RIVER CITY PRESS
41 years of local community news and proudly locally owned.
THE · GOOD · NEWS · PAPER
www.rivercitypress.co.nz

MAXEN FIREPLACES
COMBINED Plumbers LTD.
Plumbers • Gasfitters • Drainlayers
70 Wilson St, Whanganui Ph 06 347 6970
www.combinedplumbers.co.nz

Volume 42, Number 39
October 8, 2026

Journalist is retiring after providing articles for approximately 700 newspapers

BY DOUG DAVIDSON

"One of the most interesting jobs you could have"

After over 14 years and approximately 700 front pages and anywhere between 14,000 and 17,000 stories written or processed – it is time to retire.

When I was interviewed for the job of journalist, manager Debbie Jarrett asked me how long would I want the job for. I suggested five years.

Becoming a journalist wasn't part of any career plan. I had been a secondary school teacher, civil servant, sales and marketing manager, training manager – but had no journalist training. After coming back to Whanganui from teaching English in Abu Dhabi, I picked up a contract position teaching at Whanganui and Linton (Palmerston North) prisons. Over 16 hours I was to teach soon-to-be released prisoners how to write a CV.

Near the end, I put them through mock interviews for a job of their choice. One of the jobs was for the RCP journalist (which none of them were interested in). I decided to apply for the position.

Soon after starting, a woman at a dinner function asked me what I did and after I explained it, she said, "It sounds like the ideal job in the twilight of your career." She was right – but it has been a long twilight. It has also been one of the most interesting jobs I could have hoped for.

The main challenge is always to find an appealing front page story, and over the years, I sometimes wondered whether there were any more such stories left. But there always is. The last three weeks, I believe, prove the case – an ex local competing in the longest horse race in the world in Mongolia (1000km), the delivery of Rotary sponsored shelter bags for homeless people through the City Mission, and a French researcher wanting to learn how Te Awa o Whanganui became the world's first river to be recognised as a legal person.

One of my favourites was about a Whanganui orthopaedic specialist. I was at Whanganui hospital when this man came into the office and gave me a cheery hello. I have no idea what possessed me, but I said, "I reckon I can guess where you are from." He accepted my challenge.



Picture taken by Steve Caudwell back in 2020.

My first clue was his name – a Muslim name. The second was his slim, dark features. It had to be a Muslim country in East Africa – at least that was my bet – and chose Somalia. Fortunately for my pride, I was right.

He agreed to be interviewed. He was a member of a ruling family. The civil war started and he lost contact with them, becoming a boy soldier to survive. Finally, he made his way to a refugee camp in Kenya. An uncle in England sent him a plane ticket, and he arrived there without any knowledge of English. Subsequently he was successful academically, becoming a doctor and then a specialist. He suggested I join him on a trip back to Somalia as he was planning to do medical work there. I wasn't brave enough to agree.

In the early days, I had to go searching for articles. One way was to do a series. One was about the different Christian churches in Whanganui. That led to my favourite blunder. After interviewing the local bishop of the Church of Jesus Christ of the Latter-Day Saints, otherwise known as the Mormons and abbreviated to LDS, the article had it as the LSD church.

This is one reason why nearly all RCP front pages, business advertorials and many other articles are sent to the recipients to make sure they are happy with the article. This one got through the bishop and our proofreader. I wondered whether they had experienced an increase in church numbers as a result?

Another series was "Born in another country and living and working in Whanganui." Eventually I had articles about nearly 40 different people/countries who fitted the description.

One of these was Dr Siva Namasivaram born in Malaysia who had worked in Whanganui hospital but was then working as an anaesthetist for Doctors Without Borders. This led to multiple front pages when he volunteered to help out in Yemen, Mosul, Iraq and in Northern Syria.

Over the years, I have met so many interesting and good people. In the process I have become an "instant expert" in a range of subjects. (The "expertise" would last for just over a week before I forgot nearly everything.)

Continued on page 2

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

Deb Hipango
Licensed Salesperson REAA 2008
022 3400 877
deb.hipango@pb.co.nz
Buying or selling?
There's only one agent to call, it's
Deborah Hipango.
Experienced and Trusted
Property Brokers

Rivercity Pickleball
OPEN DAY
11:00am INVITATION GAME
COME & GIVE PICKLEBALL A GO!
SATURDAY
10 OCTOBER 2026
10:00am – 2:00pm
HOME OF PICKLEBALL – TENNIS WHANGANUI
Bassett Street, Whanganui
FOUR REGIONS TRUST
WHANGANUI COMMUNITY FOUNDATION

FREE COMMUNITY EVENT!
OCTOBER
16-18 | 2026
fun palaces whanganui
NOISE | ART | FUN
FOLLOW US ON SOCIAL
@FUNPALACESWHANGANUI

Springvale garden centre
18 Devon Rd, Whanganui | Ph 06 344 5846
www.springvalegardencentre.co.nz
CAFE
GIFTSHOP
BULK COMPOST
STONES
BARK & TOPSOIL
Get your VIP card and save today!
PLANTING TIME
FLOWERING CHERRY TREES
Grow an upright summer shade tree or put a weeping cherry in as a feature. There is a flowering cherry tree for every situation.
Enjoy spring blossoms and attractive autumn leaf colour.
All $20 off
Shimidsu Sakura
Jim's Delight
Pendula Rosea
Awanui

Whanganui JPs recognised for decades of community service





Thirty years as JPs: Warren Ruscoe, Judith Karaitiana and Anita Po-Chu Thirtle.

More than a century of local service was celebrated when the Whanganui Justices of the Peace Association held its 104th Annual General Meeting, recognising members whose dedication has supported generations of Whanganui residents.

A highlight of the evening was the presentation of retirement certificates and badges to eight respected Justices of the Peace: Faye Bullock, John Blaikie, Kantilai (Jack) Parag, Vivienne Eames, Warren Moore, Linda Farley, Francis Purnell and Jim O'Neill. Collectively, they have contributed many decades of voluntary service helping people with document witnessing, certifications and other important legal processes.

The Association also honoured three members for reaching the significant milestone of 30 years as Justices of the Peace: Warren Ruscoe, Judith Karaitiana and Anita Po-Chu Thirtle. Their long-standing commitment reflects the important role JPs play in ensuring accessible community-based justice services.

Alongside recognising service milestones, members reflected on the year's achievements and future priorities, including ongoing training, attracting new volunteers, ensuring they have time to commit to the role, and maintaining strong public services across the region. The AGM also highlighted recent growth in JP accreditation and the expansion of the Whanganui Court Service Desk to operate five days a week.

The Association is encouraging accredited and new JPs who can commit to regular service desk duties at the Whanganui District Court to get involved. Regular participation helps ensure the service remains available for local residents and provides JPs with an opportunity to maintain their skills while serving the community. Those interested should email registrar Peter Goodhall on wanganui.jps@gmail.com.

$2000 donation helps Whanganui Community Patrol

Wanganui Community Patrol Inc is pleased to announce it has received a generous $2,000 donation to support the Patrol's ongoing operational costs.

The donation provided by Pegasus Rental Cars Wanganui will help meet the day-to-day expenses involved in running the Patrol, including fuel, vehicle maintenance, communications, equipment, uniform and other essential operating costs that enable the Community Patrol volunteers to continue providing a visible presence throughout the Whanganui community.

Patrol Chair Phil Pollero said the contribution was appreciated and would make a real difference to the Patrol's ability to continue its work.

"As a volunteer organisation, we rely heavily on the generosity of our community to keep our patrol operating. This $2,000 donation will directly support our operational costs, ensuring our volunteers can continue assisting Police and helping to make Whanganui a safer place. We are sincerely grateful for this support."



Community Patrol Leader Phil Pollero thanks John Sherman of Pegasus Rental Cars Wanganui for his generosity sponsoring the Patrol.

Wanganui Community Patrol extends its sincere thanks to Pegasus Rental Cars Wanganui for their generosity and commitment to supporting community safety in Whanganui. Manager John Sherman said, "We are only too happy to assist Wanganui Community Patrol and support their efforts in community safety and help their volunteers continue to prevent crime."

About Wanganui Community Patrol Inc.

Wanganui Community Patrol is a volunteer organisation dedicated to supporting safer communities through high visibility patrols and close collaboration with New Zealand Police. Patrol members provide an important community presence by observing and reporting suspicious or criminal activity, acting as the extra eyes and ears of Police while helping to reassure residents and businesses.

Each year, our volunteers contribute thousands of hours to keeping Whanganui safe. As a registered charity, Wanganui Community Patrol relies on the generosity of individuals, businesses, trusts, and community organisations to meet its operational costs and continue delivering this valuable community service.

Journalist is retiring after providing articles for approximately 700 newspapers

Continued from page 1

There have been a number of people who have freely supplied articles and ideas, and I am grateful to them, especially Dave Scoullar. He writes the Whanganui-based quizzes, the monthly Tramping Club article, and a range of other articles including obituaries as well as regularly sending me good tips. People like Dave help to make the RCP a real community paper.

A lovely arrangement the RCP has is the "RCP Bouquet" which is given out to someone(s) who is doing wonderful things in our community. When I pick up the flowers from the "Flower Room", I have this impression that people look at me and say to themselves, "What a lovely man bringing beautiful flowers to his wife." Which is something I need to do – before she reads this.

My thanks to RCP readers, so many of whom provide positive comments about the paper, to the advertisers who have made the RCP so successful and to Debbie and Blair Jarrett who employed me and provided such a good working environment to be part of.

Copyright:

River City Press produces and/or publishes advertisements strictly on the basis that River City Press is entitled to and owns the copyright in the advertisement so far as the copyright relates to publication or reproduction for publication in any newspaper, magazine or similar periodical or to broadcasting of the advertisement.



Cnr State Highway 1 & Rongotea Road, between Foxton & Sanson
wairekahoney.co.nz
info@wairekahoney.co.nz
06 324 8224
Open 7 Days till 5pm

Waireka Honey

HOME MADE **HONEY ICE CREAM & HONEY PRODUCTS**

FIDUS ET AUDAX

St George's

Your Anglican, Co-educational, Independent School for Years 1-8

Belong from day one. Grow for a lifetime.



REGISTER HERE
Use your camera to scan the QR Code

OPEN DAY 29 OCTOBER
Tour our classrooms, facilities, and Chapel with our student leaders to experience our warm community.

Admissions are open— apply today!

Queries
Please email:
stg.admissions@stgeorges.school.nz
or phone 06 349 0298

www.stgeorges.school.nz

Open meeting this Friday for Hīkoi of Hope event planning

Hīkoi of Hope – 7 November

Hīkoi tahi tātou – No One Walks Alone

Hīkoi of Hope, a home-grown campaign that started in 2025, is back. The walk will gather the community together, reminding people they are not alone in their feelings of grief, fear and anxiety. That there's a path out of family harm, suicidal thoughts and addiction. Mahanga Williams, a social worker, leads the campaign and invites everyone to take part, reminding us that together we are stronger. This year, Hīkoi of Hope will take place alongside Whānau Ora Day on 7 November at Springvale Park.

The idea for Hīkoi of Hope was borne out of Whanganui's White Ribbon March, a campaign against men's violence. Tim Metcalfe, Jigsaw's manager, started the White Ribbon March in 2009. After 20 years of service, Tim retired in 2024 due to ill health, and Mahanga Williams took up the mantle as the campaign's leader.

Last year, Mahanga and his team pivoted from White Ribbon to Hīkoi of Hope to create a local, inclusive alternative to the White Ribbon March.

Mahanga received Tim's blessing to make the change.

"We'd received feedback from whānau, friends, iwi, and the wider community about White Ribbon: 'Why is White Ribbon mainly a male kaupapa?' Women didn't always see themselves reflected in this initiative. 'Why don't we have our own kaupapa that belongs to us here in Aotearoa?' White Ribbon originated in Canada.

"The local communities want an initiative that reflects our values and our experiences here.

"Last year, people felt the event was more whānau-orientated. Because Hīkoi of Hope is about men, women and children."

Hīkoi of Hope's messaging focuses on the positives: walking for those going through hardship, and at the same time highlighting the stories of recovery from addiction and breaking out of the patterns of violence as a way of managing grief.

Hīkoi of Hope is aspirational, too. Last year, Mahanga was approached by a man who shared his story: "One of the brothers said he'd been meth-free for 12 days."

Mahanga reports that the man has been meth-free ever since.

If you're in a good space, your presence is needed as well. Take the walk for someone else's struggle.

Mahanga says, "Family harm, suicide, grief, anxiety, addiction, discrimination, all the addictions – they are all interconnected."

Hīkoi for Hope 2026 will take participants on repeated laps of Springvale Park, and you are invited to walk as much or as little as you want.

Reflecting its all-inclusive kaupapa, Hīkoi of Hope is taking place alongside Whānau Ora Day – a Te Oranganui initiative that brings community support organisations together to promote and celebrate whānau, and share information about the services they offer with the public.

While White Ribbon may no longer be the central focus of the Hīkoi of Hope, its message and kaupapa continue to be acknowledged and supported as part of our wider commitment to preventing family violence and strengthening whānau and communities. Support is still available for men in the grips of anger and grief, including Mahanga's group Mana Man, held on Wednesdays at 7pm at Christ Church Anglican Hall on Wicksteed Street. It's a safe space, and it's free.

Hīkoi of Hope
Springvale Park
Saturday 7 November, 10am

What to be involved on the ground in the Hīkoi of Hope kaupapa?

This is an open invitation to anyone who would like to join Hīkoi of Hope – Team Whanganui and help bring this kaupapa to life.

A lot of the groundwork has already been done, with approximately 70 percent of the planning already in motion. Our intention is to keep this hui focused, practical and action oriented, and wrap up within the hour.

Friday 9 October, 1pm
Te Ora Hou Whanganui
32 Totara Street



River City Press' new community reporter



River City Press community reporter Louise Follett

What's the dream job for someone who lives and breathes the written word? Louise Follett says it's working for the *River City Press* community newspaper. With intrepid reporter Doug Davidson's retirement after 14 years, Louise is now the full-time reporter on the beat.

"There's something about a community newspaper that connects us. People's successes and triumphs over tough times and situations that matter – amplifying those stories in the *River City Press* for us all to share is a privilege.

"The people I meet who generously share their stories with me, from success across a wide range of activities and hobbies, dedication to a cause or passion, and battling challenges, can be humbling."

Louise, who has a background in marketing and PR, admits she's not a journalist, and prefers to be known as a community reporter. "I'm not in the business of delving and looking for a 'gotcha' moment; we're a 'good news' paper. I'm simply reporting other people's experiences. That's a joy to share.

"We're a small crew of six, who, with the much-appreciated support from community advertisers, are able to produce a paper week after week. It really is a magic place to work, with great people."

The *River City Press* is in its 41st year of publication. Louise says she won't be the last reporter for the paper but feels privileged to hold the space for all those who have gone before and for the next person to take up the pen.

If you have a story that you want amplified and celebrated in print, contact Louise at journalist@rivercity-press.co.nz.





Deepfakes, dodgy scams and a digital detective: Dr Sy Taffel comes to U3A

Ever watched a video of a famous face saying something they'd never say, and wondered if your eyes were playing tricks? U3A Whanganui has asked just the person to help sort fact from fakery.

Mark your diaries for Friday 9 October at 10am, when Dr Sy Taffel will be in Room 2.15, UCOL Building, to talk about deepfakes, frauds and scams. If you've ever had an odd phone call or a too-good-to-be-true email, or seen a video that made you suspicious, this talk will help you to better understand scam or fraudulent activity.

Sy is a senior lecturer in media studies and is co-director of the Political Ecology Research Centre at Massey University. He's the author of



Dr Sy Taffel

Digital Media Ecologies (Bloomsbury, 2019), and his research covers digital technology, automation and digital labour. His work has appeared in journals including *Media Culture and Society*, *Convergence*, and *Cultural Politics*.

Sy has also worked as a filmmaker and photographer, and has been involved in media activist projects including Indymedia, Climate Camp, and Hacktionlab.

So bring a friend, bring your questions, and learn more about fraudulent and scam activity.

Friday 9 October, 10am, Room 2.15, UCOL, Rutland Street.

u3a Learn, Laugh, Live | Whanganui

DEEP FAKES, DODGY SCAMS

& A DIGITAL DETECTIVE

An odd phone call?
A too-good-to-be-true email?
A video that didn't look quite right?

Artificial intelligence now makes it easier than ever to clone a voice, fake a face or write a convincing scam.

Come and learn how to sort

FACT FROM FAKERY

Hear Dr Sy Taffel

Senior Lecturer in Media Studies, Massey University, and author of Digital Media Ecologies

FRIDAY 9 OCTOBER, 10AM

Room 2.15, UCOL Building
Rutland Street
GOLD COIN ENTRY

Whanganui Camera Club brings photography back to the Arts Centre

More than 100 photographs will go on public display when the Whanganui Camera Club holds its Annual Members Exhibition at Whanganui Arts at the Centre, opening on Saturday 10 October and running until Saturday 17 October.

The exhibition returns to the recently refreshed Arts Centre at 19 Taupo Quay, giving the Club's members an opportunity to take their photography out of the clubrooms and share it with the wider Whanganui community.

"It's good to be back in the Arts Centre, after its recent refresh, to show off our members' photography to the Whanganui public," says club president Shar Dempsey.

"Most modern photography is digital, but we have a balanced focus on printing our images as well. Our Annual Exhibition is a chance for members to bring their prints out of the clubrooms and into a popular public gallery."

The exhibition will feature the Club's traditional members' framed prints in the front gallery, with images from 30 photographers covering a wide range of genres. The back gallery will offer something a little different, with a series of mini exhibitions, including a selection of the Club's top



Tower of London photograph by Derek Barrett

images from this year's print assignments.

The exhibition continues a long association between the Whanganui Camera Club and the Arts Centre. The Club's exhibitions at the Centre date back more than 30 years, to the early 1990s, when its Festival of Photography was held in the front gallery not long after the Arts Centre opened. The Festival of Photography eventually evolved into the Club's Annual Members' Exhibition, which expanded to occupy both galleries around 10 years ago.

If you are visiting the markets on either of the two Saturdays, the Arts Centre is easily accessed from the riverside and will be open from 9am. For the remainder of the exhibition, opening hours are 10am–2pm daily.

Whanganui Camera Club Annual Members Exhibition

Whanganui Arts at the Centre, 19 Taupo Quay

Saturday 10 October: 9am–2pm | Sunday 11 October–Saturday 17 October: 10am–2pm

YOU MATTER

Reclaiming Your Worth and Possibility

An empowering workshop for women with Tracy Eleftheriadis and Elysabeth Wolter.

Saturday, 31 October
2.30pm | Hatrick Hall
27 Hatrick Street West, Whanganui

Lizzie's Insights Coaching

One-time event | Women only
Tickets $55

Scan the QR code to book or email:
welcome@lizziesinsightscoaching.com

Scan to buy your ticket

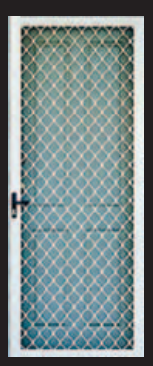
KEEP YOUR HOME
SAFE & SOUND

Security Alarms
Camera Systems
Alarm Monitoring
FREE QUOTES

AW Alarm Watch

Ph 06 349 0999

OJ ANDREWS ENGINEERING



Free measure & quote.

