teeth?

VICTORIA DENTAL

Make an appointment today

06 345 3222

Visit us at Victoria House

1a Rutland Street, Wanganui

Join the celebrations of the Sarjeant's 100th birthday

A public ceremony on Friday, September 6, at 3pm will mark the exact date of the opening of the Sarjeant Gallery. Everyone is invited. It will be held on the steps of the Sarjeant Gallery at Pukenui Queen's Park and will include speeches from the Sarjeant Gallery Director, Greg Anderson, the Mayor of Whanganui, Hamish McDouall and a guest speaker, with choir performances from the Schola Sacra Choir and the Wanganui Community Choir.

The Schola Sacra Choir will sing a setting of a poem by Whanganui's James K. Baxter, called 'Haere Rā' which has been set to music by New Zealand composer, William Green, especially for the choir to perform on this occasion. The Wanganui

Community Choir will sing 'Wairua o te Puna Aroha', which is written by Hori Tait and arranged by Julian Raphael of Wellington.

A special birthday cake designed by Stacey Williams of Stacey's Cakes will be shared with attendees on the day and the cake will be cut by the three professional directors of the Sarjeant Gallery - Gordon Brown (1974 - 1977), Bill Milbank (1978 - 2006) and Greg Anderson (from 2007).

On Saturday, September 7 the Gallery will open a major new exhibition at Sarjeant on the Quay called 'Turn of a Century: New Perspectives on 100 Years of Collecting and Exhibiting.' Curated by the Sarjeant's Curator and Public Programmes Manager, Greg Donson, the exhibition showcases

some of New Zealand's best contemporary artists such as Adrienne Martyn, Regan Gentry, Roberta Thornley, Neil Pardington, Andrew Ross, Glen Hayward, Annie Mackenzie and Peter Trevelyan. The artists were invited to respond to the one-hundred-year-old category 1 heritage listed building.

Greg Donson says, "Viewers may well recognise elements of the heritage building in the exhibition but see it in a completely new way. Each member of this group has a connection to the Gallery in some way - and therefore, will have a distinct and very personal response to it." To complement these newly commissioned contemporary works 'Turn of a Century' will also include works from the Sarjeant collection.

Also on Saturday,



Image: Opening of the Sarjeant Gallery 1919, courtesy Auckland Libraries, Heritage Collections
AWNS-19190925-32-1

Durie Hill Elevator centenary dinner

- By Ann McNamara

The Whanganui Regional Heritage Trust organized a six course degustation dinner at the Red Lion on Saturday, August 31 as a fundraiser for a new entranceway to the elevator on Anzac Parade, replacing the existing one built in 1976. It was organised by a sub-committee of the Trust headed by Bruce Falk and assisted by Mary-Ann Ewing, Denis McGowan and Ann McNamara.

Attended by over 60 people the evening was a great success. At intervals during the evening, guests bid for items in a Mystery Auction. The MC who introduced the auction was Denis McGowan, a Trust Board member, who entertained everyone with his humour and enthusiasm for each auction lot. He outlined the prizes that could be won at the start of the auction and guests did not need too much encouragement to bid as each auction lot came up.

The auctioneer was David Cotton and he excelled at his job to raise as much money as possible



Proposed entrance to Durie Hill Tower

sible for each auction lot. Guests were extremely generous with their bids, especially a Durie Hill resident and his table of friends and we are very grateful for their generosity and the generosity of the other successful

bidders. There was considerable humour and many happy faces when the mystery lots were revealed at the end of the evening.

A truly great evening at The Red Lion and over \$3500 was raised.

The Whanganui Regional Heritage Trust would like to thank the following for their generous support in donating prizes for the auction: The Red Lion Inn, Air Chatham's, Riverside Mowers and Machinery, Gonville Pharmacy, Fiona McGowan, PAUA Early Childhood Home Based Care Service, Devon Homes, Durie Hill Elevator, Chef's Choice, Rockgas Whanganui and Whanganui Regional Heritage Trust.

Recent RCP winner

Congratulations to Sophie Cranstone aged 9 (dad - Mike Cranstone), who is the lucky winner of the Father's Day gift basket. Thank you to everyone else who entered. Watch out for more competitions over the next few months.



Top Service • Top Workmanship • Top Electricians

- 24/7 Service
- FREE Quotes
- Member of HAZARDCO
- For all your electrical requirements

Summit Electrical Services Ltd

0800 2 SUMMIT

0800 2 786 648

Todd Cowan - 022 325 0056



Find us on Facebook

just what you need

THIS WEEK'S SPECIALS

<p>Frozen Pork Loin Chops</p> <p>\$6.99 kg</p>	<p>\$25 Trays Frozen Lamb Loin Chops</p> <p>Under 1/2 Price only</p> <p>\$10.00 each</p>
---	---

WEEKEND SUPER SPECIAL - STARTS FRIDAY

\$3.99 kg

Fresh Chicken Drumsticks
Plain or Marinated

NEXT WEEK'S SPECIALS - STARTING 9.9.19

<p>Fresh Crumbed Chicken Pieces</p> <p>\$3.99 kg</p>	<p>\$20 Trays Pork Steaks, Schnitzel or Stir Fry</p> <p>1/2 Price only</p> <p>\$10.00 each</p>
---	---

Five \$5 Meat Packs still only \$20 (35 different choices)

Broccoli \$1.89 each

PRODUCE

<p>NZ Mandarins 1kg Bag</p> <p>\$3.99 each</p>	<p>NZ Oranges / Green Kiwifruit 1kg Bag</p> <p>\$1.99 each</p>
---	---

All items while stocks last (no rainchecks). Get in early.
47 Abbot Street, Gonville. Ph 06 344 3002
Open 7am-8pm - 7 days

Springtime
- a great time to sell!

FREE MARKET APPRAISAL

FREE MARKETING PACKAGE

Marion Farr
Nat Cert in Real Estate
021 572 033
marion.farr@raywhite.com
Licensed Salesperson REAA 2008

Re-elect ALAN TAYLOR TO COUNCIL

COMMITMENT TO RATIONAL EVIDENCE BASED DECISION MAKING

Authorised by A.R. Taylor, 28 Blueskin Road, Whanganui

Four choirs singing in concert to raise funds for Hospice

- By Jonathon Hartfield

The first Hospices were bathed in song. The monks and nuns who looked after the ailing pilgrims in their care also sang the regular services in the Chapel, so music was always in the lives of both the living and the dying. Their plainsong is still sung by choirs, but not in modern hospices. Musical tastes have become so diverse that we do not have background music in our own hospice. The music that would sooth one guest might well cause another to seethe.

Some of this diversity will be shown in the hospice fundraiser 'Voices for Hospice'. Each of the choirs has its own repertoire

and preferred type of music. It is only in this bi-annual fundraiser that the choirs share the same platform, with each singing for about twelve minutes.

There will also be three pieces for the audience and choirs to sing together. Two are amazing tunes composed 100 years ago and recently given new words and the third, Handel's Hallelujah Chorus, has been associated with World Hospice Day for many years. We first sang the complete Messiah on World Hospice Day 1997.

The original Monastic Hospices gave free medical care and hospitality to the pilgrims who stayed with them and this gift continues to be the norm for NZ



Awa Tuipua

Hospices. However, unlike those early hospices, modern ones pay their staff and also have the expense of buying equipment, maintaining buildings and running a complex service for patients and their relatives. So, despite the valuable contributions of many volunteers, a lot of money is required to keep the service a free one. The District Health Board contributes just under half and the rest has to be donated.

The choirs taking part are: The Community Choir, The Lyric Singers, Wanganui Schola Sacra Choir and Wanganui Male choir. In addition, we are pleased to welcome soloist, Iain Tetley and Awa Tuipua.

The concert is at Central Baptist Church, Wicksteed St on Saturday, 14 September at 2.30 pm. Entrance and programme \$15, children gold coin.

Laser Lights are coming to town - October 14

Hospice Whanganui is getting ready to launch a laser light extravaganza on Monday, 14 October at Cooks Gardens (1st day back at school after the holidays).

The event will bring the magic of lights and music together, but not before an evening filled with other entertainment. Starting with the beat of the Japanese Drum Team as you arrive, their energetic display will get you in the mood for the following performances by the Whanganui High School bands and then the grand finale Laser Light extravaganza put together by Flying Pictures.

Flying Pictures is a New Zealand company who have created spectacular shows throughout New Zealand, Australia and beyond since 1986. Come



Jasmines designed billboard for the laser show. From the left: Sandy, Jasmine, Fiona O'Leary from Display Associates with Kyla Symes

along and experience the magic, bring a picnic dinner (although food/coffee trucks will be available on the night).

This fund raising event for Hospice Whanganui helps continue to provide specialist care at no cost to members of our community with a life-limiting illness. Sandy McDougall, Operations Manager at Hospice Whanganui says, "We also provide support for the carers and family of those affected. Hospice Whanganui has to raise around \$1.5 million every year to keep our service operating so events like these play an important role in supporting the shortfall of funds provided

by our Government."

Tickets are available from the Opera House and/or gate sales.

Adult: \$10. Child: \$5 (5-12 years). Child: Free (under 5 years). Family: \$30 (2 adults & 3 children).

Note: Tickets purchased at the Opera House will incur a small administration fee.

Venue: Cooks Gardens

Date: Monday, 14 October 2019

Time: 6.00pm - 8.30pm

Cooks Gardens has a non-smoking/vaping, non-alcohol and no glass policy. Please refrain from smoking/vaping while in the grounds. Bags will be checked on entry.

Hospice ran a Billboard Competition for school children and the winner was Jasmine Couper. Sandy says, "Jasmine has created our fabulous billboard artwork. Her original artwork has been incorporated into our billboard resulting in an eye catching, fun design. Not only will Jasmine see her art on display around Whanganui, but she will also receive free tickets for herself and family to the Laser Light event at Cooks Gardens."

Display Associates have generously provided the billboards that you will see around town as part of their contribution to this fundraising event.

"Let us relate to each other"

Vote Vijeshwar Prasad for Council



Interested in your well being

Authorised by V. Prasad, 136 Anzac Parade, Whanganui

Grants for farming & agriculture students

Are you studying... agriculture...orcharding...horticulture...or animal husbandry?

If so, you could be eligible for a grant from the **Ann Sinclair Charitable Trust!**

The Ann Sinclair Charitable Trust has grants available for students studying farming or agriculture at approved tertiary institutions in the lower North Island. The grants are to assist with travel, accommodation and education for eligible students at universities, polytechnics and farm training institutes.

Applications close 31st October each year.



For more information or to apply visit
www.psc.org.nz/ann-sinclair-trust-fund/

Presbyterian Support Central

Absolutelyelectrical

Just the best service...absolutely.

Reliable, trustworthy electricians do exist you know. Absolutely.

Think Absolutely Electrical, your Master Electricians around home, at work, on the farm, in the factory and at the rental property.

Talk to us today!

Call (06) 349 0056

absolutelyelectrical.co.nz

info@absolutelyelectrical.co.nz



MASTER ELECTRICIANS

Aspiring crime writer talks about Literary Festival author Paul Cleave

Heather Johnson is an aspiring crime, mystery, thriller writer and met published crime writer, Paul Cleave, when he spoke at 'Rotorua Noir' – a crime writing festival last year.

She had previously read some of his books when she was living in the USA and was planning to come to New Zealand. "She is 'half kiwi' and wanted to experience life in New Zealand." She came to Whanganui 18 months ago and works at the airport part time.

She confesses, "I had a more romantic view of New Zealand and Paul's books are very gritty with lots of violence and shooting. It was an eye opener but I enjoy his books. I didn't stop at the first one and have read most of them. They are a good fast read, dark but with a glimmer of hope." Heather is looking forward to listening to Paul again on Saturday, October 5 from 3 to 4pm.

Paul's latest book, 'Whatever it takes', was published in July and is set for the first time outside of New Zealand. His books are bestsellers that have been translated into 20 languages.



Heather Johnson

He has won and been nominated for a range of writing awards.

Heather is more than halfway writing her first book. It is based partially on her own experience and revolves around an American visiting New Zealand who stumbles upon a family secret leading to the inevitable shenanigans. Back in the US she edited and proof-read communication and

technical writings for the Ministry of Defence.

She has settled into life in Whanganui joining the Whanganui Literary Festival Committee as well as the New Zealand Society of Authors. She is busy reading most of the books to be discussed at the festival saying, "They cover a diverse group from fiction to sports, poetry, crime and food."

Successful pitch for responsible camping funding

Whanganui District Council has successfully applied for central Government funding to encourage responsible camping in the Whanganui District this summer.

A funding agreement between the Council and the Ministry of Business, Innovation and Employment (MBIE) will establish a freedom camping ambassador programme over the peak holiday season to educate campers on their responsibilities and promote compliant behaviour.

As well as providing information and advice about responsible camping and answering queries from visitors and the public, the temporary fixed-term ambassador role will also be used to collect information from freedom campers visiting our district and monitor camping sites.

The Council's Compliance Operations Manager, Warrick Zander says, "The critical aspect of this role at this point in time is to establish better understanding about freedom camping in Whanganui – this may include focusing on areas such as freedom camping site capability and visibility.

"The Council will then

be able to determine the merits of establishing a bylaw to improve our freedom camping visitor experience balanced with education in responsible camping."

MBIE funding for responsible camping initiatives must be for education, enforcement and/or ambassador programmes and temporary facilities during the 2019/20 summer period.



HARRISON'S
HireMaster
WANGANUI

26 CHURTON STREET PH 345 7017

BOUNCY CASTLES Great fun for your party!



SEE US FOR ALL YOUR PARTY REQUIREMENTS

www.hiremasterwanganui.co.nz

Spring SALE

2010 SUZUKI SX4



Mini SUV, high seats, sharp in black, alloys, body kit, tints, cheap to run!
Was \$12,995

NOW \$11,750

2008 HONDA JAZZ SPORT



Cheap car, fuel efficient, high seats, bodykit, easy to drive, great 1st car.
Was \$5,995

NOW \$4,995

2014 SUZUKI JIMNY



Built for work, flat deck, towbar, only 34,000kms.
Was \$25,995

NOW \$23,995

2009 MAZDA 3 MPS SPORTRHATCH



Manual, powerful pocket rocket, bodykit, push start/stop, alloys, LOADED.
Was \$18,995

NOW \$17,750

2010 NISSAN NOTE



Very popular model, crisp in white, high seats, body kit, alloys, tints.
Was \$10,995

NOW \$10,995

2013 HONDA JAZZ SPORT



Very spacious, sporty model, gorgeous blue, alloys, low kms, bright and bold.
Was \$13,995

NOW \$12,750

2006 PT CRUISER ROUTE 66



Manual, sharp in black, very tidy, alloys, towbar, spoiler, sunroof, nice example.
Was \$7,995

NOW \$6,750

2012 HOLDEN SPARK



Easy to drive, high seats, very tidy, bright white only 50,000kms.
Was \$7,995

NOW \$6,750

2007 SUZUKI SWIFT



Manual, low kms, body kit, air induction kit, spoiler, very sporty swift!
Was \$9,995

NOW \$8,995

2013 FORD KUGA AWD



Diesel, well featured, push start/stop, bluetooth, cruise control, parking sensors, loaded SUV.
Was \$19,995

NOW \$19,995

2005 MAZDA 6



2.3L, NZ new, very tidy, popular model, alloys, nice colour.
Was \$6,995

NOW \$6,995

2017 SUZUKI VITARA JLX



Very cool SUV, stunning in grey, reverse camera, sat nav, brilliant history.
Was \$18,995

NOW \$18,995



Ph 06 345 5115 | www.davidjones.co.nz
276 & 330 Victoria Avenue, Wanganui

Parkinson's Counter Punch group thanks Regional Health Network for their support

The Parkinson's Counter Punch group meets every Wednesday and Friday at 11.30am to 12.30pm after being launched in Whanganui in May. People with Parkinson's go the River City Boxing Club in Devon Road and do non-contact boxing under the guidance of coach, Sala. They can go earlier to use the equipment in the gym such as the stationary bikes, rowing machines and the treadmills as well.

It all came about when Sala, who is a pharmacist advisor with Whanganui Regional Health Network, discussed the Counter Punch programme with a GP. Sala works with both

pharmacists and GPs on medication reviews. Sala decided to check out the programme and before long had been trained with Counter Punch NZ in Auckland. It helps that Sala does her own boxing training a couple of nights a week.

Initially she asked for time off to do the coaching but her supervisor said the Network would fund her. In fact, the Network pays for the use of the gym as well.

The group invited the Chief Executive of the Network, Judith MacDonald, to come along and see what they do but also to express their thanks. Judith came along "dressed for boxing." She told the RCP that the Network is all

about "keeping people well, fit and connected," and Counter Punch meets these requirements so well. She was told that one member was back driving a car and the general level of fitness had improved allowing members to do different physical activities including what most of us take for granted – being able to dress independently.

Judith said, "Our investment is very small compared with the outcomes." The Network regards their support as indefinite.

Participant, Fraser Stewart says, "Average numbers are between 8 and 10 and that can include those with Parkinson's, their family, carers

and supporters. The benefits are many", he adds, "There is the aerobic exercises, muscular activity and improvements in balance, timing and co-ordination." There are also social benefits – "the chance to talk with others experiencing similar issues and to know you are not by yourself."

Sala says, "I love my Parkies. It is such a rewarding time – good for them and good for me."

Counter Punchers with boxing bags – Sala is in the centre



~ Free films for library users ~

On-demand streaming video service available soon through Whanganui District Library

From Monday, 2 September Whanganui residents with a Whanganui District Library card will have free access to thousands of award-winning, independent and classic films and documentaries via the Kanopy on-demand streaming video service.

Each library card holder can view up to ten films a month from the general section and unlimited access is available for titles in the Kanopy Kids section. Three days are allowed for viewing a film.

Whanganui District Library Manager, Pete Gray says, "Kanopy has tons of really good stuff across a range of interests. Everybody will find something on there to entertain them, inspire them and broaden their horizons".

To create a Kanopy account, visit the Kanopy website (www.kanopy.com) or download the app and log in with a library card number and the password for that card. Forgotten passwords can be updated through

the library website: <https://www.whanganuilibrary.com/?s=forget+password>

Mr Gray says the new Kanopy service complements the other digital media already provided by Whanganui District Library.

Library patrons are able to access thousands of free e-books and audiobooks through the Libby app (<https://meet.libbyapp.com/>). Anyone can download the Libby app for free, enter 'Whanganui District Library' in the location information, then input a library card number and password. This information only needs to be entered when setting up for the first time.

Full-colour digital magazines are also available for library card holders on RB Digital, which is touted as 'the world's largest newsstand': <https://www.rbdigital.com/whanganui/service/magazines/landing?>

Library membership is open to all and free. To become a member, visit your local branch or sign up online. Library locations are listed here: <https://www.whanganuilibrary.com/index.php/where-we-are/>.

**125th
Celebration**

**WESTMERE SCHOOL
WANGANUI**



E-MAIL 125@westmereprimary.school.nz

facebook [Westmere School Wanganui - 125 Celebration](#)

WEBSITE www.westmereprimary.school.nz

LABOUR WEEKEND 2019

Friday 25th October - Sunday 27th October
REGISTRATIONS CLOSE - 20 SEPTEMBER 2019

AIRPORT RUNWAY MILE 2019

SUNDAY 8 SEPTEMBER

TIMETABLE

- 9.00am Entries open at the Airport
 - 9.30am Columbus Coffee - **Scoters & Skateboards for Primary & Intermediate Schools**
 - 9.50am Mitre 10 MEGA Wanganui - **Primary & Intermediate School Mile**
 - 10.10am Loaders Wanganui - **Secondary School Mile**
 - 10.30am Pacific Helmets - **Men & Women Open Mile**
 - 10.50am Jane Winstone Retirement Village - **Walk the Runway Mile**
- Open to all - Participation rather than competition*



Entry fee \$5 for all races except the
Open Mile which is \$10

Family & Group concessions available for the walk.

