



OPUNAKE & COASTAL NEWS

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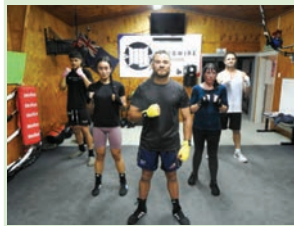
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Social Climbers a real winner. See review page 15. Still time to see it.

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OPUNAKE & COASTAL NEWS



Glen Bennett rapt to be back in the saddle representing the people of Taranaki with delighted Labour faithful at the first meeting at the Labour Party in New Plymouth on Monday night.

Parliament a very different place but new MP delighted to be back

"It's a very different place with different attitudes and values to my previous three years in a Labour Government," says Labour MP Glen Bennett, after three weeks returning to Parliament. It's a reflection of the leadership of the Coalition Government and of the new MPs that came in at the last election, he added.

Clearly delighted to be back Glen said he considered it to be a real honour to have a second chance and step back and represent the people of Taranaki. Back as a list MP following the resignation of Grant Robertson, Glen is the third Labour MP to come in on the Party List.

"I'm rapt to be back," he says.

That the former electorate MP for New Plymouth is back in Parliament is a measure of the esteem in which Glen Bennett is held by his Labour colleagues. In 2020 he was the lowest ranked MP on the Party List at 74. By 2023 he'd risen to 29. "It shows the Labour Party values my contribution but it also shows the Party's commitment to the region of Taranaki," says Glen.

Now a List MP his role will change.

"As an electorate MP your role is meet and deal with constituent issues. It's also about connecting to the businesses and the community throughout the electorate", explains Glen. Also, as an electorate MP

your role is to be present at all sorts of events, he continued and accessible. As a List MP however the role changes. You still need to live in the community but you take on a specific portfolio.

Glen is responsible for Economic Development and is also Associate Energy spokesperson – Taranaki being the energy province.

"The portfolio is very much about the future of work. Looking at technology, artificial intelligence (AI) and how we keep up with the changing world."

Glen says he now gets to "zoom out" of the region rather than being focused on just the electorate, a prospect he finds "challenging and exciting."

And he's busy. He detailed his itinerary next week when he'll be in Auckland for two days, then Wellington for one day, then Canterbury. "The aim is to build ideas and policies for the future of New Zealand's growth," said Glen adding it's a future focused portfolio and policy which will be presented to people in 2026 when the next election is due.

He brings to the job "three years of experience and I understand both the working of Parliament and the local community", says Glen. He describes himself as an innovator and future orientated who will be bringing different ideas to his role.

The prospect of being back

in Parliament initially felt a little daunting he confesses and, amusingly, said he felt a bit like a kid who'd missed the first term at school.

Talking to people generally who never previously got political or engaged he's found they are now "scratching their heads" saying "we didn't know what it would be like" referring to the "divisiveness" of the new Government.

He also though got a lovely text from National MP Barbara Kuriger – his first text on learning he would be back in Parliament – congratulating him saying "I'm glad you're back" which he was clearly touched by.

What's next for our news media?

Announcements confirming massive job cuts and the loss of several news programmes in Aotearoa have been some of the biggest blows to journalism in the country's history.

Warner Bros. Discovery has confirmed it would close all its Newshub news operations, resulting in roughly 300 job losses. Its last 6pm news bulletin will air on July 5.

TVNZ also confirmed it would axe the programmes Sunday and Fair Go, and stop its midday and late-night bulletins, resulting in the loss of another 68 media roles. The Spinoff's Duncan Grieve asked 20 media executives to express their view of the problem, and how they propose to find a way out. They pointed to the haemorrhaging of digital

revenue stream - alongside advertising, subscriptions and government funding. "Where global tech companies are taking our news content to keep consumers engaged on their platforms and to train their AI tools, they should be compensating the platforms they're scraping this content from," a TV network chief executive wrote. Execs also pointed to an

ad revenue to large tech companies based overseas, the absence of a sustainable funding model, and the high cost of producing local news and entertainment content, among others. But in looking for a way out, Grieve writes there's an "increasing consensus" that a levy on digital revenues could get the ball rolling on a sustainable

overhaul of the current regulatory environment, and a consolidated screen funding agency. Grieve also published more in-depth commentary from the CEOs of TVNZ, Sky, NZME and MediaWorks on the media crisis and their proposed solutions. The new coalition Government has yet to announce any plans to respond to the sector losses



Letters to the Editor

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While we welcome free speech, the views expressed in the Letters to the Editor do not necessarily reflect those of the Opunake & Coastal News. Please limit letters to 350 words as we sometimes struggle for space to fit them all in.

Surf life saving success

One must congratulate all the members of the Opunake Surf Life saving Club, both seniors and juniors for their recent success at the North Island IRB championships held recently at Waipu, and I have no doubt other North Island Surf Life Saving

clubs really underestimated the Opunake surf life saving team.

