

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

Converting an aircraft into seaside accommodation in Castlecliff

BY DOUG DAVIDSON

James Barron came to Whanganui six years ago in a search for seaside accommodation. He found a house and a section in Karaka St, Castlecliff, overlooking the beach.

Now the section will be home to a Convair 580 plane converted to a home. James says, "It will be a unique attraction for Whanganui. I wanted something different – something out of the box." After coming up with the idea he made a bid for a retired Air Chathams freighter. However, Air Chathams General Manager, Duane Emeny advised him that they had a more suitable plane – a

recently retired ZK-CIF Convair 580. The Convair 580s have been in service since the 1950s and are described by Duane as "The American Muscle Cars of the Sky." Air Chathams were keen to see the plane have a good retirement – "A better future than becoming coke cans." It is also the only occasion Air Chathams has sold any of its fleet to a private buyer in the last 19 years.

They bought it in 2005 and used it for flights in the Pacific Islands. But in 2016 it was introduced to the Whanganui-Auckland route and James is pleased that, "The plane that helped save Whanganui airport, will now become a home on the flight path into the airport."

The plane is stored at Auckland Airport and is being transported down in parts to Whanganui – but no longer via the Paraparas. The tail is already off and the wings will be removed. The body is 24 metres long and about 3.5 metres wide. It will be formerly welcomed to Whanganui on Friday, November 1.

Local engineering firm, BPL Engineering, will manage the placement of the plane on the section. The plane, resting on its supports looking out over the beach to the Tasman Sea, will be a great attraction in itself. James has no doubt about the strength of the Convair saying it "is



James in front of the 'sister' to his Convair, still in operation with Chathams Air, at Whanganui Airport

very strong – way over engineered. It won't bounce around."

The fit out, James explains, will probably take nine months making it ready for next year's summer. "I will leave it to the experts but it will be large enough for a double bed-

room, four bunks along the corridor, a lounge and dining/kitchen room as well as a toilet – already there – and a bathroom."

James has been an IT Consultant for SAP Software Solutions and lived in Germany and Australia for 12 years. He has worked

with the New Zealand Police, Fonterra and the New South Wales Department of Education. He returned to Wellington to look after his mother and decided to buy property somewhere on the west coast of the North Island up to New Plymouth.

He discovered Castlecliff and bought a house planning to use it as a bach.

But he fell in love with the suburb and with his partner, ended up buying not one but two houses and to live here full time.

Continued on page 2

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Check out what's in this week's RCP

It has been a good time for James Barron. He was elected to the District Council recently and the plane he bought to convert into a home in Castlecliff, will be formally welcomed to Whanganui on Friday. (See our front page article). It should become an iconic attraction for Whanganui residents as well as visitors.

Also elected onto Council, or more accurately re-elected for her sixth term, was Philippa Baker-Hogan (page 15). However, she won't be breaking any records for the longest serving councillor unless she is able to get the roofing of the Velodrome through Council. She has promised that this will be her last term if she doesn't.

Thanks to ex RCP journalist, Trevor Mackay, for writing the obituary for ex-councillor and DHB member, Allan Anderson (page 9). Allan was noted for his extensive involvement in community activities especially for his fundraising on behalf of Bushy Park.

The big news last week was Whanganui scoop-



Doug Davidson,
journalist@
rivercitypress.co.nz

ing the Keep New Zealand Beautiful Awards (page 3). On the same page is a historical article from Murray Crawford, another ex RCP journalist, asking why it took so long!

You have to admire Mark Christiansen and his supporters in the Heritage Food Crops Trust for the invaluable work they do in testing fruit for health properties (page 12). And now they are giving away 1500 heritage 'tangerine' tomato plants at the market on 9 November. Check out some of the health properties of these tomatoes.

- Doug Davidson

The Runway Mile 2019 was originally to run on Sunday, September 8 but had to be postponed due to heavy rain. It will now be held on Sunday, November 17 from 9am to 12 noon. The details remain with the addition of a draw for a flight over Whanganui for three in a helicopter provided by MidWest Helicopters and which all entrants in the races or walk will be entered.

The Race Schedule is as follows:

9.00 am - Venue open to competitors and general public.

9.30 am - Race 1: Columbus Coffee Scooters and Skateboards - Primary / Intermediate.

9.50 am - Race 2: Mitre10 MEGA Whanganui Primary / Intermediate School Mile.

10.10 am - Race 3: Loaders Wanganui Secondary School Mile.

10.30 am - Race 4: Pacific Helmets Open Mile. (Men and Women).

10.50 am - Race 5: Jane Winstone Retirement

Runway Mile 2019 rescheduled to Sunday, November 17



The Whanganui Airport runway

Village Runway Walk. Participation rather than competition - Open to all.

Entry Fees and Prizes:

• For events 1 to 3 - \$5.
• Men and Women Mile - \$10.00.

• Runway Walk. Individual - \$5, family \$5 plus \$2.50 for each additional family member. Likewise for groups.

• Certificates to be issued for each race other than No 5.

• Spot prizes will be awarded to ten participants in each race 1st, 2nd and these have a collective value of over \$2,500 and have been donated by Air Chatham's, Sanitarium, Jane Winstone Retirement Village, Wanganui Aero Club, Pak 'n Save, MARS Petcare, Harvey Norman, Bark and Boulders, McDonalds - Victoria Avenue, Rutland Arms Inn, New World, Toyota Wanganui, The Mad Butcher, Scooters Sports Bar.

The Airport Tower:
The Tower is a listed heritage building the façade of which has been refurbished to the condition it was when it opened on 9 December 1961. Work is now concentrated on planning and design-

ing the interior with the objective of establishing an Aviation Museum and Education Centre. Much remains to be done but the Cab is open for visitors being very much as it was in 1989 when Air Traffic Control services at Whanganui Airport ceased.

On Sunday, 17 November, the Cab will be open for visitors from 10 am and close at 3 pm.

Entry Forms:

Entry Forms are available from Sport Whanganui (Springvale Park), i-Site on Taupo Quay, South Beach Café at the Airport and River City Press in 52 Ingestre Street or may be downloaded from the Sport Whanganui Website www.sportwhanganui.co.nz

Entries close at 5pm on Monday, November 11 and may be left at Sport Whanganui, River City Press or posted to P.O. Box 545, Whanganui.

Late entries will be accepted on the day at the Official tent at the venue, Whanganui Airport. Entries will be accepted up to 15 minutes before the scheduled starting time for any particular race or the walk.

~ Pigeon racing results ~

The St Johns Club Wanganui Pigeon Racing Adjunct held its seventh race in the 2019 Old Bird Season with a race from Whangarei. The race attracted 75 pigeons from 7 flyers. The winner from the loft of Shane Gudopp covered the 503km in 6hr 57min 13 sec, with an average speed of 1205.5 meters per minute or

72kph. The pigeons experienced fine weather conditions on their flights to Whanganui.

Results were: Shane Gudopp, 6hr 57min 13sec; Jim Pullins, 7hr 1min 30sec; Dave Lacy, 7hr 3min 4sec; Geoff Underwood, 7hr 7min 34sec; Robert Barnes, 7hr 11min 47sec; Don Lacy, 7hr 15min 26sec.

Converting an aircraft into seaside accommodation



The location of where the seaside accommodation will be in Karaka Street, Castlecliff.

Continued from page 1

James soon got involved in the community, joining Progress Castlecliff, building their social media presence as well as assisting with developments on Rangiora Street, including the placement of the new library hub there. He was recently elected a councillor on the Whanganui District Council.

He says, "I could see from the beginning that Castlecliff had something going for it. There is a vision for the area and locals are prepared to stand up for it." The project, or as James describes it, "The Vision", is motivated in part by his love of the seaside suburb and his desire "to build on and to continue progress in Castlecliff". He adds - "It will be a unique and compelling story of Whanganui innovation and a positive difference."

The project has been supported by Whanganui and Partners which sees it as an opportunity to showcase Whanganui and by the District Council with advice on rules and requirements.

James' Convair and future home will be delivered into Whanganui this Friday. You will be able to see parts of it before it is put together on site, at Gilbert Street.

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Whanganui scoops Keep New Zealand Beautiful awards

Whanganui has won the Most Beautiful City and Best Street categories in the Keep New Zealand Beautiful Awards announced at a ceremony in Dunedin on Thursday, 24 October 2019.

The awards celebrate towns, cities and local heroes who lead the way with outstanding environmental and beautification work.

A number of local initiatives were identified in Whanganui's most beautiful city entry including Whanganui Walls street art festival, Coastcare activities, the urban Shared Pathways initiative, Whanganui's Town Regeneration work, Bushy Park activity, litter and anti-dumping initiatives, the Heritage Grant Scheme and many more.

The Most Beautiful Towns and Cities finalists were judged by KNZB's CEO, Heather Sanderson and celebrity Chef, Michael Van de Elzen.

Michael loved the fact that everyone in Whanganui was getting involved in making the city better, from the local council to the surrounding iwi. "The recycling centre was just incredible and really set Whanganui apart - I wish every town and city could have

one," he says.

Whanganui Mayor-elect, Hamish McDouall, says winning two categories is quite simply outstanding.

"There has been a big surge in beautification projects happening in Whanganui over the past year. They range from a street art festival to a scheme funding heritage buildings' enhancement work. These wins showcase the town-beautification work and sustainability initiatives that are in our community."

The Ridgway Street precinct between Dews and Victoria avenues won Best Street category.

Councillor-elect Helen Craig, who entered Ridgway Street into the awards in her personal capacity, says, "Ridgway Street is one of New Zealand's most beautiful streets, with wall-to-wall heritage buildings, beautiful blossom trees in spring, a small park and a temporary activity and food-cart pop-up community space last summer. A recently-added huge mural overlooking the park is the icing on the cake."

"It's thanks to Town Centre Regeneration Project Manager, Ellen Young and citizens like Dave Corney, who generously supported the pop-up park, that helped us to win this award."



Ridgway Street precinct between Dews and Victoria avenues won Best Street category

Whanganui: NZ's most beautiful city - Why did it take so long?

- By Murray Crawford

Of course Whanganui is NZ's most beautiful city, but the question must be asked: "Why has it taken so long?" The aim to achieve such status was propounded over 100 years ago and we have one of London's leading horticultural experts to thank for helping to get the ball rolling.

David Tannock began his internationally recognised career at Kew Gardens before being appointed Dunedin's Superintendent of Gardens & Reserves. In 1918 he was invited to Whanganui to advise on how best to beautify the town and make the most of its public reserves.

The Whanganui Scenery Preservation & Beautifying Society had been established several years previously with branches operating in most suburbs. Its efforts had not gone unnoticed, with enquiries from its Blenheim and Onehunga counterparts who wanted to know the se-



David Tannock

cret to Whanganui's success thus far. They noted that beautification "not only attracts attention and compels admiration, but helps considerably to send the town ahead, attract population and add to the general prosperity of the place."

