

CDs Spin: The Best from The Ladies' Rest

Holiday season round-up



Carla Donson, Manager, Women's Network

Happy 2010! I hope that the festive season brought you all some joy, and some time to reflect over the year past, and to think about things you might like to do differently in the coming year. Keep those resolutions small and achievable so you can generate some easy wins first up... then reach for the stars! Speaking of stars, summer is often the time where we see "best of" compilations spring up on the music scene, so here's a bit of the best from a community perspective.

Over the Christmas period we noted an increase in the numbers of people seeking budgeting assistance. With holidays and Christmas combining, and the lure of abundant sales, it's easy to over-commit ourselves financially. We have wonderful community services in the river city, and the friendly team at the Budget Advisory Service offer exceptional guidance in helping to get budgets in better shape. They tackle all manner of financial "issues", and will help you get back on track.

While we're on the subject of finance, remember that we have wonderful op shops and second hand stores that sell all manner of pre-loved items. This is a great way to keep within budget, and to find some bargains. From church run stores, to charities, and curiosity shops, head off on an adventure, and help the environment by purchasing "nearly new" items. The Women's Network also has a small stash of pre-loved items for bargain prices, and we're always on the look out for clothing items that you might want to re-home - all proceeds help women in need in our community.

The festive season is also peak time for parties and gatherings, and summer flings. Keeping yourself safe sexually is vital. The Family Planning Association (FPA) initiated a brilliant campaign

Christmas to promote condoms as a rubber essential - as Kiwi as gumboots and jandals! There are numerous services available where you can get information about sexual health, including free clinics for sexual health checks etc: FPA provides a host of services (free for under 22 year olds); Youth Services Trust (free for under 25's) is the longest running youth-one-stop-shop in the country; and the Sexual Health Clinic that runs out of the outpatients department at the hospital is free for all ages on Monday and Thursday evenings. See any of the friendly staff at these services, and you're in good hands. The Women's Network can also help you with free pregnancy testing, and other information, including what's in and around our community.

It's a good time to refresh your CV with the New Year on our horizon, give me a call if you need some assistance with this. Keep an eye out for a "Fiesta of Wonderful Women" from March 1-11 - we have a feast of activities planned to showcase women in our community; including a visit from award-winning musician Jess Chambers on March 3, not to be missed! I would love to hear your stories about women that have inspired you, so email me at carla.d@inorbit.com it's always great to hear from you. Thanks to all the extra-ordinary women out there who inspire us too, and to you all for helping us to make a real difference in our community.

-Carla Donson, Manager, Women's Network

Wanganui links to Korowai

The korowai (cloak) featured in the Christmas edition of *River City Press* (December 22) has strong Wanganui connections.

The korowai, pictured being worn by former Wanganui woman Janine McLees at a Victoria University graduation parade, was gift to the NZ Police to be worn on ceremonial occasions.

It was woven by Julie Ranginui, of Whanganui, and donated by Morvin and Kura Simon, who have strong links with Kaiwhaiki and Whanganui. They handed the korowai to police Sergeant Luke Mikaere Crawford in 2005 and when he left the force in 2007 it was passed to Wellington district police commander Piere Rota Munro, through Holden Hohaia.

Mr Holden, son of Charlie Hohaia, a retired police officer, was asked if he would consent to having the korowai named after his father and after consultation with his whanau it was named Manu Wharanui.

The korowai is kept at Wellington district police headquarters and is brought out on special occasions that bring mana to the police. Ms McLees, who had 20 years' service with the police, was chosen to honour the korowai after completing her MBA degree.

Letters to support faster broadband needed

Letters of support needed from Wanganui Chamber Of Commerce members for an application for government funding to support a new fast broadband network in Wanganui.