To see this surf life saving team take on and defeat the top New Zealand and International search and rescue team to me is extremely brilliant, plus it’s good to see many young people being part of this surf life saving club, as they will all be seniors very soon.

Many people don’t really realise the type of training that all surf life savers take on, just to be on hand to help save people who get into trouble when swimming in our oceans. Yet they all risk their own lives by doing this, both men and women.

Tom Stephens
New Plymouth.

Tattoos or lunches?

Question parents can spend money on body tattoos yet send their children for breakfasts and lunches. What’s first tattoos or feeding kids?

Ian McAlpine
New Plymouth



Stunning Mountain shot.

Staci Holmes

ADELPHOS

Words have astonishing powers. Even saying the right thing in the wrong way can make it the wrong thing. But first a bit of word history.

Words can change slowly, rapidly or remain about the same. Words like tree, sun and moon have kept their basic meanings. The word “nice” slowly changed from the fourteenth century onwards; it used to refer to a stupid or foolish person. Now it refers to a delightful or agreeable individual. “Gay” changed in meaning relatively recently in the 1960s. It originally meant cheerful or happy.

Words, Words and More Words

In the past decade the words “man” and “woman” have been redefined virtually overnight. They can now refer to anyone who identifies with more than 100 different word genders, in addition to/separate from their biological sex. Confused? Jesus explained that at creation God gave us two words describing our biological genders, “Haven’t you read...that at the beginning the Creator made them male and female” (Matthew 19:4 is referring to Genesis 1:27 NIV). The Old Testament was Jesus’ word dictionary.

Yes, words can change

their meanings. However, the promises in God’s Word do not. Jesus proclaimed that, “Heaven and earth will pass away but my words will never pass away” (Matthew 24:35, NIV, see also Isaiah 40:8).

Words can denigrate or elevate, humiliate or liberate. A gossiping tongue can destroy reputations in both small communities and on the internet. Jesus tells us that everyone, “...will have to give account on the day of judgement for every careless word they have spoken” (Matthew 12:36). What comes out of our mouths reflects what is in our minds

and hearts.

St. Paul encourages believers to have “the mind of Christ” (1 Corinthians 2:16). This is why reading God’s redemptive Word helps us to guard our minds and hearts in censoring and overcoming spiritual and worldly temptations (See Proverbs 4:23 and 1 Corinthians 10:13). Satan invented word pollution in the Garden of Eden by deceiving and tempting our first parents. The same happens today.

Christians are redeemed. However, we all succumb to sin in either our thoughts, words, actions or inaction. So with heartfelt words we confess to God our daily sins and shortcomings and receive cleansing and forgiveness (1 John 1:8-9). This miracle comes through the one, only, all-sufficient and unchanging Word above all words—Jesus.

Kia kaha, Adelpnos

P.S. I encourage you to fellowship at your local community church.

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EDITORIAL

TSB bank sold



The bank maybe closed but the ATM will stay say the building's new owners.

The future of the building which housed Opunake's last bank has been settled. Te Kāhui o Taranaki Trust has purchased the former TSB Opunake branch property and took ownership on Thursday 28 March.

"This was a strategic purchase in advancing our Iwi aspirations and reclaiming our presence on our own whenua," says Jacqui King, Chairperson of Te Kāhui o Taranaki Trust. "Opunake is especially important due to it being one of the larger urban footprints within our iwi boundaries."

Six months before, the doors had closed for the last time on the Opunake branch of the Taranaki Savings Bank.

The TSB had earlier announced they would be closing the Opunake and Eltham branches, citing a shift to online banking.

Local people protested outside the Opunake bank and called on the TSB to think again, citing the distance people would have

to travel to New Plymouth, Hawera or Stratford to do their banking. Questions were raised about what would happen to the ATM machine at the bank.

The building, which is located on the square at the intersection of Tasman and Napier Streets next to the town's Library Plus and the statue of local sports hero Peter Snell was seen as being in a strategic position, in an area of Opunake where plans were being made for a green space as part of the town's revitalisation programme.

The building was put on the market, and the Taranaki Coastal Community Board and Opunake Business Association called on the TSB to donate the building back to the community.

With tenders due to close on February 23, Cr Bryan Roach moved a motion at a South Taranaki District Council meeting on February 19 that the Council require Council officers to make an offer for the building. This was defeated 7-2.

Te Kāhui o Taranaki Trust has said the ATM will stay. "Access to the ATM

services for the community was a key consideration and collaboration with TSB has ensured this important community facility remains," said Jacqui King. "The opportunity to be visibly present and accessible to our whānau, within our own rohe, was at the heart of this decision.

"This purchase is one of many steps we are taking as active and positive contributors to the socio-economic wellbeing of our whānau and the wider Taranaki coastal community."

TSB CEO Kerry Boielle says they are pleased to see the property remain as a place for community good.

"We promised the local community that when we sold the property, our former TSB ATM would stay. We know how important this ATM service is to the local community, and we've worked hard to ensure it remains in place to support Opunake 24/7. We'd like to thank Te Kāhui o Taranaki Trust for their assistance in making this happen."