On his arrival Mr Tannock was given a civic welcome, then a grand tour of the town's reserves including Virginia Lake, Aramoho Cemetery, Durie Hill, Castlecliff, the Borough Nursery and the main parks, both scenic and recreational. He was impressed with what he saw, particularly at Virginia Lake and predicted that Whanganui would soon be known as New Zealand's garden city.

He made numerous recommendations includ-

ing the improvement of Queens Park (soon to become a centre of attraction once the Sarjeant Gallery was completed), that "melancholy and ever-the-same pines" should be uprooted and replaced and questioned why fences (designed to keep people out) were installed around places where people were encouraged to go in. He advocated banning

ugly hoardings and the laying down of attractive roadside berms so that "a man could use his lawn mower with some degree of pleasure."

Home owners were encouraged to establish "model cottage gardens" with vegetables and fruit trees and to increase the value of their properties by beautifying their front yards. He recommended the formation of a Town Planning Branch to ensure the orderly layout of streets and buildings and the provision of a caretaker's cottage at Virginia Lake (now the Funky Duck Cafe). He also advocated the installation of children's playgrounds, along with detailed instructions on how to make them challenging, but safe.

"Mothers should supervise their children's play," he observed. "Far better than gossiping over the back fence or gadding about town." We can imagine the outcry such a statement would receive should any man be reckless enough to utter it today, but in 1918 the Dunedin Superintendent of Gardens & Reserves got away with it.

David Tannock was made an Officer of the Order of the British Empire in 1948. He's been

~ Golf results ~

Tawhero 9 Hole Golf Results

Par Round 1: 29 October - **Men's Division 1:** Peter Granger 2 under, Sam McGregor 1 over on c/b from Tony Hore. **Men's Division 2:** Dave Johnston 3 under on c/b from Patrick O'Leary, Aubrey Frost all square on c/b from Geoff Clark and Brian Quinn.

Ladies Division 1: Joan Shore 1 under, Jan Ruby 1 over, Kaye How 2 over. **Ladies Division 2:** Priscilla Fonseca 2 over, Maureen McIntyre 3 over on c/b from TJoan Ogilvie and Elizabeth Lennox.



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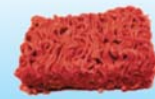


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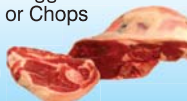
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~ Volunteering for Age Concern Wanganui ~

Age Concern Wanganui has over 350 volunteers and Manager, Michelle Malcolm says, "We couldn't run all our services without them." The RCP decided to check in with two of them – Pam Pointon and Jan Brett.

Pam has been a volunteer for four years. She was invited to join when she was doing SAGO (Steady as you go) programme and is now a peer leader for the exercise programme. She is also a receptionist on the front desk, as well as a Meals on Wheels driver.

She became a volunteer partially because she had a clerical background

and enjoyed being a receptionist and meeting people. She adds, "I also enjoy the camaraderie of other volunteers, staff and the people doing SAGO."

Jan Brett joined Age Concern as a volunteer back in 2005, soon after she retired from her receptionist role at the Hospital. Colleague and friend, Ailsa Stewart, 'encouraged' her to sign up. Jan also used to be a SAGO leader but now focuses on reception work including relieving those that can't make it, which happens more often in winter and school holidays.

Pam does about 15 hours a month and Jan

anywhere between 6 and 12 hours a week. Jan says, "Once you finish work it is important to get involved and stay connected to the community. It is also a way of developing new friendships." She adds with a smile, "It is also important to keep management on its toes."

Both of them says, "It is laid back and we are all here for the same purpose. There is no them and us when it comes to the paid staff." They look forward to their Christmas lunch together. All volunteers in the office and programmes get training.

Another important area of volunteering is being a

Meals on Wheels driver and deliverer. Meals are delivered Monday to Friday and it takes about an hour of your time. They always need more drivers and are pleased that some business and community organisations are volunteering. You can do it as little as once a month.

Volunteers can be both female and male (they would like more males especially for their accredited visitor programme) and all ages. The oldest volunteer is in her 90s and one volunteer was there for 30 years.

To find out more, contact Age Concern on 345 1799. You might end up talking with Pam or Jan.



Jan Brett, Michelle Malcolm and Pam Pointon



INTERNATIONAL VOLUNTEER MANAGERS DAY

Tuesday 5 November

Recognising the roles of individual managers of volunteers

International Volunteer Managers Day was observed for the first time in 1999. It was developed to recognize the roles of individual managers of volunteers and their importance in the mobilisation and support of the volunteers. It will

be celebrated on Tuesday, November 5. The theme this year "changing the tune!" presents an opportunity to reflect how Volunteer Management can go forward into the next 20 years.

The day is a chance to celebrate the vital work

Volunteer Managers provide to volunteers. Without them, volunteers' time, talents and efforts would be wasted. It is useful to note that there is an estimated 1.2 million volunteers in New Zealand.

There is a four point Statement of Values behind the Day. They are:

- Volunteer Managers have the skills and knowledge to help people be part of the solution in meeting community needs;
- Volunteer Managers change lives – both the lives of volunteers themselves and of those served by well-led volunteers;

- A well-run volunteer programme shows the community, including donors, that the organisation is not afraid of public

- scrutiny and involvement and endeavours to make the most efficient use of monetary assets;
- Well-led volunteers

become an advocacy and public relations force for an agency or programme – a force no amount of money could buy.

Volunteers help many organisations with significant contributions of time

The report shows that volunteers contributed over 13.5 million hours working for organisations over the previous four weeks. At the 2016 minimum adult hourly wage rate of \$15.75 an hour, this equated to just over \$213 million every four weeks. As the current rate is \$17.70 the total would be considerably more today.

Those who have high rates of volunteering

1. Women volunteer more than men – 30.9% compared with 25.3 %. This can be explained in part by women making up a higher % of those not in the labour force.
2. Older People – those aged over 45 were more likely to volunteer for an

organisation.

3. Home-ownership – people living in owner-occupied dwellings were more likely to volunteer than those who rented. This may be explained in part by home owners likely to be older.

4. Income Level – People earning over \$70,000 were more likely to volunteer.

5. Highest qualification – People with a level 5 diploma or above.

6. Life satisfaction – Volunteering rates also tended to increase with higher levels of both life satisfaction and feeling that life is worthwhile.

Types of volunteering

- Small number of volunteers contribute over half the volunteer hours

– over half the total hours contribution was by the 14.1% of people who worked 25 or more hours over the four week period

- Men and women engage in different voluntary activities – Men were most likely to volunteer for sport and recreation organisations, while women were most likely to volunteer for religious or spiritual organisations.

Reasons for not volunteering

The most common reason people gave for not volunteering for organisations was "did not have the time." (44.6%) followed by "no one asked me to volunteer." (16.9%).

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Fundraising stall this Sunday to help rehome local dogs

Despite having no kennels and no paid staff since it started dog rescue charity, ARAN [Animal Rescue Action Network], has saved and re-homed well over a thousand dogs and puppies from death row in North Island pounds.

To raise urgently needed funds, ARAN is having a stall at Durie Hill market this Sunday. There will be all sorts of bargains and not just for pet owners. ARAN specialises in rescuing pound dogs but also helps with

unwanted dogs from the community whenever possible. All ARAN dogs are vet checked, vaccinated, de-sexed and treated if necessary before being fostered or re-homed.

ARAN, an officially registered charity,

depends on donations, sponsorships and grants and relies entirely on a network of volunteers for fostering and transporting its rescued dogs all over the North Island.

It values its relationship with the Whanganui pound, which has its own active re-homing programme. ARAN then takes on all the 'leftover' dogs that would otherwise be euthanased.

In the registration period 2018 to date, ARAN has taken on 136 dogs and puppies from the Whanganui pound, plus another 25 direct from community requests.

It does not discriminate. It accepts dogs

of all ages and backgrounds, including those with disabilities, from puppies and nursing bitches, to working dogs and older dogs needing a new home. Its focus is on pound dogs although it works with other animal rescue agencies as required.

Most ARAN dogs are re-homed outside Whanganui but its adoption contract states that it will always take a dog back if necessary.

It very much appreciates the support of and relationships with Whanganui Veterinary Services and Vets on Carlton and other volunteers and sponsors but funding is an ongoing issue.

ARAN dogs needing homes and fosterers can be seen on <https://www.arananimalrescue.org.nz/> or [facebook.com/ARANRescueNZ](https://www.facebook.com/ARANRescueNZ). Contact details: aran.rescue.nz@gmail.com

Durie Hill market is on Sunday, 3 November at the former St Barnabas Church, Maxwell Avenue between 11am and 2pm.

Pigeon racing results

The St Johns Club Wanganui Pigeon Racing Adjunct held its sixth race in the 2019 Old Bird Season with a race from Auckland. The race attracted 92 pigeons from 7 flyers. The winner from the loft of Jim Pullins covered the 318km in 4hr 2min 3 sec, with an average speed of 1324.32 meters per minute or 78kph. The pigeons experienced mixed weather conditions on their flights to Whanganui.

Results were: Jim Pullins, 4hr 2min 3sec; Geoff Underwood, 4hr 4min 47sec; B and A Fairweather, 4hr 5min 3sec; Shane Gudopp, 4hr 5min 46sec; Dave Lacy, 4hr 5min 53sec; Robert Barnes, 4hr 11min 48sec; Klem Ryder 4hr 27min 27sec. Sprint Championship won by Dave Lacy.

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New Twilight Cricket Tournament starts November 18

A weeknight cricket tournament for local businesses starts this summer.

The inaugural tournament initiated by a partnership between Cricket Wanganui and the Whanganui Cancer Society will be held over eight weeks on Monday nights at Springvale Park starting on November 18.

The Cancer Society got involved when their Fundraising and Events coordinator, Emma Anderson, wanted to find an opportunity for her husband who is a two-time cancer survivor to play cricket but his retail career has prevented him from playing at the weekends making evenings the only available time.

Emma says "It's also a time of the year when the Cancer Society wants to remind our community to use sun protection when the UV Index is 3 and above which can occur well into the early evening in summer months."

She said Cricket Wanganui will manage the game draw, ready the pitches and oversee the points system to determine the tournament winner. Teams are made up of eight players with six on the field at a time and are encouraged to be creative with their team name and uniform.

Dilan of Cricket Whanganui says, "The mixed team tournament aims to bring together local businesses for networking and friendly competition in a fast-paced game format."

"Six aside games of 12 over short match cricket ensures all players can enjoy an action packed hour or so of play and still have time for other commitments during the busy holiday season."

There will be a maximum of 16 teams in the tournament so it is suggested team captains get in early to secure a spot before November 11. To enter a team contact Jordan Healy at Cricket Wanganui, jordan@cricketwanganui.co.nz.



Mayor Hamish McDouall ready for the tournament

Blind Spot with Marion Hainsworth

The Blind Craft Group has been very busy and there is a wide range of items available that are suitable for Christmas gifts. Perhaps a pair of warm sheepskin moccasins for students going off to tertiary education in the new year? The list is long but a few other examples are: Christmas specialities, knitted soft toys, lace-covered coat-hangers, fingerless gloves, door draft stoppers, bathmats, knitted dish cloths and crochet-topped tea towels. All are available from the Peat Street Blind Centre Craft Room – accessible from the ramped side entrance, on Mondays and Tuesdays.