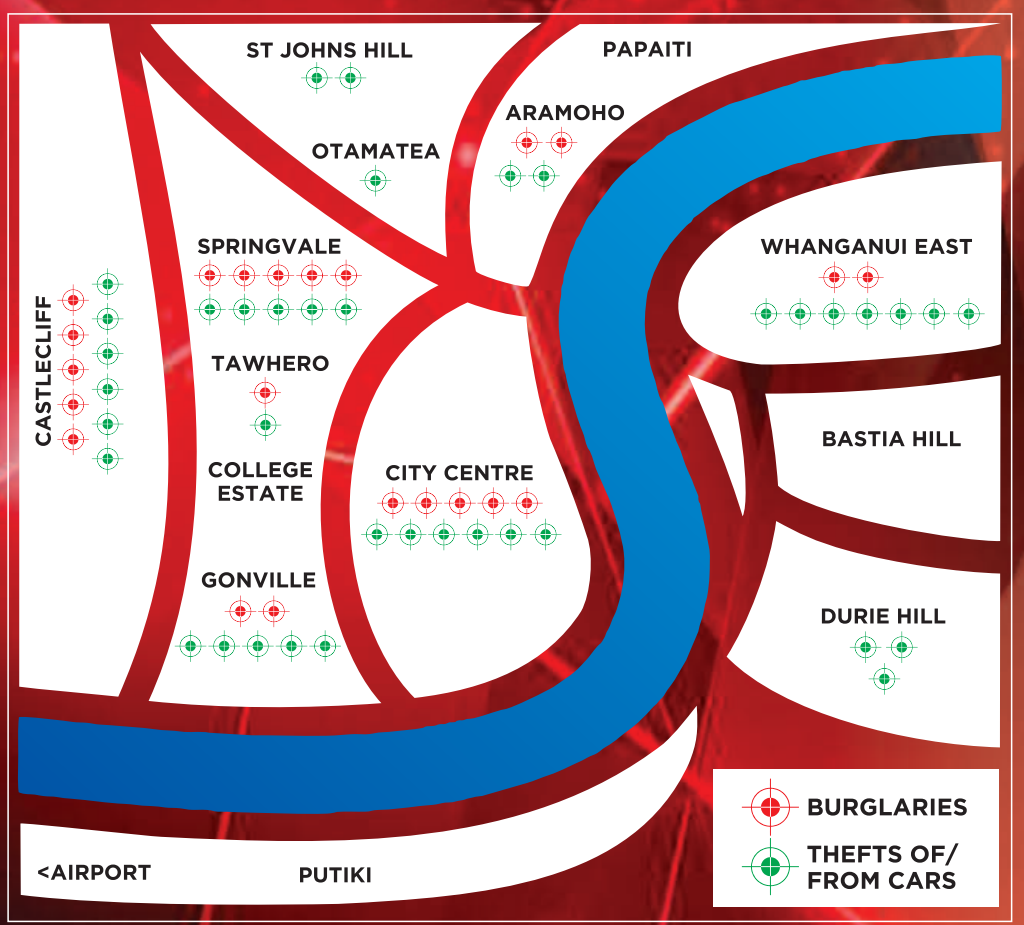
Manufacture & install of:
SECURITY DOORS & WINDOWS
FLY SCREEN DOORS & WINDOWS.

177 Mosston Road
06 344 2710
027 471 6445
ojandrews@xtra.co.nz

SECURITY DOORS FLY SCREENS

Brought to you by AW Alarm Watch

THE LATEST HIT LIST



Burglaries:

ARAMOHO	Savage Crescent
ARAMOHO	Lewis Avenue
CASTLECLIFF	Gilberd Avenue
CASTLECLIFF	Matipo Street
CASTLECLIFF	Gilberd Street
CASTLECLIFF	Awatea Street
CASTLECLIFF	Tiki Street
CITY	Niblett Street
CITY	Wicksteed Street
CITY	Dublin Street
CITY	Dublin Street
CITY	Wicksteed Street
GONVILLE	Puriri Street
GONVILLE	Tawa Street
SPRINGVALE	Parsons Street
SPRINGVALE	London Street
SPRINGVALE	London Street
SPRINGVALE	London Street
SPRINGVALE	London Street
TAWHERO	Broadhead Avenue
WHANGANUI EAST	Salisbury Avenue
WHANGANUI EAST	Duncan Street

Vehicle Crimes:

ARAMOHO	Somme Parade
ARAMOHO	Somme Parade
CASTLECLIFF	Puriri Street
CASTLECLIFF	Puriri Street
CASTLECLIFF	Puriri Street
CASTLECLIFF	Heads Road
CASTLECLIFF	Hood Street
CASTLECLIFF	Matai Street
CITY	Niblett Street
CITY	St Hill Street
CITY	Ingestre Street
CITY	Chittick Place
CITY	St Hill Street
CITY	Pitt Street
CITY	Campbell Street
DURIE HILL	Anzac Parade
DURIE HILL	Burtts Road
DURIE HILL	Durie Street
GONVILLE	Gonville Avenue
GONVILLE	Armstrong Place
GONVILLE	Andrews Place
GONVILLE	Andrews Place
GONVILLE	Bedford Avenue
OTAMATEA	Holdsworth Drive
SAINT JOHNS HILL	Peakes Road
SAINT JOHNS HILL	Chittick Place
SPRINGVALE	Lindsey Crescent
SPRINGVALE	Surrey Road
SPRINGVALE	London Street
SPRINGVALE	Lindsay Crescent
SPRINGVALE	Treadwell Street
TAWHERO	Broadhead Avenue
WHANGANUI EAST	Wakefield Street
WHANGANUI EAST	Nixon Street
WHANGANUI EAST	Boydfield Street
WHANGANUI EAST	Young Street
WHANGANUI EAST	Poutini Street
WHANGANUI EAST	Raine Street
WHANGANUI EAST	Patapu Street

DATA FROM SEPT 21 - OCT 4 ALL CONTENT SUPPLIED BY NEW ZEALAND POLICE

Opportunties to improve communication and leadership skills through Toastmasters Whanganui



Some of the Whanganui Toastmasters members

Toastmasters is an international organisation originally set up in October 1924 for the purpose of "encouraging better communication and leadership skills, including learning how to structure a speech, and how to give and receive feedback. All of these activities build confidence." Meetings Toastmasters was formed in 1962.

Meetings are held every Wednesday at 6.30pm at the the Salvation Army Community Centre, 4 Indus Street, with a range of interesting activities encouraging members to learn how to conduct meetings – and themselves – in a professional manner.

Anybody aged 18 and above wishing to improve their interpersonal communication skills is welcome. "We also have people coming to improve their presentation skills. The venue has a great projector which is ideal for enhancing visual presentations." Currently Whanganui Toastmasters has around 20 members of all ages.

Members tend to keep coming once they have achieved their initial objectives as they enjoy the warm, encouraging atmosphere and the interesting, educational content of the meeting. Members learn from and support each other. Importantly, "Halfway through the meeting there is a delicious supper and time to socialise."

There are regional competitions, and participation is encouraged with at least two competitions per year. Members who have won at club level compete against other clubs in the region and will visit other clubs .

Membership costs $135 for six months, with an additional one-off $50 fee for new members which goes to Toastmasters International.

The current President is Karuna Atluri.

Another Whanganui story hits the big screen

Award-winning Whanganui filmmakers Kevin Double and Melita Farley are bringing their new feature documentary *Vessel* to the big screen with a one-night-only Whanganui screening on Tuesday 20 October. The film premieres in Nelson on 6 October as part of the Clay Week festival before it makes its way home.

Vessel goes inside the walls of Quartz, Museum of Studio Ceramics – the only dedicated museum for studio ceramics in the country – to follow renowned potter Rick Rudd as he creates a striking new work. The film captures his hands shaping clay into another masterpiece in intimate, quiet detail, while Rick, long past retirement, reaches out for help to realise his vision and find release from the daily grind of running a world-class museum single-handedly.

"Rick has spent decades safeguarding New Zealand's ceramic legacy, often out of the spotlight," says director and cinematographer Kevin Double. "This film is a chance to see that legacy, and the man behind it, up close."

"We want as many locals as possible to see this film on the big screen," says writer and producer Melita Farley, "so we've made it pay what you can."

Grab a seat, bring a friend, and stick around afterwards for a Q&A with Rick Rudd, director Kevin Double, and writer/producer Melita Farley.

Tuesday 20 October 2026
Doors open: 6:45pm
Screening starts: 7pm promptly
Davis Lecture Theatre, Watt Street



Rick Rudd, Quartz, Museum of Studio Ceramics

Tickets: pay what you can – cash only please!

The Davis Lecture Theatre has slope and step access from Watt Street, with on-street parking available along Watt and adjoining streets. Lidded non-alcoholic drinks and zero mess snacks are welcome during the screening.

Vessel is an 89-minute feature documentary, released in 2026, directed and shot by Kevin Double and written and produced by Melita Farley. Watch the trailer and find out more at www.doublefarley.com/vessel





A woman's word

by Carla Donson, Whanganui Women's Network



La Fiesta "NZ's best Women's Fest"

Expressions of interest for La Fiesta, New Zealand's best women's fest, are open. La Fiesta is Aotearoa New Zealand's leading and longest-running women's festival, as well as a uniquely homegrown celebration of women and community. The eighteenth festival programme is set to roll from 10 February to 10 March in Whanganui next year, and expressions of interest are open for submission until 13 November.

La Fiesta provides opportunities for our community to champion women's contributions and to fly the flag for gender equality. Festival partnerships from anyone keen to uphold this theme are welcome. Festival events can include everything from art exhibitions, workshops, music and performance opportunities, give-it-a-go sports activities, cultural and spiritual exploration, social events and some good old-fashioned fun.

The festival continues to attract performers from all over New Zealand and has included award-winning artists, comedians, musicians, and writers. La Fiesta has developed a reputation as a safe and inclusive platform, especially for women to showcase their talents and share their skills. The festival also celebrates the depth of local talent, and we are keen to hear from wāhine Māori and Pasifika women, as well as women from our diverse cultural communities keen to contribute an activity or event during the festival.

International Women's Day (IWD)commemorated annually on 8 March, is the inspiration for the festival. It remains an important marker by which to measure global progress on gender equality with 2026 heralding its one hundred and fifteenth anniversary. IWD was established in 1911, and is officially sanctioned by the United Nations, with the 2027 theme being "Rights. Justice. Action. For ALL Women and Girls," calling for the reform of unfair laws and systems that hold women back worldwide. The message emphasises that supporting women strengthens society as a whole and benefits everyone, without taking anything away from others. Marked as a national public holiday in almost 30 countries around the world, IWD continues to provide a platform for political mobilisation and consciousness-raising.

To submit your festival expression of interest, email: womnet.whanganui@gmail.com Explore what past festivals have involved by visiting the Women's Network Whanganui or La Fiesta NZ Facebook pages, or the official festival website: http://lafiesta.co.nz

Swing 42

ARTISTS
Reuben Derrick *Clarinet/saxophone*
Keith Petch *Manouche jazz guitar*
Michael Kime *Double bass*
Doug Brush *Percussion*



Swing 42 is dedicated to the performance of gypsy swing, also known as jazz manouche. A musical idiom inspired by Romani jazz guitarist Jean "Django" Reinhardt in conjunction with French jazz violinist Stéphane Grappelli, it reached the zenith of its popularity immediately before and after the Second World War before being replaced by Bebop.

Tuesday 20 October, 7.30pm
St Laurence's Chapel, 12 Gibson St, Aramoho, Whanganui
Adults $40 | Seniors $35 | Students $5 | CMW Subscribers $25 (or pre-pay)
Tickets available in advance from the Royal Whanganui Opera House Box Office, or at the door (cash only, no EFTPOS)
PRESENTED BY Chamber Music Whanganui
IN PARTNERSHIP WITH Chamber Music New Zealand
Chamber Music New Zealand Pūoro Taiwhanga Aotearoa
creative nz
dalgleish | ARCHITECTS

Craft Cauldron holding first enchanted market this Sunday



Sharron Minett in her Craft Cauldon store in Whanganui East

On Whanganui's east side sits a little shop where everything feels just a bit magical.

Step through the door of Craft Cauldron and enter a world of the mystical, unusual and handmade. Crystals catch the light on the shelves, incense lingers in the air, and among the books, brooms, divination tools, ritual pieces and curious creations – there is always something waiting to be discovered.

Behind that little shop, however, is a story of its own.

On 22 September 2026, Craft Cauldron celebrated its birthday and began its seventh year – seven years filled with new beginnings, creations and unexpected twists and turns.

Where it all began

Craft Cauldron began in Whanganui East in 2020 during COVID-19, when Sharron Minett approached Cheryl Tasker with an idea. Together, they created an alternative craft shop with a distinctly gothic and mystical feel.

"I really appreciated Cheryl bringing her passion, unique creativity and craft to the Cauldron. I couldn't have started it without her. We had so much fun."

Their vision was to create a space where local makers could display and sell their work while offering the community something different.

As the Cauldron grew, Cheryl welcomed her baby and shifted her focus to her family. She remains connected to the shop, with her handmade crafts and oddities still found on the shelves.

Sharron continued developing the shop around her love of the mystical, magical and bespoke, shaping it into what you'll find today – a little slice of magic.

Something new is brewing

Seven years on, another idea is bubbling away: An Enchanted Market, bringing alternative artists, creators of the weird and wonderful, and healers of the soul together to sell their wares and share their knowledge with the community.

The first market will be held on Sunday 11 October, 12pm–4pm, at Hakeke Community Centre, followed by markets at Hatrick Street Hall on 15 November and 6 December. If the theme speaks to you, reach out – there is always room for a little more magic. They hope to grow as they find a more suitable venue.

Craft Cauldron can be found at 54 Moana Street, Whanganui East shopping centre, or online through Facebook, Instagram and www.craftcauldron.co.nz

Angela Roberts
for Whanganui



Labour

Authorised by Rob Salmond, 2 Gilmer Terrace, Wellington.



Students to put their own stamp on Whanganui's creative landscape

By Karen Hughes

Whanganui Regional Museum is inviting schools to bring students to the Museum for hands-on experiences that connect curriculum learning with local stories, specialist knowledge and creative practice.

Scheduled for Term Four delivery, the Museum is offering two education programmes with activities spanning science, mātauranga Māori, history, art, technology and design. The programmes are available for learners from ECE through to Year 13, and delivered by qualified Museum educators, supported by the Ministry of Education's Education Outside The Classroom (EOTC) fund.

Typography in Motion brings design, history and creativity together through typography and printmaking. *Rūaumoko – Restless Land* offers science, mātauranga Māori and natural-hazard learning through practical investigation.

Typography in Motion

From 20 October to 4 December, learners can experience *Typography in Motion*, inspired by the Festival of Design Aotearoa 2026. Students will take creative cues from the Museum's newest exhibition *Protest!*, followed by a series of design challenges inspired by themes of protest and poetry.

Led by Pou Mātauranga/Team Leader Education Natasha Priddle, the programme explores how typography, design and physical space can influence the way people interpret and experience text. Students will explore composition, white space, text placement, and the relationship between words and their physical surroundings, before turning their ideas into printed posters and collaborative installations.

The Museum's historic proofing press will be a central part of the programme. Originally used by the Whanganui Chronicle, the press will be used by students to produce posters on newsprint, combining colour and type. Resolved artworks will be displayed in the Museum's atrium for the public to view, and a selection of printed posters will be displayed on the exterior of the former Chronicle building on the corner of Drews Avenue and Rutland Street.

Sessions run Tuesday to Friday, from 10am to 12pm, with capacity for up to 35 learners per session.

Rūaumoko – Restless Land

From 27 October to 4 December, students can explore the forces that shape Aotearoa through Rūaumoko: Restless Land, a touring exhibition developed by Te Papa Tongarewa and Natural Hazards Commission Toka Tū Ake, currently on display at Whanganui Regional Museum.

The programme explores Rūaumoko, the atua (god) associated with earthquakes and volcanic activity, alongside scientific understandings of the forces that shape the whenua/land.

Through hands-on activities, geological specimens, models and practical challenges, students will investigate earthquakes, volcanoes, tectonic movement, floods and other natural hazards, exploring how and why the whenua is constantly changing. The programme also encourages students to think about how people live alongside natural hazards, and how knowledge, preparation and resilience can help communities respond to natural events.

Sessions are led by the Museum's Kaiwhakaako Māori/Māori Educator, Timara Wallace and run Tuesday to Friday, from 1pm to 2.30pm. Each session can accommodate up to 35 learners.

Book a Term Four session

Bookings are now open for Term Four. Early childhood centres, schools and home-school learning groups are all welcome. To secure a booking, visit wrm.org.nz or contact the Museum's education team.



The historic proofing press at Whanganui Regional Museum. Image credit: Karen Hughes/Te Puni Tiaki Taonga o Whanganui/ Whanganui Regional Museum

Whanganui Home & Lifestyle Show returns to Jubilee Stadium next weekend

The Whanganui Home & Lifestyle Show will return to Jubilee Stadium on Saturday 17 and Sunday 18 October, bringing together over 100 local and national exhibitors who will showcase the latest trends and innovations in home improvement, solar, interior design, new builds, outdoor living and lifestyle.

Emily Travers, Head of NZME Events, says the show goes from strength to strength each year.

"There will be plenty of opportunity for visitors to explore new ideas, speak directly with experts, compare options, find inspiration for the next project and take advantage of exclusive show only deals. Whether people are planning a renovation or new build, refreshing their interiors, or simply interested in discovering new products, the show is a must visit.

"A great range of businesses are involved, including Guthrie Bowron, Get Glazed, Mill Landscapes, The Bed Barn, Carpet Mill and many other home specialists," says Travers.

This year, visitors will also have the chance to win a luxurious trip for two to Tahiti, thanks to North Travel and Tahiti Tourisme, while property platform OneRoof returns as presenting partner for an eighth year.

Another highlight of the show is the unique variety of shopping available. An extensive variety of products are on offer from homewares and outdoor living to gourmet foods and beverages.

The Whanganui Home & Lifestyle Show will be held at Jubilee Stadium on Saturday 17 October, 10am to 5pm, and Sunday 18 October, 10am to 4pm.

Tickets are available now at www.iticket.co.nz, with tickets starting from $3 for seniors (with entry between 10am–12pm) and some great Earlybird discounts.

Tickets can also be purchased at the door for $6, with free entry for children 12 and under. For more information and ticket details, visit the event website: www.homeandlifestyleshow.co.nz/whanganui

TICKETS GIVEAWAY

Enter to win a double pass (two tickets) to the Whanganui Home & Lifestyle Show, happening Saturday 17 and Sunday 18 October at Jubilee Stadium. Discover over 100 exhibitors showcasing new builds, renovations, interior design, bathrooms, flooring outdoor living, solar, gourmet food and beverages.

To enter, email rivercitypress@xtra.co.nz with the subject line "Home & Lifestyle", with your name and phone number in the email body, or drop off your entry to RCP at 52 Ingestre St. Entries close Wednesday 14 October at 5pm.



Bridge Club results

Whanganui Bridge Club Results Week ending 25 September

Monday Spring Pairs: N/S 1. C Brown S Kuehne 58.64 2. R Rawson A Tims 57.50 3=. M Ruby J Zhang 55.91 3=. V Bartrum N Wight 55.91 **E/W** 1. B Cantillon B Patrick 61.14 2. T Jones J Kay 57.95 3. I & L Kelly 56.82

Tuesday Ladder: N/S 1. J Newman R Nightingale 63.02 2. R Austin Pam Loader 54.07 3. S Walkinton T Watson 52.70 **E/W** 1. S Watson M Wyley 61.93 2. R Sigley P Verhoek 58.10 3. V Baillie C Chesswas 56.50

Wednesday Swiss Pairs after Round 6: 1. J Delaney K Rainey 2. A Williams B Rhodes

Wednesday Social: 1. B Franklin-Browne V Kay 59.58 2. J Hore N Kennedy 55.71 3. G McLachlan D Price 55.24 4. S Poff J Donkervoort 54.76 5. M Hoek R Bartrum 54.17

Friday Social: N/S 1. A Thirtle G Handley 57.58 2. D Haynes P Paterson 56.82 3. J Compton-Schon O Mackintosh 56.25 4. S Dempsey J Zhang 55.87 5. C Birdling-Duncan S Pedley 55.49 **E/W** 1. C Chesswas B Perkins 58.22 2. S Poff N Gale 58.04 3. C Veltman C Killington 57.69 4. J Smith C van Mesdag-McGregor 55.24 5. S Benefield N Kennedy 51.57



~ World Sight Day - October 8 ~

Myproclear Red Light Therapy – treatment to slow short-sightedness in children

It is World Sight Day on Thursday 8 October and a proven treatment to slow myopia (short-sightedness) in children has recently been introduced to Whanganui by Wanganui Eyecare in Wicksteed Street.

Myproclear Red Light Therapy is a simple, non-invasive treatment that can be done at home with the Eyerising Myproclear device. It is likely to be ongoing for at least two years, depending on age and progression. It is of particular benefit for children showing fast or aggressive myopia progression.

Toby, 12-year-old son of Sara Procter and Mike Skates, started the treatment at the beginning of this year. Sara said that "Toby was already on special glasses, and his eyesight had declined significantly between 2023 and 2025."

Optometrist Asumi Yamaguchi said that without treatment, it was likely that Toby would need stronger prescription glasses and further eye deterioration which opens up the possibility of eye diseases. So far Toby's eyesight has seen no further deterioration.



Sara Procter with son Toby, and Optometrist Asumi Yamaguchi

The device delivers repeated low-level red light to the back of the eye. This gently stimulates blood flow, slows eye growth and helps reduce myopia progression.

The alternatives to this treatment are to wear myopia control spectacles, contact lenses or atropine drops. The red light therapy can be used in conjunction with myopia control spectacles and contact lenses – but cannot be used in conjunction with atropine drops.

Sara and Mike decided that Myproclear Red Light Therapy offered Toby a much better chance to keep his eyesight.