10 generous spot prizes for each race.



Wanganui Airport Control Tower Restoration Group (Inc)

Lights on bikes community art workshops open

Community art workshops for the Lights on Bikes parade are underway, with the first workshop held last weekend and several more workshops open for bookings.

At the first workshop held at Sarjeant on the Quay on Saturday, 31 August, participants used card, bubble wrap and ribbon to create illuminated jellyfish with seed lights spiralling down through the tentacles.

Sarjeant Gallery Educator Officer, Sietske Jansma says, "After last weekend's workshop we now have a shoal of jellyfish lanterns tucked away in a storeroom, ready to be strung under a tree in the upcoming parade".

Two further community workshops will be held to create artworks for display along the parade route. In the first workshop, participants will construct hanging paper flowers lit with seed lights and in the second, a large display of glowing leaves, vines, flowers and

imaginative plants.

Workshop participants will be able to pick up these artworks from the gallery on a date after the parade.

Ms Jansma says, "We're also running workshops geared towards helping people create stunning costumes to wear in the parade."

"There's the opportunity to make cardboard body armour zig-zagged with illuminated wire, an electrical storm cloud that hovers around your bike helmet, or a fantastical hat that lights up and shows a silhouetted scene".

Billed as the 'brightest parade in town', Lights on Bikes is a free family extravaganza to be held on Friday, 27 September.

Lights on Bikes Event Manager, Shanti Sibbing, says this year's Lights on Bikes parade is promising to be an unmissable event.

"We expect to see bicycles, scooters, buggies, unicycles, skateboards, wheelchairs and more – everyone is welcome to

light up their wheels and themselves and join in."

This time around there will be food trucks and large floats at the start point at the Whanganui River Markets area on Taupo Quay, then the parade will travel along the awa to Cornmarket Reserve near the Dublin Street roundabout. Families will have the option of stopping there and turning around or continuing over the bridge to Kowhai Park.

"Along the way we'll have glowing art installations and mesmerising performances from local and national performers," Ms Sibbing says.

Participants can gather at the Whanganui River Markets area from 5.00pm with the parade to roll out at 6.30pm.

To book in for a community art workshop, phone 06 349 0506. Details are listed below.

Lights on Bikes community art workshops 2019

Hanging flowers!

Make your own large

flower to be hung on trees along the route.

When: Saturday, 14 September from 10.45am-12.45pm

Cost: \$10 per person
Where: Sarjeant on the Quay

Arm or leg armour

Using cardboard and paint you will create some awesome arm or leg armour that will be lit using lighting wire.

When: Thursday, 19 September 3.30pm-4.30pm

Cost: \$5 per person
Where: Sarjeant on the Quay

Body armour

Using cardboard and paint you will create some awesome lit up armour for your torso.

When: Friday, 20 September 3.30pm-4.30pm

Cost: \$5 per person
Where: Sarjeant on the Quay

A storm cloud as your helmet

Drop in and use a range of materials to create a magical stormy cloud that envelops your helmet.

When: Monday, 23 September 3.30pm-5.00pm

Cost: Free
Where: Community Arts Centre

Fantastical hat

Come and make a fantastical hat that lights up and shows a silhouetted scene to wear during the parade.

When: Tuesday, 24 September 3.30pm-5.00pm

Cost: Free
Where: Community Arts Centre

Community plants

Be part of making a large community artwork that



Sarjeant Gallery Educator, Sietske Jansma, helps workshop participant, Ethan, with his jellyfish creation

will be installed along the route!

When: Wednesday, 25 September 10.00am-

5.00pm

Cost: Free

Where: Community Arts Centre

For bookings and payment details, please call Sarjeant on the Quay at 06 349 0506.

Exhibition of a difference



Kevin Luff's exhibition in the middle room of the Community Arts Centre on Taupo Quay is different from your normal exhibition. Don't stand back too far to look at the paintings or the Whanganui post marks – or you might trip over a garden of plants, driftwood and historical bottles. They provide colour and life to the exhibition.

The exhibition is from September 3 to 10.

RCP - the good news paper

VOTE
Ross Fallen
for Council
A robust voice for our residents

From Community Advocate to the Council Chamber

Email: dandc5821@gmail.com
Phone 022 430 5818

f Ross Fallen for Council 2019

Authorised by Steve Selfe, 9 Tauapata Street, Whanganui



THE BRIGHTEST PARADE IN TOWN

Lights On Bikes

Whanganui

FRIDAY 27 SEPTEMBER 2019

LOCATION: MOUTOA QUAY - FOOD TRUCKS FROM 5PM
PARADE START TIME 6.30PM
WWW.FACEBOOK.COM/LIGHTSONBIKES

WHANGANUI & PARTNERS
Background Photo Credit: Mark Brimblecombe

WHANGANUI DISTRICT COUNCIL
Te Kaitiaki a Rōhe o Whanganui

TOWN CENTRE REGENERATION

Election candidate profiles

Election candidates for both the Whanganui District Council and the Whanganui District Health Board have been given the opportunity to submit a 'candidate profile' about themselves so the public have a chance to get to know a bit about them before the elections.

These will be published over the next few weeks in River City Press. Here are the second lot of candidates to feature.



Graeme Fothergill - WDC candidate

I am standing for Whanganui District Council as I have spare time to help make a difference. I retired from a firefighting career after 27 years, the first 5 years with the Whanganui fire brigade. I have a background of 15 years in dairy, sheep and cattle, 27 years as a fire fighter and 12 years as a builder in Madison, Indiana, USA.

I believe that I have good knowledge to make a difference in serving in the Whanganui area. I do not believe that we can exterminate all the undesirable pests in NZ. However, we can all do our bit to try to get the numbers down to less than five per cent of what we have now and do not throw rats back into the river as one small child did hoping they would drown. I am sure that with a keen group of people we can achieve the 5% mark. This would include Possums, wild cats, stray dogs, stoats, rats, mice and wasps.

I would, with other seniors, look into what we can do for seniors at the lower end of the scale as they deserve to have amenities the same as others in the elder age group.

- Graeme Fothergill



Dan Shand - WDC candidate

Dan Shand is running on a platform of issues and new ideas such as the use of referenda to bring Council decision-making closer to the people. While he concedes this will involve extra costs he says, "Democracy is of more value than economics."

He points out, "Councilors should be accessible, know the community and be able to make decisions carefully."

Other policies he is promoting include reducing rates by 20% and providing free rubbish removal. The cost of doing this can be met, he believes, by rating large organisations especially multinational companies, higher.

He happily admits that, "I am being provocative to get people thinking about these issues." He also has a quirky approach to his advertising and billboards, making it more likely that you will remember him. His advertising in the RCP states 'Vote Dan Shand - If You Want To' and a billboard on Somme Parade states: 'Give yourself a break. Stand by Dan Shand'.

Dan was born in Whanganui, educated in Auckland and travelled over Europe for about seven years. He returned to Whanganui about four years ago as, "I have a strong connection to Whanganui." He works in the construction field.

Ray Brightwell - WDC candidate



Ray busking last Saturday

Ray Brightwell has surfed at the North Mole for many years and says that "My focus in standing for Council is on the seaward side of Cobham Bridge - Gonville, South Beach, Castlecliff and the North Mole."

He adds, "Things are not working at Council. I believe in practical solutions especially for the reconstruction of the Port. For the last 25 to 30 years they have put in pockets of money into the port but we haven't seen results. We need a staged development plan and shouldn't have to borrow to pay for it."

Ray believes that the "rebuilding of both moles is urgent, otherwise there will be nothing to build on, especially the South

Mole which used to support railway tracks but is fast disintegrating."

Over a number of years, Ray has made submissions to the Council about Port, mole and beach development. He points out that, "The North Mole became a dumping spot for demolition material, including road seal. This has sped up the process of the mole's demise."

It has also made the Mole toxic, he adds. "Once it was crawling with crabs, people would swim alongside and pick up mussels, but no longer."

He also points to the delays in completing the Mountain to the Sea cycleway with the likelihood that it will go through Heads Road. He asks, "Why don't we go instead to South Beach, over the Cobham Bridge. There are great views, interesting history in the gun emplacements, the historical Tower and a café already in place." He believes, "There is always an alternative, an answer."

Ray was a boilermaker for much of his career in New Zealand and overseas but is currently fulfilling a childhood desire to be a truck driver. In his spare time when he is not surfing, he is busking with his guitar and singing.

Helen Craig - WDC candidate



In the 6 years I've been on Council, Whanganui has turned around and is now buoyant. I'm very excited about our future, but still want to achieve much more!

As Chair of Property & Community Services and Town Center Regeneration, I've championed Whanganui to be the best it can be, spearheading Heritage Month, our entries into Keep NZ Beautiful Awards and new murals to name just a few new initiatives. I've successfully lobbied government for heritage restoration support and currently am seeking Museum and Gallery operational funding from Government - this shouldn't all fall on our small ratepayer base.

The biggest challenges facing the region in the immediate future are a growing housing shortage; we still need to grow jobs through strong businesses; encourage a vibrant town center with more retailers and saving our heritage

buildings; and SH 4 Parapara is in a shocking state - we can't afford to lose this vital link north or for our farming community.

I support the proposed Port redevelopment, the International Pilot Academy, and Sarjeant redevelopment as they support tourism, job and education opportunities for our youth, subject to Growth Fund applications being successful.

I'm keen to celebrate our incredible citizens with annual Citizen Awards - they deserve to be recognised.

I'm hard working and community focused, with business experience in Auckland and Singapore, a Fine Arts degree and a local beef and sheep farm. I'm a Heritage Trustee and helped raise \$210,000 for Women's Refuge at the last two Balls.

More information www.helencraig.co.nz.

Brent Crossan - WDC candidate



I'm 37 years of age, born and bred in

Whanganui and attended Whanganui High School.

Upon leaving school, I joined the New Zealand Army as an Infantryman and was posted to 1RNZIR where I served seven years including overseas on operations before returning home and settling back in Whanganui.

I'm now a local business owner of two successful companies which employs around 25 staff.

Whanganui is a great place to live and raise my family and I would like to see Whanganui continue to grow and more families moving to our beautiful city which will be a good boost to our economy. I'm a firm believer that the Port Development would be a great asset to our town, not only bringing in much needed employment but also attracting more tourism.

As we keep growing, we also need to update our infrastructure and open more areas for residential building to help the housing issue we face now.

If elected, I'd also strive for kerbside recycling, more events at Cooks Gardens, outdoor community recreational infrastructure and also filling empty buildings in the main street which will bring employment and business opportunities to the people of Whanganui.

UCOL CONNECTION

If you completed UCOL's Certificate in Introductory Photography and want to expand your skillset, the Certificate in Intermediate Photography course is for you. You will develop your eye for composition, going beyond the basic rules to create truly striking, emotional images. Expand on your digital dark room techniques with Photoshop and Adobe Camera RAW converter to get more out of your images and then exhibit these on the final day. Enrol now and start on 7 October.

If you are looking for something different to do this weekend, pop into UCOL for GovHack, the largest open data hackathon in the southern hemisphere. This event is a festival of ideas that brings people together to have fun and create innovative solutions, using government data. If this is where your passion lies, then explore UCOL's Information Technology programmes from Certificate to Degree level.

The UCOL site is rich in history of Whanganui's early heritage buildings and to celebrate this, UCOL is participating in Whanganui Heritage Month with daily tours Monday to Friday, 9am and 1pm. Did you know in 1887 John Ballance, New Zealand's first Premier, began the Evening Herald on this site, and from 1878-1890, Mayor of Whanganui, Thomas Bamber lived here? There's a lot more fascinating stories to share. Come and learn what was here before us and how the old buildings blend with the new in state of the art learning facilities.

Enrolments for 2020 are open. Come and talk about all the opportunities available at UCOL.

Ngā mihi

Bronwyn Paul, Campus Manager



CERTIFICATE IN INTERMEDIATE PHOTOGRAPHY COMMENCES OCTOBER 2019 | ENROL NOW

0800 GO UCOL | UCOL.AC.NZ

Yates Budding Young Gardener competition open

A national search is on for young kiwi gardeners who have a passion for plants and dig gardening. The Yates Budding Young Gardener competition opened on September 1 for children aged 5-15 years, with all levels of capability and who just love spending time in the garden growing things.

The lucky winner will become a Yates Ambassador for one year and win an amazing family trip to Hawaii. Judge and gardening guru, Ruud Kleinpaste, said learning how to garden sets children up for life.

"It is becoming a fading skill with many of today's kids not knowing what a seed is, or where potatoes come from. As our lives get busier and more complex, the art of gardening becomes more important. Producing food is one obvious benefit but caring for a plant can teach children about responsibility as well as science, nature and nutrition. Taking time to learn the basics of gardening brings so many rewards," said Mr Kleinpaste.

All entrants will need to complete the entry form, answer a number of gardening questions and either submit a short video shar-



ing their garden and what they get up to in it or photographs.

Seven regional winners will be selected by the judges and they will win a massive Yates Budding Young Gardener Hamper valued at over \$300. An overall winner will be selected from the seven regional winners and will be off to Hawaii with their family. The five day visit will include flights, accommodation and a rental car plus tickets to some of the islands wonderful natural attractions. The grand prize also includes spending a day in your garden with a Yates horticulturist picking up some great skills and tips.

To find out how to enter and terms and conditions visit <https://www.yates.co.nz/budding-young-gardener/>.

Entries close Sunday, 6 October 2019 and the grand prize winner will be announced during National Gardening Week (21-28 October).

GIVEAWAY

The RCP has a Budding Young Gardener hamper containing a selection of Yates flower and veggie seeds, fertilisers and growing mix to give away. All you need to do is to send us your name and day contact phone number either by email (rivercitypress@xtra.co.nz) with 'Yates' in the subject line or post/bring it in to 52 Ingestre Street, to be in the draw. The closing date is Wednesday, September 11 at 12 noon.

naturalwear

SPECIALTY FITTERS

POST MASTECTOMY BREASTCARE TEXTILES
COMPRESSION STOCKINGS AND ARMSLEEVES



Wanganui Cancer Society, 2 Koromiko Road
WEDNESDAY 18 SEPTEMBER

Call Kerilee on 0800 622 397 to book

REGISTERED PROVIDER



WWW.NATURALWEAR.CO.NZ

Whanganui's first regional Latin Dance Weekend held

- By Rene Olmos and Irina Kapeli from Dance Whanganui

"Whanganui's First ever Regional Latin Dance Weekend was a hit. We expected to see about 60 people attend, but that's how many turned up just to the first workshop of the day. By the end of the day we had over 130 people attend from all over North Island (New Plymouth, Palmerston North, Napier, Hastings, Taumarunui, Rotorua, Hastings, Auckland and Whanganui). That was truly a testament to how Street Latin Dance can bring people together.

It was a real honour to have guest instructors come along all the way here to share their knowledge and passion for dance and to introduce the public to lesser known styles. The morning started with Kiel de Buisson from New Plymouth who did a beginner Cha Cha workshop that engaged both adults and kids. Raine Symons from Palmerston North, introduced the crowd to the high energy Latin Ragaeton. In the afternoon Rene Olmos and Irina

Kapeli taught the main Salsa and Bachata workshops of the day and finally, Isbert Vivio Ramos (an award winning dancer, originally from The National Company of Contemporary Dance Cuba) drove all the way from Auckland to teach his Cuban movement workshop.

The lunchtime social dance competition had four categories - Beginners Salsa, Beginners Bachata, Open Salsa and Open Bachata (beginner category means less than 12 months dancing) and 39 couples, social dancers participated and competed for our trophies, medals and certificates. Some dancers arrived without partners and were introduced to each other on the day. The beauty of social Street Latin Dances like Salsa and Bachata is that you can dance with anyone else who has done some classes from anywhere across the world.

The evening started with a dance showcase that completely filled up the hall. Fifteen performances showcased the hard work of teachers and students from Palmerston North, New Plymouth,

Auckland and Whanganui. The dances ranged from Professionals to first time on-stage students with the youngest performer aged only nine years all the way up to 60 years old. The best comment of the night from the audience was, "There is a real sense of a supportive community here."

The night finished with a social dance party to the Latin tunes played by New Zealand's most popular Latin DJ - Adrian Leineweber, who happens to live in Taumarunui. We were also proud to have an alcohol free event, because who needs alcohol when you are having such a great time dancing?"

Event sponsors were: Wanganui Veterinary Services - [100 chairs for the event], Wanganui Camera Centre, Cartridge World New Zealand - [Trophies, medals and certificates].



- Photo credit: Leah Naomi

BIC launches free national recycling programme for pens

Thanks to a partnership between leading stationary company BIC, and innovative recycling giant, TerraCycle, all brands of pens and markers will become 100% recyclable. The partnership between BIC and TerraCycle has already seen impressive results through its European programmes, having diverted 40 million pens from landfills to date.

To recycle in the programme, New Zealanders simply visit the TerraCycle website to sign up and join the program, then collect used writing instruments in any available cardboard box. Once the box is full, they can download a free shipping label from their TerraCycle account and drop the box off at New Zealand Post.

TerraCycle will then sort, shred and melt the items down into plastic pellets to be used in the manu-

facture of new products such as garden beds, park benches and even playgrounds. Additionally, for every kilogram of writing instruments sent to TerraCycle, collectors will earn \$1 towards the New Zealand school or charity of their choice. Globally, more than \$45 million has been raised for schools and charities through TerraCycle's free programmes.

The programme accepts all brands of used pens, mechanical pencils, markers, highlighters, correction fluid and correction tape.

The programme is also highly welcomed by parents and school children alike. Parent at Kereru School in Hawke's Bay, Emily Hunter, has been searching for a solution to the school's used writing instruments for years.


"We were searching for a recycling solution for pens because they are such a part of modern-day life that everybody uses! Minimising our waste is more important than recycling but, if these products are able to be recycled in a meaningful and sustainable way then that can only be a good thing. It is so awesome to see TerraCycle and BIC working together to implement change."

"I really hope the Writing Instruments Recycling Programme becomes widespread in New Zealand. All schools and workplaces should have it set up! It's just a matter of spreading the information."

To learn more and join the Writing Instruments Recycling Programme, visit <https://www.terracycle.com/en-NZ/brigades/writing-instruments-recycling-nz>.



Students from Kereru School in Hawke's Bay



GRAHAM ADAMS

Seeking Re-Election to the Whanganui District Health Board

Undoubtedly the appointment of our new CEO Russell Simpson was the right one. He has settled in exceptionally well to an environment which needed change for the betterment of the 65000 population the WDHB serves. A significant number live in rural areas and I support 100% the Board's commitment to addressing the needs of those people as well as delivering a wide and increasing range of services for everyone.

I very much wish to continue my association with the Board for **one more term** in order that I may continue to encourage our CEO with the outstandingly beneficial changes he is implementing.