The bowlers will be holding their annual meeting in November, following their Auckland tournament. Thursday afternoon socials in November will be on the 7th and the 21st, at 2.00pm, in the Peat Street Blind Centre Rooms. Mini-bus transport is available if required.

Contacts: Dave, on 343-3117, Ken on 021-0245-2355 – indoor bowls and Bev on 348-4407 – for craft activities.

A reminder to Members that this news article can also be accessed on the Blind Foundation Telephone Information Service (TIS) – phone 348-4403, extension 4541.

Kowhainui Home prepares for fundraising market this Saturday

Many bargains are sure to be found at Kowhainui Home's annual market on Saturday, 2 November.

Kowhainui Home diversional therapy team leader, Frances Craven, says there will be a wide variety of stalls for shoppers to peruse, including toys and clothing, knitted garments, home-baked goods and of course a white elephant stall.

"This is an opportunity to make a start on the Christmas shopping and find a bargain or two," Frances says.

The home has organised the market to raise funds for its recreation and activities programme.

"All proceeds are put back into Kowhainui Home for resident activities and outings," says Frances.



Kowhainui Home

Recreation programmes at Enliven rest homes support elders to exercise personal freedom, choice and independence – a critical part of Enliven's care philosophy.

The market will be held under cover in Kowhainui Home's recreation lounge

from 8am until 2pm so it will go ahead rain or shine.

Kowhainui Home can be found at 88 Virginia Road, Otamatea.

Enliven's Kowhainui Home and Villages in Otamatea offers independent retirement living,

rest home and hospital level care, as well as short-term respite, health recovery care and an engaging day programme. For more information call the friendly team on 06 349 1400 or visit www.enlivencentral.org.nz.

Programme founder of Counterpunch Parkinson's talks on value of exercise

Parkinson's Society Wanganui held a fund raising breakfast at Jane Winston's Retirement Village on Wednesday, October 31. Tickets were \$20 per person but as Jane Winston met all the costs including that of a raffle, well over \$1,000 was raised through the 60 people who attended.

Following the breakfast, Lisa Gombinsky Roach, Head Coach of Counterpunch Parkinson's as well as being the Programme Founder and Director, spoke. Lisa also trains and accredits coaches throughout the country including in Whanganui, where the programme started in May.

Janice Handley, the Society's Community Educator, told the RCP that "We now have two classes a week, with about 10 to 15 participants in each including carers." The classes are fully funded and are held in the River City Boxing gym at the Kaiara Club. Sala Tiko-Temo is the accredited coach.

Lisa pointed out that the idea that we lose brain cells as we grow older is not true. "The brain can repair itself and exercise helps." Previously those with Parkinson's were told "take these pills and rest up." But exercise can "minimize the effects of Parkinson's and many other diseases, especially at the time of diagnosis." Exercise will help in finding "alternative routes from the brain."

She said that "it is better dealing with a problem than avoiding it – such as the problem of balance." It is like a tennis player with a weak backhand. You practice to make it better. She encouraged the audience to "use an illness as a driver." Instead of



Lisa with Janice at Jane Winston

stopping walking because of the fear of falling and the fear of being unable to get up, it is important to challenge it, otherwise cognition and living skills will deteriorate.

"It is important to get a bit uncomfortable, to exercise at higher intensity," which will vary with the

individual, to push back, even prevent diseases. But all exercise helps, including a 30 minute walk. "Sedentary behaviours speed up decline."

For more information about Parkinson's Society Wanganui and/or the Counterpunch programme contact Janice on 027 218

9988. There will be a Parkinson's street collection and stands outside supermarkets this Thursday, October 31 and a market stall at the River City Traders Market on Saturday, November 2 as part of Parkinson's Awareness Week.

Junior sailing this weekend

New age junior sailing comes to Whanganui's Pauri Lake this Saturday and Sunday. The Open Skiff class is designed to make sailing fast and exciting for junior sailors. The composite plastic boats have a windsurfer style sail that is easy to transport and rig, making sailing accessible for the whole family.

Sir Russell Coutts has been a promoter of the Open Skiff class since its introduction.

"The open skiff is a fantastic boat for young sailors to experience the joy of sailing. It is fast, exciting and fun to sail yet simple to rig and maintain. Many of the skills learnt in the skiff will be easily transferred to other boats as sailors evolve and progress onto other forms of sailing."

This weekend is an early season competition for all comers to race and learn, with coaching on and off the water. Junior sailors are expected from around NZ to join our local juniors for 2 days of fun and competition. Over 15 boats are expected to make up the fleet.

More information is available at: <http://openbic.org.nz/>

Theosophy public talk and AGM

Theosophy Whanganui has a public talk this Sunday, 3 November with two speakers from 2pm; Carol Collier and then Barbara Zanarb who are from Hamilton.

Carol's topic is 'Theosophy – Omnipotent, Omniscient, Omnipresent', from the stream to the mighty ocean – the Soul's quest to find its way home.

Barbara's topic is 'Who am I in the LIGHT of Theosophy?'

There will be a shared dinner pay-for-self, afterwards 5:30pm. Venue: Community Arts Centre, 19 Taupo Quay, back river entrance in Awa room. All welcome.

Free entry (gold coin donation appreciated). Refreshments provided afterwards. Enquiries to Kirsty txt 0212123819.

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IMPORTANT DATES



Tuesday 5 November

- Y11 finish & reports issued
- Y11 Prizegiving at 1.30pm in the Hall
- Juniors, Y12 & Y13 released at 12.50pm

Wednesday 6 November

- Y12 finish & reports issued
- Y12 Prizegiving at 1.30pm in the Hall
- Juniors and Y13 released at 12.50pm

Wednesday 6 November

- Y13 finish & reports issued
- Y13 Prizegiving at 7.00pm in the Hall
- Followed by supper in the Library

Friday 8 November

- NCEA External Examinations begin

Friday 6 December

- Y9 & Y10 finish & reports issued
- Y9 & Y10 Prizegiving at 11.00am in the Hall

Tenā koutou katoa.

The final week of Term 3 saw the whole school taking part in a wide range of Mental Health Awareness activities through House assemblies, break times, and learning area activities. The last day of the term culminated in a very successful 'Litter Free Lunch Day' – many more to come!

Throughout the first three weeks of this term we have celebrated wide-ranging student successes at our Sports Awards, Pasifika Awards, Arts Awards and Māori Awards evenings. We have also acknowledged student achievement through our Achievers' House assemblies.

We head into the Senior School Prizegivings over the next few days and then the NCEA external examinations will begin on Friday, 8 November.

I wish all Year 11 to Year 13 students the very best for your various external examinations. Listen to the advice of your teachers and parents; maintain your academic focus and be mindful of your overall health and well-being over the next few very busy weeks.

Ngā mihi nui

Martin McAllen - Principal

*MEd Leadership with First Class Honours,
PG Dip Ed Leadership, BA, Dip Tchg*

PRINCIPAL'S
NEWSLETTER
FOR
OCTOBER
2019



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CALEB GILMORE

Caleb Gilmore has recently returned from the IDM Motorcycle Racing Cup Series in Assen, The Netherlands. Caleb is racing for the Carl Cox Motorsport team, who have also signed him up for the new 300cc Super Sport Series in January 2020



SHEA ROBINSON

It has been a busy year for motorsport enthusiast Shea Robinson, who recently returned from a trip to the United States. He was part of the Drift Motorsport NZ Team, attending a round of the Formula Drift Championships in Dallas, Texas. This event gave Shea valuable behind the scenes information, as well as opportunities for sponsorship meetings. Shea is still working hard to secure sponsorship to allow his team to send two cars to compete in the 2020 Formula Drift Championships.

JAMES GRAY

Earlier this year target shooter James Gray made the North Island target shooting team, and won the Grennhough Trophy. More recently, James was awarded overall Top Boy in the Target Shooting New Zealand Secondary Schools' Postal Shooting Challenge.



EMELYE BROWN

passed the Trinity College of London, Musical Theatre ATCL Diploma examination with Distinction. Her performance integrated the use of acting, singing and dance and has earned her credits towards first year performing arts study in the UK. Continuing her performing arts success, Emelye was also awarded top regional soloist at the DanceNZmade competition.



ABBY SQUIRE

Dancing superstar, Abby Squire has recently achieved 100% Distinction in the American Jazz Dance Affiliation (AJDA) Advanced 1 Examination Grade. Abby dances with Sharyn Underwood School of Dance and we congratulate her for achieving 100%.



MIRA MEIJER

Mira Meijer won the 'Modern Contemporary' section at the Whanganui Dance Competition. The competition was held during the school holidays at the Royal Wanganui Opera House. In the Group section our dance team 'One Woman Army' danced away with a second placing.



ENROLMENTS

2020

For further information and enrolment packs please phone the School on 06 349 0178

ENROLMENTS FOR 2020
ARE STILL BEING
RECEIVED BY
THE SCHOOL.

INTERNATIONAL DEPARTMENTAL NEWS

Our International students love the opportunities, trips, countryside and spending time with their Kiwi homestays and international friends. Some take part in our Sports Performance Programme and go back home excelling in their sport. For example, Karl Loebe from Germany was one of our outstanding students in athletics last season and, on his return to Germany, beat the reigning 800m champion. International students enjoy extra-curricular activities that they cannot always do in their home country. Puanga celebrations were a real highlight this year for the International students. Short-term groups from Chengdu, Yuncheng, Ho Chi Minh City and our Sister Schools in Xuzhou and Toyooka visited us – nearly 100 students with parents and chaperones. Some of the visitors from our Chinese sister-school Xuzhou were able to catch up with their Kiwi buddies from Whanganui High School's trip to Xuzhou a year ago.

IF YOU ARE INTERESTED IN HOSTING AN INTERNATIONAL STUDENT, PLEASE CONTACT WHANGANUI HIGH SCHOOL ON 06 349 0178 DURING SCHOOL HOURS AND ASK FOR OUR INTERNATIONAL DEPARTMENT.



NZRDA
New Zealand Riding for the Disabled
WANGANUI GROUP INC.

FUNDRAISING EVENTS

Ride Like a Girl, Movie Night - **TONIGHT, Oct 31** A Summer Celebration Concert - **November 9**

'Ride Like a Girl' - fundraiser for RDA tonight

'Ride like a Girl' is the movie about the first woman jockey to win the Melbourne Cup. Michelle Payne rode 'Prince of Penzance' to glory in 2015 in the 'race-that-stops-a-nation'. To do so, she had to overcome a generation of Aussie blokes and blockesses



who would never believe that a woman had the strength, guile or ambition to triumph in a race that is regarded as the world's toughest 3200 metres. The Review in Stuff points out, "Oddly, this misogyny never extended to the horses. Mares and fillies have

won the cup many times." It is being shown at the Embassy on Thursday, October 31 with tickets costing \$25. It is being organised as a fundraiser for RDA by Whanganui's well-known and successful jockey, Lisa Allpress. The story is more than a successful ride. It is also

Michelle's relationship with her Downs Syndrome brother, Stevie, who plays himself in the movie. New Zealander, Sam Neil, plays Michelle's father, Paddy Paine. Phone Chris McLeod 027 232 7804 or check Embassy 3 for tickets.