It is easy to use and requires only two to three minutes each day (with Sunday and Monday off), twice a day. Toby now does it by himself. There have been no side effects.

There are consultations: a one month follow-up after starting, then a three-month check with six-monthly reviews.

While the treatment is new to Whanganui, it has been used in New Zealand for a number of years.

Michelle Burnett, Dispensing Manager at Wanganui Eyecare, points out that "Myopia is becoming a worldwide epidemic, and it is really important that children with myopia seek treatment from their optometrist to help minimise the effect on their sight later in life."

To Be Kai Unity will now provide a free brunch/breakfast

For the past 17 months To Be Kai Unity has been serving the community a weekly lunch on a Thursday and an evening meal on a Saturday and will now also be providing a monthly brunch/breakfast on a Thursday.

The brunch/breakfast will start on Thursday 15 October, at the Harrison Street Church hall, from 10am to 12 noon. Currently, the main sponsors for all To Be Kai Unity meals are the Kai Hub and Savages Bakery Whanganui, although organiser Linda Braygunn is hoping to announce other sponsors shortly and will advise them on their Facebook page.

Support is also received from Unity, and through the use of the halls of Harrison Street Community Church and Te Puna Wai Ora.

To Be Kai Unity will also be hosting a free community New Year's day lunch, also at Harrison Street Church Hall. The time will be confirmed.

The weekly Thursday lunch is from 11am to 12 noon at the Harrison Street Church Hall, normally in the middle of the month and will follow the brunch/breakfast.

The weekly Saturday meal is at the Te Puna Wai Ora Community Church at 10 Liverpool Street. Held from 4 to 5pm, it will include baking supplies provided by Savages Bakery, including bread, pies, savouries and filled rolls as part of a food share.



On a monthly basis, at the meals, different community organisations will come and provide advice as needed, on a private one-to-one private basis.

Linda is very grateful to the continuing support she receives from her sponsors and volunteers. She does point out that To Be Kai Unity does not accept donations of money. They will accept donations of food and volunteers' time, however. Supplies donated by organisations such as from the Kai Hub and Savages, are photographed, dated and signed off by two people.

To Be Kai Unity is also planning a free community New Year's lunch on Friday 1 January from 12 to 2pm. Seating will be limited to 50 numbered tickets and will be available to pick up on 3 December.

To Be Kai Unity's motto is "Sharing is caring – caring is sharing".

If anyone wishes to volunteer or donate food, they are most welcome. Please call Linda on 022 1865 620.

Linda Bray-Hunn wants to thank Doug Davidson and the River City Press for everything they have done in the past for both her and To Be Kai Unity.

Protecting the eyes of the next generation

Whanganui Eyecare+

211 Wicksteed Street
Ph: 06 345 4665
wanganuieyecare.co.nz

Independent review of pilot academy investment gets underway

Whanganui District Council's independent review of its investment in the New Zealand International Commercial Pilot Academy (NZICPA) is now underway.

Following a robust procurement process, Deloitte has been appointed to undertake the independent review, which will examine how and why the council's financial exposure developed over time, the key decisions and governance arrangements involved, and the information and advice available to decision-makers.

Mayor Andrew Tripe says many of today's elected members, including himself, were not involved in the original concept or the decisions that followed. He says the independent review is necessary to establish a clear record of what occurred, give the community confidence that the council has fully understood it, and identify the lessons that must be learned.

"This review matters because the council over the years has made a significant investment in NZICPA, and the community is entitled to understand how those decisions were made and how the council's financial exposure developed over time.

"We need to get on with this work. Council will continue to own significant commercial land and property, and decisions about how those assets are managed and funded will not go away. The lessons from NZICPA will help ensure future decisions are well-informed and made with a clear understanding of the risks."

The review is focused on learning and accountability rather than determining individual blame. It will identify practical improvements the council can make to strengthen future investment governance, council-controlled organisation oversight, risk management and decision-making.

Deloitte will undertake a review of relevant documentation and engage with key people involved in NZICPA's governance, oversight and decision-making.

The final report will include a chronology of key decisions, an assessment of how Whanganui District Council's financial exposure changed over time, findings on what worked well and what fell short, and recommendations for strengthening the council's approach in the future.

The review is now underway and is expected to be completed by December, with the final report expected to be presented to the council in the same month. The total cost of the review is $90,000.

The council expects the final report to be made publicly available, subject to any information that is required by law to be withheld.

Further information, including the approved Terms of Reference, is available on Whanganui District Council's NZICPA independent review webpage.

River City Press
- the good news paper
52 Ingestre St
email:
rivercitypress@xtra.co.nz.
Ph. (06) 345 3666

Would you like donate to River City Press?
Please scan the QR Code to donate to our locally owned, independant news media.



Historic marker gone missing



The 5 mile market

You might have seen five historic markers on Rapanui Road on the road out to Mowhanau. Each marked one mile and helped the troops in the 19th century to know how far they had to walk.

However, during the work creating the cycle track currently from Mowhanau to the Bason Gardens, the four-mile marker had to be set back on to private property before being returned to its spot. Since that time, it has gone missing.

As it is an important historic artefact, the local people would love to have it back. If you have it, please return it to where you found it or, if you have any information about it, please contact the Rapanui Road Trail Trust Facebook page.

TRIUMPH Riders MCC NZ
WANGANUI
16th Annual Dice Run

Saturday 7th November
Strictly Bears Bikes Only
$100 prize at each stop, one overall winner
SPOT PRIZES
$30 per person - Registration from 8:30am
Ride leaves from Caltex on the Ave at 10:00am
BBQ BACK AT CLUBROOMS ON COMPLETION OF RIDE
CONDITIONS OF ENTRY: British, European or American Motorcycles only
NB: Triumph Riders MCC encourages participants in this event to take full responsibility for their personal safety and that of others involved
CONTACT PAUL: 027 4477 559

Wood-fired sauna fires up beside the awa



Whanganui's newest sauna spot opens to the community on Thursday 15 October, when Black Sand Sauna welcomes its first public sessions in front of the Union Boat Club, right beside the awa.

After a year of scheming and nine months of crafting, friends Joe Dobson, Finn Boyle, Julie Crocker and Ruby Haazen have built a wood-fired mobile sauna from scratch in a backyard, with support from local tradies and businesses.

Team in front of the Black Sand Sauna. Joe (far left) was overseas at the time of the photoshoot, so he has been Photoshopped in.

"Black Sand Sauna is a space to slow down, warm up and connect amongst the elements of fire, water and earth," says Ruby. "We built it for our community, and we can't wait to share it with Whanganui."

The sauna sits on a 6.5-metre trailer, lined with Himalayan cedar and heated by a wood burner made by a local blacksmith.

Sessions run Thursday, Friday and Sunday nights from 5pm to 8pm. Each session is an hour long. The sauna seats six comfortably, or more if you don't mind touching knees with a friend.

Launch offers run for the first month. A single session is $20 per person, a 5-session pass is $90 ($18 a session), and a group of up to eight can book an hour for $100. From 1 November, standard pricing is $23 per person, $100 for a 5-session pass and $110 for groups.

More session times and themed sessions such as gold-coin, lower heat and fem-friendly are all planned once the sauna is up and running, along with a hoped-for second location by the beach. The sauna can also be hired out for events.

Bookings and updates: blacksandsauna.co.nz

OCTOBER 13

INTERNATIONAL DAY FOR DISASTER RISK REDUCTION

~ Be prepared before disaster strikes ~

"Resilience Starts at Home" is the focus for International Day for Disaster Risk Reduction 2026. Building resilience before disaster strikes is the key to reducing the risks to people, pets and property. It's easy to be complacent when the sun is shining and all is well in your world, but no one wants to be saying "I wish I'd put a plan in place" after the fact.

Whanganui is a little slice of paradise. Our natural environment that provides much of what we love about the place – our river, the ocean, majestic Ruapehu that lies only 85km from here as the crow flies – can also be the source of flooding, tsunami and volcanic eruptions.

Not to mention the ground shaking.

"There's no place like home." It is where we seek comfort, safety and shelter, but the place that's meant to protect us can become the scene of disaster. It's up to us all to reduce the risk to our frontline services as well; knowing what to do before the panic sets in reduces our chances of being in a dangerous situation, which reduces the chances of needing others to enter that environment to rescue us.

1. Make a household emergency plan

• *Identify safe routes:* Know how to get to high ground from your home, especially if you live in flood-prone areas like Anzac Parade, Whanganui East or Aramoho.

• *Agree on a meeting place:* Decide on a safe location outside your neighbourhood where your family can meet if communication lines go down.

• *Stay informed:* Keep an eye on local alerts via the Whanganui District Council and the Horizons Regional Council, which manages river levels and flood gates.

2. Prepare your go-bags and emergency supplies

Ensure you have emergency kits ready that can support your household for at least three days.

Go-bag (personal evacuation)

• Water bottles and non-perishable snacks

• Essential medications and first aid kit

• Warm clothing, rain gear, and sturdy shoes

• Copies of ID, important documents, and cash

Stay-at-home emergency kit

Water: At least 3 litres per person per day for drinking and hygiene

Food: Three-day supply of non-perishable food (and a can opener)

Power: Torch, radio, extra batteries or a solar power bank

Hygiene: Toilet paper, large rubbish bags and hand sanitiser

3. Protect Your Property

• *Clear gutters and drains:* Regularly clear leaves and debris around your home to prevent localised surface flooding during severe downpours.

• *Review insurance:* Ensure your home and contents insurance is up to date and covers flood or storm damage.

• *Secure loose items:* During high-wind warnings, anchor outdoor furniture, trampolines and bins that could become dangerous projectiles.

4. Know your local Civil Defence resources

• Familiarise yourself with your neighborhood's designated Civil Defence centres.

• Follow updates from Manawatū-Whanganui Civil Defence (CDEM) during an event.



Christchurch earthquake, 2010

CIVIL DEFENCE
Whanganui District Emergency Management

Don't Think If, Think When. The risks posed by New Zealand's natural hazards are a fact of life. It's important that all New Zealanders know what to do before you have to do it, to look after yourselves/your loved ones/your homes/your community.

You could be on your own for at least 3 days, maybe more. It could be at least three days before essential services such as water, power and telephones are restored, and damaged infrastructure (e.g. roads, rail, and bridges) repaired.

You Can Take Some Simple Steps to be better prepared to reduce the impact of disasters when they happen. All individuals/families need to act now to protect loved ones/homes/community.

Daytime event - families are likely to be separated - mum and dad at work, kids at school/daycare.

Telephones, cellphones, and Eftpos systems are likely to be affected.

Develop a household emergency plan.

An emergency survival kit is a must

- food and water for at least 7 days
- radios, torches, batteries
- alternative cooking if power and gas is disrupted
- emergency clothing
- essential medicines/first aid kit
- supplies for babies
- supplies for pets

Listen to your local radio station for information & follow the advice & instructions from the Civil Defence Emergency Management.

GET READY GET THRU

For more information contact:
Whanganui Emergency Management
101 Guyton Street, Whanganui
Phone: 349 0515
civildefence@whanganui.govt.nz

Allens
Waste Disposal



Water Deliveries
Water Tanks
Septic Tanks
Grease Traps
Sumps
Liquid Waste Disposal
Drain Cleaning

25 Helmore Street, Wanganui
Phone 06 343 7120 Cell 027 421 7708
Email office@allenswaste.co.nz

CME SERVICES LTD
ELECTRICIANS
with power solutions!

AFTER HOURS AND EMERGENCY CALLOUT GENERATOR HIREAGE:

Have you been left with no power after hours or has a storm wiped out the power supply again?
We have the staff and generators available to get you powered up again:



SHOPS
HOUSES
MILKING SHEDS
FACTORIES

Generators ranging from 2kW to 115kW 3 phase.

06 348 9199
www.cmeltd.co.nz
57 Putiki Drive, Wanganui

KEEP KORI TONU PLAYING

EARLY BIRD REGISTRATIONS ARE OPEN

The 2027 Downer New Zealand Masters Games were officially launched last week – and from 5–14 February, Whanganui will welcome thousands of people for 10 days of sport, entertainment and fun.

Locals can enter for just $70 during Early Bird, with 60+ sports and 10 nights of Games Village entertainment to enjoy.

Not ready to play? Back the Games through the Corporate Club, with $50 from every membership going to our Charity Partner, Cancer Society, or volunteer as a Bayleys Host and help us deliver a world-class Masters multisport festival right here on our doorstep.



Whether competiive or social, young or a litte bit older, there's plenty of fun on offer


2027 Event Team ready to deliver an event to remember


Downer NZ celebrate 10 years of Games support



Suzuki NZ helping keep the Games on the road

NEW ZEALAND MASTERS GAMES™

Downer

REGISTER AT
NZMG.COM

Arthritis NZ
Mateponapona
Aotearoa

WORLD ARTHRITIS DAY
MONDAY 12 OCTOBER

This year's theme: Achieve Your Dreams

Arthritis can make simple daily activities harder – walking, climbing stairs, opening a jar, working, or even sleeping may become uncomfortable when joints are painful or stiff.

World Arthritis Day 2026 is a good reminder to learn more about arthritis and how to manage it safely. World Arthritis Day takes place every year on 12 October.

The World Arthritis Day Theme 2026 is "Achieve Your Dreams". The campaign focuses on helping people living with rheumatic and musculoskeletal diseases continue working toward their personal goals, while also calling for earlier diagnosis, better treatment access and greater support.

Arthritis is a general term used for conditions that affect the joints and surrounding tissues. Common types include:

- Osteoarthritis
- Rheumatoid arthritis
- Psoriatic arthritis
- Gout
- Juvenile arthritis

But managing arthritis is not only about what you do. It is also about avoiding common mistakes, such as:

• Ignoring arthritis pain

Some people assume joint pain is just part of getting older. But ongoing pain, swelling, or stiffness should not always be ignored.

Getting assessed early may help identify the cause of your symptoms and allow you to start the right treatment sooner.

• Stopping all physical activity

When there is pain in a joint, it seems natural to avoid movement. However, resting for too long might actually make joints stiffer.

Depending on your condition, gentle activities may help, such as:

- Walking
- Swimming
- Cycling
- Gentle stretching
- Strengthening exercises
- Physiotherapy exercises

Start slowly. An exercise programme should be based on your symptoms and physical abilities.

In Whanganui, there is an Arthritis group who arrange a monthly meeting on a Wednesday morning at the Church on Ingestre and an evening meeting once every three months in the Christ Church Anglican hall on Ingestre Street. They normally have speakers on health and well being topics. For more information, contact Liz on 06 348 7842.

David Orr, who is one of the organisers, also advises that a group of members meet for exercise at the hydrotherapy pool at the Splash Centre.

They have a popular Garden Amble fundraiser each year on Anniversary Weekend.

Lower back pain? RCP readers can try Painaway Possum fur back belt at absolutely no risk

Many *River City Press* readers will be aware that the nationally known Possum Fur Back Belt which helps relieve lower back pain is produced here in the Whanganui.

The most famous user of the belt has been Olympic rower Mahe Drysdale whose rowing career came to a standstill in 2010 when, having developed incredibly painful arthritis, he could no longer train, despite trying every available remedy. Nothing worked. Then he was given a belt. He says it changed his life. Mahe received significant pain relief. He was able to start training again. Mahe competed in the Olympic Games and won Gold in both 2012 and 2016. Mahe's rowing career flourished and become national Sportsman of the Year on five occasions. For more information see: www.painaway.org.nz.



The left hand picture shows the extent of fur coverage and the right hand picture shows belt correctly worn, fur against skin.

On occasions, potential users have been reluctant to buy the belt in case they don't get at least some pain relief. Because everybody's case is different, the manufacturers cannot guarantee a particular level of pain relief but have always said that if a purchaser already gets some relief from a hot water bottle or heated wheat bag, the possum fur belt will almost certainly help. Furthermore, hot water bottles and heated wheat bags soon go cold. Nor can a person go about wearing them – unlike the possum fur belt which is worn under the clothes against the skin.

As one recent purchaser with chronic back pain said, "If I only get 5% pain relief, then I'll be more than happy." Many purchasers report getting 100% relief; some just a few %. Clinical studies undertaken some years ago show an average 25% pain relief.

Because the possum fur is worn directly against the skin, Painaway has until now been reluctant to offer a money back guarantee – as it's a form of underwear and no shop offers return privileges on underwear (for obvious reasons).

However, for three months only (October 1–December 31) Painaway is trialling a 100% money back guarantee on all purchases made by phone (027 471 2242), as a result of the purchaser seeing this article or a Painaway advertisement referring to the guarantee. To view the "guarantee" terms please go to: www.Painaway.org.nz/guarantee or call 027 471 2242.

Do You suffer from:

LOWER BACK PAIN

If so, then you should try our nationally recognised **Possum Fur Back Belt** that helps relieve lower back pain. Without the belt, it is unlikely that Olympic Rower Mahe Drysdale would have won his gold medals in 2012 and 2016.

Visit our Whanganui office, **by appointment**, and try the belt for yourself. If you buy, and find that you don't obtain pain relief then **we'll give you a 100% refund** – no questions asked. Nothing could be fairer than that. For more info see:

www.Painaway.org.nz

0800 115 241

Arthritis NZ
Mateponapona
Aotearoa

Whanganui Arthritis Support Group

We hold the following Support Group Meetings

Morning - Monthly

The 2nd Wednesday morning of each month at 10am
The speaker is Health or Wellbeing related.

Evening - 3 Monthly

Held on the 3rd Wednesday of February, May, August, and November at 7.30pm.
The speaker is Health or Wellbeing related.

Everyone is welcome to attend these meetings.
Contact - Liz 06 348 7842 or 021 261 8442

Planning for our
22nd Garden Amble
Monday 25th January 2027 is well underway.

Find us on Facebook



Sound Canvas concert to feature music, visual art, light and poetry

A distinctive fusion of music, visual art, light and poetry will take over Whanganui's Christ Church Anglican this October.

Returning following a sold-out season in 2025, Sound Canvas brings together the traditions of community brass music with contemporary creative practice, transforming the historic church into an immersive space of sound, colour and storytelling.

The production places the music of Brass Whanganui within a visual spectacle featuring the work of local artists. This year's programme also expands to collaborate with acclaimed musicians Dr Andrew Hall and Oliver Furneaux, alongside award-winning Whanganui writer and poet Airini Beautrais, who brings a literary dimension to this year's production.

Beautrais' work is closely connected to people, history and place, offering a natural creative counterpart to the visual and musical elements of Sound Canvas. Her involvement brings the distinctive voice of one of Whanganui's leading contemporary writers into a performance built around the city and its creative community.

Joining the ensemble is Dr Andrew Hall, a musician whose career spans jazz, classical, contemporary and popular music. A Senior Lecturer in Acoustics at the University of Auckland, Hall is also a performer, composer, arranger, producer, and multi-instrumentalist specialising in saxophone, clarinet, flute and vocals. He was formerly a member of dDub and now leads his own group, Spiral Collective.

Hall has performed alongside artists including Eric Marienthal, Chris Thompson, Georgie Fame, Rodger Fox and Dave Matthews, and has appeared at international events including the Monterey Jazz Festival and Melbourne Fringe Festival.

Oliver Furneaux is known to Brass Whanganui audiences thanks to his recent efforts on cornet, however this time Furneaux flashes his skills as classically trained and accomplished jazz soloist. He has performed with ensembles including the Auckland Jazz Orchestra, Spiral and Superhero Second Line, and his work with the Royal New Zealand Navy Band has taken him overseas for major commemorative engagements in Turkey and South Korea.

Established in 1882, Brass Whanganui is one of New Zealand's longstanding community brass ensembles, bringing together musicians of different ages and experience levels.

While deeply rooted in the brass tradition, the band has increasingly embraced innovative programming and collaborations, including creative productions such as Sound Canvas.

The sixth instalment takes place across three sessions at Christ Church Anglican on Friday 16 October at 7.30pm, Saturday 17 October 2pm and 7.30pm.

Purchase tickets online from SoundCanvas.co.nz



Sound Canvas - previous year

"Sick of wind-blown recycling? We've got you covered"



Ollie and Will O'Connor with crate nets. Photo credit: Sophi Reinholt.

Households across Whanganui's kerbside recycling area will soon receive two recycling crate nets, with the rollout already started to help ensure recycling stays put on windy days.

The nets are funded through the national waste disposal levy, not rates.

They will be delivered over the following four weeks, along with a recycling refresher guide with tips on using the nets and recycling correctly.

Cr Rob Vinsen says the wind-blown recycling has been one of the main issues raised by residents since the kerbside recycling service began.

"The three-crate system was chosen deliberately because the visibility offered by open crates allows collectors to identify incorrect items before they contaminate the entire load.