GRAHAM ADAMS | YOUR VOICE | NUMBER 1 CHOICE

Authorised by G Adams 29 Treadwell St, Wanganui



Formerly
Hook, Line & Sinker



UNDER NEW MANAGEMENT

NEW MENU at introductory prices
Gourmet Burgers
Pork Spare Ribs
Duck & Vegetable Spring Rolls
Fish and Chips
Takeaway Ebony Coffee



COFFEE SPECIAL

Buy 2 coffees & get
1 FREE *only until 3pm

Special valid until 8 Sept 2019

OPEN Tuesday to Sunday, 11am - 8pm
209 Victoria Avenue, Whanganui
Phone 06 345 8383



MARGARET'S GOLDEN TOURS
Ph: 06 357 3619 Mob: 027 269 4277 | E: margaretjones13@yahoo.com

2019 SOUTH ISLAND TOUR

19 DAYS SOUTH ISLAND TOUR

13 October 2019 COST \$3,900*

*FAREWELL SPIT TOUR INCLUDED IN COST

2020 SOUTH ISLAND TOURS

20 DAYS SOUTH ISLAND TOUR

16 March 2020 & 15 April 2020 COST \$4,000

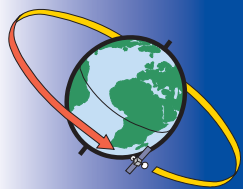
2020 BAY OF ISLANDS TOUR

14 DAYS BAY OF ISLANDS TOUR

10 May 2020 COST \$3,500

Check us out on Facebook! | Cost of tour based on twin share. For an itinerary please ring MARGARET
www.margaretsgoldentours.com

Enquiries any time: **TOLL FREE 0800 77 00 70**



World Physiotherapy Day

September 8

This year's theme: Chronic Pain

World Physiotherapy Day takes place every year on September 8. The day is an opportunity for physical therapists from all over the world to raise awareness about the crucial contribution the profession makes to keeping people well, mobile and independent.

Physiotherapists help people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice. They maintain health for people of all ages, helping patients to manage pain and prevent disease.

The theme for World Physiotherapy Day this year is chronic pain. Chronic pain is pain that continues for longer than three months. World-wide low back pain causes more disability than any other condition.

The campaign is focused around the follow-



ing key messages about the benefits of using exercise to manage chronic pain to:

- Maintain flexibility and movement
- Improve cardiovascular health
- Build and keep muscle tone
- Improve mood and

general wellbeing

- Help control pain
- Increase confidence to take part in activities
- Take back control of your life and reduce your fear

These messages are important not just to encourage health and activity. They can help demonstrate how physical therapists keep people moving through interventions which maximise strength and mobility. Through advice and exercise programmes, physical therapists support people of all ages to achieve activity goals.

There are a number of myths about chronic pain. They include:

- A scan will give me a diagnosis
- I am causing damage if it hurts
- Bending and lifting will make my low back pain worse
- I should stay in bed and rest
- Strong pain killers (opioids) will help manage my pain
- Surgery is my only chance of improvement
- My pain and limited function mean there's nothing I can do.



Whanganui Physiotherapy

Proud to support World Physiotherapy Day

**RACHAEL GALLAGHER
REBECCA LUMB
AIMEE BURNS-MAWSON
PHYSIOTHERAPISTS**

a: 176 Wicksteed Street, Whanganui 4500
e: whanganui.physiotherapy@outlook.com
p: 06 281 3456
c: 027 699 1991
w: www.whanganuiphysio.co.nz

Physiotherapy Hand Clinic

IN GOOD HANDS

Juliet Brodie and Lynne Powley

NZ REG. PHYSIO AND HAND THERAPISTS

Ike Crous

NZ REG. OCCUPATIONAL THERAPIST

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

p. 06 345 1198 • 76 Wilson Street, Wanganui

Pacific Helmets gain large contract in Victoria, Australia

Nathan Doyle in the Visual Design & Marketing section of Pacific Helmets, says that the company is "excited to announce our premier structural firefighting helmet, the F15 and is coming to CFA (Country Fire Authority). With over 59,000 members, the CFA (Country Fire Authority) in Victoria, Australia is one of the world's largest volunteer-based emergency services organizations – which means they have a lot of heads to protect."

This brigade is also Pacific Helmets largest international customer and many of the volunteers have two helmets, one for structural firefighting and a second for bushfire fighting.

Nathan adds, "Whilst they won't all be donning F15's immediately, we're proud to have again been selected as the manufacturer of their latest structural fire helmet through our Australian distributor sister company, Pac Fire Australia. The F15 will join several other Pacific helmet models already with CFA including the F3, BR5, R5 and R7 range. The F15 is certified to AS 4067/2012 (including updates) and incorporates the latest front mounted Underwater Kinetics Vizion (I) 3AAA eLED torch with options for radio headsets."

With a lightweight DuPont™ Kevlar® reinforced composite shell and an advanced polymer chassis, the F15 provides outstanding impact and penetration protection as well as superb resistance to chemical, UV, heat and flames."

In the past 22 years, the CFA has found the durability and safety of the Pacific F3 helmet to have been outstanding. Periodically as a check on the helmets, the brigade made a practice of returning a selection of old (and fairly knocked about helmets) as samples to be laboratory tested. Without exception, even 20 year-old helmets still passed the Standard impact, penetration and flame resistance tests.



Service set up to survey presence of asbestos in commercial buildings

New legislation requires all commercial businesses to have an Asbestos Management Plan and Allan Tong Ltd has set up a branch of the business to specifically meet this requirement. It is important as all businesses have the responsibility for both staff and tradesmen to ensure a healthy work environment. This also applies if a tradesmen does demolition work and disposes of asbestos incorrectly.

Mitchell Bakker from Allan Tong Ltd has completed the 'International Proficiency Certificate IP402 – Surveying and Sampling Strategies for Asbestos in Buildings.' He is available to follow up inquiries by visiting the site and providing a written estimate of the cost of doing a full survey. If the quote is acceptable, he will return in protective gear to take samples, which are sent away for analysis with the results reported to the owner.

There are different varieties of asbestos-type products and it is quite possible that wall or ceiling cladding might have some asbestos content but if left alone, will be harmless. If it was cut



Mitchell Bakker

and sanded that would be a different matter and repair or replacement work would be needed. Buildings built prior to 2000 have the possibility of containing asbestos in some form. Mitchell can be contacted on 345 2743.

In brief

Cycleway bridge

The Cycleway Bridge. The council advises that "final approvals for this project are now very close to being concluded and we are working with the project contractor (Emmetts Civil Construction) to determine a suitable launch date, taking into account weather conditions."



Since 1945

Asbestos Management Survey • Asbestos Management Plan
Asbestos Demolition Survey

Phone (06) 345 2743

Email: allan.tong@xtra.co.nz





Ahakoia iti, ākona, kōrerotia! Learn a little, use a little

Theme: Kia Kaha te Reo Māori - 'Let's make the Māori language strong'

Readers of the River City Press live in a region rich in Māori language heritage.

Every mountain and every stream and other geographic feature has a personal name. And all the living things in and on them have names too.

These names link us back to the earliest people to live in Aotearoa, the way they saw the world and the way it is interpreted by their descendants today.

Māori Language is a part of who we are as a nation. Knowing some te reo Māori enriches our experience of our environment, our history and our geography.

It's as a result of the love and enthusiasm Māori people have for te reo Māori that we have it to enjoy and celebrate today.

It's survived 'ngā piki me ngā heke' - all sorts of ups and downs. It is still with us as a living language.

In the last census a quarter of the Māori population of the Whanganui District said they were able to speak Māori about a 'lot of everyday things' - that's more than two thousand people to which must be added (on national estimates) hundreds of non-Māori speakers. In addition there will be many, many more who speak less but use the Māori language for greetings, in karakia, or in kapahaka. Still others are passive users



Ngahiwi Apanui

— listening to Māori TV and radio.

Māori Language Week is one way it is shared with us all, building our national pride, our 'Aotearoa-tanga'.

Simple steps like that taken by the Horizons Regional Council in promoting the correct spelling of its region — Whanganui-Manawātū, respects the importance placed on the language by those who use it and promotes its status to new generations.

So, ahakoia iti, ākona,

kōrerotia! Learn a little use a little - this Māori Language Week and every week.

And remember — even if you don't learn yourself by congratulating and encouraging young people to learn Māori you are making speakers and building our nation's bilingual future.

Kia kaha te reo Māori!

Ngahiwi Apanui
Tumuaki (CE) of Te Taura Whiri i te Reo Māori

- Māori Language Commission

What can I do?

Everyone can contribute to te reo Māori revitalisation:

- Make te reo welcome at work and in the community.
- Encourage others to use and learn te reo Māori; welcome Māori language into your life.
- Pronounce Māori words correctly when speaking English.
- Learn a little, use a little.
- Learn more and use what you know.
- Keep improving your language and share what you know.
- It also gives organisations a time to ask: what are we doing and what could we be doing to promote revitalisation and at the same time support our business.
- What can my organisation do? Think about a language plan.

Kia Kaha Te Reo Māori

The chosen theme for 2019 is again 'Kia Kaha te Reo Māori'.

'Kia Kaha' is well understood in New Zealand English with its meaning of 'be strong'. We often talk about language health, strength and revitalisation. So when we say 'Kia Kaha te Reo Māori' we're saying - 'Let's make the Māori language strong'.

• Strength for an endangered language comes from its status, people being aware of how to support revitalisation, people acquiring and using it and from the language having the right words and terms to be used well for any purpose.

• Every New Zealander

can help strengthen our language. We're hoping that more organisations, companies and community groups than ever will plan to take part in Māori Language Week 2019. Kia Kaha!

• It's a part of the national promotion of te reo Māori undertaken by Crown agencies and coordinated by the Māori Language Commission as part of the Crown's Māori language strategy, the Maihi Karauna. This strategy supports the revitalisation strategy of Māori and iwi, led by Te Mātāwai.

• Te reo Māori is a taonga of Māori, guaranteed under the Treaty of Waitangi. But the Māori Language Act 2016 also makes clear it is for every New Zealander and a valued part of our national

identity.

Goals of Māori Language Week

- Create a positive environment for the use of Māori language.
- Promote Māori language initiatives and events.
- Encourage non-Māori speaking New Zealanders to use te reo Māori.
- Encourage speakers of Māori to support others who are just starting out.
- Encourage community, business, government and media organisations to participate.
- Promote resources to make Māori language more accessible.
- Contribute to awareness of the Crown Māori Language Strategy and the Māori and iwi strategy that work together for revitalisation.

MOSSTON SCHOOL



We are proud to
support
Māori Language
Week

Kia Kaha te Reo Māori

211 Mosston Road, Wanganui
Phone 345 5432
www.mosston.school.nz



Māori Language Week
Ko te reo kia ora.

Spoken as a normal and
expected part of life.

7 Totara Street, Whanganui
Ph 06 349 0023

Email: stmarcellin@welearn.school.nz



St Marcellin School



Whanganui City College

Proud to Support
Māori Language Week

Maimoatia te reo

The language will not survive if it
is not cherished by people.

84 Ingestre Street, PO Box 4010, WHANGANUI
Phone 06 349 0180
www.wcc.school.nz



Born and Raised Pasifika

Aramoho Centre phone (06) 343 5441
bornandraisedpasifika@xtra.co.nz
Tawhero Centre phone 344 7471
pasifikalearningcentre@yahoo.com

Born and Raised Pasifika

Early Childhood Centre
2 Mitchell Street, Aramoho

and

Pasifika Learning Centre

27 Totara Street, Tawhero

are proud to support

Te Reo Māori everyday



WHANGANUI HIGH SCHOOL

www.whanganuihigh.school.nz

Whanganui High School supports
Māori Language Week



Nga mihi nui ki a koutou katoa e
poipoia nei i to tātou Reo Rangatira.
Ko Kia Whaiora e ngunguru nei i te
wiki o Te Reo Māori. Karawhiua!

LEARNING • INTEGRITY • FELLOWSHIP • EXCELLENCE

World Suicide Prevention Awareness Day

10 September 2019

New resources targeting suicide prevention - How to have a korero (conversation)

The New Zealand Maori Council, in partnership with the National Maori Authority, has launched a new resource for targeting suicide prevention amongst Maori. Called "How to have a Korero" the free resource aims to raise awareness of the signs that someone might be in trouble, what to do and how to respond. Maori Council and National Maori Authority Chair, Matthew Tukaki (who is also the Chairman of Suicide Prevention Australia) has said that one of the biggest impacts everyone can have is knowing what to look out for.

"We all know the data that Maori now have

the highest suicide rate per head of population across developed nations and what we need to do, other than systems and service reform, is develop easy to access and easy to understand information that really starts from the beginning – helping people to recognise when someone might be struggling," Tukaki said. "The harsh reality is that not every suicide is of those who had a pre-diagnosed mental health condition and a lot of cases come down to the inability to cope with the daily struggles of life. Some people struggle with a relationship breakdown, with challenges around work and small business,

getting into debt and not seeing a way out – and yet in all of those cases there is something more we could have been doing" Tukaki said.

"How to have a korero" has been designed around a couple of key things.

Recognising the signs:

Some people display signs that they are not travelling so well. Some of the signs that someone might be in trouble include:

1. Changes in behaviour.
2. Changes in sleeping patterns.
3. Withdrawing from friends and family; social circles.
4. Loss of interest in routine activities or work.
5. Changes in eating habits or not eating at all.
6. Mood swings.
7. Mention of the word "Plan".
8. Putting their affairs in order or talking openly (and out of character when it comes to death).
9. Not turning up for planned events, family occasions or activities.
10. The giving away of personal items or things of great value to them.

How to have a conversation:

Talking with a loved one about how they feel and their emotions can be a challenge. Here are some pointers that could be of help to you:

1. Ask "Are you ok?" – By asking the question it shows you care, especially in a trusted friendship or family setting. The right environment is also key. It may be asking the question in a place that might be comfortable for the person or familiar to them.
2. Listen without judgement – it is important to listen and not judge, whatever the circumstances might be. We all face different situations in our
3. Encourage action – try and guide them to a

lives and make different life choices. Whatever you do try not to leave a conversation midway through and turn off any interruptions such as your mobile phone.

referral service or possible solution to the problem if you are able; or plant seeds of ideas that could lead to a solution.

4. Check in – always make sure you check in with them on a regular basis and follow up on your conversations – try and never leave someone feeling more isolated by a conversation than it was helpful.

The resource is currently available online and freely available. At the moment it is very much targeting Tane Maori and young people, but the plan is to further expand it: "The aim is to now move the content into an online App that will be freely available to all New Zealanders and no - there has been no Government funding for this project at all. Our view is why wait for the Government to respond when we can try and find the resources ourselves." Tukaki has said.

To access the resource "How to have a korero". <https://www.maori-eyewhere.com/howto-haveakorero>

Tips for supporting someone online



Providing food, care and support to help people in need

- Foodbank
- Total Care Budget

7 Park Place

Phone (06) 345 2139

www.citymissionwhanganui.org.nz

"Empowering people, encountering life"

M.I.S.T. Inc. Soc.

Mental Illness Survivors Team Inc. Soc.

PO Box 4231

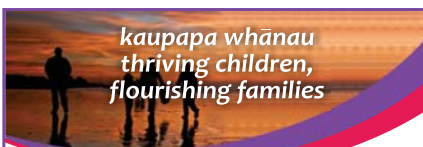
315 Wicksteed St
Whanganui

Ph/Fax:

06 347 2994

mist@xtra.co.nz

To promote self empowerment through peer support



Proud to support
Suicide Prevention



Home based, intensive
social work support for
families under stress

Programmes for parents
Information and advice
for families

Teen parent support
Social workers in schools

Working with
local families'
strengths,
resources &
hopes
– to be the
best for their
children.

www.jigsawwhanganui.org.nz

06 345 1636

Suite 10, 236 Victoria Avenue, Wanganui
Email: admin@jigsawwhanganui.org.nz



youth services trust

Offering

FREE Health & Support Services
MONDAY - FRIDAY

Supporting World
SUICIDE PREVENTION DAY

Youth/Social Workers, Nurse,
Doctor & Counsellors.

Here for the Youth of Whanganui

39-41 Drews Avenue
Ph 348 9935

WELCOME
TO FAITH
CITY
CHURCH
A PLACE FOR YOU

BUILDING ON CHRIST

BONDING IN HIS LOVE

BLESSING THE FUTURE GENERATIONS

SERVICE DETAILS REMIND

127 SPRINGVALE ROAD 8.30AM - 10.30AM - 6.30PM

web: fcc.net.nz
phone: (06) 345 2065
email: office@fcc.net.nz



THE NEW TOYOTA WORKMATE IS HERE



Double Cab
\$29,990
drive away



Single Cab
\$28,990
(excl deck) drive away

7 airbags,
6.1" touchscreen audio,
reverse camera, Toyota safety sense,
3 years free servicing, 5 year warranty, and 4 years roadside assist.

2007 HONDA ODYSSEY

2.4L, auto, tints,
auto headlights,
bluetooth.



Was
\$11,990 **NOW \$6,995**

2006 TOYOTA CALDINA ZT

2.0L, auto, tints,
alloys, only
98,000kms.



Was
\$11,990 **NOW \$9,990**

2009 TOYOTA RACTIS

1.5L, auto, nice
alloys, tints,
sporty.



\$9,995

**FREE
WARRANTY**

2013 TOYOTA PRIUS

1.8L, auto, HYBRID,
awesome alloys.



Was
\$17,990 **NOW \$16,250**

2016 TOYOTA COROLLA GLX

Reverse camera,
5 to choose
from.



\$18,990

2018 TOYOTA YARIS SX

1.5L, auto, only
10,500kms,
alloys.



Was
\$19,990 **NOW \$19,495**

2015 TOYOTA COROLLA ZR

1.8L, auto, alloys,
tints, smart
looking.



Was
\$26,990 **NOW \$23,990**

2017 TOYOTA AURION AT-X

3.5L, auto, V6,
airbags, alloys,
parking sensors.



Was
\$27,990 **NOW \$25,990**

2018 TOYOTA PRIUS SX

1.5L, auto, HYBRID,
demonstrator,
push button
start.



\$28,490

2014 JEEP COMPASS ALTITUDE

2.0L, alloys, driving
lights, only
35,000kms.



\$19,990

2017 TOYOTA RAV 4 GXL

2.0L, FWD, alloys, tints,
driving lights, reverse
camera, only
58,000kms.



\$25,990

2016 TOYOTA RAV 4 GXL

2.5L, auto, only
53,300kms.



Was
\$29,990 **NOW \$27,990**

2016 LEXUS RX 350

3.5L, auto, F-Sport,
only 41,000kms,
stunning.



\$69,990

2019 TOYOTA HIGHLANDER GXL

3.5L, auto, alloys, tints,
demonstrator,
stunning.



\$53,990

2015 TOYOTA HILUX

3.0L, 2WD, alloys, aftermarket
headlights,
tonneau cover.



\$24,990

2010 TOYOTA HILUX SR5

3.0L, auto, turbo
diesel, 4WD,
side rails,
tints.



Was
\$27,990 **NOW \$25,990**

2013 TOYOTA HILUX

3.0L, turbo diesel, manual, 4WD,
full service history,
only 77,000kms.



\$31,990

2015 TOYOTA HILUX SR5

3.0L, auto, turbo
diesel, 4WD,
canopy.



\$35,990

2018 TOYOTA HILUX SR5

2.8L, manual, turbo,
diesel, 2WD, only
15,000kms.



Was
\$39,990 **NOW \$37,490**

2017 TOYOTA HILUX SR5

2.8L, turbo, diesel,
alloys, 2WD, hardlid,
side steps.



\$38,990

2018 TOYOTA HILUX SR5

2.8L, auto, turbo diesel,
alloys, 4WD, side
steps, tints.



\$45,990

2018 TOYOTA HILUX SR

2.8L, auto, turbo,
diesel, 4WD,
bluetooth.



\$47,500

2015 NISSAN VANETTE NV200

1.6L, auto, petrol,
tints, dual sliding
doors, reverse
camera.



\$15,990

2011 TOYOTA HIACE

3.0L, auto, diesel,
tints, very tidy,
nudgebar.



\$25,990

2013 TOYOTA HIACE

3.0L, auto, turbo
diesel, 10 seat
minibus.