A Summer Celebration - Community Choir and Friends supporting RDA - November 9

The Whanganui Community Choir and Friends will be presenting their end of year Charity Concert - 'A Summer Celebration' in support of 'Riding for the Disabled,' on Saturday, November 9.

Their guests feature the trio of Win Livesay (voice), Ingrid Culliford (flute) and Abigail Livesay (piano) as well as collegiate student, Ethan Castellanos and the Whanganui High School Choir - AwaSide.

Ethan will be singing the Elvis Presley number, 'Can't Help Falling in Love.' AwaSide, who did very well in the recent secondary schools choir event based in Whanganui, will sing by themselves and with the Community Choir.

Musical Director, Lynn Whiteside, says there



will be a wide range of popular music including 'All the leaves are brown', 'Circle of Life' and 'Heal the World'. There will also be a song in Te Reo Maori, a schola sacra type number and a selection from Mamma Mia.

The concert starts at 2pm at the Christ

Church Anglican Church in Wicksteed Street. It will be followed by afternoon tea, with the food served in tiered plates.

Tickets cost \$20 for adults and \$15 for seniors. Students pay \$10 and children under 12 are free. They can be purchased at the door or

from a choir member or by phoning Edwyna on 344 7974/027 360 1335.

The proceeds go to help RDA purchase the land they currently lease to ensure their invaluable work continues. There will also be a donation box for anyone wanting to make a donation.

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Teaching jewellery skills with Community Education

Craig Winton started his career in jewellery making, carving bone and shell but after travelling to Scotland and settling in Edinburgh with his partner Amanda, he took a series of night classes in jewellery making. Craig learned to use the basic

tools to create silver jewellery. Just as he teaches his students these days.

He moved back to New Zealand and came to live in Whanganui where he worked from home on Bastia Hill and then from Antenna on Dublin Street.

This August Craig set

up his new studio, Metal and Stone, at 55 Ridgway Street. He has a gallery from which he sells his work and a workshop at the back where he creates his jewellery. Craig does commission work and can rework your old jewellery to create something

new and exciting. You can check out his work at www.craigwinton.com.

He will be presenting two courses in November with Community Education for whom he has led classes for a number of years. On Sunday, November 10 the focus will

be on making earrings and on Sunday, November 17, it will be on making silver bands. The times for both days are 10am to 4pm. The location is the art room B102 at UCOL.

All the metal will be supplied. You can bring your own stones or choose from

Craig's collection. You could possibly recycle your old jewellery. You can do both courses or just the one. The cost including the silver is \$140 for each course.

Craig's attitude is "to provide students with the same opportunities I had."

It is an opportunity to see how jewellery is made, try out the process for yourself and at the end of the day have some unique jewellery.

For more information or to book, phone Community Education on 345 4717.

Craig Winton with some of his jewellery making equipment

Australia Chanteuse returns to Whanganui

The Whanganui Jazz Club welcomes back Australian sensation, Susan Gai Dowling, to their November meeting at the St Johns Club on Sunday.

Susan has been described as "a special talent on the Australian jazz scene (ABC Radio)" and as a "soulful and buoyant singer (Cadence, Canada)".

A recording artist with more than five CDs to her credit, she has performed at major venues all over the world, including Birdland in New York City. The Sydney Morning Herald says that "no one pushes the beat or phrases more personally".

The Sunday evening concert reunites Susan with her friends here in Whanganui. She will perform again with Jazz Connexion, featuring Whanganui's own star line-up. The legendary Loveridge brothers on guitar and bass guitar combine with jazz pianist, Angela Crawford and inspirational, Michael Franklin-Browne, on drums.

For those who have yet to hear Susan and Jazz Connexion, hear what Angela has to say:

"Susan and the band power their way through the American song book with some glitzy arrangements of the standards and a few newer more up to date tunes. Susan has a great sense of humour and most of it directed at the band, with the banter making for a relaxed and fun evening. Susan has a wonderful way with a song



Susan Gai Dowling

and her evocative singing of ballads, draws not only the audience in but her musicians as well. This will be a not to be missed evening of a pot pourri of Jazz standards and some audience participation could be required."

Susan will be appearing at the Auckland Jazz and Blues Club before travelling to our city. She is looking forward to it and says that, "it is wonderful to be returning to beautiful Whanganui...so many happy memories working with Angela and the jazz club's terrific audience."

Doors open at 5:30pm at the St Johns Club, Sunday, 3 November and the music begins at 6:30pm. General admission is \$20, club members & students \$10. Memberships for 2020 are available at the door.

OBITUARY - Allan Anderson

Allan Anderson's legacy to Whanganui was the Bushy Park Bird Sanctuary, with which he was associated for more than 50 years and for whom he was the public face.

Mr Anderson's funeral was held last Friday. He was aged 79.

Allan Royce Anderson will be remembered as a man of vision, one prepared to stay the course and one who could make things happen.

As an example, he was a driving force in the raising of \$1 million for the predator-proof fence which surrounds the entire bush area of the park.

A long-time friend of Mr Anderson, Lesley Dolling, a former Bushy Park volunteer, said he had been passionate about the sanctuary.

"He made, without doubt, the major contribution to the many successes achieved at Bushy Park," she said.

"The fence provides a safe environment for endangered species, giving them a home and a chance for survival."

Mr Anderson's development of Bushy Park was matched, similarly, by his development of land as a farmer in the Waitotara Valley, where he demonstrated as a young man a willingness to work and an entrepreneurial spirit.

He had a high profile as a younger man after becoming the New Zealand Skellerup Farmer of the Year.

He was both farmer and conservationist, a giver rather than a taker in having a strong Christian (Anglican) faith. His wife, Rosemary, is ordained and Mr Anderson was Chairman of the Chaplaincy Committee



Allan Anderson

at Whanganui Hospital. A lay preacher, Mr Anderson was topical and interesting when taking services at the hospital chapel.

Farming and conservation were natural fits for Mr Anderson and there were further fits when his work at the hospital also saw him serving on the district health board. He was elected to the board in 2007. A year later he

became a Whanganui District councillor.

Mr Anderson's interest in politics led to him being endorsed as the National Party's Wanganui candidate in 1986. Seven years later he represented New Zealand as an observer at an election in Cambodia.

While Mr Anderson excelled in various areas, Bushy Park is thriving as a consequence of his work. There is regrowth at the park's forest, a result of the fence.

As Lesley Dolling said of his achievements at the park and beyond it: "He was held in high esteem by many in the wider community. They were aware of what was achieved under his guidance."

Allan Anderson is survived by his wife Rosemary, daughter Sharon and son Neil and eight grandchildren.

- by Trevor Mackay



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MELBOURNE CUP ACTION

Tuesday 5 November

Who will take home the Melbourne Cup?

Whanganui racegoers have had a special interest in the Melbourne Cup for several years because of the efforts Of the O'Leary clan's talented and tough stayer Who Shot Thebarman.

The Wanganui-owned galloper has been retired after racing in four cups and being a crowd favourite on both sides of the Tasman.

However, this year's cup field could include another galloper from nearby, Glory Days.

The Waverley mare, trained by Bill Thurlow, has had a cup start on her programme for a considerable time and has been given time in Australia to prepare for the assignment.

At time of writing,

Glory Days was 30th in order of entry, with the field cutting off at 24.

Glory Days is already a 3200m winner, having won the Auckland Cup, but should be at long odds if she gets a start. She has the advantage of being able to handle good or heavy ground.

The 2019 edition of the Lexus Melbourne Cup is being run on November 5.

The early cup favourite, Surprise Baby, is trained in Victoria but was born in New Zealand.

Surprise Baby, has been sparingly raced but is already the winner of more than \$700,000. The galloper is by Shocking, himself a Melbourne Cup winner.

Caulfield Cup form can be a valuable point-



er to the Melbourne Cup and this year's winner at Caulfield, the Japanese entrant Mer De Glace, won with real authority.

The Japanese are thorough in the preparation of their gallopers and Mer De Glace is certain to have admirers on Melbourne Cup

day.

Another overseas raider who is showing form at the right time is Prince Arran, who performed well in last year's cup. His lead-up form this year has been good, culminating with his Geelong Cup win last week. American and Dunaden are Geelong Cup winners who went on to win Melbourne Cups.

Bart Cummings is a training name closely associated with the Melbourne Cup. Perhaps his grandson, James, will emulate him this year as a cup winner. Likely to be representing the James Cummings stable will be one of Australia's best gallopers, Avilius.

Punters who like to back outsiders will recall that Michelle Payne won on the New Zealand-bred Prince of Penzance in 2015 at odds of more than 90 to one.

Michelle became the first female to ride a winner of the Melbourne Cup and she has been in the news again lately with a feel good film telling her story, one of determination, as a jockey.

The Payne family, steeped in racing, went from South Taranaki to base themselves permanently at Ballarat, Victoria. Patrick Payne has built a big reputation as a trainer, notably with jumpers. The Melbourne Cup

draws huge crowds to Flemington and some punters will back jockeys, rather than horses, in the cup. Kiwi, James

McDonald and the Australians, Damian Oliver and Craig Williams, are certain to have their supporters.

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Whanganui & Partners CE to play the organ next week

Mark Ward, CE of Whanganui & Partners, will be the final lunchtime organist at Christ Church Anglican Church on Wednesday, November 6. This series of 6 monthly concerts on the first Wednesday of the month, has been so popular that they will be repeated next year – except they will expand to 11 concerts, with the first one starting in February. The concert is between 12.15pm and 12.45pm. There is no charge although a koha is welcome.

Mark started his training as a classical pianist at the early age of four and soon showed an interest in the pipe organ as well. When in Christchurch he took organ lessons at the



Mark Ward

Christchurch Cathedral from organist, Jeremy Woodside. At one stage he had thoughts of a career in music but he says “Realism kicked in,” and he has proved very successful in business instead.

He will be playing both the piano and the organ in Christ Church Anglican on November 6 and apart

from playing Bach and Puccini, will also include some more contemporary items such as ‘You Raise Me Up’, the ‘Out of Africa’ movie theme by John Barry and ‘Love Them’ from Phantom of the Opera by Andrew Lloyd-Weber, rewritten for the organ. He says, “The audience will know the tune but perhaps not my version.”

Mark spoke at one of the ‘Small Talks’ events earlier this year about restoring a grand piano which he has in his home and which he plays for pleasure.

There will be a donations box and all proceeds will go to the Givealittle Page for Feona McKay-Patea’s children. Feona was tragically murdered in Whanganui recently.



TRAFALGAR SQUARE

celebrating 30 years



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TRAFALGAR SQUARE

Trafalgar Square celebrating 30 years

The Trafalgar Centre was opened back in 1989 with a fireworks display on the Sunday evening of November 5. The display was done from a barge moored 300 metres downstream from the City bridge. On the first trading day there were an estimated 28,578 visitors and on the second day approximately 22,926 – an exceptional turnout.