"That approach is working well. Contamination is close to zero, making Whanganui's recycling some of the cleanest in New Zealand. However, the trade-off is that open crates are more exposed to wind – which has clearly caused issues.

"The good news is that we now have a solution. The nets give us the best of both worlds: low contamination and a practical way to keep recycling contained in the wind."

The rollout follows an eight-week trial involving around 1000 households earlier this year. Of the households that responded to the trial survey, 99 percent said the nets stopped recycling blowing out of their crates and 87 percent found them easy to install.

The trial also suggested the nets could encourage greater use of the service, with 31 percent of respondents saying they recycled more often because of the nets.

Each household will receive two nets: one for their plastics and cans crate, and one for their paper and cardboard crate.

The nets are designed to be attached permanently to the narrow end of each crate using the cord and fittings provided. Installation is straightforward but requires drilling a 10mm hole in the crate. Once installed, the net remains attached when the crate is emptied.

Step-by-step instructions will be delivered with the nets. An installation video and further guidance will also be available at whanganui.govt.nz/recycling

Residents who do not have access to a drill or need help with installation can take their crates and nets to the Whanganui Resource Recovery Centre or contact the council on 06 349 0001 for assistance.

Latest NZCT community grants in Whanganui

Christian Social Services (Whanganui), $50,000.00, Purchase of building

College Old Boys Rugby Football Club Incorporated, $6,428.40, Contractor

Sport Whanganui, $60,000.00, Salaries

The Castlecliff School Board, $20,000.00, New playground

The Wanganui Manawatu Sea Fishing Club Incorporated, $6,000.00, Carpet tiles and aluminium joinery

Wanganui Roller Sports Incorporated, $4,000.00, Venue hire

Whanganui Sailing Club Incorporated, $3,000.00, Supply and install doors

The local gaming venues that contributed to these grants are: Caroline's Boatshed, Castlecliff Hotel, Shotz and Stellar Bar.

Heritage Art Auctions

Is **rebranding** and **expanding**. Our next sale runs Thursday, Nov. 19 - Sunday Nov. 29th. From November we will trade as **Heritage Auctions** and cover **not just art** but also:

Jewellery; Gold; Silver; Coins; Bank Notes; Watches; Stamps

Specialists have been retained to advise on values and auction estimates. Our current purchasers are across the entire country and also overseas. **ENTRIES are INVITED** for our upcoming sale. **Attractive commission rates**. For more information see:

www.HeritageAuctionsNZ.org

027 471 2242



Gender reveal in front of 3500 people at Speedway



Pregnancy gender reveal for Wiki Paranihi, pictured with her son Ares-Maxwell and partner Brandon Wiari.

Burnout done by 'Sambo' releasing blue smoke for a boy.

Photo credit: L.Whitt Photography

Gender reveals are becoming more and more popular and can be low key, such as having a cake with a blue or pink centre, or much more extravagant as was done at the Speedway last Saturday.

Neil Dempsey, who organises the Monster Trucks Kiwi Steel Rodeo at the Speedway, had build a burnout pad and decided to celebrate it by doing something different and appealing to the audience, which turned out to be 3500 people.

So, he offered it out as a gender reveal opportunity. A young family won the opportunity, and a relative told Neil the results without the couple knowing themselves.

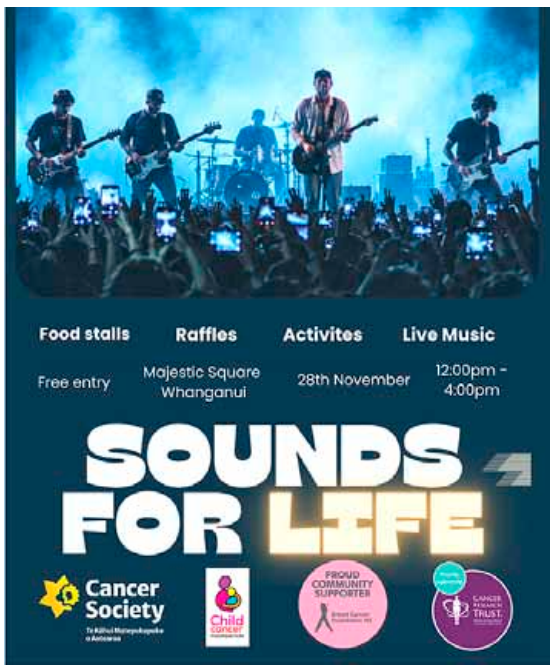
Neil ordered special tyres and they were set alight. As the tyres burnt down, they let out, in this case, blue smoke, revealing that it is to be a boy.

Recent RCP winner

Congratulations to Marie Snowden, winner of RCP's recent competition for a double pass to the theatre production *The King's Gambit*, which is centred around a trial with no names, no age gender or ethnicity. The play asks, "Can only the facts lead us to justice?" *The King's Gambit* is being staged on 9 and 10 October, 6.30pm, at the Whanganui War Memorial Concert Chamber. To purchase tickets, visit the Royal Whanganui Opera House booking office on St Hill Street, or online: rwoh.sales.ticketsearch.com

River City Press - locally owned and operated

Concert for cancer organisations planned



Finlay Barrett is only 15 and has to cope with his mother recently being diagnosed with liver cancer. He decided to do something positive about the news by organising with his friend, 16-year-old Max Stevens, a concert which they are calling "Sounds for Life" for 28 November.

It will be a fundraiser for Cancer supporting organisations – the Cancer Society, Child Cancer Foundation, Breast Cancer Foundation NZ and Cancer Research Trust.

There will be live music from 12 noon to 4pm from a variety of bands, food stalls, including the Ice Queen truck, and raffles at Majestic Square.

Both Finlay and Max are part of a Whanganui High School band which participated recently in Rockquest. Max plays bass, while Finlay does vocals and plays guitar. High School has already offered the use of their music equipment and PA system. Property Brokers will be providing their trailer BBQ for a sausage sizzle, and the boys are checking out bouncy castles.

Finlay and Max are looking for more sponsorship. If you can help out for this worthy cause, please phone Finlay on 022 038 2166.

NATIONAL Gardening MONTH OCTOBER

Spending time in the garden is a great stress reliever



Gavin and Sharen with Schnauzer dog Rose, in their beautifully landscaped garden, which was on display in 2023 for the Arthritis Garden Amble.

New Zealand's National Gardening Week has blossomed into National Gardening Month, recognising the place growing and nurturing flowers, fruits and vegetables has in the hearts of Kiwis. Gardening is a time-honoured tradition from the classic quarter-acre sections to modern container planting. Moving from a week's celebration to a month acknowledges the time it takes to create a garden.

National Gardening Month is also about encouraging people who don't necessarily think of themselves as gardeners to experience the magic of growing. People don't need a large section or a pristine garden. The vegetable planter, strawberry pot, herb garden, hanging basket, windowsill, fabric grow bag or bucket are enough to start growing.

The theme for National Gardening Month 2026 is "Grow a piece of paradise", and in terms of the Goldilocks effect, Whanganui's climate is close to the mark.

Whanganui has great conditions for gardening: the temperate climate, four distinct seasons and temperate climate are a gardener's friend. Mild winters provide light frosts to suppress pests and warm, sunny summers encourage rapid plant growth, and regular rain during spring and autumn aids strong root establishment. There is every reason to garden in Whanganui.

Gardens are rarely finished projects; they are the gift that just keeps giving. The constant changes in the garden are part of the enjoyment, and sometimes frustration.

Getting your hands in the dirt is proven to be a great stress reliever, can provide a functional workout, and whether on a patio or quarter-acre section, provide another room that bursts with colour. Just add furniture and create a space to enjoy with family and friends.

Perhaps the easiest way to celebrate New Zealand's first National Gardening Month is simply to grow something you weren't growing before.

Try a vegetable you've never grown.

Plant some strawberries.

Start a herb garden.

Add another perennial to the flower bed.

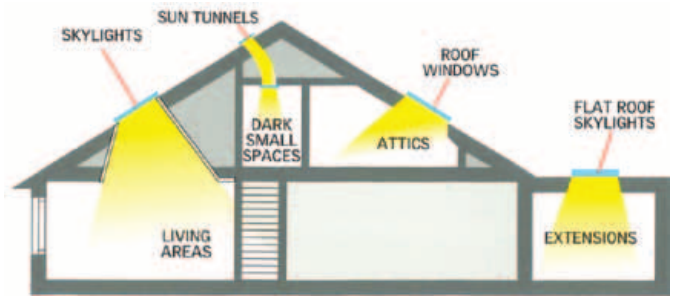
Grow flowers for bees.

Plant a fruit tree you've been thinking about for years.

Or give someone else a plant and get them gardening too.

Masterbuilt
BUILDING LTD.
'Building Homes Today for Tomorrow'

NEED MORE LIGHT AT YOUR HOME OR WORKPLACE?



Brighten your area with VELUX skylights and sun tunnels, expertly installed by a certified installer who is a qualified builder. Enjoy natural light, improved ventilation, and beautifully transformed living spaces.

From planning to professional installation, you can trust quality workmanship and reliable service.

VELUX®

Contact James for a free consultation on
021 979 9160
james@masterbuilt.co.nz
www.masterbuilt.co.nz
MASTER BUILDERS
LICENSED BUILDING PRACTITIONERS Building confidence

Elevate Tree Service
• Tree Felling
• Technical Tree Removals
• Pruning
• Stump Grinding
• Section Clearing
• Hedge Trimming
022 355 4894
david.beatson@hotmail.com

SAUL MAINTENANCE AND CONSTRUCTION LTD
Ph 06 348 7608 or 027 448 2929
BUILDING IDEAS MADE EASY
Find us on Facebook
Always check the LPB register to ensure your building practioner is currently licensed.
email: service@saul.co.nz www.saul.co.nz 209 Ingestre St, Wanganui

NATIONAL Gardening MONTH

OCTOBER

Spring-time gardeners reminded of dangerous bacteria threat from potting mix and compost



Health New Zealand is reminding New Zealanders to take precautions to protect against Legionnaires' disease when gardening this spring, after 135 people were hospitalised with the illness over the past year across New Zealand.

Legionnaires' disease is a type of pneumonia caught by breathing in legionella bacteria. This thrives in moist environments and stagnant water, including potting mix, compost and other soil products, and every spring public health records an influx of notifications linked to these sources.

Dr Matthew Reid, Medical Officer of Health at the National Public Health Service, says while Legionnaires' disease can cause severe illness, there are simple precautions you can take while gardening to help protect yourself.

"To reduce the risk of breathing in legionella bacteria, only handle potting and compost mix bags outdoors or in well-ventilated areas, and open them carefully and away from your face. It's also important to wear gloves and a well-fitting face mask. An N95 mask is best. If you don't have one, you can generally pick these up in DIY and gardening stores or your local pharmacy.

"It's also recommended you dampen down soil products to reduce dust, and to wash and dry your hands thoroughly after gardening or handling potting mix."

Not everyone who breathes in legionella bacteria becomes unwell, and some people only develop a milder illness called Pontiac fever. However, those over 50 years old, smokers and people with chronic illnesses or weakened immune systems are often more susceptible to the disease and should be especially careful when gardening.

"Legionnaires' disease symptoms are similar to a flu-like illness, and can include a cough, fever, chills, shortness of breath, muscle aches, headaches, nausea and vomiting, stomach aches, diarrhoea and excessive sweating. Some people also develop mental confusion or disorientation."

The illness typically worsens over several days and requires treatment with antibiotics, with most cases requiring hospitalisation.

"If you experience these symptoms, particularly after using potting mix or compost, you should contact your usual health care provider for advice or call Healthline for free on 0800 611 116."

For more information on the risks, symptoms, and prevention of Legionnaires' disease visit: healthnz.govt.nz/legionnaires-disease-legionellosis

National Gardening Month competition



Springvale Garden Centre is part of the National Gardening Month competition to win a Paradise Garden Prize Pack valued at over $1700.00.

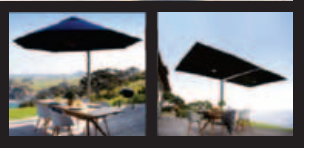
Just visit the store and scan the QR Code on display to enter. The competition closes on 31 October 2026.

Visit gogardening.co.nz/nationalgardeningmonth for more helpful advice on growing a piece of paradise.



We now stock these amazing umbrellas.

Come and see us for a great deal!



Shaun Terrey
MOTOR TRIMMERS & UPHOLSTERY

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

Raglan
1020 Square Table
+ 4 Eden Chairs



was $6525 now $5220

Cape Cod
Lounge Chair



now $479

Lennox 4pc Aluminium Lounge Suite



now $2399



Eden
OUTDOOR FURNITURE

100% HOME DIMOCKS

190 VICTORIA AVE
WHANGANUI
PH 06 348 4877
www.dimocks-homestore.co.nz

OPEN
7 DAYS


What if care wasn't based on what you could afford?
Let's rethink ageing
Getting older doesn't mean living less
enliven CENTRAL
For-purpose, positive ageing
enlivencentral.org.nz

Dignity shouldn't depend on what you can afford

When it comes to aged residential care homes, a room can come with a premium price tag - typically ranging from $5 to more than $100 per day, according to Health NZ | Te Whatu Ora - unless it's a 'standard' room. **But should moving into a care home, and the care quality, depend on how much someone can afford?**

New Zealand's aged care system is changing, and so is the mix of accommodation available for older people. The Aged Care Ministerial Advisory Group's August 2026 report, A place to grow old, highlights the growing number and proportion of premium rooms and care suites, while the availability of standard rooms without an additional accommodation charge has declined. The report says the proportion of standard rooms across the country has fallen from 70% in 2010 to 47% today.

This is an important distinction because standard and premium rooms themselves do not offer different levels of care.

A premium room may offer additional physical features such as an ensuite, additional space, access to the outdoors or a preferred outlook, for an additional daily charge set by the provider. A standard room does not carry that premium accommodation charge and can be easily accessed by people who may require a government subsidy.

For some older people, this distinction can make a real difference. Te Ara Ahunga Ora Retirement Commission research found that 40% of people aged 65 and over have virtually no other income besides NZ Super, while another 20% have only a little more. For people in this position, an additional daily accommodation charge is simply not realistic, as they will require ongoing government subsidies for all of their care.

That is why having standard rooms available matters.

At Enliven Central, around 70% of all our rooms are standard rooms. Providing this mix is part of our not-for-profit purpose, ensuring there are accommodation options available to care for people with limited financial means.

Having a standard room nearby means staying close to home and loved ones. The current Aged Care Association's The Long Drive campaign highlights what can happen when appropriate aged care is not available locally, with families travelling significant distances to visit loved ones who have had to move away from their communities. In one case, a husband was making a 240km round trip twice a week to visit his wife; in another, a couple was separated after suitable care was not available nearby.

For Enliven Central, providing standard rooms across the communities we serve across the lower North Island is about more than affordability. **It is about giving people the opportunity to remain connected to the places, people and support networks that matter to them.**

'Standard' doesn't mean second best.

A standard room is still comfortable, private and welcoming. It can be filled with memories; photographs, favourite belongings and the things that make a new space feel familiar. It can be somewhere family and friends enjoy visiting, and most importantly, somewhere a resident can feel at home. Pauline from our Kōwhainui Home in Whanganui says, "This is the best place to live in – I feel like I have come home".

For Enliven Central, our focus is on the person living in our homes, rather than what they can afford.

In Aotearoa, the current asset threshold for the Residential Care Subsidy is $300,811, (although individual circumstances determine eligibility) with those not qualifying meeting more of the care costs themselves.

There will always be differences in people's financial circumstances. Some may have savings or other assets to contribute towards their care. Others may qualify for government assistance through the Residential Care Subsidy, depending on their care needs and financial circumstances.

The important thing is that financial circumstances do not change the expectation of quality care.

That principle sits naturally within Enliven Central's not-for-profit model. Our resources are reinvested into the people and communities we serve, including care, our facilities, equipment, our teams and training.

In a sector where premium rooms are becoming an increasingly significant part of new room supply in rest homes, Enliven Central's commitment to affordable care is one way our not-for-profit values remain tangible.

This isn't about saying premium accommodation shouldn't exist. For some people, paying for additional features is a choice they want, and can afford to make. But that choice isn't available to everyone. Enliven Central is one of the largest providers of standard rooms across the lower North Island, ensuring that those who wouldn't be able to receive care elsewhere can still have access to those needed services.

A standard room is still part of a home. It is a place with comfort, personality and familiar things around you. A place where staff know your name, an environment where you remain autonomous, where family can visit, and where you can continue to live with dignity and a sense of belonging.

For Enliven Central, that is what providing choice means: making sure there is a place for people with different financial circumstances, including those whose income is largely or entirely their NZ Super.

Because getting older doesn't mean living less.

enliven CENTRAL

Because getting older doesn't mean living less

enlivencentral.org.nz/rethink-ageing

Local Government reform - an opportunity to get it right

The Government's decision to pause the current local government reorganisation process will understandably frustrate councils that have already invested considerable time, effort and public resources responding to tight deadlines.

There is a human side to this that should not be overlooked.

Council officers and elected representatives have been required to undertake this work while simultaneously dealing with Long Term Plans, Local Water Done Well, RMA reform and the everyday responsibilities of running their communities.

Having done the work asked of them, only to see the process paused, must be frustrating. That deserves acknowledgement rather than criticism.

But there is also an opportunity here.

Local government reform is too important to be driven primarily by deadlines. Any restructuring should ultimately be judged by some straightforward questions: What will it cost? What will it save? Will services improve? Will duplication be reduced? And will communities retain a strong, genuinely local and accountable voice?

Those questions matter because ultimately communities fund local government and live with the consequences of the decisions made.

There is little doubt that local government faces significant challenges. Rising costs, infrastructure demands, regulatory requirements and increasing pressure on rates mean simply continuing as before is becoming increasingly difficult.

But changing boundaries or governance structures does not, by itself, create efficiency.

The pause, therefore, provides an opportunity for central government, councils and communities to examine the evidence, learn from the considerable work already undertaken and develop a structure that can demonstrate better outcomes.

Reform should not be about change for change's sake. It should produce measurable efficiencies, effective services, clear accountability and better value for communities.

If taking a little longer produces that result, the additional time will have been well spent.

Democracy works best when we work at it.

– Warrick Funnell, Deputy Chairman, Whanganui Residents & Ratepayers Association (inc)



Electronic waste a growing problem

International E-waste Day highlights the growing problem of electronic waste (e-waste) and encourages people to recycle, repair and reuse old electrical and electronic devices rather than discarding them.

The observance is held on the same date every year, making 14 October the permanent annual date. The first E-waste day took place in 2018, and the campaign has since focused on raising awareness about the environmental and economic impacts of e-waste, including the recovery of valuable materials like gold, copper, lithium and rare earth elements, while preventing hazardous substances such as lead and mercury from contaminating soil and water.

Technoman receives most E-waste for recycling

Technoman at 65 Moana Street, Whanganui East is the Whanganui drop-off point for most e-waste items for TechCollect NZ. They will take:

- Desktop and laptop computers (including all cables)
- Tablets
- LCD and CRT computer monitors
- Computer parts (eg internal hard drives & CD drives)
- Computer peripherals and accessories (eg mice, keyboards, web cameras, USB and modems)
- Printers and scanners
- Digital and video cameras
- Mobile phones
- DVD players

However, they do not accept TVs and stereos, large photocopiers and VHS players.

There is no charge for drop-offs, and Technoman does not getting any proceeds from sending them on.



Phil with some of the E-Waste handed in recently.

Technoman owner Phil Feldon says TechCollect is able to process 96 percent of material they receive with centres in Auckland and Wellington. He adds, "E-waste comes in waves, but we would receive multiple drop-offs each day. At the end of last year, after five years of receiving e-waste, we handled over 14,000kgs, and it is increasing."

Technoman has recently celebrated 10 years of business doing computer repairs and servicing, supplying parts and accessories, selling new and used computers, tech training and selling printers and ink. They have a total of four staff including Phil, with one part-time staff member responsible for working with 20 local schools. Their minimum charge out rate for home visits is $60 per hour.





The environment can be a way to reconnect



Dean Baigent-Mercer (pictured), a well-known environmentalist, discovered in his teens that what he thought was a dead, misshapen stick was a clever tree that used its design to survive: the native lancewood. This lightbulb moment ignited his life passion for fighting to rebuild and save New Zealand's forest and fauna. What, I hear you say, does this have to do with mental health? Dean might say, well, everything.

He believes that rechanneling our negative feelings into nurturing and appreciating what sustains us helps us grow and stay safe in the environment we live in.