Was
\$34,990 **NOW \$29,990**

GUYTON STREET, WANGANUI

Phone 06 348 8850

www.wanganuitoyota.co.nz

Open: **Monday - Friday**
Saturday
Sunday

8am-5pm
9am-3pm
by appointment

*After hours
contact....*

Wayne Brougham
027 326 7211

David Gibson
0274 759 650

Richard Nessling
0273 488 859



FINANCIAL
SERVICES



**Do you want to live in a
country with liberalised late
term abortion?**



**Find out more details at
VoiceForLife.org.nz**

Authorised by Voice For Life. Contact: admin@voiceforlife.org.nz

Sarjeant's 100th birthday concert this Saturday

Free showings for Latin American and Spain Film Festival

On the evening of Saturday, September 7 there will be the Sarjeant's 100th Birthday Concert at the Whanganui Musicians' Club, formerly the Savage Club. Kicking off at 7.30pm the concert will feature the Whanganui Ukulele Orchestra and the skiffle band, Hot Potato.

The Ukulele Orchestra has been entertaining Whanganui people for 10 years and currently has nine members. Colin Luttrell, who is the organiser for both bands, says "The Ukulele Orchestra plays wherever, whenever, for charity, commercial and heritage event. It is more than just a ukulele band as we have a base player and have recently added percussion. There are no rules."

Expect lively, cheerful entertainment, great song selections, including a couple of original compositions. The line-up is Dianne Blair, Cher Hawkins, David Hickman, Aydie Holland, Judi Huthnance, Delia Jarratt, Colin Luttrell, John Scudder and the group recently welcomed Ray Wright on drums.

By contrast, Hot Potato was formed only a year ago but in that time has become a very popular group having played at functions such as Relay for Life, RDA, St Patrick's Day at Caroline's and on the Waimarie. Colin says, "We saw a recognizable gap in the music scene for an acoustics party band playing upbeat music. It is recognizably skiffle and the



Hot Potato - Colin, Steve, Kerry, Paul and Geoff



Ukulele Orchestra

music makes for easy listening."

All the members sing vocals and as Colin says, "We all gel together well."

The members are Colin on percussion and baritone ukulele, Kerry Hagen on guitar, percussion, mandolin, Steve Duggan on base,

Paul Curran on guitar, percussion and Geoff Follett on keyboard and guitar. Tickets are available at the Sarjeant on the Quay.

Saturday, September 7 @ 4pm. 'Old Friends' from Peru, 2014, 93 minutes, comedy

'Old Friends' tells of the misadventures of three lifelong friends in their '80s who, on a whim and in an act of defiance, decide to steal the urn containing the ashes of their departed comrade to take him on a tour of their old neighbourhood. Along the way they stop off at some of their favourite hangouts for one last hurrah.

The IMDb site gives it a 7.1/10 rating

Saturday, September 7 @ 7pm. 'Little Secret' from Brazil, 2016, 107 minutes, drama

This co-production between Brazil and New Zealand tells a story based on true events. Adopted at childhood after facing the loss of her parents, Kat leads a life full of adventures. In her teenage years, she discovers a secret that threatens her dreams for the future.

Little Secret is a film about interlocked stories connected by a single secret that alters the lives of three families and show how hope, dreams and destiny can unite people from very different parts of the world.

The IMDb site gives it a 7.9/10 rating.

Tuesday, September 10 @ 7pm. 'Why do my Friends Cry' from Cuba, 2017, 82 minutes, drama

Four female friends meet after 20 years without seeing each other.



Pequeno Segredo (Little Secret)

The recounting of their lives imposes on each one's future challenges that they are willing to face together. It is a film to laugh and cry but, above all, to reflect about diversity, friendship and honesty.

It portrays women's challenges in Cuban society today, one of them on how to address the diverse criteria within your circle of friends and loved ones.

Thursday September 12 @ 7pm. 'She is Ramona' from Mexico, 2015, 83 minutes, comedy

'She is Ramona' stars renowned stand-up comedian, Andrea Ortega

as the titular protagonist, a magnetic, upbeat 30-something wrongly fired for her full figure. She recalls a childhood filled with emotional abuse from her mother, sister and friends due to her being overweight.

There follows a series of unfortunate events and Ramona's world seems to be falling apart. But everything will soon change thanks to some magical beetles she is lucky enough to find in a Rarot café.

The IMDb site gives it a 6/10 rating.

All movies are at the Davis Theatre, Whanganui Museum. Entry is free.

QUALITY USED VEHICLES



08 HONDA STREAM

1.8L, auto, alloys, tints, 7 seater.

\$8,990



09 TOYOTA RACTIS

1.3L, keyless start, very tidy car.

\$9,990



04 HOLDEN COMMODORE S

3.8L, V6, auto, alloys, NZ new, spoiler.

\$9,990



10 TOYOTA COROLLA

1.8L, auto, very tidy vehicle.

\$7,495



05 TOYOTA CALDINA ZT

2.0L, auto, alloys, tints, very popular vehicle.

\$8,990



06 SUBARU LEGACY

3.0L, auto, 4WD, alloys, tints.

\$9,990



99 TOYOTA LUCIDA

2.4L, auto, tints, popular, 8 seater.

\$4,995



05 TOYOTA VITZ RS

Auto, alloys, tints and sporty!

\$9,990



04 HOLDEN STATESMAN

3.5L, auto, alloys, great to drive.

\$8,990



04 HONDA ODYSSEY

2.3L, auto, tints, 7 seater and sporty.

\$6,990



05 TOYOTA COROLLA FIELDER

1.5L, auto, tints, very tidy.

\$9,990



07 TOYOTA WISH

1.8L, auto, tints, 7 seater, very tidy.

\$9,990



09 TOYOTA VITZ

Economical, great colour, tidy.

\$9,990



Ph 06 281 3298 • 31 Heads Road, Wanganui
Uyynn 027 444 0507

*** FINANCE AVAILABLE**

* Conditions apply - Vehicles on special are not eligible for the \$2000 Minimum Trade Deal.

Property Brokers Whanganui wins Medium Residential Office of the Year volume award



From left: Bindi Norwell, REINZ CEO, Philip Kubiak, Property Brokers Whanganui and Jason Hussey, Property Press GM

Property Brokers Whanganui was the winner of the Medium Residential Office of the Year – Volume award at the 2019 REINZ Awards for Excellence – the real estate profession's annual national awards evening.

Other finalists in the Medium Residential Office of the Year – Volume award were Harcourts Blackham & Co Timaru and Property Brokers Hastings. Bindi Norwell, Chief Executive at REINZ says: "Every year we have a significant number of high-calibre entries, many of whom have won their own local or agency awards making for some extremely

tough competition. It is great to celebrate success across the country and to be the best of the best is a noteworthy achievement.

"Congratulations to all our finalists and winners for your achievements – these accomplishments are something you can be extremely proud of. Thank you for helping to raise the bar of the real estate profession and for all your hard work," she concludes.

The 2019 REINZ Awards for Excellence were held at the Cordis Auckland and saw 39 awards handed out to agents from different sectors of the industry.

Zonta making breast cushions and care bags for women who have undergone mastectomies

You may have seen the name Zonta but do you know what it is and how it helps in Whanganui?

The Zonta Club of Whanganui is part of a worldwide organization which works to improve the legal, political, economic and professional status of women. Sounds like a lofty goal but the Whanganui club takes a practical approach to supporting local women and girls.

Each year local club members make around 60 breast cushions which are provided free of charge to women who have undergone mastectomies. The cushions were the idea of a Zonta member in Sydney who wanted to help a friend recovering from surgery in 1994. The cushions are worn under the arm to relieve pressure on the breast from sources such as bedclothes or seatbelts. In Whanganui, breast cushions are distributed by the oncology staff at the hospital and are also available at the Cancer Society. The breast cushions are made with a lot of friendship, laughter and some excellent scones.

As well as the breast cushions, the local Zonta club makes up care bags which are given to women who are rushed to Whanganui Hospital or transferred to Wellington Hospital due to



Zonta Club of Whanganui members making breast cushions

an emergency. Often this means an unexpected trip in the middle of the night with no chance to pack a bag with toiletries, a comb or even a change of underwear. The care bags provide these items where there are no family or friends to help in time. Zonta also donates funds

locally to provide sanitary products to local schools and raises funds for the Zonta national charity – PADA – whose goal is to improve outcomes for families and whanau affected by mental illness related to pregnancy, childbirth and early parenthood.

Our latest fundraising event is a Downton Abbey film night at 7pm on Friday, September 13 at the Embassy Theatre. Tickets are \$25 which includes drinks and nibbles.

For more information, see the Zonta Club of Whanganui Facebook page.



Zonta members with some of the care bags



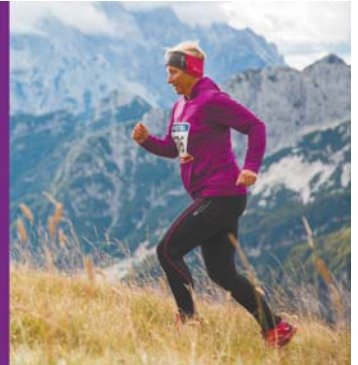
World

Dementia - A significant and growing health challenge for NZ

"I'm wearing purple for my husband"

21st September is World Alzheimers Day

#WearPurple
alzheimers.org.nz



The number of people in New Zealand with some form of dementia is growing rapidly. In 2016

the figure was 62,287. By 2030 it is estimated the number will grow to 102,015 and by 2050 the

estimate is 170, 212. Dementia impacts more women than men with the figure of about 35% higher – 35,254 compared with 27,033 in 2016.

The economic costs of dementia increased by 75% from 2011 to 2016 – a jump from \$955 million to \$1,676 million, with a forecasted increase to \$4,579 million by 2050 in today's dollar values.

However, it is pointed out that new models of care that might delay entry into residential care could achieve cost benefit ratios of 5.6 times. The potential net benefits of substitution community care for residential care are estimated at \$22 million per month. This works out at \$66 million for a three month delay, \$131 million for a six month delay and \$197 million for a nine months delay.

MAKE A DIFFERENCE FOR DEMENTIA



Join us for a Memory Walk this September



Whanganui Saturday 28 September 2019

Assemble 10.15am at the silver "Bearing" at the River Traders Market, Moutoa Quay.

\$5 with T-Shirt or a gold coin donation
Walk begins at 10.30am along walkway to Dublin Street Bridge and return.

To register please email:
admin@alzheimerswhanganui.org.nz
or phone: 06 345 8833



ST JOHNS HILL Healthcare

WE INVITE YOU TO COME AND INSPECT OUR FACILITY

Hospital, Rest Home & Respite Care. Enquire Now.
Beautiful relaxing gardens and stunning views make choosing St Johns Hill Healthcare the ideal choice for your loved one.



Enquiries phone 06 348 1500
2 Virginia Rd • St Johns Hill • Wanganui
sue.walker@stjohnshillhealthcare.co.nz

World Alzheimer's Month

Wear purple in September

"I'm wearing purple for my koro"



Save the date for the 2019 Memory Walk

On Saturday, 28 September 2019 at 10.30am, leaving from RiverTraders Market. Assemble at the large silver "Bearing" at 10.15am.

Our memory walk is for people of all ages and abilities to raise awareness of dementia and honour our family and community members that have been or are affected by dementia. Registration is \$5 and includes a t-shirt or if you do not require a t-shirt registration is by way of a gold coin donation on the day. No charge for children. The Memory Walk t-shirt ensures we make a striking spectacle on the day. Should you not wish to have a t-shirt we ask that you wear something purple.

Last year approximately

220 people participated in our walk and this year we're looking to outdo ourselves. Bring your family/whānau, the dog and a smile, don some purple and join us for our 2019 Memory Walk.

If you or any of your family or friends would like to participate in this wonderful event, please email Sharon at admin@alzheimerswhanganui.org.nz or phone 345 8833 with your name and contact details please. We would like all those wishing to take part to register so we have an idea of numbers for Health & Safety. All registered participants will go into the draw for three wonderful prize packages.

If you wish to have one of our t-shirts to wear, please let Sharon know the size. We have limited t-shirts available so

please get your order in early. If you are in need of a pick me up after the walk, Alzheimers Whanganui will be having a Sausage Sizzle at the

RiverTraders Market, kindly sponsored by the Rapid Relief Team. Great value at \$2.00 each. All funds raised are spent locally to support people living with dementia and

their families. Please show your support for this wonderful community organisation and those living with dementia in your community. - supplied



PACIFIC HELMETS
PROTECTING PEOPLE WITH THE BEST SAFETY GEAR.
FROM WHANGANUI TO THE WORLD.
WWW.PACIFICHELMETS.COM
PHONE (06) 344 5019
SALES@PACIFICHELMETS.COM

"I'm wearing purple for my best friend"

21st September is World Alzheimer's Day

#WearPurple
alzheimers.org.nz

Mobility Equipment Wanganui

Mobility Scooters

Local sales, service, repair & rental



- Powerchairs
- Wheelchairs
- Ramps
- Walkers

Call Graeme
06 347 6927 or
021 119 5118
graemekt1@gmail.com

amw



EAR HEALTH
PROFESSIONAL EAR CARE

Ear Health Nurse

Sheryl Ferguson

Offering assistance for ear problems in adults and children, glue ear, runny ears and itchy ears.

Removal of wax by suction.

A much kinder and safer method of removing wax.

For adults and children.

The only acceptable method for tinnitus sufferers.

For an appointment please phone

06 348 7980

Quinlan Court

A retirement complex offering privacy, security, companionship & support for independent living for the elderly.

We are pleased to support Alzheimers Whanganui

For more information contact us on

Ph 06 348 9505

59 Harrison Street, Whanganui

'Fullness of life for the earth and its peoples'
'Ki tonu tea o me te orokahanga a te tangata'



Driving Miss Daisy Whanganui

Driving Miss Daisy is NZ's number 1 friendly and reliable companion driving service.

Driving Miss Daisy can help with:

- School pick up/drop off
- Clients with special needs
- Appointments while rehabilitating
- Any outing you may choose!
- Wheelchair Accessibility

ACC registered vendor.

Total Mobility Cards accepted.

Bookings are essential. Call Clive today.

Ph: (06) 347 9100

Mob: 021 503 313

Email: whanganui@drivingmissdaisy.co.nz



Driving Miss Daisy

Welcome to MASONIC COURT REST HOME



What makes Masonic Court Rest Home so special?

- No premiums charged on any rooms, including ensuite rooms.
- Beautifully kept expansive and sunny gardens.
- Recreational activities offered seven days a week by qualified Diversional Therapists.
- Day activity programmes for our community.
- Home cooked, bountiful, delicious meals using local produce.
- And most of all, the people here!

Masonic Court *Care you can trust*



1 Masonic Dr, Wanganui East 4500 • Ph: 06 343 9091
www.masonicvillage.nz



Guineas & Fillies

Spring Raceday

SATURDAY 7 September 2019

FREE ENTRY



From
heat pumps to solar
panels, alarm systems to
underfloor heating,
we have you covered.

Give us a call now to book an
appointment or speak to us about
a FREE, no obligation quote.

0800 777 798
www.soundelectrical.co.nz

WANGANUI FARM SUPPLIES

Proudly supporting the Wanganui Jockey Club

For all your livestock requirements

Visit us at www.wanganuifarmsupplies.co.nz

5-9 Church Place, Wanganui
Phone 345 4663 Fax 345 4666
Scott Morpeth 0272 334 875

G. Bristol & Sons

PLUMBERS & GASFITTERS
REGISTERED DRAINLAYERS

Proud to support the
Wanganui Jockey Club

25 Cooks St, Wanganui

Nigel

Phone Bus: (06) 345 3764

Mobile: 0274 459 148

email - nigandsalross@xtra.co.nz



Master Plumbers
Representing Excellence

Racing this Saturday to benefit RDA

On this Saturday, September 7, the Wanganui Jockey Club will host its annual Guineas & Fillies Spring race day. The meeting features the HS Dyke Wanganui Guineas and The O'Learys Fillies Stakes and the best racing card of the season. The Taranaki-Wanganui Breeders Association Juvenile Plate for the 2 year olds will start proceedings at 12.19pm. This is the first sighting of the young aspiring 2 year olds in New Zealand for the new season.

This event is also a fundraiser for the Wanganui Riding for the Disabled, who are looking to secure the land where they are currently situated on Purnell Street so they can continue their important work in the community. They will be involved in some activities on race day with a parade and Hobby horse race. Your support would be much appreciated for this great organisation and cause.

The O'Learys Fillies Stakes will be a special occasion with sponsors, Humphrey & Fiona O'Leary there with a few of the clan to celebrate the inaugural presentation of the new Dan A O'Leary Cup. The cup represents ex-President, Dan O'Leary, who was a long-time supporter of the club and sponsor of this race and who sadly passed away in February this year.

Dan was a very successful racehorse owner with champions such as Balmuse and more recently, Overtheriver and his family have also continued the winning

ownership traits with Who Shot Thebarman, Ladies First, Carinya, Honey and Rioch to name just a few.

The Wanganui Punter of the Year will also be up for grabs with a grand prize of \$2000, the cup and bragging rights. If you are interested in registering then see the competition requirements and rules at www.wjc.co.nz.

Racing is from 12.19pm - 5.04pm with 9 races. Free entry and parking.

The work of Riding for the Disabled :

- They currently have 9 horses fully in the programme and working.
- Three miniature horses - one of which is trained to pull a cart.
- They currently have 67 disabled riders each



week.

- Each rider has an individual program with goals for each term - Goals set with input from parents/caregivers and teachers.

- Riders range in age from 4 to 61 years.
- 18 riders in the Special Olympics programme group.

In 2018 NZTA decided to sell part of the

land that Riding for the Disabled is currently on therefore they need to fundraise to purchase the land to be their permanent location in Wanganui.



HOMETRUST|MORTGAGES

"finance solutions made easy."

Low equity lending still available.

06 345 7089

Margaret Johnson: 027 450 9456

Robert Puklowski: 027 223 2324

51 Wilson Street, Wanganui

hometrustedwanganui@xtra.co.nz

BANK LOAN
POLICY
CHANGES
AFFECTING
YOU?

Westmere BULK SPREADING



- * Independently Operated Groundspreader
- * Locally Owned
- * GPS Spreading
- * Fertiliser Application at Competitive Rates

Pleased to support the Wanganui Jockey Club

Craig Laird - Owner/Operator

Mob 021 129 3395

68 Livingstone Rd, Westmere, RD4, Wanganui

Proudly supporting the
Wanganui Jockey Club

Join us after the races!



• GAMING
• LICENSED
BAR

open 7 days

Sportz Bar

197 Victoria Ave, Wanganui
Phone 345 8523

Guineas & Fillies
Spring Raceday
SATURDAY
7 September 2019

Proudly supporting the
RIDING FOR THE DISABLED
FUNDRAISER

ALSO: Wanganui Punter of the Year!

See www.wjc.co.nz for details.

Racing from 12.19pm - 5.04pm

Wanganui Racecourse, FREE entry & parking



Ph 345 3968
wjc.co.nz

WANGANUI
FUNCTION
CENTRE

SOME SAY BUSINESS IS A RACE,
WE SAY STRATEGY IS A MUST.

BALANCE: ADVISORY, ACCOUNTING, TAX AND MORE.



Wanganui Ohakune
0800 480 062 0800 858 801
www.balanceonline.co.nz

BALANCE
ACCOUNTING | CONSULTING | SOLUTIONS

Three Sisters of St Joseph celebrate their Diamond Jubilees

On Saturday, September 5, three sisters of St Joseph – Sisters Therese, Marcienne and Helen – celebrated 60 years of service with St Joseph, with friends and family at Mt St Joseph. The RCP interviewed each of them about why they chose to become sisters and the work they have done.