Centre Manager, Susan Hunt says, “We commenced our 30 days of Giveaways to celebrate our 30th year of trading on October 8. Anyone who spends \$20 or more can enter to win a daily prize. This will finish on our actual birthday, Wednesday 6 November. We will also be having birthday cake in the Centre Court from 10.00am until 12.00pm, where there will be a display of old newspaper clippings and photos.”

The major tenants at the opening were K Mart, now replaced by The Warehouse and Foodtown (now Countdown). The Centre originally had lots of smaller stores, but over the years changed to larger format chain retailers like Number One Shoes and Bed Bath & Beyond.

Susan advises, “Food tenancies have changed a little – when McDonalds relocated it was replaced with Ocelli Sushi and then later with O & Bowl, providing a fresh healthier option. Old favourites like The Shake Shed (used to be Wendy’s Supa Sundaes) and Roasties continue.”



The Centre is currently fully tenanted. However, over the years there have been the odd vacancies. When Rebel relocated to Victoria Avenue, part of the Annex building after Carpet Court moved in, remained empty for a few years but Furniture Zone has moved into that space which is a great addition to the tenancy mix.

The front façade and entrance was upgraded in 2016 / 2017, with the work being completed in two stages. In January of this year the Centre was purchased by Thompson Property Group, who are based in Nelson. They own other properties within Whanganui and New Zealand.

The Centre remains very popular with over 2.5 million visitors in 2018. There are plenty of underground and general car parks but they can get full around Christmas and Boxing Day.

Susan adds, “Charities and local community groups (non-profit organisations) have the opportunity to use the three community sites within the Centre, to promote their cause or fundraise. Just contact the Centre to make a booking.”

As for the future, Susan comments, “As the Centre

has only recently changed ownership we are still in the process of settling into new management and it

will be sometime before the new owners make any decisions on future developments.”

Free candyfloss



Just Cuts will be giving away free candyfloss on Saturday, November 2 outside our salon, (opposite Countdown in Trafalgar Square), from 10.30am to 12.30pm (while stocks last and one per child). Here, Director Laurie Broomhall, is checking out the candyfloss

Heritage Food Crops Trust offering free tomato seedlings on November 9



Mark Christiansen with some of the tomato varieties

The Heritage Food Crops Trust is offering free tomato seedlings at the Saturday market on November 9 from 9am to 11am or earlier if all of the 1500 seedlings are given out before then. There is a limit of two seedlings per person with four varieties to choose from. There will be a koha box to give donations to assist the Trust in continuing to research and develop food crops which have proven health benefits.

These are not ordinary tomatoes. The seeds have been sourced from New Zealand and around the world and research being carried out by the Trust in conjunction with research in the USA and the UK, show that these ‘tangerine’ tomatoes “possess greater potential to be used in conjunction with treatment and for the prevention of cancer and inflammatory-related diseases than red varieties.” (Antioxidants 2019).

The Trust funded a Masters student “to undertake some initial cancer testing with some of our tomatoes.” These results also show that the Trust’s Heritage tomatoes were significantly better at reducing the rate of cancer cell proliferation through their much higher levels of lycopene.

They are making these seedlings available to the public free of charge because, as Mark Christiansen from the Trust explains, “We see ourselves as a grass roots community health initiative. We want to empower people by having them grow these healthy tomatoes for themselves.”

Unfortunately, you can’t buy these types of tomatoes at supermarkets. Mark explains why. “They are not com-

mercially viable. Supermarkets want tomatoes with a much higher yield and with a hard skin for transporting and storage. However, these heritage tomatoes are ideally suitable for home gardens especially in Whanganui’s weather.”

Most of the heritage seeds have come from Mexico, the source of tangerine tomatoes. Europe discovered them in the 1500s when Spanish explorers brought them back. The Italian word for tomato – pomodoro – means ‘Golden Apple.’

Later other explorers also brought back little red tomatoes from Peru and these became the standard tomato. Mark points out that there is no historical evidence that the red tomatoes were eaten by humans and were likely to have been suitable only for stock. Intuitively the Aztecs and Incas knew what tomatoes were best.

Mark says, “People send us seeds, especially of tomatoes that have been in their family for years.” A recent one is B’mato which stands for Bronwyn’s tomato and this has even higher levels of lycopene.

Currently the Trust has a PhD student working on a study looking at whether the tangerine tomatoes may decrease the risk of osteoporosis. Then there is a study from the University of Sheffield, which shows that the use of a dietary supplement of lycopene from tomatoes can boost sperm quality.

Don’t miss out on the free tomato seedling giveaway and the chance at the same time to support the work of the Trust.

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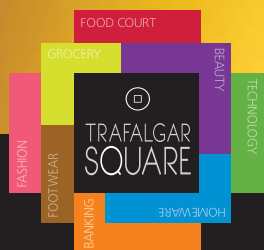
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What are museums good for?

- public lecture November 8

U3A November Friday Lecture series starts this Friday

Every November the Whanganui Regional Museum holds the Samuel Drew Lecture, honouring the founder and first director. This year Professor Conal McCarthy, Director, Museum and Heritage Studies Programme at the Stout Research Centre, Victoria University of Wellington, will speak on 'What are Museums good for? Learning from the history, theory and practice of museology.'

Prof McCarthy is a museum academic who likes to ask awkward questions about museums. The issues that he raises are directly pertinent to our own Museum and its future and of course, its relationship to Whanganui town and region.

What do professionals do in contemporary museums and why does it matter? What are museums good for anyway? Do they contribute to cultural understanding, help the economy, or improve people's lives? Are they containers of valuable collections, beacons of public education or agents of social change?

Thinking beyond the immediate benefits of



the stuff that museums contain: Preserving the past, appreciating art and learning about science. What do museums actually do in society? What is their role and function? How can we assess that impact, or measure the difference they make?

Prof McCarthy's illustrated lecture considers these questions in light of debates today about the

future of museums, galleries and heritage (and who pays for them and why). In considering this question of value, there are many lessons from museum history and theory, in New Zealand and around the world, as well as current professional policy and practice.

Prof McCarthy argues that more research is needed, not just on

what is in museums, but how and why they matter, how those objects are collected, managed, cared for, exhibited, interpreted and understood by audiences and why all that matters for society at large.

Friday, 8 November 2019 at 5.30 pm, Davis Theatre, Watt Street. All welcome - free entry. Wine and juice available.

U3A is running its November lecture series on the last Friday of the month. Because there are five Fridays, there will be an extra talk on 1 November. It will be given by Catherine Bishop about her latest book, 'Women Mean Business' which was launched during the Whanganui Literary Festival.

Meticulously researched this book takes us the length of New Zealand, visiting towns where a surprising number of colonial women ran their own businesses. It contradicts the traditional view of colonial women as simply wives, mothers or domestic servants. These entrepreneurial women came from all sectors of society, young and old, Maori and Pakeha.

Catherine Bishop is an award-winning author who grew up in Whanganui and is currently the holder of a research fellowship at Sydney's Macquarie University.

The remaining four Fridays will be devoted to the stimulating question of ethics in a variety of ways and poses the question - Is there a right and a wrong?

First up, 8 November, is Dr Chris Van der Krogt who examines the role religion plays in moral-



Catherine Bishop

ity. He is followed by Dr Brian Finch who discusses ethical research on 15 November. The following week, it is the turn of Dr Bethan Greener who assesses ethical conundrums in UN peacekeeping and the final topic for discussion is the role of ethics in the health system. The speaker, Dr Geoffrey Kira,

will also look at cultural perspectives.

Food for thought and discussion from all these eminent speakers who volunteer their time to visit Whanganui to talk about their specialty interests. Free entry. Tea, coffee and biscuit available afterwards. Koha welcomed.

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Re-elected for sixth term on Council and Hospital Board



Philippa Baker-Hogan

Philippa Baker-Hogan was first elected to the Hospital Board in 2004 and to the District Council in 2006 and has been re-elected to both bodies ever since. Back then she was working part time and was the mother of two young children. Fortunately, she "liked challenges" and given her background as a radiologist and involvement in husband, Shaun's osteopath business, her decision to stand for the DHB was fitting.

She has always been interested in politics and when she was having doubts about the future of Whanganui, she thought that the best approach was to "get stuck in." This is true not only for Council but also in other community areas having chaired the Whanganui Community Foundation and now on the board of the Four Seasons Trust. She is chair of the Future Champions Trust as well as the Masters Games, President of Whanganui Rowing and recently accepted the role of Head Coach of the Clifton Rowing Club in Wairoa which takes her up to Taranaki three times a week.

When she got onto Council, she admits to being "the sports geek," and after "trying to be everything to everyone," is returning to her sporting roots. After feeling low

after the proposal to have the New Zealand Cycling Centre of Excellence based here (a proposal she led) was turned down, (Cambridge got the nod), she is fully backing the proposal to have the Velodrome roofed and turned into a multi-purpose event centre.

She points out that the Velodrome roofing proposal already has the Council's backing – there is a \$1million allocation carried over in the annual plan. Philippa leads the Project Control Group, which is waiting for an independent needs analysis to be completed. She expects "it will be in front of the Council before the end of the year." While she recognizes that the project has "to stack up financially and be given priority status over other projects," she says, "The time is right for it."

She recognizes that other councillors also have areas they focus on referring to the good work Helen Craig does on Heritage issues and Rob Vinson on Waste management and research into financial matters.

Looking back over her increasingly long stint on Council, Philippa says, "I have a strong social conscience and have argued for controls on psychoactive substances and further liquor outlets. I have also pushed for a

strong housing strategy."

This will be her last term on the Hospital Board, Philippa says and if the Velodrome proposal is not acted upon, her last term on Council as well.

"Three things are vital for the future of Whanganui," she says, "a tertiary education provider such as UCOL, an airport and a secondary service hospital." It is not easy financially. When she was first elected the deficit was around \$10million. It was eventually in balance but it is going back up. Philippa is also concerned about equity and the health and well-being of Maori, saying "Good health for everyone but especially Maori is good for all of us."

As for the future, Philippa hopes that talk about a possible "Ministry for Whanganui to include representatives of iwi, Council and ministries such as for Social Development and Health," becomes a reality. She points to negative statistics for suicide, family violence, homelessness and poverty. "We are all in this game together. To see real change there is a desperate need for improved collaboration."

But she is optimistic about Whanganui's future, saying "It is like a coming of age. There is a growing belief in the town."

diabetes nz
wanganui branch
action month

November
2019

~ What's happening locally? ~

Diabetes NZ Wanganui Branch has been providing support and information about diabetes for 50 years. They help people to take charge of their health and live well with diabetes. They also provide education, raise awareness and advocacy.

Over November they will be running their raffle at Trafalgar Square as well as organising a Street Appeal Collection on Friday, November 15. Anyone wishing to assist will be greatly appreciated. You can contact

Linda Carter on 027 634 0007 or at lindacarter.gray@gmail.com.

The local branch is also arranging a dinner on Wednesday, November 27 for young adults 18 years to approximately 35 who have Type 1 diabetes. If interested in attending, please contact Andrea on 027 492 8801.