In his youth, Dean thought the green, bare plains surrounding his hometown of Palmerston North were how it had always been. He discovered that this bare land had once been home to an ancient forest, intentionally burnt from 1880 to 1910 to make way for "progress". He learnt more about habitat destruction throughout New Zealand. His response was a burning anger.

"I grew up feeling really angry at the destruction that had happened and frustrated that people hadn't done more to make the world a better place. I imagine many people, especially teenagers, feel like this," says Dean.

Whether your negative feelings stem from fear for the future or not, the environment can be a way to reconnect with others and, most importantly, yourself and the world you live in.

You can join several groups in Whanganui that support nature and yourself, who organise predator and weed control, plantings, and the protection of rare plants and birdlife. Get involved and make new friends. Dean says, "There's a role for everybody at any age, and it is one of the best things you can do with your life.

"There's a wonderful feedback mechanism where you take action; you work with friends to protect forests or regrow what's gone. Birds come back, lizards turn up – that encourages you to do more.

"In a time of global and national instability, crazy politics, and the impacts of climate heating upon us, we can do things that are good for us and good for the environment."

It isn't just about joining a group either; growing your own garden is a proven stress reliever. Dean says, "I think that nature is the gift that keeps on giving, the opposite of doomscrolling on a phone that keeps on giving negativity.

"Go outside and look up at the trees; most of the action is happening above your head.

"Even if you just take a walk in the bush for 10 minutes, it's hard to be in a bad mood when you're in the forest."

Some places to volunteer:

Forest and Bird Whanganui Branch: wanganui.branch@forestandbird.org.nz

Bushy Park Tarapuruhi: admin@bushypark.nz

Sustainable Whanganui: office@sustainablewhanganui.org.nz

Castlecliff Coastcare:

Friends of Gordon Park: robcol.ogle@xtra.co.nz

Public talk: Native forests want to live

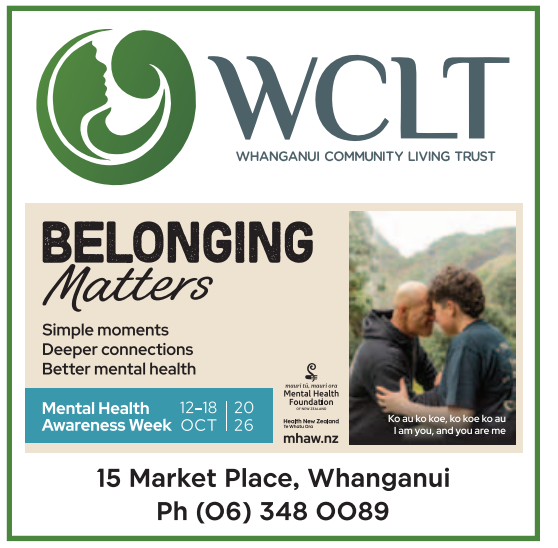
Dean Baigent-Mercer, described as a "living Lorax", was RNZ's "Forest Correspondent" and is Forest & Bird's Northland Conservation Manager. Dean comes to Whanganui to give a big-picture public talk on:

- our ancient native forests
- striking cycles of native wildlife that feed the forest
- the importance of ancient forest giant trees
- the campaigns to save what was left
- how pests undermine carbon held within native forests
- the conservation success this century

and

- the current threats to conservation land.

Monday 19 October, 7.30pm
Whanganui Kai Hub, 267 Hill Street
Koha entry



Mental Health Awareness Week
12 - 18 October 2026

TAKE TIME TO KŌRERO
MĀ TE KŌRERO, KA ORA

Iti te kupu, nui te kōrero
A little chat can go a long way



Balance Mental Health Art Exhibition: *Inner Sights*

Balance runs a weekly art group for people with a mental disability. Run on Mondays from 1 to 3pm, it's a casual arrangement, but on average 15 to 20 people come.

Inner Sights is a curated exhibition celebrating the creativity, individuality and lived experiences of the members. Through colour, form, texture and imagination, each artwork offers a glimpse into a unique perspective, inviting us to pause, reflect and see the world through another's eyes.

Mereana Paki has led the group for about eight years and says, "I used to teach, but they now want to do their own art work. I provide suggestions and advice when needed."

The range of art varies from colouring in to diamond art to drawings and painting, with many works involving a number of artists contributing. In case you haven't heard of diamond art, it is when you glue in different coloured small pieces like "diamonds" onto a canvas.

The sessions promote not only the art but also the chance to socialise and to have conversations. Mereana says, "They enjoy working on their art and talking at the same time."

The group members find considerable satisfaction in coming. Apart from socialising, their skills grow along with their patience. There is a real sense of satisfaction and achievement.

The exhibition will be at the Ministry of Works building on 62 Taupo Quay, with most of the paintings for sale, with opening hours as follows:

- Opening evening: Friday 9 October – 5.30pm–7pm
- Saturday 10 October & Sunday 11 October – 10am–2pm
- Saturday 17 October & 18 Sunday October – 10am–2pm

The exhibition will also be up during the week during the Ministry buildings usual opening hours but will not be staffed by our workers.

Some of the artists and staff: Chelsea Kuzman, Mereana, Roanne Roy, Brent Kuzman, Miranda Verlint, Jono Rose (staff) and Amelia Wylie.



- Theme: Belonging Matters -

This year's theme for Mental Health Awareness Week running nationwide from 12–18 October is *Belonging Matters*. The Mental Health Foundation invites schools, workplaces and communities across Aotearoa to focus on small, everyday moments of connection that foster a genuine sense of inclusion and boost mental wellbeing.

Grounded in the whakataukī *Ko au ko koe, ko koe ko au – I am you, and you are me*, the 2026 theme comes at a crucial time. Recent research highlights a growing challenge across Aotearoa of rising loneliness, declining trust and only 53 percent of New Zealanders feeling that their neighbourhood has a strong sense of community. This year's Mental Health Awareness Week champions a simple truth: nurturing a sense of belonging is one of the most powerful protective factors for our mental health.

"Humans are social beings and being able to spend time with one another, connect, and feel that we belong, is vital for our mental and emotional health," says Shaun Robinson, Chief Executive of the Mental Health Foundation.

Whether at school, work or in local neighbourhoods, finding small ways to connect can make a world of difference.

This Mental Health Awareness Week the call to action is to reach out, kōrero, connect, and host an event for your school, workplace or community.



Loneliness is rising - make the time to make small connections with others

sport whanganui
Proud to support
MENTAL HEALTH AWARENESS WEEK





Rachel Gray

As an expert in both interior design and real estate, I bring a wealth of knowledge to guide you every step of the way.

If you are thinking of making a move, talk to me today!

Rachel Gray
Residential/Lifestyle Sales Consultant
M 027 323 3636
E rachel.gray@pb.co.nz
rachelgray.pb.co.nz

Property Brokers
Property Brokers Ltd Licensed REAA 2008

CHRISTINA EMERY
QUALIFIED COUNSELLOR



027 363 6333
www.christinaemery.co.nz
kiaora@christinaemery.co.nz

SERVICES:
- Individual Counselling
- Couple Counselling
- In-person
- Video or Phone

NZAC REGISTERED COUNSELLOR
Counselling is about working together in a way that makes sense for you. There's no one right way to heal or grow, so we'll figure it out together, at your pace.

M.I.S.T.
MENTAL ILLNESS SURVIVORS TEAM

"To Promote Self-Empowerment Through Peer Support"

Drop In Centre
Monday to Friday
9:30am – 3:30pm
Closed on Public Holidays

M.I.S.T is a safe space for members experiencing Mental illness

203 Victoria Avenue, Central, Whanganui
(Entry at the rear off Ingestre St)
PH: 022 679 5406

Plan for the future for peace of mind.

Enduring Power of Attorney
- Appoint a trusted person to make decisions on your behalf if you lose mental capacity.

Wills and Estates
- Set up a Will to ensure your possessions are well cared for by those you love after you pass.

"Talk to the team today"



Talk to Helen at Moore Law today for expert, friendly advice.

MOORE LAW Lawyers & Conveyancers

This time Moore really does mean more.
Experience. Expertise. Personal Service.

Tel. (06) 349 0012
moorelaw.co.nz

STEELFORM
WHANGANUI vs
HOROWENUA KAPITI
HILUX HEARTLAND 2006 2026 CHAMPIONSHIP
LOCHORE CUP
SEMI FINAL
Levin Domain
THIS SATURDAY
1.00pm

Semi-finals against Horowhenua-Kapiti this Saturday in Levin

By Jared Smith

It is the shortest travelling distance for Whanganui rugby fans for any away ground in the Hilux Heartland Championship, so let's make it a "blue and black" afternoon at Levin Domain on Saturday.

Steelform Whanganui heads 75 minutes south to face neighbours Horowhenua-Kapiti in their Lochore Cup semi-final, with the visitors looking to lift the trophy for the third time since the introduction of the Heartland competition format in 2006.

There is also the small matter on getting some payback on their derby rival, who has had the wood on Whanganui in their last two meetings.

Both teams have 5–3 records this Heartland campaign, with Horowhenua-Kapiti finishing just one point ahead of Whanganui on the ladder by virtue of a narrow 19–17 win in Week 4 of the competition.

This follows on from last year's Lochore Cup semi-final at Cooks Gardens, where a late Horowhenua-Kapiti penalty locked up the score 18–18 and sent the playoff into extra time – where the visitors took control right from the restart to pull away for a 40–18 win.

Losing back-to-back is highly unusual playing a side Whanganui holds an 18–3 winning record against since 2006.

But under debut season coach Ross Williams, who introduced around 15 new players to First Class rugby, Whanganui now has the momentum to make the impact after an excellent win against another derby rival in King Country last Saturday, 31–21 at Cooks Gardens.

In a co-captaincy role with Samu Kubunavanua, who played his 75th match, flanker Doug Horrocks combined with fellow veteran Jamie Hughes to bring back the dogged determination needed around the ruck and maul for making territory then recycling – a facet of ball security which had gone a little missing in previous defeats.



Tevita Asi (photo courtesy of Kate Belsham, Ivy Digital)

The front row group stood up to be counted with Jonty Bird, Jack Yarrall and Renato Tikoi-solomone all scoring tries, back ably by Richard Smith, Faafetai Pulemaga-fa and Te Atuarere Albert.

Towering lock Shay Smith is another real find in this year's competition, improving with every match.

The toughness they have showed will be very much needed against Horowhenua-Kapiti, who are on the hunt for their second Lochore Cup in Heartland, having missed out in last year's final with North Otago.

They are led by talisman halfback Kahn Fotuali'i, 35 tests for Samoa, but he can expect a battle from Whanganui's Heartland legend Lindsay Horrocks.

Kickoff is at 1pm.

eastown
TIMBER & FENCING | BuildLink Buy Better Build Better
Proudly supporting Rugby
06 349 0040
4 HOLYOAKE STREET, WANGANUI EAST
WANGANUI 4500
www.eastownbuildlink.co.nz

STEELFORM
Wanganui Steelformers Ltd
COLORSTEEL Zincalume

Proud to support Whanganui Rugby
380 Heads Rd, Wanganui Ph 344 5142 or 0800 800 077
email: sara@steelformers.co.nz

SUMMIT Electrical
Top Service • Top Workmanship • Top Electricians
• 24/7 Service
• FREE Quotes
• Member of HAZARDCO
• For all your electrical requirements
Summit Electrical Services Ltd
0800 2 SUMMIT
0800 2 786 648
Todd Cowan - 022 325 0056
Member MASTER ELECTRICIANS
Electrical Contractors Association of NZ

Property Brokers
We are proud to support
Whanganui Rugby
51 Taupo Quay, Whanganui
Phone 06 345 7714
pb.co.nz
Property Brokers Ltd
Licensed REAA 2008

ADVENTURE STARTS HERE
2026.50MY FORD
EVEREST SPORT 2.0L
$74,990
+ ORC & TYRE FEE
IN STOCK NOW LIMITED AVAILABILITY
7-SEAT SUV
BUILT FOR ADVENTURE EVERY DAY
2 0L TURBO DIESEL PERFORMANCE
ADVANCED SAFETY TECHNOLOGY
SPORT STYLING PACKAGE
Murray O'Hara 0274 946 405
Thor Bjornsson 022 073 7730
Wanganui Motors
349 0930
82 Ridgway Street, WANGANUI
Ford
www.wanganuimotors.co.nz

STEELFORM

WHANGANUI vs HOROWENUA KAPITI

HILUX HEARTLAND CHAMPIONSHIP 2006 2026

LOCHORE CUP
SEMI FINAL
Levin Domain
THIS SATURDAY
1.00pm

Alekesio could make a record of his own this Saturday

By Jared Smith

If Steelform Whanganui wants to make a run at securing their third Lochore Cup in the Hilux Heartland Championship, they can take heart from having the services of the most lethal finisher in the competition's history.

The quiet man they call "Terminator" – Alekesio Vakarorogo – equalled the all-time record for most tries in the history of the Heartland competition when he smashed through three tacklers to score under the posts against King Country last Saturday.

That five-pointer was Vakarorogo's 53rd try in 54 Heartland matches, a phenomenal strike rate of nearly a try per match since his first competition game in 2021, having debuted the previous year in the "Friendly" fixtures of that Covid season.

Ironically, Vakarorogo played his first ever game for Whanganui against Horowhenua-Kapiti in 2020 at the Shannon Domain, and although he didn't score in the fixture, the southern neighbours know just how dangerous the 104kg outside back can be with ball in hand.

On 30 September, 2023, Vakarorogo tore Horowhenua-Kapiti apart at Cooks Gardens with a Whanganui record five tries, and also tied the Heartland Championship record for tries in a game, having scored four of them in the first half alone.

Previously, he was part of a four-way share of the Whanganui record with Cameron Crowley, Te Rangatira Waitokia and Tyler Rogers-Holden – all scoring four tries in one game – which Vakarorogo did against Buller in 2022 and would then repeat two years later against the same team.

There have also been plenty of hat-tricks and doubles, Vakarorogo having second-to-none abilities at this level when it comes to finding the defensive gap, putting himself in the right spot to support the ball carrier, or letting Whanganui's playmakers find him with the key pass or kick.

Having scored eight tries this season, he swiftly hunted down the other Heartland try-scoring leaders, first surpassing Buller legend Iliesa Tora (51 tries from 92 Heartland games) and then on Saturday tying with South Canterbury's multiple-time Meads Cup winner Kalavini Leatigaga (53 from 61).

Ironically, Vakarorogo would have already eclipsed Leatigaga were it not for his selfless nature, as twice this season he has crossed the tryline only to pass the ball to a long-time team-mate – Lindsay Horrocks against West Coast in the season opener, and then Jamie Hughes the following week against East Coast.

With Saturday's Lochore Cup semifinal and then ideally a final remaining on the schedule, it would be wonderful for the Terminator to make the record his own.



Alekesio Vakarorogo (Photo courtesy of Kate Belsham, Ivy Digital)

LONGRUN SPOUTING

- Re-Spouts
- New Builds
- Colorsteel Fascia & Downpipes
- Continuous Spouting
- Klass Fascia Conversions

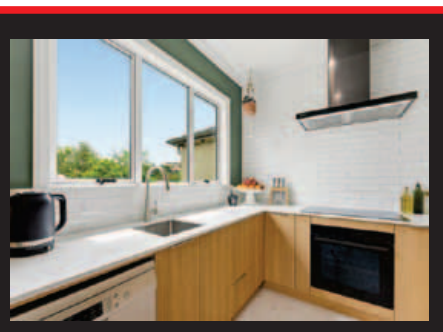
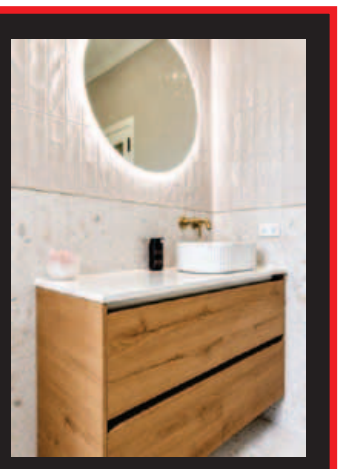
Proud Sponsors of Whanganui Rugby

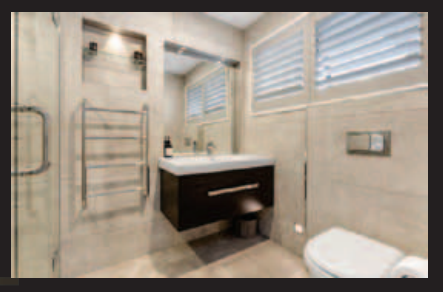
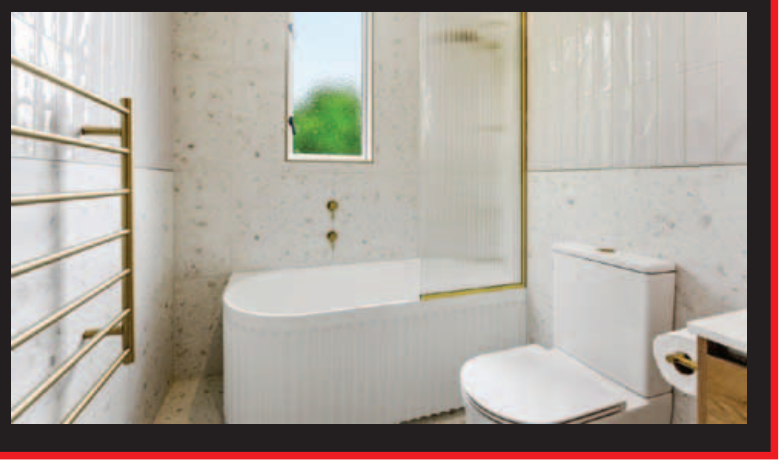
p. 027 363 8545 e. longrunspouting@outlook.co.nz

HARDY CONSTRUCTION LTD.
Building Hardy Homes

Forget spring cleaning... what about a spring refresh?

Whatever you've been dreaming about, spring is the perfect time to start planning.

Mobile: 021 022 36711
Office: 06 343 1645
Email: sam@hardyconstruction.co.nz
www.hardyconstruction.co.nz
66 Wilson Street, Whanganui

Registered Master Builders

LICENSED BUILDING PRACTITIONER · BUILDING CONFIDENCE · www.dbh.govt.nz

TOP 100 2025 · NATIONAL CATEGORY AWARD 2025 · TOP 100 2023 · REGIONAL CATEGORY WINNER 2023 · GOLD AWARD 2023 · REGIONAL CATEGORY WINNER 2023 · GOLD AWARD 2023 · SILVER AWARD 2025 · REGIONAL CATEGORY WINNER 2025 · SILVER AWARD 2025 · GOLD AWARD 2025 · REGIONAL CATEGORY WINNER 2026 · GOLD AWARD 2026 · REGIONAL SPECIAL AWARD 2026

Harcourts Whanganui



Plot your course!!

Contact me for a free market appraisal.

Let's talk about what your home could be worth.

Debbie Payne

M 027 364 2696
P 06 349 0883
E debbie.payne@harcourts.co.nz

Licensed Agent REAA 2008

Top Service



only a phone call away!





Cartridge World®

BUY IN STORE

Cartridge World Whanganui
143 Victoria Avenue
Whanganui
06 348 0449

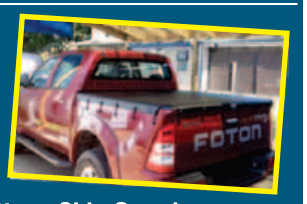
BUY ONLINE

www.cartridgeworld.co.nz

The Canvas Man

W A N G A N U I





* PVC Drop Curtains
* Caravan Awnings
* Crate Covers
* Trailer Covers
* Truck Tarpaulins
* Ute Covers
* Stone Chip Guards
* Motorbike Seat Recovering
* Custom Car/ Motorbike Covers
* Boat Covers
* Custom Boot Liners

14 Halswell St, Wanganui.
Phone 06 343 8286 Mobile: 021 022 38519
Email: kazcet@xtra.co.nz

truebuild CONSTRUCTION

OUR REPUTATION IS BUILDING

Kitchen and Bathroom Renovation Specialists



- New homes
- Renovations
- Extensions
- Decks & Fences
- Repairs
- Maintenance
- Sheds & Kitsets

Mobile: 022 2047 627
Website: www.truebuild.co.nz

LICENSED BUILDING PRACTITIONERS Building confidence

New Zealand Certified Builders Association NZ CB

Top Service



only a phone call away!



NOAHS ARK
Early Learning Centre

OPENING HOURS
Monday-Friday
7.00am-5.30pm

Providing quality care & education for 0-6 year olds in our friendly and welcoming centre.

LIMITED UNDER 2 SPACES AVAILABLE

20 HOURS FREE for 3 to 5 year olds

Call or visit us today
19 Tawa St, Gonville. Ph 347 7941

ARBORIST

A specialist who cares for, and maintains trees. If this is what you need, call the experts for
"Quality Service at Affordable Prices!"