Background to the application:

The Government is investing \$1.5 billion in an ultra fast broadband initiative (UFB). The objective of the UFB is to connect 75% of New Zealand to ultra fast broadband in order to deliver the economic step change that New Zealand needs to significantly lift average incomes over time. The UFB requires partners to co-invest in a fibre optic cable network that will deliver ultra fast broadband (between

100Mb/s and 1Gb/s). This kind of network would cover telephone (voice), internet and television (video) needs. This means that businesses would not need a second phone line for eftpos, telephone bills would be significantly reduced, there would be the ability to email large files and conduct real time video conferencing, television could be streamed from all over the world, quickly and cheaply - just to highlight a few benefits. The futuristic nature of the internet and technology in general, means that there are possibilities that haven't even been thought of yet. The network would be open access - meaning that any retailer (such as Ihug, Telstra, InspireNet, Telecom or any other company) would be allowed to use the network at a set, low price. This increases competition.

Why Wanganui District Council is applying:

In many districts power companies are participating and will become partners with the Government in the UFB; however Wanganui's power company - Powerco, for a variety of reasons have decided

not to participate. The Wanganui District Council intends to make a proposal to participate in the UFB to ensure we don't miss out on potential funding for this important piece of infrastructure to support the District's future economic growth. Council's proposal is confidential, due to the competitive nature of the UFB (i.e. They are competing with other Districts for a pot of money); however, local businesses can help in a general way by doing the following:

Supplying letters (or emails) of support for the Council's proposal, showing an understanding of the current constraints of broadband in Wanganui. Please include examples where possible highlighting slow broadband performance and it would also be helpful to state in your letter or email an intention to connect to the ultra fast network when it becomes available.

This information you provide will help significantly strengthen the Council's application. We require this information no later Friday, January 22, 5pm for it to be included.

Christmas 'miracle' for foodbank

City Missioner Shirley-Joy Barrow got her Christmas wish granted a day early this year when Mayor Michael's foodbank challenge was achieved.

At its meeting held on October 19, Council resolved that a joint Council and Christian Social Services Wanganui Food Bank campaign be launched which included matching a \$10,000 dollar for dollar appeal from the Mayoral Relief Fund.

A gift of a \$250 Pak n Save gift card took the Food Bank campaign total to just over \$10,000 - which was matched with

\$10,000 from the Mayor Relief Fund.

Mayor Michael is delighted with the result. "I have been in regular contact with City Missioner Shirley-Joy since we launched the campaign and the response from the public has been simply fantastic.

"Every day since October members of the public have been walking into the City Mission and giving money - from the smallest donation of \$3 to a couple of donations of \$500 and \$800.

"Last year has been a particularly busy year for the City Mission - with a

large increase in people needing food parcels as a result of the tough economic times. City Mission estimates they have given out \$144,000 worth of food last year, which is staggering.

"Wanganui is the most generous community in New Zealand. I am so proud to represent such wonderful, kind-hearted people."

Shirley-Joy Barrow is thrilled to have achieved the target and described it as, "Michael's Christmas miracle. Without the support of the Mayor and Council I don't think we could have done it".

Prison volunteers work recognised

Ron Anderson's years of work as a volunteer at Wanganui Prison have been tangibly recognised.

He is among church volunteers who received a certificate last month from the Department of Corrections recognising outstanding contributions to the rehabilitation and welfare of prisoners.

Other Wanganui recipients of the 2009 award are Graham Body, Lyn Jones, Alistair Lang, James Moore, Ronelle Muller and Dawn Richards.

Ill health has meant that Ron's contribution at the prison ended last year after nine years as a volunteer - and he is missing his

regular prison visits.

The retired Gonville School principal said it took him six months to consider voluntary work at the prison and that work had started in a small way, as part of a team in which he assisted once a month with Sunday services.

That voluntary work led to him being part of a bible studies group at the prison and one-on-one contributions, with visits on a weekly basis.

Being a prison volunteer had been tremendously rewarding, he said.

"There's so much that can be done out there and so few to help."

He was missing his prison work terribly.



WAR MEMORIAL HALL

Pioneer Room (upstairs)
Parking on forecourt

DAYS & TIMES

Tuesday, January 26
3pm - 7pm

Wednesday, January 27
8.30am - 1.30pm

*** Please remember to bring your donor card or other ID to donate blood.**

Please phone
0800 448 354
To make an appointment time.

Wanganui Women's Network

Personal Support Services Available

75 St Hill Street
ph 06 345 6833
po box 568

Kindly supported by the Wanganui District Council