

Sandra plans her 'Ready Set, Go' for the Downer NZ Masters Games

Sandra Nielsen is a woman on a mission, to get the best out of life. Some of Sandra's family are based in Australia and with COVID-19's ability to keep families apart, Sandra will be unable to spend Christmas with her family this year. That is a sad prospect for Sandra, but with an indomitable spirit, she has picked herself up and now has the Downer New Zealand Masters Games as her motivator. As a first-time participant, Sandra is discovering the benefits of having a clear goal: completing the 5km Walk.

"I am sad not seeing my family in Australia, but I'm happy about this," says Sandra.

Sandra is a resident at IDEA Services and one of her support staff, Maureen, encouraged Sandra to participate and is one hundred percent behind Sandra's goal. The IHC values of inclusion, responsiveness, support and empowerment, are alive and well. But, as we know, there are benefits for both, being part of the training schedule, which Sandra is strict on maintaining.

"Sandra is definitely the one in charge, it's great, I'm so impressed by her

commitment," says Maureen.

Rachel O'Connor, Games Manager, keeps up to date with Sandra's progress and is looking forward to welcoming Sandra to the Games. Rachel reflects, "Sandra is a perfect example of a participant who sets their own goals and understands the benefits of the Games. Yes, many of the sports are competitive, but ultimately participants compete with themselves and that is true from the most honed athlete to the beginner. Busting out personal goals is a key to well-being and self-esteem. Your goal might be to try something new or making new friends. The point is the goal is personal, so they can be many and varied. Sandra has set hers and I think she'll smash them".

Sandra's involvement will not end on the 5km walk; she has another string to her bow, Ceroc dancing. When the entertainment starts at the Downer New Zealand Masters Games Hub, Sandra will be there enjoying the music and dance. Sandra's last words on the subject? With a beaming smile Sandra says, "I can't wait to be there."



Maureen Thompson and Sandra Nielsen visit the Downer New Zealand Masters Games team

Check out what's in this week's RCP

Sam Mordey of the MV Wairua is not only passionate about the river, the river boats and heritage industrial items, but is also knowledgeable about the history to the point he is writing a book about the Wairua. (See our front page story). Whanganui is extremely fortunate that with the PS Waimarie we have two historic river boats catering for different groups of locals and visitors.

Still on the Whanganui River, there is an interesting art exhibition of 'Oriental Perspectives of the Whanganui River,' opening this week (page 6). Another exhibition well worth going to, is the 'Art to Sea @Putiki' exhibition at the Red Door Gallery (page 14).

The squash and tennis clubs are combining to have open days this weekend. If you are interested in either sport, check them out and be into win prizes and reduced membership fees. (See page 14 and page 15).



Doug Davidson, email: journalist@rivercitypress.co.nz

If you are not already over politics check out the article on the candidates from the Meet the Candidates meeting on Tuesday. As I have already voted it had no impact on my voting intentions but it was interesting (page 3). Another article on the election campaign is about the return of street corner meetings (page 30).

Calling all grandparents raising grandchildren - there is an informal gathering on October 15 at the Plunket Hub (page 19). - Doug Davidson

Time to smile.

VICTORIA DENTAL

Make an appointment today

06 345 3222

Visit us at Victoria House
1a Rutland Street, Wanganui

Mayor Charles Mackay and 'The Whanganui Incident' feature in Heritage Month

A hundred years ago, Whanganui Mayor Charles Mackay, was involved in an 'incident' when he shot poet D'Arcy Cresswell, who apparently threatened to reveal the mayor's homosexuality. Fortunately, Cresswell didn't die but Mackay was sentenced to 15 years hard labour. After being released early in 1926 he was killed in 1929 while reporting for a British newspaper in Berlin, Germany.

The incident continues to fascinate. Go on an official 'Walking Tour' of Whanganui and you will walk past the Meteor Building in Ridgway Street where the incident happened. Author, historian and cura-

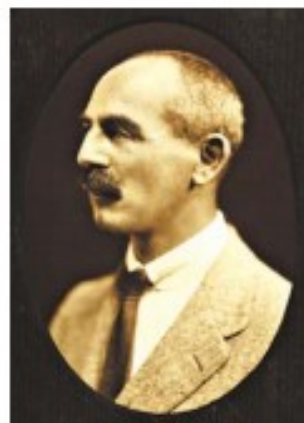
tor, Paul Diamond, is writing a book about it and early this year was in Berlin, retracing Mackay's steps. Others also interested are Mayor Hamish McDouall, who has publicly called for Mackay to be rehabilitated and playwright and actor, David Charteris.

All three will be involved in a discussion about the incident on Friday, 23 October. It will be held at Museum's Davis Theatre, starting at 7.30pm. The cost is \$15 or \$10 if you are a Friend and /or Star of the Gallery.

David Charteris will also be doing an acclaimed solo show looking at how the incident happened and the consequen-

ces on the lives of those involved. The show will be at the Sarjeant at the Quay, 38 Taupo Quay on Saturday, 24 October at 7.30pm and on Sunday, 25 October at 4.30pm. Tickets cost \$25 or \$20 for Friends and/or Stars of the Gallery. Purchase from the Sarjeant or by phoning 349-0506, www.sarjeant.org.nz.

Whanganui is familiar to David as he not only lived here but wrote and performed at the Four Seasons Theatre in the 1970s, becoming an arts reviewer for the Chronicle in the 1990s. He left Whanganui in 2010 but recently returned for an artist-in-residence programme at 85 Glasgow Street Arts Centre.



Charles Mackay

Downer
New Zealand
MASTERS GAMES

Whanganui

5 - 14 FEBRUARY 2021

50+ SPORTS

349 2321 | 0800 302 019

WHANGANUI DISTRICT RESIDENTS
GET OUR SPECIAL \$55

"WHANGANUI LOCAL AS" ENTRY FEE

SIMPLY VISIT NZMG HEADQUARTERS
WITH PROOF OF ADDRESS

SPORT WHANGANUI

226 LONDON STREET

9AM - 4PM MON TO FRI

9AM - 6PM EVERY THURS

www.nzmg.com