Botanical Tree Services LTD

BAZ BROADHEAD
Qualified Arborist
Ph 021 287 3330
for your FREE no obligation quote

WANGANUI CONCRETE CONTRACTORS LTD.

For all your Concreting Needs.



Mobile: 0274 905 580

WHANGANUI photo & print

Whanganui Photo & Print
143 Victoria Avenue, Whanganui
Phone 06 345 6144
›Capture ›Print ›Personalise

PASSPORT PHOTOS

NO APPOINTMENT NECESSARY

- *NZ Passport*
- *Foreign Passport*
- *Baby Passport*
- *Visa / Immigration*
- *Firearms Licence*
- *Kiwi Access Photo*
- *ID Photo*
- *Profile Photo*

SUPPLIED PRINTED OR DIGITALLY

Cremate-a-Mate
Pet Cremations

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





Bryce & Sandy
06 348 0133
cremateamate@xtra.co.nz
Wanganui

DURIE HILL FISH SHOP



HOURS:
Tues - Sun
4.30pm - 7pm
Fri 4.30pm - 8pm

63 Portal Street Ph 345 0313

DIY DEALS

Landscaping | Building | Fencing



See us for all your:

- Landscaping
- Building & Fencing Supplies
- Posts & Rails
- Custom Made Trellis & Gates
- Decking Timber
- Farm Fencing Products

eastown | TIMBER & FENCING | BuildLink Buy Better Build Better

06 349 0040

4 HOLYOAKE STREET, WANGANUI EAST WANGANUI 4500

www.eastownbuildlink.co.nz

DAVID JONES MOTORS

www.davidjones.co.nz

DAVID JONES MOTORS
Proudly Supporting The Community For 42 YEARS

2023 SUZUKI SWIFT GL

1.2L, auto, NZ new, 1 owner, service history, GPS, bluetooth, reverse camera, alloys, sporty looks.



GREAT ECONOMY! NOW $17,995

2014 SUZUKI S-CROSS LTD

1.6L, auto, NZ new, only 83,000kms, GPS, reverse camera, bluetooth, high seating, great price!



NICE VEHICLE! NOW $14,995

2025 SUZUKI FRONX

1.5L, petrol HYBRID! 1 owner, only 10,556kms, loaded SUV, 360 camera, heads up display, great buy!



NICE VEHICLE! NOW $27,995

2017 MITSUBISHI LANCER GSR

2.0L, auto, NZ new, only 98,000kms, tints, spoiler, large boot, reverse camera, bluetooth, nice car!



SPORTY VEHICLE! NOW $14,995

2006 SUZUKI SX4

2.0L, auto, 2WD/AWD, high seating, alloys, keyless entry, tints, spoiler, towbar, great colour.



VERY ECONOMIC! NOW $6,995

2018 MITSUBISHI ASX XLS

2.0L, auto, 2WD, NZ new, 1 owner, chain driven, only 120,000kms, reverse camera, bluetooth, popular!



NICE IN RED! NOW $21,995

2017 MAZDA CX-5 GSX

2.0L, petrol, NZ new, sharp in white, nice black alloys, towbar, reverse camera, spacious, SUV, great buy!



NICE VEHICLE! NOW $23,995

2022 NISSAN X-TRAIL ST-L

2.5L, auto, 2WD, only 18,000kms, bluetooth, adaptive cruise, leather, heated seats, nice vehicle.



POPULAR MODEL! NOW $34,995

2005 NISSAN MURANO

3.5L V6, auto, only 131,000kms, leather, tints, monsoons, alloys, cruise control, great value, handy!



GREAT BUY! NOW $7,995

2019 HYUNDAI SANTA FE ELITE

2.2L, turbo diesel, auto, AWD, NZ new, leather, 7 seater, towbar, tints, high spec, great family SUV!



POPULAR MODEL! NOW $31,995

2023 SUZUKI JIMNY SIERRA

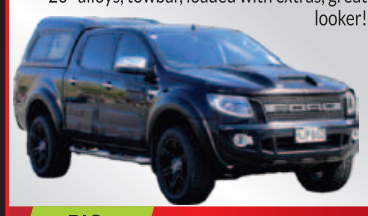
1.5L, manual, 4WD, only 200kms, Hi/Lo, NZ new, monsoons, huge savings from new, great colour!



GREAT BUY! NOW $35,995

2013 FORD RANGER XLT

3.2L T/D, manual, 2WD, canopy, body kit, 20" alloys, towbar, loaded with extras, great looker!



BIG BEAST! NOW $23,995

2014 TOYOTA LANDCRUISER 70 SERIES

4.5L, V8 diesel, manual, 4WD, flatdeck, snorkel, 20" alloys, steel bumper, canvas seat covers, be quick!



GREAT BUY! NOW $54,995

2021 MITSUBISHI TRITON GLSB

2.4L, auto, NZ New, 4WD, 1 owner, only 87,000kms, nudge bar, deck liner, towbar, great buy!



NICE VEHICLE! NOW $36,995

2015 FORD RANGER XLT

3.2L, auto, 4WD, only 93,000kms, canopy, nudge bar, towbar, monsoons, tidy ute, great price.



NICE VEHICLE! NOW $32,995





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

HYUNDAI NISSAN SUZUKI MITSUBISHI MOTORS

Find us on Facebook David Jones Motors

WORLD HOSPICE AND PALLIATIVE CARE DAY

10 OCTOBER 2026

Te Kahu Pairuri ki Whanganui hospice Whanganui

Theme: Pain management: an essential part of palliative care



The 2026 theme for World Hospice and Palliative Care Day on October 10 is: "Pain Management: An essential part of palliative care."

The theme was chosen to re-emphasise the holistic treatment of pain in palliative care (physical, psychological, social and spiritual). The interaction among total pain components is often complex, yet evident in patients with serious illnesses.

World Hospice and Palliative Care Day is a day of action to celebrate and support hospice and palliative care around the world.

Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

The characteristics of palliative care

• Provides relief from pain and other distressing symptoms.

• Affirms life and regards dying as a normal process.

• Intends neither to hasten or postpone death.

• Integrates the psychological and spiritual aspects of patient care.

• Offers a support system to help patients live as actively as possible until death.

• Offers a support system to help the family cope during the patients illness and in their own bereavement.

• Uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated.

• Will enhance quality of life and may also positively influence the course of illness.

• Is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.

PlumberDan
Proudly supporting Te Kahu Pairuri ki Whanganui hospice Whanganui
Plumbing, Drainage, Gas & Building
Phone 021 635 517
179 Victoria Avenue, Whanganui
office@plumberdan.co.nz
Master Plumbers

LOADERS CIVIL
www.loaders.co.nz
Proudly Supporting our Community

Jackson's Flooring Design
Proud to support HOSPICE WHANGANUI
Corner of Wilson & Ridgway Streets
P 06 345 9059 • whanganui@flooringdesign.co.nz

Pleased to support Hospice Whanganui
ROB O'KEEFFE JOINERY
06 344 5040 | okjoiner.co.nz
368 Heads Road, Wanganui
Joinery | Kitchens | Stairs
Doors | Windows
Commercial

Paul Neal & Associates
ACCOUNTANTS
WANGANUI
Making Accounting less Taxing
Proud to support
World Hospice & Palliative Care Day
Unit B - Suite 3 Wicksteed Terrace
06 348 9989
pneal.ltd@gmail.com

ATL allan tong ltd
Since 1945
Proudly supporting Hospice Whanganui
Phone (06) 345 2743
Ron Bakker 021 449 173
Email: admin@allantongltd.co.nz
MEMBER Master Painters New Zealand

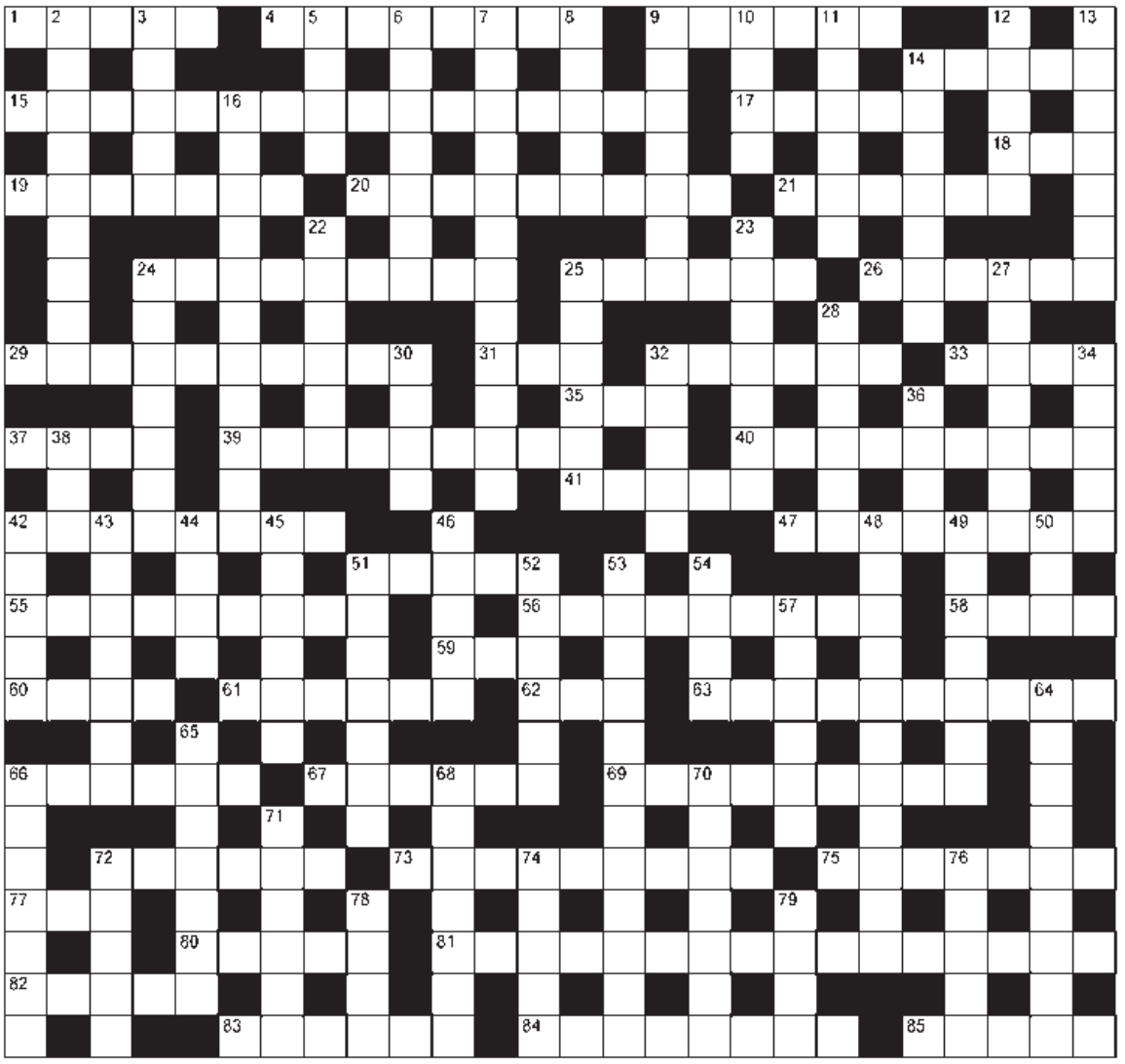
Jumbo crossword

ACROSS

1 Competitor (5)
4 Declares approval of (8)
9 Homecoming (6)
14 Wreck (5)
15 As chance decides (3,4,2,3,4)
17 Hot drink (5)
18 Organ of balance (3)
19 Beer plant (7)
20 Pal (9)
21 Mountaineer's pegs (6)
24 Wife of King Arthur and paramour of Lancelot (9)
25 Off course (6)
26 Reliable (6)
29 Synthetic (10)
31 Small shelter (3)
32 Elevated (6)
33 Doorway side post (4)
35 Cancel ruthlessly (3)
37 Lend a hand (4)
39 Pain-killing drug (9)
40 Debut (9)
41 Dull brownish-yellow colour (5)
42 Negligent (8)
47 Garnish (8)
51 Skin holes (5)
55 Double meaning (9)
56 US state (9)
58 Win over (4)
59 Wonder (3)
60 Error (4)
61 Muggy (6)
62 Mistruth (3)
63 Written works (10)
66 Underside (6)
67 Fill with consternation (6)
69 Large deep stewing dish (9)
72 Send for sale overseas (6)
73 Sluggish and apathetic (9)
75 Dangers (7)
77 Levy (3)
80 Path (5)
81 The most satisfactory substitute (3,4,4,5)
82 Courage (5)
83 Panda food (6)
84 Counterpoison (8)
85 Said further (5)

DOWN

2 Heir (9)
3 Permit (5)
5 Inert gas (4)
6 Result (7)
7 Horse race over an obstructed course (12)
8 Warning device (5)
9 Dinghy (7)
10 Stitch temporarily (4)
11 Gun kick (6)
12 Pay (5)
13 Soon (7)
14 Flavoursome (7)
16 Diploma (11)
22 Light-sensitive layer within an eyeball (6)
23 Pasta envelopes (7)
24 Brief look (7)
25 Assail (6)
27 Staying power (7)
28 Prove to be false (6)
30 Company's symbol (4)
32 Reimburse (5)
34 Military instrument (5)
36 Repeat (4)
38 Age (3)
42 Pandemonium (5)
43 Constructed again (7)
44 Felled trunks (4)
45 Moves (6)
46 Orderly arrangement, display (5)
48 Psychic, fortune-teller (11)
49 Supporter's badge (7)
50 Beverage (3)
51 May drip (anag)(7)
52 Stinking (6)
53 Riptide (12)
54 Exchange for money (4)
57 Beginning (6)
64 Abode (9)
65 Vie (7)
66 Flagrant (7)
68 Accomplished musician (7)
70 Went around (7)
71 Fleet of ships (6)
72 Accessory (5)
74 African scavenger (5)
76 Greenfly (5)
78 Bludgeon (4)
79 Remaining (4)



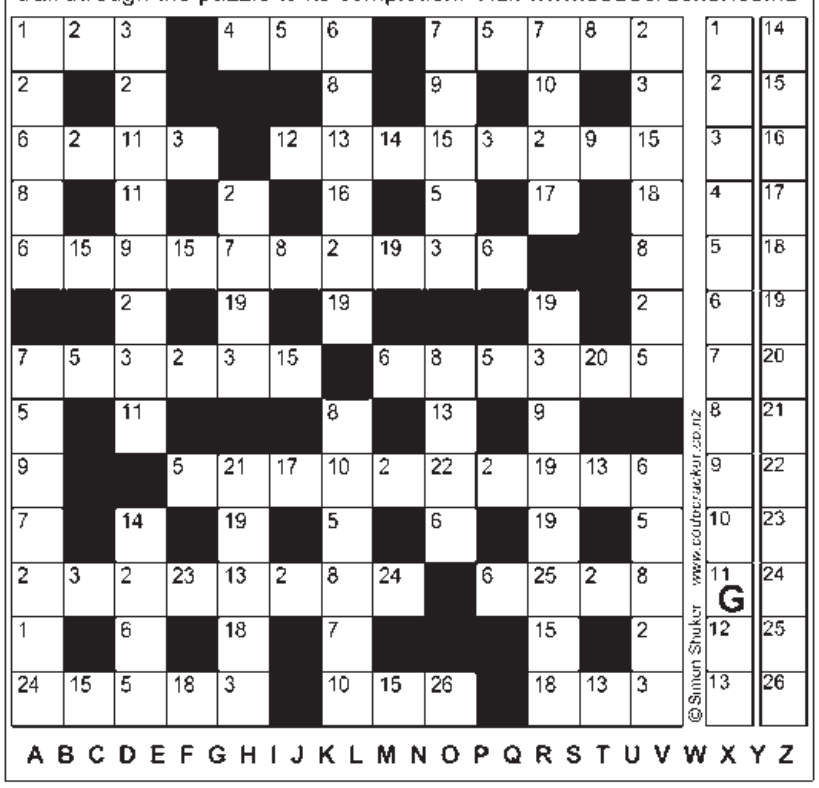
THOMPSON PLUMBING & GAS LTD
Master Plumbers Representing Excellence
- General Maintenance Plumbing
- New Builds and Renovations
- Programmed Maintenance
- Drainage and Unblocking
- Gasfitting Service
- Hot Water Systems
- Heating
- Septic Tanks and Wastewater Systems
- Rain Water Tank Installation

Waverley PLUMBING & GAS

06 345 0924 office@thompsonplumbing.co.nz thompsonplumbing.co.nz

SIMON SHUKER'S CODE-CRACKER Extra 928

EACH number in our Code-Cracker grid represents a different letter of the alphabet. For example, today 11 represents G, so fill in G every time the figure 11 appears. You have one letter in the control grid to start you off. Enter it in the appropriate squares in the main grid and solve the starter word. Fill in other squares in the main and control grids with the found letters and look for the next word. Follow the word trail through the puzzle to its completion. *Visit www.codecracker.co.nz*



Sudoku

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

EASY

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

Previous solution

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

Previous solution

1 D	2 E	3 C	4 O	5 R	6 U	7 M	8 V	9 I	10 K	11 N	12 G	13 S
14 T	15 A	16 P	17 B	18 F	19 L	20 J	21 Q	22 W	23 H	24 X	25 Y	26 Z

All puzzles © The Puzzle Company
www.thepuzzlecompany.co.nz

Previous crossword solution

ACROSS: 1 Flock, 4 Leave in the lurch, 14 Civic, 15 Issue, 16 Disruptive, 17 Error, 19 Nip, 20 Nothing, 21 Vibration, 22 Intent, 25 Assistant, 27 Précis, 28 Hearse, 33 Politician, 35 Hot, 36 Jurors, 37 Stop, 39 Emu, 41 Dispute, 42 Sequel, 43 Buccaneer, 44 Lithe, 45 Mystical, 50 La, 51 Pedestal, 55 Ankle, 58 Clarified, 59 Circle, 60 Usually, 61 Mat, 63 Whim, 64 Give up, 65 Ebb, 66 Watermelon, 68 Ashore, 69 Beacon, 71 Sweetened, 76 Taiwan, 77 Freshness, 79 Blurred, 81 Rue, 84 Trade, 85 Irritation, 86 Probe, 87 Halve, 88 Hit below the belt, 89 Droll.
DOWN: 2 Lesson, 3 Crush, 5 Evil, 6 Version, 7 Impure, 8 Twist, 9 Eyesore, 10 Used, 11 Caring, 12 Event, 13 Sceptre, 14 Creeper, 18 Antibiotic, 23 Stain, 24 Disrobe, 26 Snippet, 27 Patella, 29 Retreat, 30 Notify, 31 Shrub, 32 Oracle, 34 Need, 36 Junta, 38 Peril, 40 Fake, 45 Macaw, 46 Spanish, 47 Ibis, 48 Acidic, 49 Skimp, 50 Lectern, 52 Discreetly, 53 Siamese, 54 Abloom, 55 Adhered, 56 Bribe, 57 Flaw, 62 Steer, 67 Artiste, 68 Anarchy, 70 Cordial, 72 Washtub, 73 Salami, 74 Snatch, 75 Verbal, 76 Tells, 78 Straw, 80 Rarer, 82 Herb, 83 Fool.

5x5

O		T		T
	R		N	
A		R		A
	O		E	
S		O		E

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

Previous solution

G	R	U	M	P
R	I	S	E	R
A	G	I	L	E
P	I	N	E	S
E	D	G	E	S

WHAT'S ON IN THE COMMUNITY

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

Arthritis Whanganui Support Group
Morning Support Group is at 10am Wednesday 14 October in the lower lounge of Church on Ingestre, corner of Ingestre and Campbell streets. Entrance from Campbell St. Our speaker is John Boyle, Optician from Wanganui Eyecare. Eye health and Arthritis: eye health and care, eye issues, medications that affect eye health, and solutions to help. $5 to help with costs of morning tea and venue hire, please. (Cash only please – no eftpos available.) Plenty of off-street parking available. For catering purposes, please contact Liz 06 3487842, or 0212618442 before Tuesday morning if you're coming. All welcome.

AUDITIONS @ The Rep:
Our Summer Shorts production is auditioning for two one-act plays and an episode of *Blackadder*. Check our webpage www.wanganuirepertorytheatre.co.nz. Audition for *Blackadder, the Bells*, on Saturday 17 October 12 noon to 3pm. Please text 021 146 7822 for further information.