Regular meetings/activities are organised. There is a social/support afternoon every third Saturday at St James Church, Wanganui East from 2pm and a Marton Support group on the first Saturday of the month.

Parents of Type 1 children and Youth Support Groups are also run as well as youth activities. Phone their office for dates and times.

Their details are: Room 111, Community House, 60 Ridgway Street. Phone 347 1084.

What is Diabetes?

Diabetes is a disease in which your blood glucose, or blood sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin. With type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood.

You can also have prediabetes. This means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes.

Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, and nerves. Diabetes can also cause heart disease, stroke and even the need to remove a limb. Pregnant women can also get diabetes, called gestational diabetes.

Blood tests can show if you have diabetes. One type of test, the A1C, can also check on how you are managing your diabetes. Exercise, weight control and sticking to your meal plan can help control your diabetes. You should also monitor your blood glucose level and take medicine if prescribed.

Danielle Taylor Moore wins local Lions Peace Poster competition

Each year Lions Clubs around the world run a Peace Poster Competition. This year the local Lions Club approached Rei Henry to help run it through her Arthouse. A group of 11 to 13 year olds accepted the challenge and Danielle Taylor Moore's poster was selected to go forward to the next stage of the competition in Hawera next month. This is a regional one for the Lions District 202D zone which goes from New Plymouth to Palmerston North, including Whanganui.

The next stages of the competition are the New Zealand/Australia and then the World final. Because there are over 47,000 Lions Clubs in over 200 countries, many thousands of young people throughout the world would have embraced the ideology of peace through this competition.

Whanganui Lions Club Youth Chairman, Laurie Gibbs, thanked all the artists for their posters saying, "A lot of thought had been put into them." He told the RCP that, "This is the first time we have participated in this competition and plan to stay involved."



Danielle Taylor-Moore with Lions President, Lillian Deverill

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Buying from locally owned & operated businesses makes economic and social sense

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The economics of buying local

Buying local is buying something from a business in Whanganui that is owned by a member of our community who has decision making

control over the business and business operations. Buying from a New Zealand wide retailer as opposed to an overseas owned business also has advantages but to adapt the ultimate is buying from a local in our own community.

Research in the USA shows that compared to chain stores, locally owned businesses recycle a much larger share of their revenue back into the local economy, enriching the whole community. The figures are for every dollar spent at

independent businesses the return is three times more money to the local economy than one spent at a chain and almost 50 times more than buying from an online mega-retailer. This is because local businesses are more likely to use other local businesses for supplies, services, maintenance and repairs.

Some of the profit made by companies based in New Zealand with foreign ownership or foreign interests, end up overseas, instead of being re-invested here.

Some big businesses are able to avoid paying much tax to the New Zealand Government whereas local businesses pay their fair share.

Locally owned businesses create more jobs locally and, in some sectors, provide better wages and benefits than the chains do. Employees are generally closer to their employers and working relationships are stronger. Opportunities for practical training and development can be greater.

Sometimes we com-

plain about the increasing lack of competition with takeovers and mergers on a national or international scale. Communities need local marketplaces of many small businesses as a way to ensure innovation, competition and low prices over the long term.

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Why buy from locally owned and operated businesses?

The most important reason, from a community perspective, to buy from locally owned and operated businesses, is that it keeps money and jobs in the town. Compared to other businesses, locally owned ones recycle a much larger share of their revenue back into the local economy. They are more likely to support other locally owned businesses, being able to make decisions without referring to head office in Auckland or elsewhere.

Locally owned businesses are generally more distinctive and in the age of globalization, it is important that we support our one-of-a-kind operations. Shops are more likely to sell locally produced goods, rather than the mass produced, albeit cheap, but standardised items from overseas.

They normally operate out of small shops or

factories, which require comparatively little infrastructure. They are more likely to be found along the main streets, as in Victoria Ave or in suburbs, close to where people live and work.

The presence of a variety of locally owned and operated businesses keeps everyone 'honest' with down-to-earth competition. They know that they are directly responsible to their customers rather than out-of-town business managers. Good, friendly customer service becomes a necessary feature of the business, once you know them as individuals.

We probably don't need campaigns to convince us of the logic of buying from locally owned and operated businesses. It just makes good economic and social sense.

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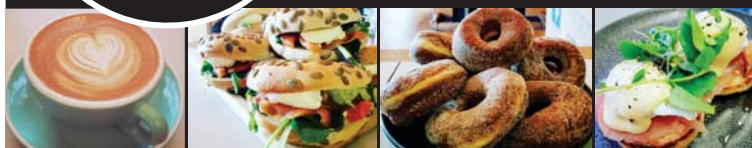
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Acknowledging great moments - AGM for Sustainable Whanganui this Sunday

Bouquet of the Week

Residents of Whanganui are invited to attend Sustainable Whanganui Trust's 2019 Annual General Meeting on Sunday afternoon, November 3.

Guest speakers are two eco-warriors who will complete their ten-week pilot kerbside recyclables collection project in Springvale on 5 November. Scott Bryant and Zach Wilson are year 13 students at Whanganui Collegiate, who have serviced 40 households since collections began in early September.

There will be no election of officers at the AGM.

From 2pm to 4pm in the Harakeke Room, inside the old remand prison at the Whanganui Resource Recovery Centre (WRC), members of the Trust will Acknowledge Great Moments (also known as AGM) over the past year.

'Acknowledging Great Moments is an essential part of our AGMs,' says Robin Williamson, adviser to SWT. 'They are a reminder of the fun we've had while educating people about sustainability.'

Reports about the



Zachary Wilson and Scott Bryant will outline the highs and lows of their kerbside collection project

Fruit Trees in Schools project, the Re-Use Academy, Zero Waste events, Business Waste Audits and SWT events, will be presented.

A group came together in 2006, realising that sustainability and resilience was becoming increasingly important. The group included an engineer, organic gardeners, a teacher and Annette Main, who was then a Horizons

councillor.

In 2011, SWT saw a need for, and suggested, establishing a resource recovery centre to the Whanganui District Council (WDC). Their vision included more than just recycling. A receptive audience was found in WDC councillors who were interested in creating partnerships.

The perfect site was identified next to the

Whanganui Fire Station. It was land-banked, thereby offering the chance to partner with Whanganui iwi.

SWT established the Whanganui Environment Base (WhEB) and set up the ReUse Academy (RUA) rooms in the old prison cells. Thousands of visitors have been influenced by the Trust's work.

Afternoon tea will be provided.



Diana Benton and Hayley Collins

We received the following nomination from Sarah Hird: "I would like to nominate the delightful administration staff of Diana Benton and Hayley Collins at Carlton School. Diana has been one of the longest serving members of Carlton staff. She says she is starting to see some grandchildren of the kids that used to come to the office."

"Any time of the school day they are receptive to staff, students and visitors alike. They probably face people in all kinds of situations and do their best to contact parents when kids need to go home - (sorry I didn't have my cell phone personally on me the day they tried to contact me to collect my eldest and I was woken by the phone a couple of times when I had taken an afternoon nap with a small baby - whoops). They were most understanding in both situations."

"They manage to help order school lunches, update accounts of all the classes, take care of stock inwards, including unwell children who may need

the sick bay. They take messages for staff and pupils and can still ask parents a question relating to something they have relayed some time ago about a matter that is important to them."

"With so much going on and so many personalities they come across, they manage to do their job with a smile. They never look grumpy! If I could manage to get through the day like they do with so many distractions and different jobs, I would barely last a week! This is my last year of being a parent at Carlton School and for me, the consistency and kindness of the admin staff is something that reinforces that I made the right choice of school for our three children."

The RCP was able to surprise Diana and Hayley at morning tea time in the staff room, with a beautiful bouquet of flowers put together by Nichola and her team at the Flower Room, an Inter Flora Top 20 Club member. They also received a voucher for two for lunch at the Grand Irish Pub.

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City Mission Foodbank Drive a success despite the weather

The 29th running of this annual City Mission Food Drive took place last Thursday evening, October 24 under the leadership of Rotary Club of Whan-

ganui North.

There were 36 vehicles dispatched from the Memorial Hall car park, just before 6pm, each with sirens fitted and signs front and rear

to cover all city streets. Each car had two senior Collegiate pupils aboard to do the running, with more students waiting with other City Mission volunteers to sort the

goods at the Farm Supplies drop off, between Church and Park Places as they arrived back between 7pm and 8.45pm.

Conditions were not ideal, with blus-

tery winds and a few showers but the Project Convenor, Terry Coxon, advises that the collection was right up with the previous two years efforts and resulted in some 360 boxes of canned, dried and various other food being safely stored in the City Mission's vaults by about 10pm.

Terry and the City Mission wish to express their grateful thanks to the generous citizens of our community. Karrie Brown, the Manager of the City Mission says, "We were very happy with the food drive and wish to thank also the Whanganui Collegiate students and the YMCA volunteers for their help as well as all volunteers either collecting or sorting out the food items.

Terry adds, "Those who will benefit in the long run are certain to be even more grateful".



Pictured: Two senior Whanganui Collegiate pupils assisting the Rotary Club of Whanganui North Foodbank Drive pictured returning to their drop-off point at Wanganui Farm Supplies

SITUATIONS VACANT

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.

**RCP -
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& operated**



Permanent Scale A position commencing Term 1, 2020

We are looking for an experienced, passionate and committed senior school teacher who is keen to work alongside a collaborative team. This is an exciting opportunity to join a welcoming, supportive and future-focused school, with a commitment to professional learning.

For an application pack or more information please email the Principal

Vanessa Duncan

principal@kaitokeschool.com

Concord Line, RD 2, Whanganui

Phone 06 345 0474



DEPUTY PRINCIPAL

An exciting opportunity has opened up at Keith Street School for the Deputy Principal role as our wonderful DP has gained her first principal appointment.

- Are you passionate about developing the agency of staff and students?
- Are you keen to grow your own leadership capabilities further?
- Do you love working in a stimulating environment where no two days are ever the same?

We have an opportunity for an enthusiastic, innovative, creative and highly motivated educator to join the KSS Team.

Apply for the Deputy Principal role at Keith Street School.

Application packs are available by emailing lireton@keithst.school.nz

Applications close 3pm, Friday 22 November 2019.



Sadly passed away recently...

John Stephen BACK,
aged 86 years, died 24 October 2019.

Lorraine Rose CLOTHIER,
aged 96 years, died 26 October 2019.

Puti Patricia DURSTON,
aged 91 years, died 24 October 2019.

Jurjen (Joss) DYKSTRA,
aged 85 years, died 21 October 2019.

Raymond Charles (Ray) HUFF,
aged 73 years, died 27 October 2019.

Dennis James KNIGHT,
aged 87 years, died 26 October 2019.

Poy KONG,
died 29 October 2019.

William James LESLIE,
aged 100 years, died 23 October 2019.

David Henry (Dave) PENWARDEN,
aged 87 years, died 29 October 2019.

Donald SPEIRS,
aged 84 years, died 26 October 2019.

Lucy Nairn (nee Arthur) TUME,
aged 78 years, died 27 October 2019.