Sister Therese McConway

Sister Therese did the first year of a Sister's three years of training in Auckland and then two years in Australia before returning to New Zealand to be a primary teacher. She was appointed to work with Catholic parents and children in the Motueka through to Westport area, who could not go to a Catholic primary school. She says, "I got as much out of it as they did."

After teaching at places such as Port Chalmers, Gore and Christchurch, she worked in teacher training and pastoral care. This was another highlight as she says, "The benefits of working with adults goes both ways. It kept me grounded."

She moved to Wellington where she became an Industrial Chaplain for 19 years working with small business through to Parliament. She says, "It was a privilege to have people share with you and put

their trust in you." She has also done prison work in Wellington.

Sister Marcienne Waite
Sister Marcienne was from Hawera and did her training at Mt St Josephs. "I just knew in my heart that the religious life was for me. I was only 19 when I started and I have never been tempted not to continue," she says.

She taught in Whanganui at St Mary's for 13 years before teaching in Hastings and then four years in PNG. Based on the North Coast, she worked in the villages among the women. She does admit to some "hairy moments," while in PNG.

Returning to Whanganui she has been the co-ordinator of the Josephite Craft Shop and for the last 27 years has been involved in the ecumenical organisation 'Faith and Light' for families with an intellectual or physical disability. It is based world-wide and has involved Sister Marcienne travelling often to Australia.

She says, "It has been a wonderful experience being part of a wonderful group of women. I have had 60 very happy, contented years. I would choose the same life again."

Sister Helen Doyle

Sister Helen was a boarder at Sacred Heart College in Whanganui and

says the two occupations she vowed never to do were "becoming a nun or a teacher." She ended up by doing both. She explains it by saying, "I wanted to do something more noble, more altruistic with my life. I admired the sisters and decided to give it a go."

She received on-the-job training while teaching at the Holy Infancy school (now St Mary's) and then taught for 20 years all over New Zealand including Ohakune, Taihape, Levin and Otaki. When the possibility of working in the wider community was opened up, she retrained to be a hospital chaplain in Wellington.

Later she obtained a

scholarship to study in New York as a hospital social worker and when she returned she specialised working with the elderly at Waikato Hospital for 12 years.

When Sister Helen saw a vacancy to assist in the St Joseph's archives back in Whanganui she took up the challenge. During this time the leadership group, which she was part of, saw the need to provide sisters with independent living. Quinlin Court was built and Helen became the manager for seven years and now continues to live there.

Although 'retired' she works at the archives one day a week and volunteers with Hospice.



Sisters, Marcienne Waite, Therese McConway and Helen Doyle



Come and see our great range!

Mobile Accessory & Repair Service Provider with:

- * Limited Lifetime Warranty on all repairs!
- * Huge range of Mobile Phone Accessories!
- * Phone Cases & Tempered Glass Screen Protectors in stock for all most every phone!

Call 345 0617

SALE

2 or more items & get flat

10% OFF
of total bill

OFFER VALID FOR ALL CASES & ACCESSORIES; REPAIRS NOT INCLUDED!



IT Technician Wanted

DUTIES:

Sorting, grading and repairing computers/ computer accessories;
Inspecting and repairing mobile phones and accessories;
Help customers in choosing and also guide them on proper use of mobiles, laptops, CPU's and other items;
Inspecting CPU's to upgrade and install hardware and software;
Dismantling and sorting of key elements as and when required;
Undertake special projects as directed, requiring sensitive information processing;
Liaise with ITC management, attend weekly work in progress meetings;
Inspecting computer parts and change or repair as required;
Inspecting and sorting monitors and other items;
Keep records of completed work for future reference;
Offer and receive timely technical support and teach users how to utilize the resources correctly;
Decommissioning used and end of life electronics;
Installing hardware as needed from stored refurbish parts (memory, sound cards, etc.);
Loading software on refurbished computers;
Maintaining receiving logs to keep computer inventory count;
Filling out light paperwork;
Complete the projects on time, always hit targets.

REQUIRED KEY SKILLS (Must have):

Good understanding of smartphones, computer system and communication devices;
Excellent IT skills;
Strong Communication Skills both written and oral;
Is able to interact appropriately with a wide range of people from different age group and ethnic background;
Strong Troubleshooting skills for mobile phones, laptops, computers and other IT related devices;
Solid judgment skills;
Minimum 1 year experience in IT field as Mobile/Computer/IT Technician.

QUALIFICATIONS:

Relevant diploma/degree in Information Technology is essential;
Qualifications relating to IT or related subjects is essential;
Work experience of providing IT services to customers is an advantage;
Prior work experience in retail sales will be an advantage;
Required training will be provided to the right candidate.

WAGES: \$20-\$25, as per qualification, skills & experience.

MINIMUM HOURS: 32 Hours per week

Please email your CV & Cover Letter to: heer.mobilehut88@gmail.com

96 Victoria Avenue, Whanganui



Taranaki's Bittercup returns to Whanganui

Three musical acts from Taranaki are visiting Whanganui this Saturday night for a combined show at Lucky Bar and Kitchen. Alt-rock act Bittercup headlines the night, with support from soloists, Emily Riordan and Liana Hart.

Bittercup's debut EP, "Negative Space", released May of this year, was described by Happy Mag as "a bleak but undeniably endearing collection of alt-rock gems".

Frontman, Callum Wagstaff, who calls Bittercup his "personal catharsis machine", then embarked on an acoustic tour of the North Island with Emily Riordan. Next Friday, 13 September, brings the release of Bittercup's new standalone single, "Napkin", which heralds the transition from Bittercup as a solo show to Bittercup as a three-piece live act, drawing inspiration from Marilyn Manson, Nine Inch Nails and Placebo.

Emily Riordan plays dreamy, melancholic soft pop influenced by her background in classical piano and singing, with a twist of Lana Del Rey. Following the release of her EP "Waves", a trip hop/trap collaboration with Wellington producer, Shxshi, Riordan is returning to her more acoustic roots with a collection of fantasy inspired songs for her next release.

Liana Hart stumbled upon the Taranaki music scene in 2018 and quickly found her niche. Taking inspiration from acts like Neil Young and Fleetwood Mac, this singer-songwriter is now known in the region for her sweet country voice and heartfelt tunes.

Bittercup, Emily Riordan and Liana Hart play their show this Saturday, 7 September at Lucky Bar and Kitchen from 8pm. Entry is free.



Callum Wagstaff

Real Estate by Steven Schwamm

The next generation in real estate

#over350propertiesSOLD



Further new tenancy legislation was passed on 30th July 2019, which will affect landlords and tenants in a number of ways. The Residential Tenancies Amendment Act 2019, will -

1. Limit tenants' liability for careless damage in rental properties.
2. The amendment to the Act, gives the Tenancy Tribunal full authority over cases concerning dwellings that are unlawful for residential purposes, such as garages and sleep-outs, which don't meet minimum requirements for renting.
3. Grants Tenancy Services the ability to take enforcement action against landlords who rent properties out which don't meet minimum standards.
4. Allows for regulations to be made to address how contamination of rental properties is tested and managed - These changes took effect on 27th August 2019.
5. Tenant liability for damage -
If tenants damage a rental property as a result of careless behaviour, they will be liable for the cost of the damage up to a maximum of four weeks' rent or the landlord's insurance excess, whichever is lower. Tenants on income-related rents will be liable for up to four weeks' market rent or the landlord's insurance excess, whichever is lower.
6. Landlords will need to provide insurance information in any new tenancy agreement, including whether the property is insured and if so, what the excess amount is. The statement in the tenancy agreement must also inform the tenant that a copy of their insurance policy is available on request.
If they don't provide this information, or if they don't tell tenants, in writing, within a reasonable time if this information changes, they may be liable for a financial penalty of up to \$500.00.

Tenants on existing tenancies will be able to ask their landlords for this insurance information, and this must also be provided within a reasonable time. Insurance companies will not be able to pursue tenants on the landlord's behalf for the cost of damage unless the damage was intentional or the result of an act or omission that constitutes an imprisonable offence.

7. Unlawful residential premises -

Currently, tenants who live in premises such as converted garages, sleep-outs, warehouses or industrial buildings are not always protected by the Residential Tenancies Act.

The new Act amends the definition of 'residential dwellings' so that regardless of whether dwellings can be legally lived in, they will be considered residential dwellings under the Residential Tenancies Act if they are lived in or intended to be lived in. This gives the Tenancy Tribunal full authority over cases concerning dwellings that are unlawful for residential purposes, and means Tenancy Services will be able to take enforcement action against landlords who breach the Residential Tenancies Act. Under the Residential Tenancies Act, landlords must comply with all legal requirements relating to buildings and health and safety that apply to the dwelling. They must also ensure that the dwelling can legally be lived in at the start of a tenancy.

8. Contamination of premises -

New regulations will be developed to prescribe the acceptable level for methamphetamine contamination, processes for testing (including when to test) and decontamination of rental properties. The regulations will be developed over the next year. Landlords will be able to test for methamphetamine in rental premises while tenants are living there. They must provide 48 hours' notice to tenants before entering the property, or for boarding house tenants they must provide 24 hours' notice before entering the boarding house room.

Landlords will have to tell the tenant what contaminant they are testing for, and share the test results (in writing) with the tenant within seven days of receiving them. Once relevant regulations are in place, landlords will not be able to knowingly rent premises that are contaminated above the prescribed level (as set out in the regulations), without decontaminating in accordance with the regulations. They will be liable for a financial penalty of up to \$4,000 if they do so. You may be thinking with these additional residential tenancy law changes, property investment is now not for you. If this is the case then call me to discuss the current value of your property in this market, it may surprise you!



Property ^BBrokers

The next generation in real estate

Steven Schwamm is your safeguard to finding not just a buyer, but the best buyer!

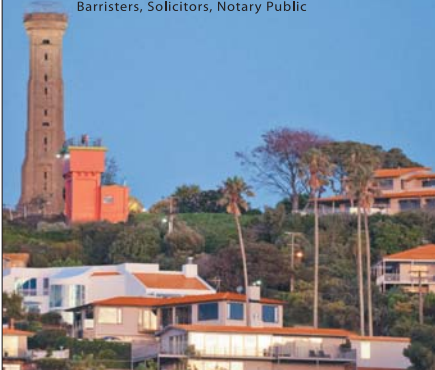
Order a complimentary updated market valuation and selling quote today!

Steven Schwamm Residential Sales Consultant

M 021 176 7845 | E steven.schwamm@pb.co.nz

25
MILLION
DOLLAR CLUB

TREADWELL GORDON
Barristers, Solicitors, Notary Public



**Legal
conveyancing
you can trust.**

Freephone
0800 TREADWELL
Tel. (06) 349 0555
www.treadwellgordon.co.nz
TAIHAPE WHANGANUI OHAKUNE

SELF STORAGE



Self Storage units means secure storage with 24/7 access with a locked and lit compound with a high security fence.

Sizes from:
5.1m³ to 48.6m³

Prices from
\$7 per week

Discounts for extended rentals and for pre-paid arrangements.

06 347 7867 or 0274 975 445
www.therentcentre.co.nz

Whanganui schools do well in Manawatu-Whanganui Kids Sing Festival



Mosston School Choir

The Manawatu-Whanganui Kids Sing Regional Festival is for students up to year 9. Six Whanganui schools participated in the festival run at Whanganui Collegiate Prince Edward Auditorium on Thursday August 29. They were: St George's Preparatory School Chapel Choir and Special Choir, Rutherford Junior High School, Mosston School, Whanganui Intermediate and Te Awa Kids Choir. St George's Special Choir received a Bronze Award with the Mosston School Choir winning the Adjudicator's Special Award for Excellence for their presentation of the William Byrd classic 'Non Nobis Domine.' Rutherford Junior High School Choir received the award for the best choir soloist and Te Awa Kids Choir won the award for best

choir instrumentalist. The Turitea School Choir from Palmerston North made their mark by having the largest number of singers – in excess of 80 students, in the four years that Kids Sing has been operating. There was slick programming for the Festival by the Coordinator/Stage Manager, Roy Tankersley of Palmerston North. Chair of NZ Choral Federation Manawatu/Whanganui, as besides the recital brackets given by the 10 choirs, a massed sing of the nearly 300 young voices was rehearsed by visiting Adjudicator and children's choir expert, Megan Flint. The next Kids Sing Festival will be held in Palmerston North in 2020.

Ageless Bridge champions



The winning team holding the Juventin Cup. Ian Duncan, Heather Cranston, Rita Kaiwhare and Esther Topfer.

"Age shall not weary them...." Pat and Kevin Juventin were long-term members of the Wanganui Bridge Club and before moving to Auckland about 20 years ago, they kindly donated a challenge cup to encourage junior players here to experience bridge played in teams of four. Each team has a composite of playing experience but must include at least one junior player. Last Sunday 10 teams took part in the annual competition for the Juventin Cup. The format was a semi round robin of six matches, each match being of 6 hands. Every team won at least 1 match but the winning team, with a total of 77 points, was Heather Cranston, Rita Kaiwhare, Esther Topfer and Ian Duncan. Esther was the junior team member. Heather, Rita and Ian are all well into their 80's - which goes to show that bridge is for all ages. Runners-up, with 74 points were Colleen Marshall, Virginia Bailie, Shaaron Benefield and Heather Jarrett. Plenty of junior players will be able to take part in the Juventin Cup next year because there are more than 30 in the current learners group. For Chief

Golf results

Golf - Castlecliff - 29th August 2019, Nine Hole Club, Medal.
Ladies: Rawinia Connors 36, Janice Donghi 39, Joan Coxon 40.
Men: Gerald Connors 33, Jim Hulbert 37, George Flintoff 39.
Raffle: Anneke Van Dam.

SHARP PRICES

TRADE INS WELCOME

OVER 80 VEHICLES IN STOCK

WIN CASH

7.95% INTEREST

BEST SELECTION IN TOWN

39th BIRTHDAY PARTY

WIN THE LOT!

For each vehicle sold in SEPTEMBER we will put \$100 into the party hat & at the end of the month one lucky customer will

ALREADY IN THE HAT \$300

FREE 2 year Protecta warranty

* Conditions apply

Plus special birthday interest rate offer from 7.95% on all vehicles financed in September.

\$495 Oxford Finance fee applies

Join the Party NOW!

Antony - 0274 365 056

Murray - 021 254 3131

Graeme - 027 340 4340

44-50 Dublin Street

www.harveyround.co.nz

Ph 06 345 0233

RIVER CITY PRESS, THURSDAY, SEPTEMBER 5, 2019 - 21

S.K.I.P
Strategies with Kids | Information for Parents

Try to say lots more positive things than negative things



Suggestions that may help parents

Sometimes it takes more than a band aid.
Would you know what to do if someone is injured?

First Aid Training
Whanganui: Friday 27th Sept or Wednesday 23rd Oct

DEAL OF THE MONTH
Sept SPECIAL
Bring a mate for half price, same day, public first aid classes.

Freephone: 0508 487 246

LINKS
We train, you gain!

training@links-ltd.co.nz
www.links-ltd.co.nz

The following suggestions come from courses run by theparenting-place.com

1. Babies thrive on routine. Learn how to establish healthy routines that will make life easier for the whole family.

2. Big feelings including tantrums, tears and most of the tests that come your way. Our children's big feeling can be overwhelming for them and tricky for us but the good news is that they're natural and survivable.

3. You can build your family the same way you build a house - with foundations of love and values, walls of boundaries and discipline and a roof of parental 'mana' to keep it all together.

The rewards are huge.

4. Engaging cooperation. Creating a positive family atmosphere takes effort, but saves energy in the long run. As harmony increases in your home, there will be fewer battles to get the cooperation you need. Learn how to keep cooperation levels high, diffuse constant confrontations and get on top of challenging behaviour.

5. Raising happy, confident and resilient children. These children deflect trouble, resist pressure, handle stress and recover from setbacks. All children can be helped to tackle life and grow up to have a 'can-do' attitude.

Free playgroup for preschool children



Storytime at the playgroup

Barnardos Early Learning are excited to launch a new initiative in the community with a free, monthly playgroup for preschool children.

The playgroup will operate on the first Wednesday of each month during school term from our office/playroom facility at 22 Pumell Street, Whanganui.

At Barnardos Early Learning we understand how difficult it can be for parents with young babies and toddlers to get out of the home and connect with other parents and adults. This playgroup will be a place for mums, dads and other caregivers to come with their children, who can play and explore in a safe and friendly environment while being able to connect and share stories

with other mums over a cuppa.

Our Visiting Teacher, Claire Webb, runs the playgroup. She sets up indoor and outdoor activities as well as storytelling sessions, which the children love.

Barnardos Early Learning home-based educators bring the children in their care along to our playgroup. They also bring with them many years of experience and they are happy to share some fantastic ideas for mums when it comes to finding new and fresh play activities to do at home with the children.

So if you have any children under the age of five years, bring your morning tea, come along and join us for some great fun. Remember - it won't cost you a cent!

We are proud to support NATIONAL PARENTING WEEK

Need to build healthy relationships? Need help with transforming conflict?

A restorative approach is an evidence based, problem solving way to build and strengthen healthy relationships and also transform conflict.

Restorative practice empowers the people involved to address the conflict / bullying behaviour together, take accountability, repair the harm and create solutions for sustained behaviour change.

Restorative City Whanganui provides:

- Team building
- Partnering / Mentoring
- Training
- Facilitation at reasonable rates



E: info@restorativepracticeswhanganui.co.nz
www.restorativepracticeswhanganui.co.nz

Ph 06 343 3645

f @rpwhanganui



'Helping families and Whānau to live violence free'

Rise

STOPPING VIOLENCE SERVICES

Rise Stopping Violence Services provides programmes for men, women and young people who would like to change their abusive behaviour.

Our services include:

Men's Programme
Women's Programme
Anxiety Management Programme
Youth Programme (ages 11-17 years)

Anyone can access these programmes and they are all free of charge.

Referrals can be made on our website or by visiting the office.

www.rise.org.nz

284 St Hill Street • Wanganui • 06 347 7992

kaupapa whānau thriving children, flourishing families

Home based, intensive social work support for families under stress

Programmes for parents

Information and advice for families

Teen parent support

Social workers in schools



Working with local families' strengths, resources & hopes - to be the best for their children.

www.jigsawwhanganui.org.nz

06 345 1636

Suite 10, 236 Victoria Avenue, Wanganui
Email: admin@jigsawwhanganui.org.nz



Curiosity starts here!

LIMITED
SPACES
AVAILABLE

Come and discover
our wonderful preschool.
Nau mai haere mai

- At H.A.P.I. we offer quality education and care for children from six weeks to six years.
- We nurture creativity, caring, and problem solving as well as inspiring a love of learning.
- We value the uniqueness of each child.
- We open 6.45am until 5.30pm with the option of morning, afternoon or full day sessions.
- We welcome permanent and casual enrolments and cater to shift workers.

25%
DISCOUNT
FOR
SIBLINGS



www.hundredacrepreschool.co.nz
98 Heads Road, (on Hospital Grounds)
Ph (06) 347-6868



PETS



The Spot Report



Indoor games for your dog

With a little creativity, a lot of fun exercises can be done indoors. Here are some simple fun indoor games that can be played when it's not that much fun outside.

Hide and Seek: If your dog knows how to stay it will make this game much easier. If he doesn't, get a human helper to keep him still while you hide, then call him to come find you.

Find the Treats: You can use anything that your dog likes and doesn't make a mess. First hide some treats around a room so he gets the idea of "find the treat". When he gets the idea, you can go hide the treats around the house. Make sure he can't destroy your favourite treasures while he is actively seeking the treats.