Castlecliff Coast Care Community Working Day
Sunday 18th October, 12.30 pm. Meet at Castlecliff beach domain between Manuka St and Bamber St. Look out for our flag and the red ute and trailer. Come and help Coast Care with weeding and mulching plants. A great family-friendly event to help out and learn about Castlecliff Coast care. All tools are provided. Wear strong footwear and bring a pair of gardening gloves. A cuppa and home baking provided once finished. Keep an eye on our Facebook page for updates .

Community Education Whanganui
Community Education Whanganui offers a wide range of creative learning classes, including art in various mediums, cooking, music, yoga, AI, Italian, woodwork, bonsai and more. If there's a topic you'd like to learn, or if you're a tutor interested in sharing your knowledge, contact Mel. Phone 06 345 4717 or email admin@communityeducation.co.nz.

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

Easy-peasy Japanese bin!
Turn your kitchen scraps into soil simply. Kiero Workshop at Kai Hub. Tue 13 Oct, 10–11.30am. Free. Space limited. Reg: 021 292 5471 (Mariko). Can't make it? Join "Kia ZERO! Kiero chat in Whanganui" on Facebook. Supported by WDC Waste Minimisation Fund.

Free Confidential Advice - Whanganui Citizens Advice Bureau
120 Guyton Street. Trained volunteers offer advice on issues including Consumer Rights, Employment, Immigration, Neighbourhood problems, Personal and Family, Health, Tenancy and Housing. Contact us on (06) 345-0844 or email at whanganuicab@gmail.com. We are here to help you.

Hato Hone St John Book Sale
8-10 October. Thursday-Saturday, 10am-4pm. Magazine bundles, CDs and DVDs, Novels, Non Fiction, Gardening, Religion, Jigsaws, History, Science Fiction, NZ. Help support St John Whanganui. 25 Tawa Street, Whanganui. Something for everyone.

Healing Rooms
Do you need Christian prayer for Healing? Healing Rooms are open from 1.30pm to 3.30pm, every Wednesday in the Upper Lounge at Christ Church Community Centre, 243 Wicksteed Street. No appointment necessary and no charge. For further information, contact Mary on 022-152-5306.

NZ Society of Genealogists Whanganui Branch meeting
Alexander Heritage and Research Library Monday 12 October, 6.45pm – Speaker: Ruby King – "The Dark Side of the River" (True crime in the region). Door opens 6.15pm. Non-members welcome, entry $3.

Poultry Group
Meets 10th October at Mathieson St Hall. 12–1pm. Variety of poultry for sale: Hens, roosters, bantams, ducks, quail, pigeons, chicks. Eggs for eating and hatching. Poultry feed and gear available. Cuppa with pikelets after 12.15pm. Chat to friendly breeders. Entry fee $2. Children free. Enquiries ph 345 8718.

Restorative Justice
and other aspects of penal reform, great speakers, stimulating discus-sion, good food at Quaker Settlement Friday from 6.30 dinner to Sunday lunch. See www.quakersettlement.co.nz for registration. All welcome. Booking essential. See you there!

River City Artists
meet every Thursday 9.30-4pm, 243 Wicksteed Street, Christ Church Lower Hall. Artists of all levels, beginners to experienced. All mediums covered. Air-conditioned rooms. Painting fee $10.00 per week. Facebook River City Artists, www.rivercityartists.co.nz. Contact Val 027-459-9448 or Sue 0210-484-035. You're welcome to come and have a look around.

Rivercity Pickleball
Still wondering what this pickleball is all about? You are welcome to come and have a look. Our usual club sessions at Jubilee Stadium are Sundays 4.00pm-6.00pm, Wednesday 9am-11am, Thursday 6pm–8pm. To have a go – beginners must register: email rivercitypickleballnz@gmail.com

This Week at Wisdom Is Yours
Monday: Hatha Yoga 5.30pm Grounding breath, gentle strength, and a calm start to your week. Tuesday: Flow Day Qi Gong 9.30am – Yin Yoga 5.30pm. Wednesday: Qi Gong 5.30pm A peaceful mid-week reset through mindful movement. 10 October 9.30–10.30am Pop-Up Koha Yin Yoga with Angela. Slow, spacious stretches to soothe the nervous system and invite deep rest. 59 Victoria Ave Whanganui 063455002.

Whanganui Community Arts Centre Trust AGM
Will take place at 7pm on Monday 19 October 2026 in the Awa Room, 19 Taupō Quay, Whanganui. All welcome.

Wanganui Country Music Club Inc
Invites you to join us this Sunday 11th October for our afternoon concert (1pm to 4.30pm) at the Highland Pipe Band Hall (1E Bell St). Door entry Members $5, Non Members $6. We meet on the 2nd & 4th Sunday of each month. Raffles available with afternoon tea provided. Relaxing afternoon with our own band & singers. Contact Terri 021 420 069 for further information.

Whanganui Film Society
Whanganui Film Society, Monday 12 October 7pm: THE QUIET EARTH (1985, M adult themes) Bruno Lawrence awakens to an empty Hamilton in Geoff Murphy's eerie, apocalyptic New Zealand classic. Davis Theatre, Watts St. Members only. Join at nzfilmsociety.org.nz/whanganui.html

Whanganui Spiritual and Awareness Centre
Join us Sundays 7pm at the Quaker Meeting House, 256 Wicksteed St. Experience guest speakers and mediums, a healing meditation, raffle and supper. Connect, reflect and enjoy uplifting company. Koha appreciated. Everyone welcome. See our Facebook page for details or call 027 697 6308.

Whanganui Vintage Fair
Retro, Antiques, Collectables, Vintage Clothing including modern brands. Books, toys, jewellery, metalware, carpets, furniture, potte ry, art, china, Crown Lynn, glassware, coins, bottles, kitchenalia, paintings. Food and Cafe onsite. Springvale Stadium, October 25th (Sunday) 9.30–3.30 $2 entry. Ample parking. A great day out. Something for everyone. FB: Whanganui Vintage Fair.

What's On Notices
What's On notices are $10 for up to 50 words with the option of a colour heading for an extra $2 and/or a border for an extra $10. Contact River City Press, 52 Ingestre Street, Whanganui, by Tuesday 2pm to place your advert.

OBITUARY: Patrick Arthur Bullock

The Whanganui community, alongside the local rugby and business sectors, has been mourning the passing of Patrick (Pat) Arthur Bullock. A stalwart of the region, Pat leaves behind a legacy defined by civic leadership, craftsmanship, and a deep commitment to his hometown.

Born on 2 October, 1940, Pat died last month aged 85.

After attending Marist Brothers School and St Augustine's College, Pat completed an apprenticeship in cabinet making at Emmett Brothers, where his early leadership potential showed as he served as foreman on the Cobham Motorway bridge build at just 20 years old.

He subsequently joined the family business, H Bullock Bridge Builders. Pat became a shareholder in 1963 and spent decades as an astute company director, helping guide the firm through major regional infrastructure projects. These included building numerous key bridges, viaducts and culverts across the central North Island.

In the early 1980s when other contracting companies balked at the high risk, Pat successfully negotiated and led the high stakes contract to lay the sewerage pipe beneath the Whanganui River.

Known for his work ethic and fairness, Pat took immense pride not just in the structures he built, but in providing reliable employment for his workers and their families.

Beyond his business endeavours, Pat dedicated decades of service to local government and community organisations. He served three consecutive terms as a Whanganui District Councillor, from 1995 to 2004, consistently earning top polling numbers. During his tenure, he was a staunch advocate for buying local. He worked hard to build positive race relations and support iwi representation. He was also an active member and past president of Rotary South.

A formidable athlete in his youth, Pat was a Whanganui long-distance swimming champion and a passionate rugby player. Subsequently, he served as president of the Whanganui Rugby Union, and he was also president of the Whanganui Marist Rugby Club from 1982 to 1984.

Having played premier rugby for Marist alongside his brothers, he later served as club captain and coach of the premier team. Alongside the O'Hara brothers, Pat was instrumental in fundraising for major alterations to build the current clubrooms, earning him a Marist Life Membership in 1983.



Patrick (Pat) Arthur Bullock

At heart, Pat was a devoted family man and a proud homebody who was most content surrounded by loved ones in Whanganui. He is survived by his wife Faye, and his children Regan, Lynleigh, Marty and Keadie, alongside his grandchildren and great-grandchildren.

Recent Bereavements

Sadly passed away recently...

Helen Joyce HALL,
on 2 October 2026, aged 86 years.

Jacqueline Eve KENDALL,
on 2 October 2026, aged 93 years.

Alvina Rae NAPIER,
on 1 October, aged 68 years.

David Thomas ABRAHAM,
on 30 September 2026, aged 88 years.

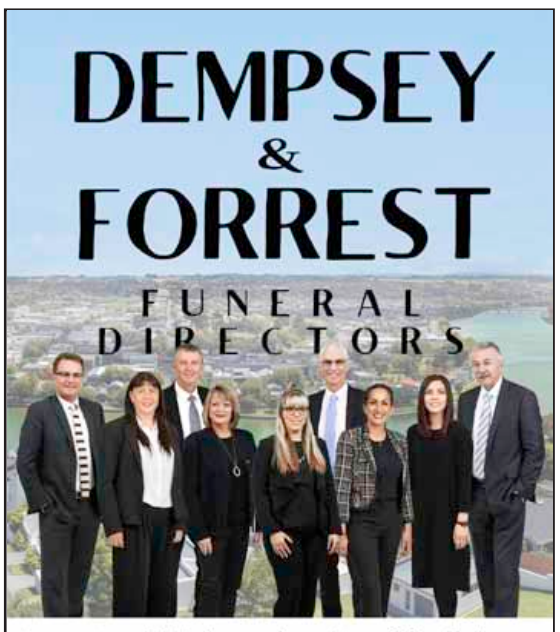
Mark David (Sparky) ASHWORTH,
on 3 October 2026, aged 64 years.

Gweneth Ann (Gwen) FORD (nee Trail),
aged 95 years.

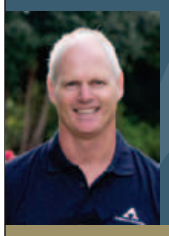
Peter James FRANKLIN,
on 22 September 2026, aged 79 years.

Christopher John JACKSON,
on 2 October 2026, aged 75 years.

Thomas William (Tom) JOHNSON,
on 3 October 2026, aged 92 years.



Arrange a visit today and meet our friendly team.
We are here to help you in your time of need.
208 Guyton St Phone 06 349 0202 any time
www.dempseyandforrest.co.nz

Anderson Memorials
Your loving memories set in stone
112 YEARS 1914-2026
HEADSTONES
Family owned for since 1914

For all monumental work in all cemeteries
Check out our website below

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

Cleveland Funeral Home
(06) 345 5522
Pre-Planning
Call or Visit For Your Free Pre-Planning Pack

179 Ingestre Street | clevelandfunerals.co.nz

Copyright:
River City Press produces and/or publishes advertisements strictly on the basis that River City Press is entitled to and owns the copyright in the advertisement so far as the copyright relates to publication or reproduction for publication in any newspaper, magazine or similar periodical or to broadcasting of the advertisement.

A chance to draw on the walls of Fun Palace



Catherine Burrell and Oliver Morse sport letters built by Catherine that will make up the "Fun Palace" wording on top of the "building". Inset: sketch of Fun Palace

In everyday life, randomly drawing on walls would see you spending time in the naughty corner or maybe before a judge. Not so at a Fun Palace, where for three days, 16–18 October, everyone is invited to draw and write with carefree abandon on the large temporary structure that will be erected on the War Memorial Forecourt.

The fun will flow onto the forecourt pavement outside the building, where people will be invited to draw, too, thanks to the Fleet Industries providing chalk paint.

The forecourt, with a history of hosting military events that require precision and order, will morph into a space for creativity and ideas by you, the people.

RCP caught up with two of the individuals, Catherine Burrell, a third-year UCOL student in art and design, and Oliver Morse, who is a design engineer at the Playground Centre, who are part of a team making plans for the building – a large scaffolding covered in white, heavy duty shrink wrap, a blank canvas for creativity.

Catherine says, "The whole thing around the Fun Palace is that it sort of subverts what you normally can do within or around a space."

Catherine and Oliver are both looking forward to seeing how people react to the invitation and what is created over the three days.

Stephen Baine, an Auckland-based theatre practitioner with a background in architecture, is responsible for the structural design, and both he and Oliver have worked to make the structure unique and they specifically reference the concepts of the 1961 Fun Palace. The Fun Palace, a collaboration of theatre maker Joan Littlewood and architect Cedric Price, kicked off the Fun Palace movement. For more on this history, visit www.funpalace.co.uk

There will be an array of fun interactive activities and opportunities to "create" inside the Fun Palace on the War Memorial Forecourt, and throughout Pukenamu Queen's Park, with music and visual arts at Te Whare o Rehua Sarjeant Gallery, Musicians Club and Alexander Heritage Library.

But for now, the design team of Fun Palace Makers, made up of a combo of theatre makers/designers and a partnership of artists from the Whanganui School of Creative Industries – Oliver Morse, Stephen Baine, Ellen Young, Catherine Burrell, Andrew Daddy, and Nikki Moore, with the help of Barred up Scaffolding – have the mammoth task ahead of them to create a monument like no other ever seen in Whanganui. They are pioneers working on a new concept to create space for "people's art" in Whanganui, for young and old. And fun – it's all about fun.

For more details on all the Fun Palaces events, from experimental music, storytelling, talks, to zine making and more, go to the Facebook page Fun Palaces Whanganui.

Melbourne glass studio HotHaus comes to Whanganui



Melbourne glass artists Amanda Dziedzic and Laurel Kohut are bringing their HotHaus Glass Studio to Whanganui this October, with an exhibition, keynote and live glassblowing demonstration at New Zealand Glassworks as part of the inaugural Festival of Design Aotearoa.

Running 16–25 October, the new national festival is anchored in Whanganui, Aotearoa's UNESCO City of Design, and extends to Palmerston North. It explores the role design plays in everyday life, bringing together designers, artists, businesses and communities across the two cities. All Festival of Design events at NZ Glassworks are free to attend.

At NZ Glassworks, Dziedzic and Kohut will present HAUSLYFE: How to Make a Haus a Home, bringing together seven years of HotHaus through production glass, lighting, sculptural works and photographs documenting studio life. The exhibition opens on Friday 16 October and runs until Sunday 22 November.

The pair established HotHaus in Heidelberg West, Melbourne, in 2019, building the studio from the ground up, including their own hot glass furnace. Its philosophy is summed up in three principles: Good Design. Good Glass. Good Times.

HotHaus produces homewares, lighting and exhibition work, manufactures for other designers, and supports glassmaking through public classes, professional masterclasses and an annual residency programme for emerging artists. This focus on making, learning and supporting other artists shares much in common with NZ Glassworks' own approach.

Alongside HotHaus production pieces and lighting, the exhibition includes work from both artists' individual practices. Kohut's Entwined series draws on jewellery and historic hairwork to explore memory, attachment and loss, while Dziedzic looks to fungi and the natural systems of regeneration and connection, creating sculptural works in glass and light.

NZ Glassworks' Manager, Madeline Prowd, says the exhibition is an opportunity to strengthen relationships between glass artists and studios in Australia and New Zealand.

"Building connections between artists and studios is an important part of keeping glass practice strong within Aotearoa. Opportunities like this allow skills and ideas to be shared, create new relationships and connect our glass community with what's happening internationally," Prowd says.

The Festival of Design Aotearoa programme comes during a busy 10th anniversary year, with exhibitions, residencies, internships, mentoring and public programmes marking a decade of New Zealand Glassworks.

It will be Dziedzic and Kohut's first visit to New Zealand, with the opening weekend providing several opportunities to meet the artists and see them at work.

On Saturday 17 October, they will present The Power of Object in Design, exploring the role objects play in our lives and how these ideas inform their approach to art and design.

On Sunday morning, they will move into the NZ Glassworks hot shop for a live glassblowing demonstration hosted by Prowd, giving visitors a behind the scenes look at the processes, teamwork and technical skill involved in their work.

At New Zealand Glassworks
HAUSLYFE: How to Make a Haus a Home
16 October–22 November
Open daily, 10.30am–4.30pm
New Zealand Glassworks, 2 Rutland Street, Whanganui
Exhibition Opening
Friday 16 October, 5.30–7.30pm
Glassblowing Demonstration
Sunday 18 October, 10am–12pm

At Festival of Design Aotearoa
Keynote: The Power of Object in Design
Saturday 17 October, 4pm–5pm
Designing Tomorrow Summit
Whanganui War Memorial Centre

TRADES AND SERVICES

Len de Painter
INTERIOR
EXTERIOR
WASTERBLASTING
FREE QUOTES
Len Sheath
Ph 022 049 8502
AVAILABLE NOW

100% locally owned
Dave Hoskin
CARRIERS LTD
Furniture removals door to door
National and international
390 Heads Rd. P.O. Box 5042 Wanganui
Phone: 06 344 7002 Email: darrell@hoskincarriers.co.nz

SAM AND CO.
CURTAINS BLINDS & SHUTTERS
Custom Curtains, Blinds & Shutters to fit any window.
Quality products - expert installation.
Locally owned & operated with 20 years experience.
Book a Free in Home Measure & Quote Today
Servicing Wanganui, Ruapehu & Surrounding areas
027 661 1119 • samandersonco@outlook.com

Jobs piling up?
One call for it all:
• Property Maintenance
• Odd Jobs
• New Projects
Hirst Property Maintenance
Call now for a free quote
027 355 7744
RELIABLE • AFFORDABLE • PROFESSIONAL

MIGHTY
PRESSURE WASHING
HOUSE & BUILDING WASH + ROOF WASH
TREATMENT + GUTTER + WINDOW CLEANS
SOLAR PANEL EFFICIENCY CLEANS
PRESSURE WASHING
RESIDENTIAL • RURAL • COMMERCIAL
Contact us on phone 022 185 5744
office@mightybuildingwash.com

CHOP CHOP
HEDGE TRIMMERS
For all your trimming needs
TREES
FARM SHELTER BELTS
HEDGES • TREE LINES
Call Niall Quinn - 021 1745 322

MONKEY BUSINESS
Tree Care
Eddie White
ARBORIST
mbtreecarenz@gmail.com
027 385 6597
www.monkeybusinessnz.com
OUR SERVICES
pruning
tree removal
hedge trimming
reductions
storm damage maintanace
planting
Get in touch for a FREE quote!

SELF STORAGE
Harcourts
Easistor
SELF STORAGE
Call now
0800EASISTOR
080032747867

COUNTRY 2 COAST ROOFING LTD
• Leaks
• Re-Screws
• Re-Roofs
• New Builds
• Metal Wall Cladding
• Long Run Roofing
• Edge Protection
• Membranes
• Internal Gutters
Dane Cowley - 027 207 2604
Email: countrytwocoastroofing@gmail.com

NEED HELP?

Emergency.....111
City Mission/Foodbank 345 2139
Women's Refuge Wanganui..... 344 2204

RIVER CITY PRESS LTD
CLOSEST TO OUR COMMUNITY

CLASSIFIEDS

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

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

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

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



RIVER CITY PRESS LTD

PUBLIC NOTICES

Neighbourhood Support NEW ZEALAND

NOTICE OF AGM NEIGHBOURHOOD SUPPORT GROUP

NSG Whanganui gives notice of its Annual General Meeting for 2026

10.30am Wednesday, 11 November 2026
St Andrews Hall, 42 Glasgow Street, Whanganui

Agenda and minutes will be circulated prior

Please RSVP to
enquiries@nsgwhanganui.org.nz



Florence Joy

Diana's Daffodils

SECTION 101

SALE AND SUPPLY OF ALCOHOL ACT 2012

Richard and David Limited, 149 London Street, Whanganui has made application to the District Licensing Committee at Whanganui for the issue of an On licence in respect of the premises situated at 149 London Street, Whanganui known as **Cactus Boutique**.

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

The days on which and the hours during which alcohol is intended to be sold under the licence are **Monday to Sunday 10.00am to 10.00pm.**

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

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

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 2012.

This is the first publication of this notice.



FIREWOOD FOR SALE

AFFORDABLE firewood starting from $50 a cubic metre for sale. Please phone us on (06) 343-8466. www.firewoodandscrapmetalwanganui.nz

PSYCHIC CONSULTANT

I am available to help with your past, present and future as well as important decisions. Sandra Singleton. Numerologist Wanganui. 06-345-3803.

DOG WALKING SERVICE

DO you wish you could give your dog the exercise they need, without having to walk them yourself?
Call/txt 022-010-3577.

SITUATIONS VACANT

GET paid to exercise! Pamphlet Distribution require reliable runners to deliver RCP and brochures each week. Phone Bubs on (06) 343-2010 or 027-218-2010.