John Stanley WILLIAMS,
aged 69 years, died 29 October 2019.

SUPERSTAR BRANCH MANAGER

to join **TEAM HARCOURTS WHANGANUI**

We are looking for a 'Superstar Branch Manager' to join our fantastic team here in one of New Zealand's fastest growing provinces. As a vast number of people are now experiencing, the beautiful river city of Whanganui just south of Taranaki, has plenty to offer individuals and families wanting a lifestyle of less stress than that of larger city life. You could be enjoying favourably priced properties, temperate climate, going home for lunch and no more traffic jams!!

Combine this with the following and you could have an amazing new lifestyle!

- Six figure salary
- Company vehicle
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- Will suit an ambitious individual looking at having future ownership in the business

In this multi-functional role you'll be responsible for helping grow our business to be one of the best medium sized agencies (or larger) in the country. This will include managing our Sales team, attracting and developing new talent and ensuring revenue growth through exceptional leadership.

About Harcourts Whanganui – Rivercity Realty Limited

We are a smallish diverse team of real people whose culture is that of getting results whilst having a fun time doing so! We have excellent sales, property management and administration staff who punch above their weight and continually achieve higher than the industry norms! This is constantly recognised by the Harcourts group through their achievement recognition programs and sales person rankings.

We are now looking for someone to take us to the next level by being able to identify and implement opportunities for growth whilst continuing to improve the quality of experience for our team, our clients and everyone we have the pleasure in working with.

We are looking for an individual with the following qualities:

- Leadership skills second to none with the ability to demonstrate what it takes to be successful in this industry
- Exceptional vision and business acumen skills
- Be able to identify and implement opportunities for growth
- Be able to encourage exceptional performance to benefit both the team and our clients
- Excellent inspirational and people development skills
- Ability to attract top tier talent
- A passion for Real Estate with a minimum three years industry experience
- A current Branch Managers License, (preferable) or have the ability to attain one, (we will support the right candidate to achieve this if needed).

If this sounds like you, we want to talk to you today.

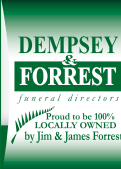
Please contact Steve Ellis on 0274 407170 or email to steve.ellis@harcourts.co.nz
Please be assured that all enquiries will be in the strictest of confidence.

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Harcourts



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This tranquil space offers a unique setting for smaller funerals. Warm sun and beautiful flowers create a special, memorable farewell. Arrange a visit today and meet our friendly team.

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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.

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

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PROPERTIES FOR SALE

Thinking of selling?

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Ananda de Koning
027 563 3414

BAYLEYS

BARTLEY REAL ESTATE,
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SECTION 101 SALE AND SUPPLY OF ALCOHOL ACT 2012

Supermax Limited, 47 Abbot Street, Wanganui has made application to the District Licensing Committee at Wanganui for the issue of an Off Licence in respect of the premises situated at 47 Abbot Street, Wanganui known as **Supervalue Wanganui**.

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

The days on which and the hours during which alcohol is sold under the licence are **Monday to Sunday 7.00am to 9.00pm**.

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

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, Wanganui 4540.

No objection to the issue of a licence may be made in relation to a matter other than a matter specified in section 105(1) of the Sale and Supply of Alcohol Act 2012.

This is the first publication of this notice.

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Wayne Bishop
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Mob 027 555 3074

PUBLIC NOTICES

Theosophy Wanganui would appreciate your company at

2pm, Sunday, November 10th
at the **2019 Annual General Meeting**
to celebrate our **Awesome Great Moments** since the last one!

Venue:
Community Arts Centre, 19 Taupo Quay,
back river entrance in Awa room. All welcome.
Enquiries to Kirsty
theosophywhanganui@gmail.com
or txt 021 212 3819

WORK WANTED

GARDENER, experienced, reliable, courteous, seeks clients (regular or casual). Please phone Michael 022 3529144.
HOME maintenance and shifting. House clean-up, gardening, lawnmowing, water-blasting, spout cleaning, de-cluttering, anything considered. Ph Ray 027 2807015.
MOBILITY Scooters. Sales, service, repair, rental wheelchairs, walkers, ramps. Call Graeme 021 1195118 or (06) 347 6927.

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

THE Chimney Sweep would like to buy a folding ladder. Also clean, ready for next winter. Reasonable rates. Phone 343 7710.

TRADESMAN Painter. 30 years experience. Available now. Contact Michael 06 3426628 / 0274925701. References available.

PSYCHIC CONSULTANT

SPRING has sprung - bringing new thoughts of possible changes for yourself/business/family. I can help you see more clearly. Sandra Singleton - Numerologist (35 years exp). Private appointments (06) 345 3803 - Text 0274807990. Check me out on YP.

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.ptlportables.co.nz.

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

FOR SALE

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.

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

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

FIREWOOD FOR SALE

AFFORDABLE firewood from \$70 a cube for sale. Please phone us on 06 3438466.

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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.

THANKS

THANKYOU to the kind gentleman who came to my aid when my little dog was attacked by a bigger dog on Quay Street School.

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Women's Refuge Wanganui 344 2004



CLASSIFIEDS

52 Ingestre St Ph 345 3666
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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

THE WANGANUI COMMUNITY CHOIR & FRIENDS PRESENT

A Summer Celebration

**SATURDAY 9TH
NOVEMBER 2019**

2:00PM
followed by afternoon tea

FEATURING
Ingrid Culliford,
Winifred Livesay
& The Wanganui
High School Choir
AwaSide



Tickets are available at the door or through Choir Members
Adults \$20.00 Seniors \$15.00 Students \$10.00 Children under 12 Free
AT CHRIST CHURCH ANGLICAN CHURCH, 243 WICKSTEED STREET, WHANGANUI

TENNIS WANGANUI WOULD LIKE TO
THANK ALL OF OUR SPONSORS FOR THE
ST JOHNS CLUB WHANGANUI
OPEN TOURNAMENT 2019



EMBASSY 3

Oct 31 - Nov 6

BRITTANY RUNS A MARATHON (M) 1hr 59min NEW Cinema 2.3
Thur 12.30pm, 5.15pm* Fri, Sat, Sun, Mon, Tue, Wed 1pm, 5.45pm*
EXHIBITION ON SCREEN - REMBRANDT: ENCORE (G) 1hr 45min THE LOUNGE*
Thur 10.10am*, 8.15pm* Fri 10.30am*, 5.45pm* Sat, Sun 1pm*, 5.45pm*
Mon 1.15pm*, 5.45pm* Tue, Wed 10.30am*, 5.45pm*
GEMINI MAN (M) 2hrs 12min THE LOUNGE* Cinema 1*
Thur 3pm* Fri 1.30pm* Sat, Sun 2pm* Tue, Wed 1.30pm*
HILLARY: OCEAN TO SKY (G) 2hrs 12min NEW THE LOUNGE*
Thur 12.15pm*, 5.45pm* Fri 12.45pm*, 7.45pm* Sat, Sun 10.30am*, 7.45pm*
Mon 3.15pm*, 7.45pm* Tue, Wed 12.45pm*, 7.45pm*
HUSTLERS (R16) 2hrs 5min THE LOUNGE* Cinema 2
Thur 2.45pm* Fri, Sat, Sun 3.15pm* Tue, Wed 3.15pm*
JOJO RABBIT (M) 2hrs 3min Cinema 1:3
Thur 10am, 12.25pm, 5.25pm* Fri, Sat, Sun 10.15am, 12.45pm, 6pm*, 8.30pm*
Mon 1pm, 3.15pm, 6pm*, 8.30pm* Tue, Wed 10.15am, 12.45pm, 6pm*, 8.30pm*
MALEFICENT: MISTRESS OF EVIL (M) 2hrs 13min Cinema 2.3
Thur 10am, 5pm* Fri, Sat, Sun 10.30am, 8.15pm* Mon 8.15pm* Tue, Wed 10.30am, 8.15pm*
PAW PATROL: READY RACE RESCUE (G) 60min Cinema 1*
Thur, Fri 4pm* Sat, Sun 12.45pm*, 4.30pm* Mon, Tue, Wed 4pm*
RIDE LIKE A GIRL (PG) 1hr 53min Cinema 2
Fri 3.25pm* Sat, Sun 3.15pm* Tue, Wed 3.25pm*
TERMINATOR: DARK FATE (R13) 2hrs 30min NEW Cinema 1:2,3
Thur 10.20am*, 1.15pm*, 7.45pm* Fri 10.45am*, 5.30pm, 8pm* Sat, Sun 10am*, 5.30pm, 8pm*
Mon 1.15pm*, 5.30pm, 8pm* Tue, Wed 10.45am*, 5.30pm, 8pm*
ZOMBIELAND: DOUBLE TAP (R13) 1hr 48min Cinema 3
Thur 2.45pm* Fri, Sat, Sun 3.25pm* Mon 3.30pm* Tue, Wed 3.25pm*

Times are subject to change - please confirm at www.embassy3.co.nz
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Booking Office Hours: Mon. to Fri. 10am-4pm

Booking/service fees apply - no refunds/no exchanges

The Boss - Bruce Springsteen Tribute Show
Saturday 16 November, 7.30pm. Tickets \$66

The Bee Gees - Night Fever

Tuesday 19 November, 8.00pm
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
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

Tina - Simply the Best

Thursday 26 March, 8pm
Adult \$76.50, Group 6+ \$71.50, Child to 12 years \$35.50

Menopause The Musical®

Saturday 28 March, 7.30pm. Tickets \$69.90

The Ten Tenors - Love is in the Air

Tuesday 5 May, 7.30pm
Premium Adult \$121.60, Child U18 \$82.50
A Reserve: Adult \$92.50, Group 10+ \$82.50, Child U18 \$82.50
B Reserve: Adult \$82.50, Child U18 \$82.50

Book early for the best seats. Gift vouchers available.

Saturday 2 November 2019 9.30am-4.30pm
Whanganui Girls' College Hall, Jones Street, Whanganui

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Gold coin entry fees will be donated to

PS Waimarie:

20th anniversary relaunch talks

10 November 2019: The Raising of PS Waimarie & its Restoration: David McDermid

17 November 2019: Maori Tourism on the River: Hayden Potaka

24 November 2019: The competition with Hatricks - The Nixon boats: Murray Crawford

All events commence at 4.30pm at Sarjeant on the Quay, 38 Taupō Quay. Tickets \$12. Gallery Friends & Stars \$10. Tickets for all 3 talks \$20. Purchase from the Gallery or by phoning 349 0506. For more information visit www.sarjeant.org.nz



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Visiting the Whanganui Cancer Society, 3 Koromiko Road

NOVEMBER 1

I will be available for home visits on...

NOVEMBER 6, 14, 22

Phone 021 848 646 or 0800 259 061 for bookings

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Private and confidential fittings:
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LOST

RENAULT "Scenic" tablet (key) with keys attached. Phone 06 3472344.

PUBLIC NOTICE

COMMUNITY Event Services. Whanganui Sound Services 027-2644-399. Not in book.

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PROSTATE CANCER SUPPORT GROUP

An established support group in Whanganui for men and their families who are living with a diagnosis and treatment for Prostate Cancer.