Tug of War: Important. When not playing, the tug toy should not be available to your dog. Before you start, make sure your dog has a good "drop it" or "leave it" cue. Once that has been achieved a lot of meaningful play and exercise between you and your dog can be had. If play gets rowdy or if your dog starts mouthing you, use the drop or leave cue, finish the game and put the tug toy away. And don't be mean; occasionally let your dog win the game.

Learning the Names of Toys: Dogs have the capabilities to learn over 200 words. Start by using one specific toy that your dog values and keep using the name, e.g. red ball. Repeat the name of the toy when playing and your dog will start to remember the name. Practice with a few different toys then place them in a line and ask your dog to 'go get their red ball'.

For more ideas ask a professional. Margarette has been working with puppies, dogs and people since 1992 and is a Full Member of The Association of Pet Dog Trainers NZ Inc. Phone: 343 9806.

- Woofs and barks from Spot

K9 Puppy Kindergarten & Dog Training

Now taking enrolments for Puppy Pre-School

To register contact:

Margarette Marshall
Ph: 343 9806

Full Member of Association of Pet Dog Trainers NZ Inc

K9 Puppy & Dog Training is a not for profit service



Your caring animal health professionals

Providing quality services for your animals by veterinarians supporting you. You get quality health care for your animal from those who know best.

HOURS

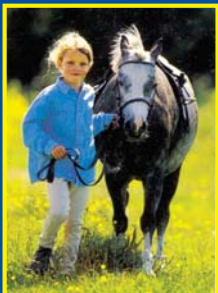
Mon-Fri 8am - 6pm
Sat 9am - noon

Appointment required

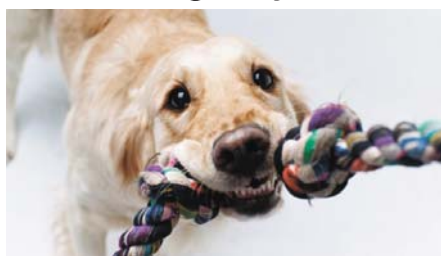


WANGANUI VETERINARY SERVICES

35 Somme Parade, Wanganui
Ph 349 0155



Making your own dog toys



Store-bought pet toys can be quite costly, but with a little time and some materials from around your home, you can make your own at a fraction of the price!

Making your own pet toys is a great way to keep both you and your children entertained: children will have fun getting creative and your pets will appreciate playing with the end product.

With Christmas just around the corner it's the perfect opportunity for you to get crafty! We've put together some easy-to-make toys that everyone in the family can get involved with.

Toys for dogs - plaited tug toys

Dogs and puppies love having something to play and chew on - just make sure that they don't start eating bits of the toy!

You can make rope toys for dogs by tearing old, clean material into strips and plaiting them together. Follow the instructions below to make these toys - they're super easy!

Pillow Cases

1. Take three pillow cases of varying colours, split the stitching of each one so that it becomes one piece of fabric (make sure each of the three pieces are equal lengths).

2. Collect all three together at the end and tie in

a secure knot, then plait, making sure the plaits are nice and tight.

3. Once you have reached the end, tie in another secure knot. If length allows, tie a third knot in the centre.

Sheets

1. Gather fabric together at one end of the sheet and tie into a good secure knot.

2. At the other end, divide the sheet into three and tear back up to the knot, then begin to plait tightly. These plaits need to be very tight and secure, so they last when being chewed and pulled!

3. When almost to the end, tie another knot to finish.

Duvet Covers (these make great tug toys for larger dogs)

1. Split the seams of the duvet cover so that it becomes one long length of fabric.

2. Gather the fabric up at one end and tie a good secure knot and follow the instructions above for the sheets, remembering to keep plaits really nice and tight.

3. The sizes should range from 60cm to 1m in length.

Our pets are good for us



There is a wealth of evidence proving what many of us already know - our pets are good for us.

Studies show that pet owners have lower blood pressure, cholesterol and allergy levels. Pets can also ease feelings of loneliness, especially in the elderly.

Cats are the most popular companion animal in New Zealand, with 44 percent of households sharing their homes with at least one cat. Our feline friends become members of the family and trusted companions.

Few owners would

question the importance of medicines in helping our pets lead happy, healthy lives. But less well understood is how much we benefit from their wellbeing.

The benefits - both physical and psychological - start early. Children learn a sense of responsibility from caring for pets and research suggests that having a pet around the home in their first year can protect children from allergies later in life. In adulthood, pets have a proven effect on stress and anxiety.

By protecting the

health of the animals in their care, owners are also protecting the hugely beneficial relationships they have with these animals.

Owners need to provide shelter, the right amount of nutritious food and ensure that pets have veterinary treatment when needed, including vaccinations. This will ensure that pets live as long and as comfortably as possible. Supporting this crucial bond with our pets allows us to protect the health of the animals that do so much for our wellbeing.

Belmont Boarding Kennels, Cattery and Dog Grooming Service



185 Mosston Road
Wanganui

Phone
06 344 4010

Email
omeishan@xtra.co.nz

Cremate-a-Mate Pet Cremations

Individual cremation
Scatter box - Rimu box - or your own urn
2-3 days turnaround where possible
Pick-up & delivery included



Bryce & Sandy
06 348 0133

cremateam@xtra.co.nz
Wanganui



Product of New Zealand

Scientifically Formulated Nutraceutical Pet Health Care Supplements

Dental & Breath Skin & Hair Vision & Optics Bone & Joint

www.mybeau.info/vetcollection | Available at local Pet Retail Specialists |

Jumbo crossword

- ACROSS**

1 Thespian (5)

4 At breakneck speed (4,3,7)

11 Science of reasoning (5)

14 Boring tool (5)

15 Timepiece (11)

16 Mesmerising (8)

19 Painter's board (7)

20 Snake (5)

21 Fall retarder (9)

24 International artificial language (9)

26 Ticking over (of an engine) (6)

27 Take away (6)

31 Detest (5)

32 Agenda (8)

34 Decorative (10)

38 Domestic fowls (7)

39 Beneficial (6)

40 Atoll lake (6)

41 Tease scornfully (4)

42 Blurred (7)

45 Paid work (10)

50 Make looser (7)

54 Curved support (4)

55 Bird of prey (6)

56 Connect (6)

57 Deviation from normal (7)

60 Substructure (10)

61 Fearless (8)

62 Blacksmith's furnace (5)

65 Trimmed back (6)

66 Sieve (6)

67 Ran away (9)

72 Tactical (9)

73 Communication device (5)
- 74 Separate (5,2)

79 Representing actual proportions (4-4)

80 Provided amusement for (11)

81 Pleas (anag)(5)

82 Ran for office (5)

83 Asleep (2,3,4,2,3)

84 Pliable (5)

DOWN

2 Wild cat (6)

3 Grossly overweight (5)

5 Repeat (4)

6 Sentry (7)

7 Smells (6)

8 Ogle (4)

9 Bean meal (anag) (8)

10 Beat (6)

11 Extended (10)

12 Door in fence (4)

13 Addictive drug (7)

17 Direct the course of (5)

18 Wagon-builder (10)

22 Trapdoor (5)

23 Boxer's steps (8)

25 Ruined (7)

26 Under the best circumstances (7)

28 Flowering (6)

29 Baking recipe measure (6)

30 Renowned (6)

33 _____ salts, laxative (5)

35 Compare (5)

36 Impulse (4)

37 Hint (4)

42 Neck warmer (5)
- 43 Affecting an oily charm (8)

44 Acute insufficiency (6)

45 Intruded gradually (10)

46 Long for (4)

47 Round of applause (7)

48 Change genetically (6)

49 Small concavity (5)

51 Solitary (4)

52 Write music (7)

53 Speech of praise (6)

58 Promoted for sale (10)

59 Segment (5)

63 Open disobedience (8)

64 Hand shears (5)

65 Pools of rainwater (7)

68 Court official (7)

69 Japanese battle-cry (6)

70 Stopped (6)

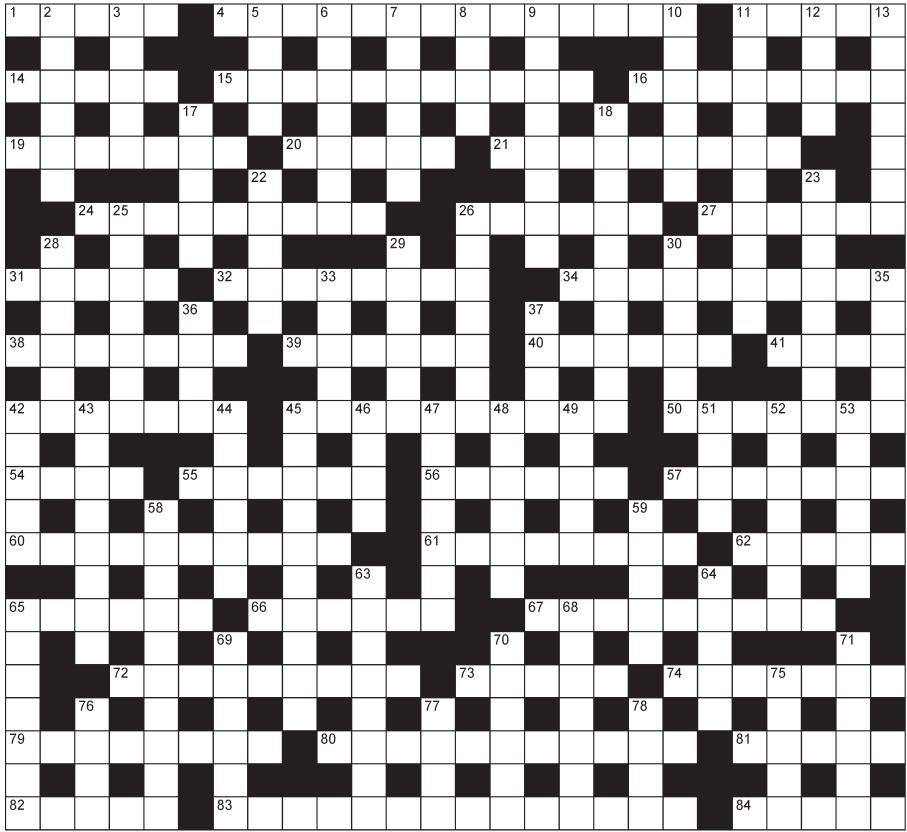
71 Swore (6)


75 Reflection (5)

76 Frizzy hairstyle (4)

77 Greek B (4)

78 Refuse to consent to (4)





EACH number in our Code-Cracker grid represents a different letter of the alphabet. For example, today 10 represents V, so fill in V every time the figure 10 appears. You have one letter in the control grid to start you off. Enter it in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the list of alphabetical letters as you identify them. Visit www.codecracker.co.nz

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

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

Sudoku

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

MEDIUM

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

Last week

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

Last week's CodeCracker

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

Last week's crossword solution

ACROSS: 1 Panda, 4 Producer, 9 Oyster, 14 House, 15 Shape up or ship out, 17 Sepia, 18 Hot, 19 Contain, 20 Signatory, 21 Trilby, 24 Scholarly, 25 Uppity, 26 Hawser, 29 Remembered, 31 Wee, 32 Sought, 33 Trip, 35 Aft, 37 Stir, 39 Tasteless, 40 Closeness, 41 Youth, 42 Porridge, 47 Vendetta, 51 Samba, 55 Intricate, 56 Following, 58 Rock, 59 Tar, 60 Toes, 61 Adhere, 62 Ass, 63 Penetrated, 66 Bedbug, 67 Gauged, 69 Sidetrack, 72 Engulf, 73 Captained, 75 Silence, 77 Lax, 80 Storm, 81 Trumped-up charges, 82 Remit, 83 Heated, 84 Straddle, 85 Grate.

DOWN: 2 Aphrodite, 3 Depot, 5 Room, 6 Dossier, 7 Chimney sweep, 8 Roost, 9 Outcrop, 10 Sash, 11 Expire, 12 Pushy, 13 Leather, 14 Hallway, 16 Uninhibited, 22 Alarms, 23 Staunch, 24 Shearer, 25 Uneasy, 27 Serpent, 28 Choose, 30 Dyed, 32 Stout, 34 Pasta, 36 Mead, 38 Two, 42 Print, 43 Retread, 44 Iris, 45 Guards, 46 Smite, 48 Nightmarish, 49 Earmark, 50 Tic, 51 Several, 52 Afraid, 53 Glass slipper, 54 Coop, 57 Ignite, 64 Efficient, 65 Suggest, 66 Bolland, 68 Granted, 70 Dreaded, 71 Alcove, 72 Exams, 74 Truss, 76 Error, 78 Smut, 79 Opal.

5x5

F	K		S
	U		G
A		O	N
	I		E
H	S		S

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

Last week

C	L	A	M	S
R	O	A	N	E
I	N	A	N	E
E	E	R	I	E
D	R	E	A	R



NZ-001A-74cm
Was \$269.99
Now \$189.99

NZ-001B-64cm
Was \$219.99
Now \$149.99

The Luggage Clearance Centre

FREE GIFTS

Purchase one of our Large-74cm or Medium 64cm trolley cases and receive a Neck Travel Cushion worth \$29.99 plus a Luggage Tag worth \$7.99





NZ-555A-74cm
Was \$219.99
Now \$149.99

NZ-555B-64cm
Was \$189.99
Now \$139.99



New Zealand's favourite luggage at unbeatable prices!

56 Victoria Avenue, Whanganui (formerly Petre House)

'The Magic of Music' for childrens workshops - September 7-9

The Magic of Music is a workshop series for parents, families, therapists, professionals and teachers at Central Baptist Community Centre from Saturday through to Monday, September 7 to 9. They are being run by Julie Wylie, the founder of the New Zealand Musical Parenting Association as well as the Musical Play programme at the Champion Centre, Burwood Hospital, Christchurch, where she is the Senior Music Specialist. Julie is in great demand having presented music workshops and papers in a range of countries including Korea, Japan, Singapore, Australia, UK, Lithuania, Estonia and Finland. She was made a member of the New Zealand Order of Merit in the 2018 Queen's Birthday Honours for her pioneering work in Musical Play

Therapy.

The Whanganui workshops have been organised by Royce Dewe, previously head of the Central Baptist Kindergarten and Jo Chiet, a passionate user of musical play with their own children.

Jo explains, "Music is great for calming both children and parents and is particularly good for establishing routines and making transitions."

Jo and Phil have two children - Micah and Jethro. Jethro has Down Syndrome and when he was only 14 months old had leukaemia. They spent considerable time up in Star Ship Hospital in Auckland and there were long days interspersed with medical procedures and Jo says "Music was one of my tools to help Jethro cope."

She discussed this with Royce, who said

"Wouldn't it be amazing if we could get Julie to conduct some workshops in Whanganui," and thanks to Royce's personal connection with Julie, it is happening.

Jo expands on the benefits of using music with children: "It builds your relationship with your child, helps develop communication skills as well as literacy and numeracy skills and even social skills." She demonstrated with a set of chime bars showing how it can lead to knowing counting, colours and notes. The approach is very much 'follow the child,' giving the child autonomy.

Using music also helps in changing the focus from behaviour and discipline to fun and connection. Jo says, "When I'm about to shout, I stop and sing the same message instead and possibly use a musical instrument. I will be as



The Chiet family - Jethro, Phil, Micah and Jo

silly as I can but the tone is changed and he will probably laugh and do what I want him to do."

Details of the different workshops are in the RCP but there are two musical parenting workshops on the Saturday and two workshops for families of children with special needs on the Sunday - all of one hour each. On

the Saturday, Julie will be demonstrating with a group of 10 children in each age group for half an hour and then explaining to parents why she did what she did and how that activates the brain and helps with speech development

The programme on Monday is more for therapists and professionals working alongside children. That is

from 10am to 2.45pm with a separate 'Musical Play and Parenting' for both parents and teachers in the evening from 7.30 to 9pm. The cost is only \$5 for parents and tickets are available from the Whanganui Central Baptist Kindergarten, 285 Wicksteed St or at the door. You can register at musicalparentingwhanganui@gmail.com.

Royce and Jo are grateful to Margaret Watt Trust, Whanganui Community Foundation, Whanganui Central Baptist Kindergarten, GOME (Grumpy Old Men Enterprises) and MENZA for their funding.

As for Jethro - at 4½ years he "is doing wonderfully well and continues to enjoy music and dance."

Whanganui Economic Update with Economist Cameron Bagrie and Bayleys Whanganui

Cameron Bagrie, Managing Director and Chief Economist at Bagrie Economics, spoke to local business people at Bayleys Whanganui on Tuesday, September 3, describing his presentation to be "as upbeat as the performance of the Australian Rugby Team."

He pointed to the decline in interest rates as a sign of concern over the global scene. Ten year bonds are attracting only 1% interest in New Zealand but in Germany, they have gone into negative figures at -0.7%. He said, "There is \$16 trillion worth of funds in the world with negative interest rates - 26% of the global bond market."

He blamed what is happening largely on "the uncertainty politicians are creating," especially in the USA and the UK, rather than economics. "Populist politicians are making promises they can't deliver."

The US tariffs on Chinese goods will entrench the slow down taking place in Asia and are already having an impact in New Zealand with "low prices for forestry logs, reduced tourist numbers, even from the UK."

He referred to the Chinese corporate debt as being "off the charts" but also pointed to the social side of the ledger, referring to the continuing protests in Hong Kong and making a comparison to Beirut in Lebanon in the 1970s, which was seen as the next Paris, but was almost destroyed by civil war.

Two ways to deal with the current global economic



Cameron Bagrie at Bayleys

uncertainty would be to cut interest rates - but they can't go down much more - and for the Government to spend more. However, most countries have high debt levels. The US debt is at 80% of GDP. He would like to see the New Zealand government increase spending but ensure that it is "quality spending" on infrastructure.

Referring to New Zealand house prices, Cameron said that Whanganui along with Invercargill, Gisborne and Palmerston North are experiencing the highest house price growths as prices in these places are simply catching up. He is looking forward to the release of Census figures as he believes it

will show large numbers of people leaving Auckland for the provinces.

He was critical of dairying and suggested it was likely to go backwards with fewer cows and farms. The blame he attributed to 'short termism' and pointed out that the departing CEO of Fonterra received a huge bonus based on the volume of milk produced but not on profit.

His prediction is for the New Zealand economy to slow down, retrench but not lead to a recession and pull up by 2022, thanks to the positive administration of the Head of the Reserve Bank, Adrian Orr, who he rates very highly and increased spending by government.

TRADES AND SERVICES

Quality VEHICLE VALET
Phone STU for an appointment on
027 348 5649

Wanganui Motors
82 Ridgway Street | Wanganui
P 06 349 0930
www.wanganuimotors.co.nz

Teasers
Escort + Massage Ltd

57 Ingestre Street • 022 465 4499
teasersescorts@hotmail.com

Sue's Thai Massage
Relieve Stress, Pain, Improve Circulation, Feel Better

Ph 06 777 3105
022 001 6476
180 Wicksteed St.

1/2 hour \$35
1 hour \$60

Web suesthaimassage.wanganui.com

100% locally owned

Dave Hoskin CARRIERS LTD

Furniture removals door to door
National and international

390 Heads Rd, P.O. Box 5042 Wanganui
Phone: 06 344 7002 Email: darrell@hoskincarriers.co.nz

REPAIRS OF SAGGING HEADLINERS RIPPED & TORN CAR SEATS

Shaun Terrey
MOTOR TRIMMERS & UPHOLSTERY

p: 06 347 2114
m: 027 275 0833
e: shaun.terrey@slingshot.co.nz
w: www.shaunterrey.co.nz
11 Purnell Street, Wanganui 4500

Stumpies Services Ltd.
Stump Grinding Services

Kerry & Lee-Anne Davies
15 Mitchell Street, Aramoho
P: 06 343 7913
M: 027 612 5506
E: stumpies.nz@gmail.com
W: www.stumpies.co.nz

Stumpies Wooden Toys
Wanganui
06 343 7913

Find us on Facebook

Concert of popular organ music at Trinity Methodist this Sunday at 2pm

The idea for a concert of popular organ music at Trinity Methodist this Sunday came about when the Minister, Rob Ferguson, was speaking with Funeral Director, Craig Cleveland, over changes in funeral music. Rob 'confessed' to selecting the Pink Floyd hit 'Shine on your crazy Diamond' to be played at his funeral – and Craig said he had chosen that one as well.