WORK WANTED

168 PAINTING and plastering with 25 years experience. Interior, exterior roofs, airless spraying. Fully insured. Free quote. Text 022-035-0175.
EXPERIENCED, looking for relief milkings, fences, tractor, own car, tools, trailer. Please call Kees 022-391-2924
GARDENING and or housework - honest, reliable, eager. Available mornings only on a regular basis. Phone Tanya 021-032-7438.
MOBILITY scooters. Sales, service, repair, rental wheelchairs, walkers, ramps. Call Graeme 021-119-5118.
TRADESMAN looking for work – lawns, pruning, landscaping, property maintenance, please call Kees 022-391-2924.

MASSAGE

JADE Traditional Thai Massage. Excellent massage at reasonable prices. 36 Ridgway Street. Message 022-605-5337 for an appointment.

River City Press - locally owned and operated ph. 345 3666

FOR SALE

BLINDS - Roller & Venetians to order.20% off retail price. Free measure and quote. Strath Davis Furniture & Flooring, Ph (06) 345-0883.
GRISELINIA hedge plants, 3 years old, between 50 and 100cm tall, $10 each. Cypress trees, 25cm tall, $5 each. Phone 021 752 877.
NEW season's Red Kaka beak, Kanuka, Manuka, various Corokia including Frosted Chocolate, Sunsplash, Cotonester, Virgata, Geenty's Green. Buxus hedging all priced at only 6 dollars each. A good range of large grade Native trees, Planter bag, 12, great price, 18 dollars. Parnells Quality Tree and Shrub Nursery, 102 Fox Road, Wanganui. Phone (06) 344-6645. Established 1895 and still going strong!
NEW books available at River City Press, 52 Ingestre St. "Whimsical Tales of Old Wanganui"; "More Whimsical Tales of Old Wanganui". All proceeds go to Alzheimers Whanganui.

Doing business without advertising is like winking at someone in the dark. You know what you are doing, but nobody else does

Contact River City Press to promote your business. Phone 345 3666 52 Ingestre St email rivercitypress@xtra.co.nz

PUBLIC NOTICE

TUNE into City Magic 106.9FM from this Sunday. Saturday's 9am gardening, segments on negotiation, Sports, Radio Countdowns. Sunday's 8am children's requests, 9am Woman to Woman, 12pm Dick Clark. Sunday's 5pm feature artist. American Top 40s, community events, weeknights, 9.15am Wednesdays and Fridays - drama, music documentaries. Feedback 021-216-0886. Broadcasting from Durie Hill.

LAWNMOWING + GARDENING

LAWN-MOWING work wanted. Free quotes. Phone or text 022-540-3375.

BUYING and SELLING USED FURNITURE

GINZA BARGAINS
SECONDHAND FURNITURE
Phone 06 345 3154
54 Maria Place Extn
Email: ginza2@xtra.co.nz

LAWNMOWING + GARDENING

AFFORDABLE LAWNMOWING

Pensioner rates available.
Regular clients get their **5th MOW FREE***
Call Paul on **021 245 4999**
*Conditions apply

LAWNS NEED MOWING?

Cutting Edge Lawns
Keeping Lawns & Costs Down!

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

Wayne Bishop
Phone
027 555 3074

WANGANUI EAST CLUB

MEMBERS' DRAWS MUST GO!

Thursday 15 October

$600 @ 6.30pm
$600 @ 7.30pm

101 Wakefield St, Wanganui East
Phone 06 343 7023
www.wanganuieastclub.co.nz
Members, affiliated members & guest welcome

WANTED TO RENT

OLDER couple with a Burmese cat are seeking a long-term two-bedroom home to rent with easy access, a sunny interior, and a garage or shed. The couple have been homeowners for many years and know how to look after a home. Ph. 028 402 1323.

WANTED TO BUY

GINZA. Always buying, always selling. Good used furniture, antiques, China and collectables. Call Ginza (06) 345-3154.
VINYL Records. All genres. Top money paid. Simon 027-431-2020.

REAL ESTATE

Selling in Spring?
Call Marion today to discuss your property!
Dedicated to Deliver Results = SOLD



Marion Farr
021 572 033
marionfarr@xtra.co.nz
Licenced under the Real Estate Act 2008

THE WATSONS
ROSS WATSON REAL ESTATE MREINZ

Bridge results

Whanganui Bridge Club results Week ending 2 October

Monday Spring Pairs: N/S 1. A Hodges E Topfer 61.64 2. R Bartrum M Dawson 57.38 3. R Rawson A Tims 53.33 **E/W** 1. C Harding J Hore 58.75 2. H Jarrett K Moore 57.35 3. B Bull J Huwyler 57.07. **Overall Winners of Monday Spring Pairs:** Tracey Jones & John Kay. **Tuesday Spring Pairs: N/S** 1. B Annear J Dodds 64.87 2. R Nightingale D Newman 64.25 3. P Paterson G MacLachlan 62.09 **E/W** 1. A Cave M Wyley 64.74 2. S Pedley A Thirtle 58.05 3. C Raisin L Vodanovich 55.97. **Wednesday Spring Pairs: N/S** 1. J Coxon B Eriksen 65.00 2. A Williams T Gunasekara 58.75 3. F Simpson J Rose 55.00 **E/W** P Irvin R Terrey 56.25 2. K Rainey C Rothman 52.50 3. K Croot K Smith 48.75

Wednesday Social: N/S 1. A Thirtle M Dawson 57.08 2. A Hodges L Rowland 52.50 3. P Paterson C Fisher 51.67 **E/W** 1. C Harding G MacLachlan 67.08 2. M Hoek I Newbold 52.08 3. V Bartrum J Dodds 50.83

Friday Social: N/S 1. R Rawson E Topfer 57.14 2. A Hodges A Thirtle 55.36 3=. N Bartrum J Rapson 54.67 3=. L Rowland C Pepperell 54.67 5. J Compton-Schon G MacLachlan 54.40 6. D Haynes K Moore 53.16 **E/W** 1. C Harding J Newman 64.15 2. Pam & Perry Loader 62.50 3. C Chesswas C Raisin 55.77 4. S Watson C Veltman 55.63 5. A Bennett C Fisher 55.49 6. G Handley O Jones 53.30

INSULMAX®
WALL INSULATION SYSTEM
WALL INSULATION WITHOUT RENOVATION

SPORTS NEWS

BEAT THE RISING ENERGY COSTS - INVEST WITH US! | 5% DISCOUNT FOR GOLD CARD HOLDERS! | insulmax.co.nz | 027 323 1000 | stephen@insulmax.co.nz

Pickleball launches exciting three-racquet hub this Saturday

This Saturday 10 October, from 10am to 2pm, the Rivercity Pickleball Club (RCP) is officially throwing open the gates to its new outdoor venue at 3 Bassett Street, introducing a hybrid indoor/outdoor model for pickleball that unites tennis, squash and pickleball at one facility.

Organisers are inviting everyone to come down, and give the sport a try. All equipment is provided free of charge – just lace up a good pair of court shoes, pack a drink bottle, and bring along some enthusiasm.

The opening celebrations kick off officially at 10am, with a star-studded Celebrity Game at 11am. Locals will have the chance to watch Whanganui Mayor Andrew Tripe, MP Carl Bates, community funders and members of the sports hub step out to give pickleball a go!

By transforming the back three tennis courts, the facility now features six freshly marked, dedicated outdoor pickleball courts ready to welcome players of all generations, giving pickleball a Home of Pickleball. This shared community space is ideal for everyone, from juniors and local youth to lifelong players.

This expansion does not mean the club is abandoning its roots. RCP will retain its indoor footprint at Jubilee Stadium. By adding the outdoor venue, they are securing a sustainable, weather-proof future for the sport. Pickleball players will now enjoy the absolute best of both worlds.

The creation of a three-racquet sports hub was about choosing collaboration over competition. RCP extend their thanks to Whanganui Tennis Past President Hayden Pudney for his unwavering patience and progressive mindset.

Club President Joy Walden shared a light-hearted reflection on the negotiation process: "Hayden totally said 'yes' when we needed it most, and very politely said 'no' when our pickleball enthusiasm got a bit too wild!



Drone shot of courts

"A massive thanks also to Lindsay Edward (Pres, Squash), and to the broader memberships of both clubs, for ultimately sharing their backyard with us. We hope we can replicate the incredible success of these clubs and build a lasting club history of our own".

An ambitious community project like this cannot happen without strong financial backing. It has all been made possible through funding from the Four Regions Trust and the Whanganui Community Foundation. Their investment ensures that Whanganui families have a safe, top-tier and affordable venue to stay active for years to come.

For those who cannot make it down this Saturday, the club has already locked in a follow-up community session on Sunday 18 October.

Make sure to mark your calendars for this Saturday at 10am. Head down to 3 Bassett Street, grab a paddle, support your local sports hub, and find out for yourself why pickleball is capturing hearts across the region!

Pigeon racing results

Last weekend the St John's Whanganui Racing Pigeon Adjunct held two races for the birds – one from Kumeu and the other from Owhiro Bay.

The birds flying from Kumeu encountered poor weather conditions on Saturday – cold rain and low cloud. Heather Verstraeten was the first to clock in a bird at 17.40 that afternoon with a speed of 581.28m/m or 34.87km/hr. Second place went to Benedick Galanida 499.20m/m or 29.95km/hr. Jim Pullins was third 414.6m/m or 24.87km/hr. Then Brad Fairweather 378.15m/m or 22.68km/hr, Shane Guddop 372.47m/m or 22.34km/hr, Alois Verstraeten 357.60m/m or 21.456km/hr and Don Lacy 341.24m/m or 20.474km/hr.

The birds flying from Owhiro Bay (Wellington) were liberated on Sunday in better weather conditions. Brad Fairweather took out the first place with 1475.17m/m or 88.510km/hr. Second was Heather Verstraeten 1459.93m/m or 87.595km/hr. Alois Verstraeten was third 1229.47m/m or 73.768km/hr. Next was Jim Pullins 1159.56m/m or 69.573km/hr, Don Lacy 1005m/m or 60.351km/hr and Shane Guddop 991.90m/m or 59.514km/hr.

The birds will be split again next week in to north and south racing teams.

Marangai Archery Club does it again



The Marangai Archery Club had a brilliant week just before the school holidays, taking 250 Girls College students through archery, with mostly three sessions a day. Some groups consisted of 20 odd students, including those with special needs, and we had some great coaches that came every day to help. The students really enjoyed their time with us, even giving the teachers a hard time when they were shooting. We set up the first day and were lucky enough to be able to leave the targets up till the last day.

It was a great week and a great group of well-behaved students.

In February, we are holding the Masters Games, which we are excited about, so, if you are 35 or older, jump on the register list and enter – everyone is welcome. If unsure, text Maureen on 0272163741.

Remember, Christmas is coming up, and it's now time for you to think about having a work function or family function and having a go at Archery. We have all the gear for you to use for a great day out.

After the school holidays, Marangai Archery Club procured a hall, so indoor archery will be starting up, and there will be coaching for high school students. It's great to see the schools coming on board with archery. The club is very happy with the way it's running, with newbies arriving all the time to give Archery a go, so if you find a Sunday that you are free, come along and give it a go – we welcome everyone.

Our hours are Wednesday and Sunday, 10am–12.30pm at our Kaierau Range, and Saturday at our Marton range at the same times. Feel free to pop along and meet either Rob or Maureen. You can contact them on 0272163741.

New patron for Whanganui rugby

Rugby's prolific scorer, Bob Barrell, is the new patron of the Whanganui Rugby Union.

Bob has replaced the late Arch Roebuck.

The choice of Bob will be a popular one because of his influence in and service to the game here.

He played 139 games for Whanganui from 1963 to 1977. He was an assistant coach of Whanganui teams, captained Whanganui and was an All Black trialist.

As a fullback, Bob was a points-scoring machine, holding the scoring record for Whanganui representative sides. He scored at least 980 points for Whanganui and is the only Whanganui player with more than 1000 first class points, finishing with at least 1030 in a career stretching to 1979.

The appointment of Bob as patron was announced on Saturday after Whanganui upset King Country, the leading team in the Heartland competition.

Saturday also marked a reunion of the 1986 Whanganui team, which was a strong one. Trevor Olney, Andrew Donald and Kerry Whale were among former Whanganui players at the reunion.

Last Friday, Bob attended the funeral of Tom Spry, a hooker who, like Bob, reached high levels in the game, both being New Zealand President's XV reserves. Tom played 34 games for Whanganui from 1970 to 1973.



Bob Barrell

EziBuild
Ezibuild Whanganui - Your locally based renovation company, offering a turn-key service to make your next project Ezi!
- Project management
- Whole home renovations
- Kitchen & Bathroom renovations
- All types of building, plumbing & electrical work
- Painting & Flooring (carpet / vinyl / tiles)
- Decks / Fences
- Roofing-including full replacements
- Property maintenance services
- Commercial renovations, alterations and fit outs
- Handyman Services
- House cleaning

Find us at ezibuild.co.nz and create a new space within your home today.
027 924 4001 jonny@ezibuild.co.nz



La-Z-boy®

Spring Sale

Up to 40% OFF* La-Z-Boy Furniture

SALE ON NOW
DON'T MISS OUT!

www.la-z-boy.co.nz

*T&C's apply. Participating stores only. Prices & promotions may differ between stores. Please go to your nearest La-Z-Boy store or see online for more details.



Tampa
Swivel Recliner
*In leather. Standard and Large sizes available.
FROM $2299*
EVERY DAY LOW PRICE



Vail
2 Seater Sofa
*In fabric.
NOW $1699*
$2399



Eden
Rocker Recliner
*In fabric.
NOW $1499*
$1799



20% OFF SOFAS & MODULARS • 15% OFF RECLINERS • 10% OFF LIFT CHAIRS

EARLYBIRD OUTDOOR SAVINGS

Spritz 4pc Setting
Green or red
now $719



Kudo 3pc Patio Setting
now $1199



The. Big. Sale.

Save on selected beds & bedding.

12 months interest free on purchases $499 & over.*

Elements Wave 3 'Grab & Go' Mattress
Everyday Low Price.



Available rolled in a bag for easy transport. Grab one in-store.

QUEEN MATTRESS ONLY $459

Chiropractic Perform Pop Up Bed
20% off.



Combining trusted back care into a smart, space-saving design.

KING SINGLE NOW $1,599

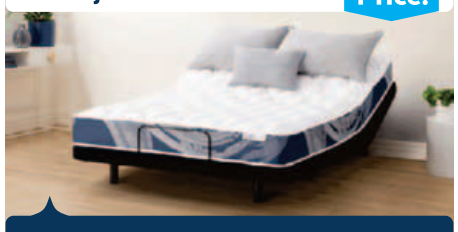
Swisstek Precision Bed
60% off.



Responsive 7-zone pocket spring support for reduced partner disturbance.

QUEEN NOW $3,499

Elements Wave Queen on AdjustWave 1 Base
Everyday Low Price.



Everyday comfort that moves with you.

QUEEN NOW FROM $2,158

The Big Sale ends 03.11.26. Discount offers apply to selected beds and bedding only, prices as marked. Offers exclude Everyday Dream prices, run outs, clearance stock (unless otherwise stated) and not to be used in conjunction with any other offer. See in- store for details. 30-Day Comfort Guarantee available for in-store purchases only. We reserve the right to correct errors and misprints and to change product specifications. All products are advertised in good faith and will be available, except in circumstances beyond our control. Product ranges vary between stores and some products are available in selected stores only. *12 months interest free is available on Long Term Finance (LTF) for in-store purchases only until 03.11.26. Min spend $499. Offer excludes Everyday Dream Prices, run outs, clearance, layby and not to be used in conjunction with any other offer. Lending criteria, $50 annual Account Fee, fees, Ts&Cs apply. $55 Establishment Fee applies to your first LTF transaction, $35 Advance Fee applies to subsequent LTF transactions. Min payments of 3% of the monthly closing balance or $10 (whichever is greater) are required throughout interest free period. Paying only the minimum monthly payments will not fully repay the loan before the end of the interest free period. Standard Interest Rate of 28.95% p.a. applies to outstanding balance at the end of LTF Interest Free Period. Other interest rates and fees may apply. Rates and fees subject to change. New customers need to apply and be approved for a Q Mastercard credit card. Columbus Financial Services Limited and Consumer Finance Limited reserve the right to amend, suspend or terminate the offer and these Ts&Cs at any time without notice.

100% HOME DIMOCKS

190 VICTORIA AVE
WHANGANUI
PH 06 348 4877
OPEN 7 DAYS
www.dimocks-homestore.co.nz

FLOORING XTRA *Locally Owned and Operated*

Paihia
34oz Carpet
was $184.00
per broadloom metre

NOW FOR A LIMITED TIME
$155.00
per broadloom metre

Cambridge
48oz Carpet
was $217.00
per broadloom metre

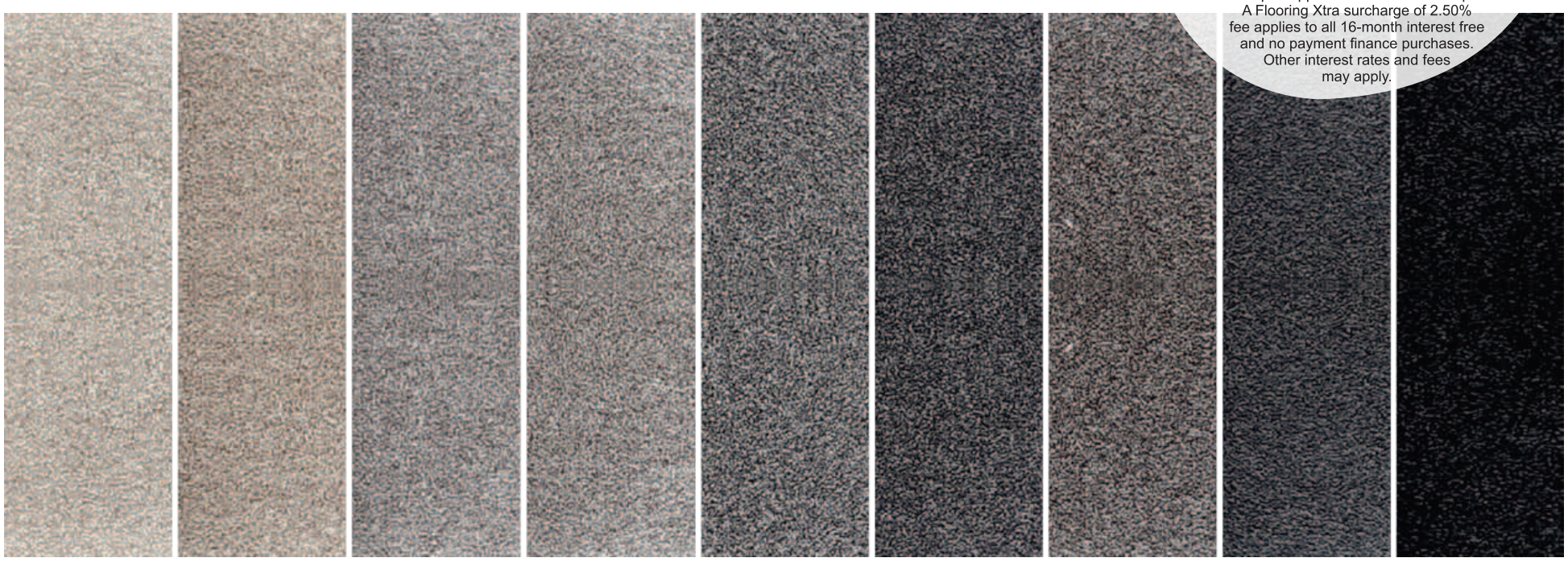
NOW FOR A LIMITED TIME
$174.00
per broadloom metre

Wanaka
65oz Carpet
was $295.00
per broadloom metre

NOW FOR A LIMITED TIME
$265.00
per broadloom metre

No Payment & No Interest Offer*

*No Payments and No Interest for 16 months. Available on Long Term Finance (LTF) for in-store purchases only until 31 October 2026. Min Spend $1000. New customers need to apply and be approved for a Q Mastercard credit card. Lending criteria, $50 annual Account Fee, fees, Ts&Cs and exclusions apply. $55 Establishment Fee applies to your first Long Term Finance (LTF) transaction, $35 Advance Fee applies to subsequent LTF transactions. Standard Interest Rate of 28.95% p.a. applies after Interest Free period. A Flooring Xtra surcharge of 2.50% fee applies to all 16-month interest free and no payment finance purchases. Other interest rates and fees may apply.



GREAT RANGE OF STOCK VINYL



2m Wide - $68 lineal mtr **3m Wide - $102 lineal mtr**



FLOORING XTRA

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