When Where

Monday 4 November, 7pm
Cancer Society Rooms
3 Koromiko Road, Whanganui
Brian Deadman - 027 555 0338
wanganui@prostate.org.nz

Contact Email

For more information call
0800 477 678

Organised by the Prostate Cancer Foundation of NZ
www.prostate.org.nz

RIVERCITY GOLF

Tawhero Golf Course

SPECIAL 18 MONTHS GOLF/GREEN FEE 18 HOLE OFFER

New members must be signed up before 31 Oct 2019 only \$530 for 18 months (18 Hole) Full Membership

Contacts

Rivercity Golf
Bonnie 027 642 8130
Tawhero Golf Course
Sue 027 627 5461



WHAT'S ON

IN THE COMMUNITY

Advent Waiting

Take a day to stop for a while. Rest your body, rest your mind. Wait, emptied, open and ready to encounter God present in each moment and beyond in this Advent season. Saturday, 30 November, 10am - 3pm, \$20 with Catherine Woodcock rsj. To register please call Pam on 3455047 ext 3, or email pam.hopper@sosj.org.au.

African Drumming 2 Day Workshop

With Koffie Fugah at Duncan Pavilion, Rangiora St, Castlecliff. 2 & 3 November. No experience necessary. To book your place and reserve a drum, contact Koffie 02102680964 or email africandrummanddancenz@gmail.com

Alcoholics Anonymous

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

Anglican Church & Plant Fair

Saturday, 2 November, 9am to 12noon, All Saints, Duncan Street, Wanganui East. Plant sale, planter boxes, vintage garage sale, crafts, cakes, Devonshire cream teas, bouncy castle, face painting and much more. Cash sales. All welcome.

Art in The Garden

Whanganui Potters' Studio, Saturday 2 and Sunday, 3 November 2019: 9.00am to 4.00pm. QT Nursery, 60 Papaiti Road, Wanganui. Free Admission. Pottery, Paintings, Plants, Clay demos, Refreshments and much more. No dogs please.

At Wisdom is Yours - Wellbeing Centre

Guided Meditation Saturdays 10.30am. Open to all, cost is a donation. For more information contact (06) 3455002 or 0272531858, or pop into 200b Victoria Ave. We are open Monday to Saturday.

Clairvoyance Demonstration

Clairvoyance, philosophy and healing at the Wanganui Spiritual and Awareness Centre. Our medium this week is William Ward from Whanganui. 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, 16 November 10am - 12.30pm. \$10 with Julia Martin. To register please call Pam on 3455047 ext 3, or email pam.hopper@sosj.org.au.

DVD Evening - The Leisure Seeker

With her retired literature professor husband, John, slowly succumbing to dementia and her own health compromised, Ella Spencer proposed that they take off from Boston in the faithful old family RV for the trip he always wanted - Hemingway's home in the Florida Keys. Wednesday, 13 November, 6.30pm. Koha. Supper provided. To register please call Pam on 3455047 ext 3, or email pam.hopper@sosj.org.au.

Friends of the Whanganui River Inc.

30th Anniversary Celebration. Historic River Cruise on the Wharua to Upokongaro. Sunday, 3 November 1:00pm - 4:30pm. Tickets \$45.00 incl. afternoon tea @ cafe4forty4. Phone Allison on 0276825459 or 345 9509.

Handcrafts Wanganui

Market at the back room Community Arts Centre, first Saturday of each month, 9am - 1pm. Quality handcrafts for sale; Aprons, soaps, jams, pickles, chutneys, Barbie doll dresses, finger puppets, woodenware, knitted and crocheted toys, hanging towels, button crafts, crocheted hats for all, jewellery. Gifts for all occasions. Phone Carol 06 3448081.

Koitiata Residents Committee Garage Sale 2019

Saturday, 9 November - 9:00am to 1:00pm, Koitiata Community Hall, Wainui Street (Turakina Beach). Food available including: Sausage sizzle, whitebait fritters, hot chips & drinks, fresh scones / Devonshire tea and Raffle. Please note - no eftpos available.

Liturgy - In the Heart of Stillness

Sunday 17 November, 4 - 5pm. To register please call Pam on 3455047 ext 3, or email pam.hopper@sosj.org.au.

Lunch Time Concert

Mark Ward plays the Christ Church organ on Wednesday, 6 November, 12:15 - 12:45pm at Christ Church, Wicksteed Street. Admission free. Koha appreciated. This is the last concert this year. Next years begins 5 February. Come one, come all.

Nourish Your Soul Day

Whanganui Girls' College, Saturday, 2 November - 9:30am - 4:30pm. We have stalls selling natural products, massage, reflexology, readings, reiki etc. Alongside these are free talks and mini workshops - clairvoyance demonstrations, crystal bowl healing, yoga nidra and much more. Gold coin entry going to Women's Network.

Seminar: Getting to Know the Bible Better

7.30pm, Tuesdays, in the Christadelphian Hall, 138 Great North Road. Topic this Tuesday, 5 November: "The Final Week - Tuesday: The Olivet Prophecy". All welcome. Supper and opportunity to chat. Sponsored by Whanganui Christadelphians. For more about us: www.thisisyourbible.com, or phone 342 7726.

Social Dance

Dancesport Wanganui invites all dancers to its monthly social dance on Sunday, 3 November at St Andrews Hall, Bell Street. 7:00pm - 9:30pm followed by supper. Members \$5, Non-members \$10. Information - Kathleen 3442245 or Graeme 0274341823.

Steady as You Go

Improving balance and leg strength, flexibility, mobility, spatial awareness, general fitness and wellbeing. To register or for more information, contact Janet Lewis, Age Concern Whanganui. Phone 345 1799. There may be a class near you.

St John Annual Collectors Fair

25 Tawa Street. November 2 & 3, 10am - 2pm. Antiques, collectables, glass, china, Crown Lynn, vintage retro, kitchenware, jewellery, old books. Something for everyone. Entry gold coin.

St Vincent de Paul Clothing Sale

All garments \$1 each. Starts Monday, 4 November, ends Friday, 15 November. Opening hours Monday to Thursday, 9:30am - 3:30pm. Friday, 9:30am - 3:00pm.

Theosophy Whanganui

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. TheosophyWhanganui@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, 20 November, 4.30pm - 6pm with Sr Rita Cahill rsj. To Register please call Pam on 3455047 ext 3, or email pam.hopper@sosj.org.au.

Wanganui Amateur Radio Society Inc (Branch 48)

Wanganui Amateur Radio Society Inc (Branch 48) has its monthly meeting on 4 November, 7.30pm at Deer Stalkers and Hunters Hall, 100 Peat Street, St Johns, Wanganui.

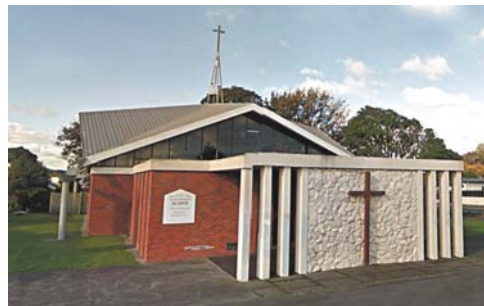
Whanganui Guided Walking Tours

Learn about Whanganui's fascinating 19th and 20th century buildings and monuments, its history, people of interest and events that have fashioned our city. Scheduled Tours leave the i-Site at 10am and 2pm each Saturday and Sunday. Cost \$10 per person. For other times, ring the i-Site for a booking - 349 0508.

Annual Anglican Parish Plant Fair this Saturday

The Anglican Parish of Whanganui holds an annual, well anticipated plant fair at All Saints Church in Whanganui East. This year is on this Saturday, November 2 from 9am to 12 noon.

There will be vegetable and flower seedlings, pot plants, bushes and small trees for sale as well as planter boxes. This year the sale will also include a vintage garage sale, crafts, cakes, preserves, Devonshire cream teas and for the kids there will be a bouncy



All Saints Church

castle and face painting. The funds raised will go to running the Anglican Parish of Whanganui and for mission work.

Monthly live music at Whanganui Musicians Club nights



Blueveinz performing on stage this Friday (Photo courtesy of Gail Imhoff)

A musician sits or stands in a space, alone ... and practices to get it right. Why? Because musicians love to make music. It's something that just happens.

A bunch of people gather in a space, together ... to celebrate being part of a musical community. Why? Because music connects people. It's something that just happens.

On the First Friday of every month (ex January) a whole bunch of Whanganui's musicians and community gather in one of the city's most important spaces to celebrate the gifts of community and music.

The space is the Musicians Club Hall, 65 Drews Ave, previously known as the Savage Club Hall. It was originally the Whanganui Regional Museum, and its aesthetic is simply stunning.

Members come alone, in groups and families. The doors open at 7pm, and the 'bring your own food and drink' policy keeps matters simple for the town's musos who look after the building and provide the musical entertainment.

There is a board at the entrance, with slots allocated to local acts. If anyone

wants to perform, they simply write their names on the board and wait their turn. You can also contact the club in advance for a spot on stage.

This Friday, 1 November, three of Whanganui's talented, tried and tested bands will be showcasing their individual styles. Bruce Jellyman is bringing his Damn Raucous Brass to the club, with Danny Waho's Reset and Johnny Keating's Blueveinz all appearing on stage.

Yes, Whanganui certainly has talent and you are invited to join with the music community that meets monthly at the club to celebrate, encourage and nurture that talent.

The club has a solid reputation throughout the country and most meetings feature a national or international touring act. Details are always available in the local press and on the club's facebook page.

General admission is \$15, but members pay only \$10. Memberships for the year are \$30, and are available at the door. And if you come and play, you don't pay! For further information, contact the club by email whanganuimusicians@gmail.com

Sports Talk

with Mark Dawson

A reader writes ...

"Dear Mark,
"Can you help me please - my world has collapsed; the sky has fallen in.

"Things are all black; I'm lost in a white haze. It's doom, despair, despondency and something else beginning with 'D'.

"I don't know if I can go on ... it will take me at least four years to recover.

"I'm gutted. And I feel like my insides have been ripped out (which is probably pretty much the same thing).

"What can I do?"

Yours, Heartbroken.

Dear Heartbroken, Believe me, I feel your pain; I know your hurt.

As ABBA told us all those years ago, "The winner takes it all".

But don't slip into a slough of despond because, yes, I can help.

Firstly, it's important to stay "On The Bright Side of the Road", as Van Morrison has told us.

And next, we turn to Sir John Kirwan, the perfect man for the current situation where a large dollop of depression is threatening to take a grip.

JK would tell you to find those small things that lift your spirits - spend time with family and friends; make sure you eat well (best stay away from Yorkshire pudding and London



Mark Dawson

Pride beer); exercise; get plenty of sleep; pick up a guitar and whip through Monty Python's "Always Look On The Bright Side of Life"; keep reminding yourself that at least you are not Australian.

"It's a Beautiful Day", say U2, so go out and enjoy walking round the city which only last week was judged to be New Zealand's most beautiful.

And remember, it's only a game.

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

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