Craig went one step further and said that he used to play the organ at Trinity Methodist and still had a key to the church, which he would use, to sneak in and play Pink Floyd for fun. They agreed that the organ is capable of playing different types of music and not just

Bach and Mendelson.

So on Sunday, September 8 at 2pm eight local organists including Craig, Pharmacist, Sue Gardner and the becoming well-known in Whanganui, Organist Leonard Cave, will be playing a range of popular pieces including 'Stars and Stripes' (organist must be an American perhaps), The Impossible Dream (we all have one of those) and 'Hallelujah' (Leonard Cohen's version – not Handel's).

There will also be some Von Trapp sisters, minus Julie Andrews, from Amdram's upcoming 'Sound of Music' show, who will be singing some of their numbers.

The cost is only \$10 with door sales avail-



Trinity Methodist in Wicksteed Street

able from 1.30pm and the money is a fundraiser for Riding for the Disabled.

SITUATIONS VACANT

TEASERS FEMALE ESCORTS WANTED

57 Ingestre Street
Walk in or phone
022 465 4499

FEMALE escorts wanted. Safe environment, nice rooms. Get paid to do something you enjoy. Great rewards. Phone Teasers 022 4654499.

GET paid to exercise! Pamphlet Distribution require reliable runners to deliver RCP and brochures each week. Phone Bubs on 343 2010 or 027 218 2010.

ADULT ENTERTAINMENT

MAN to man massage. A masculine built guy offering full body therapeutic deep tissue massage. Quality service. Phone Robert: 028 4196506.

PAINTING

RELIABLE Tradesman. Free quotes, also small gib repair work, waterblast and mould removal. Steve: 0226159439 or 06 3437942.

Baker/Pastry Cook

We are seeking a keen individual to help our Cafe provide the best cabinet food selection to our Whanganui customers.

You will be a qualified Baker/Pastry cook (equivalent to level 4 NZ Certificate in baking or level 5 Diploma in Cookery) and have at least 2 years work experience in a commercial environment. You must be someone with passion for baking from scratch, have attention to detail, be hard working and reliable.

About the role:

- Creating inspirational offerings for our customers including pies, pastries, cakes, sweet treats.
- Confidence with food safety and health and safety standards and able to uphold these on a daily basis within the current food control plan.
- Understanding of financial aspects involved in reducing wastage, increasing productivity.
- Able to bake pies, cakes and pastries from scratch.
- Includes weekend shifts and early starts (4:30 am)

Applicants for this position should be NZ Citizens or Residents or holding a valid work visa.

Job Type: Full-time, permanent

Remuneration: Dependent on skills and experience

Email your CV to
cactuscreme2016@gmail.com
or phone 06 348 0560



CACTUS CREME CAFE
Oldest Cafe in Town



A Personal Way To Say Goodbye

The Forrest Lounge offers a warm, intimate setting for smaller funerals, to share your final goodbyes with those closest to you. Arrange a visit today and meet our friendly team.

Phone 349 0202 (any time, day or night)
www.dempseyandforrest.co.nz

Anderson Memorials
Your loving memories set in stone

HEADSTONES
Family owned for 105 years

For all
monumental
work in all
cemeteries

462 Somme Parade, Wanganui - opposite the cemetery.
Tel (06) 343 8708, Email: info@anderson-memorials.co.nz
Showrooms in Feilding & Palmerston North
www.anderson-memorials.co.nz

TRADES & SERVICES

DECKS, gates, trellis, fencing pergolas, odd jobs. No job too small. Yardiez Maintenance. Mobile 0278439392. Give us a call.

RCP - locally owned

LAWNMOWING

AFFORDABLE lawns, great quality service, great price. Pensioner rates available. Call Paul on 021 245 4999.



- Locally owned & operated
- Pensioner discounts
- WINZ Quotes
- Ride on work

Wayne Bishop
Ph 06 343 1454
Mob 027 555 3074

BUSINESS FOR SALE

LAWNMOWING run for sale - Whanganui (not franchise) \$9750. Phone 021-0807-4262.

WANTED TO BUY

COMPACT Discs. I buy music CD's. Also books and DVD movies and LP records. Buyer will call. Bookman Ph 021-0289-5342.

GINZA. Always buying, always selling. Good used furniture, antiques, china and collectables. Call Ginza 345 3154.

WORK WANTED

'HOME Cleaning for your busy lifestyle, 28 years in business, weekly & fortnightly options. Call Jase 021 976269, Green Acres.

LOOKING for a reliable experienced gardener? No lawns - just gardens. Phone Mark: 348 4575.

MOBILITY Scooters. Sales, service, repair, rental wheelchairs, walkers, ramps. Call Graeme 021 1195118 or (06) 347 6927.

PROPERTY Services Whanganui for fences, gates, decks and building maintenance. Ph 027 9321202.

STUMP Grinding, lawnmowing, section clearing. Free, no obligation quote. Clean and Tidy Lawnmowing. Phone 344 2441.

Recent Bereavements

Sadly passed away recently...

- Alison ANGUS**,
aged 79 years, died 1 September 2019.
- Kenneth John CATE**,
aged 88 years, died 2 September 2019.
- Robert Alexander (Bob) CHARTERIS**,
aged 91 years, died 29 August 2019.
- Pamela Rosalie (nee Bryce) DOWSETT**,
died 29 August 2019.
- Taisia KHARCHENKO**,
aged 92 years, died 1 September 2019.
- Lilian Bell (Bell) McKNIGHT**,
aged 99 years, died 28 August 2019.
- Sylvia MURRAY**,
aged 89 years, died 23 August 2019.
- Kaipia Richard RANGI**,
aged 83 years, died 29 August 2019.
- Barbara (nee Taylor) WASON**,
aged 87 years, died 31 August 2019.
- Ian Murray WRIGHT**,
aged 45 years, died 8 August 2019.
- Johanna Judith (nee Zittersteijn) (Anne) ZEILSTRA**,
aged 88 years, died 2 September 2019.



Creating the right farewell
Talk to Craig & Laura Cleveland
and the team at Cleveland's today.

173 - 179 Ingestre Street, Wanganui. Phone 06 345 5522 (all hours)



www.clevelandfunerals.co.nz

HEALTH & BEAUTY

JADE Traditional Thai Massage. Excellent massage at reasonable prices. 64 Guyton Street. Phone 348 8466 for an appointment.

JAX Hair Studio. Latest edition GHD in store. Open 6 days, late night Thursday. 51A Ridgway Street. Ph: 3472008.

ONLINE SERVICES

CHECK out www.onlineservices.nz. Just click the link for the wanted site.

OVER 11,000 users at Whanganui News Online. Find us at www.onlineservices.nz

FRUIT & PRODUCE

FRESH vegetables available, open Thursdays, Fridays and Saturdays. Laugeson's Gardens, Westmere Road.

PETS AND LIVESTOCK

DOG grooming at Pet Dog School. All breeds, all styles from simple to stunning. Get the look you want. Ph: (06) 345 2553.

FIREWOOD FOR SALE

AFFORDABLE firewood from \$60 a cube for sale. Please phone us on 06 3438466.

FOR SALE

CALLA lily tubers, large grade \$1 - \$2 each. Colour; gold and terracotta. Beautiful for picking and long-lasting. Ph: 0272417591.

FOUR young cockateils. \$35.00 each. Phone 343 1766. **GOLF** clubs Dunlop Maxfli, irons 3-9, pitching wedge, putter, No 3 wood - aluminium shaft, bag and collapsible 5 piece trundler. Offers, phone 06 345 3570 or 027 271 7761.

JOE Lett Ltd, all sorts of mobility aids including scooters, wheelchairs, available. Joe Lett Ltd, 11 Churton Street, ph 345 8599.

NEW Seasons fresh native and ornamental shrubs and trees from \$5.00 to \$15.00 for large grades now ready, fine landscaping grades, good hedge lines. Dried blood \$8.00 per kilo. Excellent for all garden use. Give your plants that boost now. Parnells Quality Tree & Shrub Nursery, 102 Fox Road., Phone 344 6645, Est 1895.

RCP - the good news paper

FOR SALE

COLLECTABLES FAIR

NZ Postcard Society

Free valuation & advice given on postcards by a society expert.

5 dealers attending.

Palmerston North Leisure Centre

569 Ferguson St, Palmerston North

10am - 4pm

SUNDAY 15 SEPTEMBER

PUBLIC NOTICES



A BIG GREEN & WHITE THANK YOU FOR THE 2019 SEASON



To our loyal sponsors, 100 club members and supporters



To all our players for your dedication!



To our coaches, team managers, bar staff and helpers.



To our Saturday morning junior rugby coaches, managers and co-ordinators...
all those cold wet practise nights paid dividends - well done.

Regards
MARIST RUGBY COMMITTEE
PS: Already planning for 2020!

Boating EDUCATION **COASTGUARD**

KNOW WHAT YOU ARE DOING

Day Skipper 21st & 22nd September
8:30am - 4:30pm both days
Maritime VHF Radio Operator
20th September
8:30am - 2:30pm
Venue: River Boat Centre, Wanganui
Contact 0800 40 80 90 or book online
www.boatingeducations.org.nz

Our Weather

Thursday 5 September
17°C High
9°C Low



Friday 6 September
14°C High
6°C Low



Saturday 7 September
14°C High
6°C Low



Sunday 8 September
17°C High
6°C Overnight



Monday 9 September
13°C High
6°C Overnight



Tuesday 10 September
14°C High
5°C Overnight



Wednesday 11 September
15°C High
6°C Overnight



Weather information provided are predictions only and are subject to change.



WHANGANUI INTERMEDIATE SCHOOL ENROLMENTS FOR 2020

The school is currently accepting enrolments for Year 7 & 8 students in 2020.

Enrolments for all In Zone and Out of Zone students should be in to the school office **no later than Friday 27 September 2019 (end of term 3)**. Out of Zone enrolments will not be accepted after this date.

The Board of Trustees have decided there will be up to 100 places available for Out of Zone students. Exact numbers will depend on the number of applications received from students who live within the school's Home Zone.

A full description of the school's enrolment zone may be viewed on the school website www.wi.school.nz or at the school office.

The enrolment of **Out of Zone** students is governed by the provision of the Education Act 1989. If the number of Out of Zone applicants exceeds the number of places available, students will be selected by ballot. If a ballot is required it will be held by **Friday 11 October 2019**.

All parents will have their child's enrolment confirmed in writing within seven working days of the ballot being held.

Katherine Ellery - Principal

90 Dublin St, Whanganui • Ph 06 349 0231 • Email: office@wi.school.nz

Dan

He's ok

Vote Dan Shand to District Council

Authorised by D. Shand, 527A Rapanui Road, Whanganui

PROPERTY WANTED TO BUY

2+ BEDROOM HOME WANTED

Sunny living, smaller section
Private cash buyers up to \$320,000

Phone Alf on 027 577 6081

TO LET

FLATTING too expensive? Try a portable cabin. Warm, comfortable, self-contained sleepout, delivered. Phone/text 027 450 4965 or (06) 348 7887, www.ptportables.co.nz.

FOR RENT

FREE electricity. Secure, quiet, friendly. Furnished flats and caravans. Bignell Street Motel & Caravan Park. Ph. 0800 244 635.

PUBLIC NOTICES

WHANGANUI Sound 027-2644-399 (Community Event Services). Not in the book. Find us at www.findit.nz the free online directory or at www.onlineservices.nz

PERSONAL

FREE, confidential health checks, STD and HIV screening. Outpatients Department, Wanganui Hospital. Monday and Thursday from 5pm - 6pm. Phone 348 1775.

PREGNANT? Worried? Need to talk? We care, listen and help. Ph. 348 0008 or 0800 PREGNANT 24/7.

CHIMNEY NEED SWEEPING?

Chim Chim Cheree
CHIMNEY SWEEP
Over 35 Years Experience
Parts & repairs our speciality
BOOKINGS NOW AVAILABLE

Ph 06 343 1454
Mob 027 555 3074

RCP - Locally owned & operated

PROPERTIES FOR SALE

Thinking of selling?

Call me today for your Free Market Appraisal.



Ananda de Koning
027 563 3414

BAYLEYS

BARTLEY REAL ESTATE,
Licensed REAA 2008

Ray White

Thinking of selling your home?

Looking for a Real Estate Agent?

Take advantage of our free marketing package or get a 10% discount on commission as a Gold Card Holder*

*Terms and Conditions Apply

Param Singh
021 263 4263
paramveer.singh@raywhite.com

Licensed Salesperson REAA 2008



NEED HELP?

Emergency 111
City Mission/Foodbank 345 2139
Women's Refuge Wanganui 344 2004



CLASSIFIEDS

52 Ingestre St Ph 345 3666
Email: rivercitypress@xtra.co.nz

Nominate someone you think is deserving of our **Bouquet of the Week!**

Email or facebook message us with your nomination and reason why they deserve to win!

email: rivercitypress@xtra.co.nz
facebook: River City Press Wanganui



ENTERTAINMENT / PUBLIC NOTICES

BUYING and SELLING USED FURNITURE

ginza
BARGAINS
Phone 345 3154
54 Maria Place Extn
Email: ginza2@xtra.co.nz

Progress Castlecliff Inc. AGM

Noon SATURDAY 14th SEPTEMBER 2019
at the Duncan Pavilion, Castlecliff Beach
Would you like to join our committee?
Please come to the meeting and make yourself known to the Chairperson.
We need a new Treasurer and people with fundraising skills.

SECTION 101 SALE AND SUPPLY OF ALCOHOL ACT 2012

Wanganui Marist Rugby Football Club Incorporated, 23 Hatrick Street West, Wanganui has made application to the District Licensing Committee at Wanganui for the renewal of a Club Licence in respect of the premises situated at 23 Hatrick Street West, Wanganui and known as Wanganui Marist Rugby Football Club Inc.

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

The days on which and the hours during which alcohol is sold under the licence are: **Monday to Friday 6.00pm-10.00pm, Saturday 11.00am - 12.00 midnight, Sunday 11.00am to 10.00pm.**

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

Any person who is entitled to object and who wishes to object to the issue of the licence may, not later than 15 working days after the date of the publication of this notice, file a notice in writing of the objection with the Secretary of the District Licensing Committee at PO Box 637, Whanganui 4540.

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

This is the only publication of this notice.

ARAMOHO BOWLING CLUB OPEN DAY

ALL NON-BOWLERS AND BOWLERS ARE WELCOME TO ATTEND

on SUNDAY 15th SEPTEMBER starting at 1.30pm at 7 Gibson Street

Aramoho Bowling Club is Wanganui's top bowling club for 2017-18 and 2018-19

Bowls is a great game for families. Parents bring your teenagers along for a try - coaching will be available.

The club is available for hire for social events, great bar facilities available.

Come and play this great game.
Contact Jean 027 376 2320 or Gill 027 451 3531

Whanganui Repertory Theatre Presents

The Dignity Of Risk

by Joan Rosier-Jones
Directed by Kerry Girdwood

Gala Opening
Thurs 3rd October - 8pm
Performances
Fri 4th, Sat 5th - 8pm
Sunday Matinee - 2pm
Thurs 10th, Fri 11th, & Sat 12th - 7pm

Ticket Sales from
Royal Whanganui Opera House

EMBASSY 3		September 5 - 11
A DOGS JOURNEY (PG) 2hrs 4min Thur 3.15pm	Cinema 2	
ANGEL HAS FALLEN (R16) 2hrs 10min Thur 10.45am, 5pm, Fri 10.30am, 5pm, 7.45pm, Sat, Sun 12.30pm, 5.45pm, 8.15pm, Mon 1pm, 7.45pm, Tue, Wed 10am, 5.45pm, 8.15pm	Cinema 1:2,3	
APOLLO 11 (PG) 1hr 48min Thur 1pm, Fri 3.45pm, Sat, Sun 5.15pm, Tue, Wed 3.40pm	THE LOUNGE Cinema 1	
BLINDED BY THE LIGHT (M) 2hrs 9min Thur 10.15am, Fri 2.30pm, Sat, Sun 10.15am, 4.45pm, Mon 5.15pm, Tue, Wed 10.20am, 5pm	THE LOUNGE Cinema 1:2,3	
DAN CARTER: A PERFECT 10 (PG) 1hr 40min Thur 5.30pm, Fri 1.15pm, 5.45pm, Sat, Sun 10am, 6pm, Mon 6pm, Tue, Wed 10.10am, 6pm	Cinema 1:2	
DANGER CLOSE: THE BATTLE OF LONG TAN (R13) 2hrs 13min Thur 7.45pm, Fri 1.15pm, 8pm, Sat, Sun 12.40pm, 8pm, Mon 3pm, 8pm, Tue, Wed 12.45pm, 8pm	THE LOUNGE Cinema 2	
DEGAS: PASSION FOR PERFECTION (M) 1hr 40min Thur 5.45pm, Fri 6pm, Mon 5.30pm	THE LOUNGE Cinema 2	
FAST & FURIOUS: HOBBS & SHAW (M) 2hrs 30min Tue, Wed 2pm	Cinema 3	
FOR MY FATHERS KINGDOM (M) 1hr 47min Thur 10.30am	THE LOUNGE Cinema 2	
HERBS: SONGS OF FREEDOM (M) 1hr 45min Thur 3.15pm	THE LOUNGE Cinema 2	
IT: CHAPTER 2 (R16) 3hrs 8min Thur 10am, 1.30pm, 6.45pm, Fri 10.45am, 1pm, 7.15pm, Sat, Sun 10.10am, 12pm, 7.15pm, Mon 1.15pm, 7.15pm, Tue, Wed 10.30am, 12.15pm, 7.20pm	THE LOUNGE Cinema 1:3	
MIA AND THE WHITE LION (M) 1hr 54min Thur 1.15pm, Fri 11am, 4.30pm, Sat, Sun 3.30pm, Mon 3.30pm, Tue, Wed 3.15pm	THE LOUNGE Cinema 1:2	
OLDER THAN IRELAND (M) 1hr 45min Fri 10.30am, Sat, Sun 3.15pm, Mon 1pm, Tue, Wed 5.30pm	THE LOUNGE Cinema 2	
ONCE UPON A TIME IN HOLLYWOOD (R16) 2hrs 54min Thur 3.30pm, Fri 2.15pm, 7.30pm, Sat, Sun 1.35pm, 7.30pm, Mon 1.30pm, 7.30pm, Tue, Wed 2.45pm, 7.35pm	THE LOUNGE Cinema 1:2,3	
OVERCOMER (PG) 1hr 59min (fundraising event ONLY, please enquire for more info) Thur 7.30pm	Cinema 3	
THE LION KING (PG) 2hrs 5min Thur 2.45pm, Sat, Sun 10am, 3.15pm, Mon 4.45pm, Tue, Wed 12.25pm	Cinema 2,3	

Times are subject to change - please confirm at www.embassy3.co.nz
office@embassy3.co.nz | info line 06 345 7958

love tennis

All welcome
come play its free

Sat 7 & Sun 8 Sept, 1-4pm

www.lovetennis.kiwi

HELL FIRST 200 CLUB VISITORS
RECEIVE A FREE SNACK PIZZA

Wanganui Tennis Club, Bassett Street, Wanganui

AFFCO Imlay Odour Phone

06 349 2435 (Direct Dial)
06 349 2400
(Press 4 to leave a message)

ROYAL WANGANUI OPERA HOUSE

Booking Office
Ph. 349 0511

ONLINE BOOKINGS
www.whanganuivenues.co.nz

Booking Office Hours: Mon. to Fri. 10am-4pm

Booking/service fees apply - no refunds/no exchanges

A Taste of Ireland
The Irish Music and Dance Sensation
Thursday 12 September 7.30pm
Including fees: Adult \$74.90, Senior-Student-Group 8+ \$67.90
Child to 13 years \$59.90

Chamber Music Wanganui Subscription Series

Tony Chen Lin (solo piano)
Royal Wanganui Opera House, Friday 20 September, 7.30pm

Jacquin Trio
Prince Edward Auditorium, Thursday 17 October, 7.30pm
Per concert: Adult \$35, Senior \$32, CMW subscriber \$20, Student \$5.

Whanganui Literary Festival

Literary Quiz
Stella Quiz Room
Friday 27 September, 6.30pm
\$10 per person (max 6 per team)

Joanne Drayton, Albert Belz, Ron Palenski, Fiona Kidman, Paul Cleave, Corey Mosel and Ajax,

Tina Makereti, Leah McFall
Concert Chamber WWMC
Friday 4 to Sunday 6 October
Tickets \$15 per speaker
or Earlybird Season pass \$70 (ends Friday 6/09/19)

Dinner with the Stars
Oaks Restaurant Cafe and Bar
Saturday 5 October, 6.30pm
Tickets \$45 - numbers limited

High tea with Amber Rose
Pioneer Room WWMC
Sunday 6 October, 3pm
Tickets \$30 - numbers limited

Repertory Theatre
The Dignity of Risk

Thursday 3, Friday 4 and Saturday 5 October, 7.30pm
Sunday 6 October, 2.00pm
Thursday 10, Friday 11 and Saturday 12 October, 7.30pm
Adult \$25, Senior/Student/Rep Members \$20

Wanganui Competitions Society
October Dance Festival
Monday 7 to Friday 11 October
Festival Pass - Adult \$14.50/Child \$8.50
or per day - Adult \$8.50/Child \$4.50
or per session - adult \$5/Child \$3

Belmont Golf Club
After 5 with Marilyn Waring
Friday 11 October, 5pm
Ticket \$40

The Keys are in the Margarine
Sunday 20 October, 7.30pm
Adult \$25, Senior/Student/Friend OH \$20. Group discounts

The Boss - Bruce Springsteen Tribute Show
Saturday 16 November, 7.30pm
Tickets \$65

The Bee Gees - Night Fever
Tuesday 19 November, 8.00pm
Including fees: Adults \$76.50, Group 6+ \$71.50, Child to 12 years \$35.50

Imperial Russian Ballet
Swan Lake
Thursday 28 November, 7.30pm
Premium & A Reserve seating
Including fees: Adult \$95.75 - \$85.75
Senior/Student/Group 6+ \$85.75 - \$75.75
Child U18 \$65.75 - \$55.75
Family 2A+ 2C \$303.00 - \$263.00

Book early for the best seats. Gift vouchers available.

River City Press -
Locally owned & operated
52 Ingestre Street, Whanganui

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, 12.30pm, St Johns Lutheran Church Hall, 51 Liverpool Street, Wanganui; Wednesday, St Luke's Church Hall, 34 Manuka Street, Castlecliff, 7.30pm; Thursday, St Johns Lutheran Church Hall, 51 Liverpool Street, Wanganui, 7.30pm; Al Anon, Tuesday, Quakers, 256 Wicksteed Street, 7.30pm, Friday, Gonville Library meeting room, 12.30pm. Ph 0508 425 266.

Arthritis Wanganui

You 'Gout' to be kidding, it's not all about the Kai. The what and how of Gout Arthritis. Madelein Wetzel: Rheumatology Nurse; Lori Davis: Arthritis Educator. Tuesday, 24 September, 7 - 8.30pm. Christ Church Community Hall, 243 Wicksteed St, Wanganui. To register please call Arthritis New Zealand on 0800 663 463 or email bookings@arthritis.org.nz. There is no charge for entry but donations are welcome and light refreshments provided.

At Wisdom is Yours - Wellbeing Centre

Open Night "Clairvoyant Demonstration" 19 September, 7pm. All welcome, gold coin donation. Guided Meditation, Saturdays 10.30am - 11am. Teens 13 - 19 year olds, Wednesday, 3.45pm - 4.30pm. Call us on 06 3455002 or 0272531858 for more information or pop in to 200B Victoria Ave. We are open Monday - Saturday.

Clairvoyance Demonstration

Clairvoyance, philosophy and healing at the Wanganui Spiritual and Awareness Centre. Our Speaker this week is David Garwood from Feilding. 25 Tawa Street, Wanganui. Sunday's 7pm. All welcome. Cost by donation. Like our Facebook page or contact Robert on 345 6308.

Creative Card Making

Suitable for beginners and regular crafters alike. Saturday 7 September, 10am - 12.30pm with Julia Martin. To Register please call Pam on 345 5047 ext 3, or email pam.hopper@sosj.org.au.

Garage Sale - Gonville

St Peters Church, 8.30am - 11.30am. Saturday, 7 September at 71 Koromiko Road. Phone 345 7006. Produce, bedding, linen, books, knitting, toys, sausage sizzle, devonshire teas and more.

Luke's Locker - Castlecliff

Luke's Locker is open Tuesdays - Fridays, 10am to 3pm, at St Luke's Church, corner of Manuka/Cornfoot Streets. Phone 344 5344. Watch for the flags when the shop is open. Wonderful household bargains and good used clothing for all the family. Sorry no Eftpos available.

NZ Society of Genealogists

Wanganui Branch meets in the Alexander Heritage and Research Library Monday, 9 September, 6.30pm. Speaker: Jillian Williams, a director of NZSG, on the programme "Getting it Right" on the NZSG website, available to everyone, not just members. Individual research available from 5pm before the meeting.

Pot Luck Lunch

In recognition of the Suffragette Movement in New Zealand. Come, bring a friend and a plate of food to share. A panel of women will speak on 'what it has been like for a woman in business'. Saturday, 21 September, 11.30am - 3pm. Registrations necessary please. Speakers: Karen Anderson (Hospice CEO); Tania King (Ex Principal of Girls' College); Debbie Hickford (Worksite Drug Testing & Health). To Register please call Pam on 345 5047 ext 3, or email pam.hopper@sosj.org.au.

Quaker Meeting

Every Sunday, 10am at Quaker Meeting House, 256 Wicksteed Street. A warm invitation to join us for an hour of stillness and silence in the Quaker tradition followed by morning tea and social get together. Enquiries: Phone David 345 6732.

Retreat in Inner Peace and Divine Love - Week 5 of 5

Bring pen and notebook for journaling. Thursday, 5 September, 7 - 8.30pm with Juliet Kojis and Karyn Coleman. To Register please call Pam on 345 5047 ext 3, or email pam.hopper@sosj.org.au.

Seminar: Getting to Know the Bible Better

7.30pm, Tuesdays, in the Christadelphian Hall, 138 Great North Road. Topic this Tuesday, 10 September: "Evening for Music, Meditation and Prayer". All welcome. Supper and opportunity to chat. Sponsored by Wanganui Christadelphians. For more about us: www.thisisyoubible.com, or phone 342 7726.

Theosophy Wanganui

Exploring spiritual development, philosophy, religion, science and the arts. We have a small library, study groups and regular public discussions. Second Sunday monthly, 2pm. Back river entrance Community Arts Centre, 19 Taupo Quay. Contact Kirsty 021 2123819.

TheosophyWanganui@gmail.com.

Tui Motu Group

Tui Motu, an Independent Catholic Magazine, will challenge us to look with fresh eyes, with gospel eyes, at current social, ecological and spiritual values. Come along and contribute to the discussion-inter-church and inter-faith dialogue is welcomed. Wednesday, 18 September, 4.30 - 6pm with Sr Rita Cahill rsj. Held at the Josephite Retreat Centre, 14 Hillside Tce. To Register call Pam on 345 5047 ext 3, or email pam.hopper@sosj.org.au.

Voices for Hospice

A fundraising concert for Hospice Wanganui. Five local choirs to listen to. Three stirring songs for all to sing. Saturday, 14 September at 2.30pm. Central Baptist Church, corner Wicksteed & Dublin Streets. Admission and programme - \$15. Children - gold coin at door.

Wanganui Country Music Club

Our Internal Club Awards - Sunday, 8 September. 8.00am till 5.00pm. Adults: \$4.00, children under 16: \$1.50, families: \$5.50. BYO lunch. Morning and afternoon tea provided. Come and enjoy our members compete. Ages 4 to 80+. Live band, raffles, sales table. All welcome. Ph Karen or Joey - 343 2588.

Wanganui Literary Festival

Book now - 25 September to 6 October. Literary walk. Literary lunch. Debate - When Bad People Produce Great Writing. Literary Quiz - and more. Main event: A fantastic line-up of well-known authors. Dinner with the stars. A "wildly delicious" high tea with Amber Rose. Bookings at the Royal Wanganui Opera House.

'Music and Spirituality' public presentation

Theosophy Wanganui has a free public presentation this Sunday at 2pm, by musician, Guy Donaldson, who discusses music and the brain, how music connects with our consciousness, the historic connection of music with spirituality, the insights of Pythagoras, music's relationships with mathematics and quantum theory and how the quest for meaning has led some philosophers to believe that mathematics and music equally point to there being some givens in the universe beyond our immediate comprehension forming the basis of our existence. In spite of its widespread diffusion, music remains an enigma, since it is both hugely meaningful and at the same time, meaningless. The human brain seems to be wired not just for language, but also for music. Its strong links in all cultures with religion and spirituality and human love suggest that it may hold a key to fundamental truths about who we really are.

Guy received his formative piano instruction from Maurice Collier and then at Canterbury University with Maurice Till. In 1984 he studied in London with Paul Hamburger and Roger Vignoles. Guy was a senior lecturer in music education at Massey until 2004, when he took leave to pursue his passion for performance and music teaching. He is active in the Manawatu as a teacher, adjudicator, piano soloist, accompanist, chamber music player and music coach and was, until the end of 2018, music director of

the Renaissance Singers. He has in recent times given talks to U3A and to the Theosophical Society.

Venue: Community Arts Centre, 19 Taupo Quay, back river entrance in Awa room. Free entry (gold coin donation appreciated). Refreshments provided afterwards. Enquiries to Kirsty: theosophywhanganui@gmail.com or txt 0212123819.

Donkey vote

Dear Editor,
Fiona Donnor (August 22) was right to warn against rewarding the double dippers - election candidates who seek to double their incomes by getting elected to both the Wanganui District Council and our DHB. That way they also get twice the bang for their signage buck and the name recognition of being a sitting councillor.

Worse, they keep other worthy candidates, particularly health advocates and consumers, from influencing what goes on at the DHB and its many subsidiary arms working in the community.

This year will bring significant change in the way our voting Council papers are laid out after WDC joined a majority of NZ councils in switching from alphabetical order to true random order of candidates' names.

This is likely to deal a deserved blow to those councillors who have cruised through multiple elections on the basis of alphabetical advantage. They're beneficiaries of what's known in the trade as the 'donkey vote', where residents who know little and care less about the calibre of candidates just start at the top and tick their way down till they reach their quota.

Not surprisingly, a majority of our current councillors have surnames starting with A, B, C, D etc. So it's even more disturbing watching them line up for taxpayer-funded DHB salaries as well as their hoped-for ratepayer-

sourced Council cash.

But all is not lost for them this year, with the DHB providing a handy backstop. It's notable that with seven DHB members to be elected, the first seven places on the alphabetically ordered DHB ballot paper, are names starting with A, B and C. Only the bottom three - an S, a T and a V - are in the second half of the alphabet.

So voters need to think carefully about whether they want a DHB chosen by surname thanks to the donkey vote, and look down the list for the kind of experience and talent we need at a critical time for our health service. Unfortunately, we have no say in the board chair because Dot McKinnon, like so many DHB chairs round NZ, was chosen by the previous National government for reasons that had nothing to do with the alphabet.

- Carol Webb

STV system

The Editor
John Carson (August 29th) incorrectly states that my op-ed article (August 22nd) was inaccurate and misleading because Hamish McDouall only needed 1,862 more votes to get elected and that Mayors get elected under STV with less than a 50% majority.

I have spoken directly to Mr Carson on several occasions. While he understands some of the finer details of STV very well, he seems continually confused. He fails to grasp

the concept of STV when I explain it to him and seems to confuse himself with obscure calculations. Whether this is to confuse the public intentionally or unintentionally I do not know.

The fact is that under STV, to be elected, a Mayor must get 50% of the vote +1. No ifs, buts or maybe's. This calculation is called the quota. So, therefore, every Mayor elected under STV has, without a doubt, gained a majority support and a clear mandate from voters.

As for Mayor McDouall only needing 1,862 more votes, that is under the old outdated First Past the Post system, not STV and the result may very well have been different under STV. We will never know because a vote under First Past the Post does not give any weight to a vote. Further, many votes are wasted on candidates that have no chance of ever getting elected and Mayors often get elected with very small support when the vote is split, which is exactly what happened in 2016.

STV is not complicated; we have used it for years when electing our District Health Board and it is a tried and tested voting system used around the world and all over New Zealand. Even my 5 year old grandson understands the difference between First Past the Post and STV; "Granddad it's easy, instead of tick, tick, tick, it's 1, 2, 3, 4" as he informed me just recently.

- Steve Baron

Cheek & Ignorance

Dear Editor,
Recently I sat in my car in the Countdown carpark while waiting for a call on my mobile and observed what I consider is becoming more and more frequent cheeky and ignorant behaviour by motorists.

Firstly, is the common use of the disabled and pregnant carparks by drivers who are neither seemingly disabled or pregnant. Secondly, and what I consider more serious, is speed. Someone is going to get hurt badly someday. I just hope it is not me!

John Gifford, Otamatea

Sports Talk

with Mark Dawson

Rugby World Cup

How will we take it when the All Blacks fail to win a third successive Rugby World Cup in Japan?

Will we take it on the chin, shrug it off and say: "Well, it's a funny old game ... bounce of a rugby ball and all that?"

Or will we collapse into depression, cursing and gnashing our teeth and shrieking: "Hansen must go!" (PS: He will have already gone by then).

It was certainly a spiral into the slough of despond and collective self-flagellation across the nation in 1999 when France made that amazing comeback at Twickenham against the Jonah Lomu-inspired Kiwis, turning a 14-point halftime deficit into a 43-31 rugby carnival. (A carnival of death if you're a New Zealander).

And, again in 2007 when Les Bleus - with a little bit of help from officialdom - pulled off an unlikely victory in Cardiff.

We were favourites

again, our name surely etched on the Webb Ellis trophy, but, no ... France's 20-18 win in that quarter-final saw a dark pall of doubt, confusion and anguish consume the long, white cloud and hover overhead for a couple of years.

It was a slab of navel-gazing gloom deep enough to make Sir John Kirwan seek help and it only fully lifted when the cup came home to these shores in 2011.

Now Hansen, Read & Co are attempting an unprecedented treble, but the odds are against them.

Japan 2019 looks like the most open World Cup ever, with half-a-dozen teams in with a chance of karma in Yokohama on November 2.

Even if you write off those teams that appear to lack the necessary depth in their squads or which struggle to string the necessary three high-pressure performances together, that still leaves England and South Africa.

And, of course, the ulti-



Mark Dawson

mate result is quite likely to be decided by a controversial refereeing call. Just offside or not quite; forward pass or carried forward by momentum; red card or yellow card?

So we must be braced to accept defeat, turn away and watch the sun rise next day - and not spend the next two years wrapped up in soul-searching misery.

Remember the old adage: "Losing is like winning ... only the other way round."

Any correspondence to this column can be directed to email: rivercitypress@xtra.co.nz which will be passed on to Mark.

LETTERS TO THE EDITOR

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

The Magic of Music

A Workshop series with Julie Wylie

Opening up a magical world of possibilities through musical play

7TH - 9TH
September



Venue

Central Baptist Community Centre
285 Wicksteed Street

Musical Parenting Workshop

SATURDAY 7TH

9am to 10am

for parents of 0-3 year olds

10.30am to 11.30am

for parents of 4-6 year olds

The Art and Psychology of Musical Play

(for therapists and professionals
working alongside children)

MONDAY 9TH

10am to 2.45pm

Workshop for families of children with special needs

SUNDAY 8TH

2pm to 3pm

for parents of 0-3 year olds

3.30pm to 4.30pm

for parents of 4-6 year olds

Musical Play & Parenting (for Parents and Teachers)

MONDAY 9TH

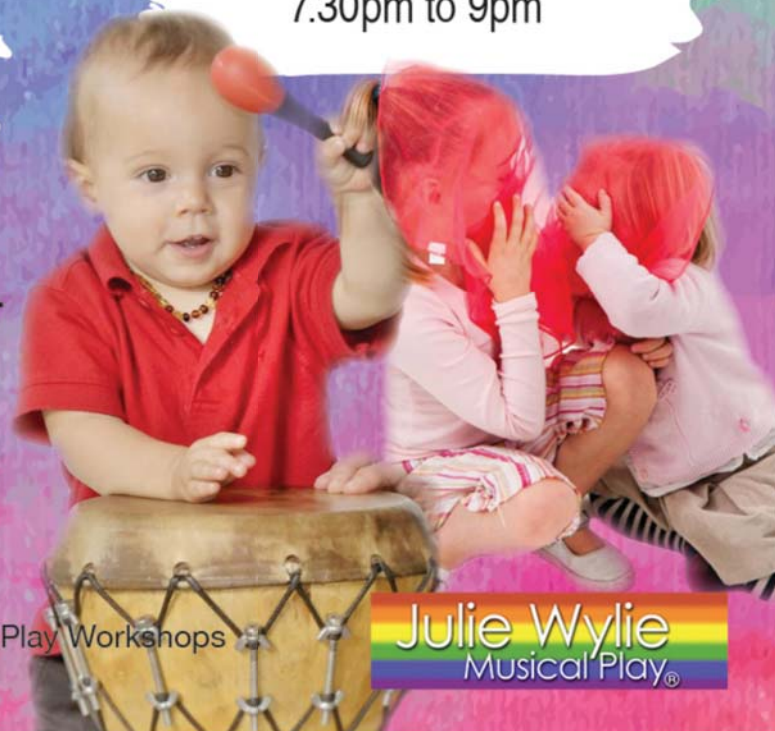
7.30pm to 9pm

SO YOU DON'T MISS OUT - REGISTER AT

musicalparentingwhanganui@gmail.com or
www.facebook.com/Whanganui-Musical-Parenting
For further information contact Jo on 027 2075315

TICKETS AVAILABLE AT

Whanganui Central Baptist Kindergarten,
285 Wicksteed St, Whanganui
\$5 parents and \$50 for Art & Psychology of Musical Play Workshops
Door Sales available and eftpos



Julie Wylie
Musical Play®



MIRO

**Solution Dyed Nylon - 50oz
Residential Extra Heavy Duty
For a limited time only**

was \$185.00

\$148.00

per lineal mtr

STOCK VINYL

2 mtr wide **\$49.00**

3 mtr wide **\$73.00**

CARPET OFF CUTS

from **\$4.00**
per square mtr

**AVAILABLE
NOW**

18 MONTHS INTEREST FREE

* Conditions apply



FLOORING XTRA

Hobday & Lorentzen Flooring Xtra
31 Wilson Street, WANGANUI. PH 06 345 5405