Bryan Roach has

congratulated Te Kāhui o Taranaki Trust on the purchase.

"Taranaki iwi is my iwi, so congratulations to my iwi on their recent purchase of the Opunake TSB building. I look forward with interest to see what they are going to do with it. I'm hoping there might be some room for a coffee shop to complement the green space in the town square.

"I would also like to know the plans for the old courthouse which is vacant in the main street of Opunake."

Taranaki Coastal Community Board chair Andy Whitehead said while he had yet to hear about future plans for the building he welcomed the news of the sale.

"We're excited about the iwi having it and look forward to working with them in the community space."

Opunake Business Association chair Raewyn Cornford said there had been concerns about whether any future owners of the site would keep the ATM.

"The fact is it's gone to people who we consider would be more respectful, and we're thankful to the TSB that they've sold it to people who are going to retain the ATM," she says.

Former Opunake Business Association chair Bob Clark had spoken at the February 19 Council meeting where he said he had 162 letters of support calling on the South Taranaki District Council to buy the building. He had said he would have liked to have seen the building

used as a volunteer-driven information centre. He also said it would have been a good place to set up the Maui display which had once been open to the public on Tai Road.

"I believe it's in good hands," he said after the purchase had been announced. "I'm pleased it's not going to be a commercial premises, a restaurant or retail shop. I would quite like to see it have some history or museum content."

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Jim Pentelow – a true community person

The regard with which Jim Pentelow was held was clear by the large number of people who turned out to pay their respects to the former Oaonui resident who sadly passed away recently at the age of 89.

Though he left the district 23 years ago, a sign on the Oaonui Hall at the corner of the Surf Highway and Kina

Road noting the sad news, indicated he had not been forgotten.

His son Andrew is the fourth generation on the dairy farm in Kina Road where Jim grew up and where people gathered to remember him.

The house on Kina Road which stands today is the

third on the property, the original house having been built by Jim's great great grandparents William and Dinah Pentelow.

A lay preacher he was a man of strong faith and epitomised what it is to volunteer and was fondly remembered by those for his input to many organisations.

Born in Opunake's Cottage Hospital on March 6 1934, James William 'Jim' Pentelow was the first of three children born to William and Hazel Pentelow. Two other children, Irene and Donald followed.

When Jim was just 6 his mother died and his Auntie Anne became his second mother.

If his school grades are anything to go by, he was a clever student said Andrew who had recently found his school reports. "The only thing he wasn't getting 70-80% in was arts and crafts."

At high school Jim was also a good rugby player and was even selected for a Taranaki team, but couldn't get travel to New Plymouth to take his rugby career any further.

An abiding interest was the Rahotu Boys Brigade with which he was associated for many years and where he rose to become an Officer. He also, as a young man travelled, and, like other young men in those days, did military training. It was while serving he was among the first to attend the Tangiwai railway disaster in 1953 when the Wellington -Auckland night express plunged into the flooded Whangaehu River with the



Jim and his first grandchild Ben Pentelow.

was the 24 Fergie that was the farm's workhorse; later on he upgraded to the 35 Fergie.

During their school years, both at primary and secondary school, before the days of the Board of Trustees, he was in the home and school association where he was usually the chairperson remembers Andrew. He was a supportive father. Sports days, working bees, camps, he was there. He also chaired the Oaonui School and District Centennial. At Opunake High School, he spent months building a sunken courtyard, which they named after him and is still there today.

He was on the Oaonui Hall committee for 26 years, holding all executive positions during this time.

He also took Sunday School classes.

For many years he was also involved with St Johns, a familiar figure at Saturday sports in Opunake. In the morning he would cover netball, then in the afternoon, would go across the road and officiate at the afternoon rugby games.

Dawn sadly died in 1991. Jim went on to marry a second time and he and his new wife Jean subsequently moved to Hastings to

Continued page 5,

loss of 151 lives.

In 1966 at the age of 32 Jim married his first wife Dawn, their three children Deborah, Andrew and Marie growing up on the family farm where Jim himself grew up.

Remembers Andrew, their father was our rock, always level-headed nothing much fazed him. He was never grumpy, never angry, and seldom did he raise his voice. Quiet by nature, when he did say something though, you

made sure you listened.

He was a person of disciplined habits, with set mealtimes with prayers preceding lunch. Children attended church every Sunday.

He loved to run and enjoyed getting the cows in from the back of the farm. Later when his hip started playing up, my old BMX bike was the preferred mode on transport, says Andrew. He never owned a motor bike, and it



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COUNCILLOR'S COMMENT

Big companies with big hearts

Late last year I was approached by a representative from Dialog Fitzroy Engineering asking if there was something that they could do for our small community, that would be significantly meaningful to our local residents. They wanted to do some work within the community that would make a difference for everyone.

be keen to refurbish our Memorial gates outside of our local primary school, as this area was in a bit of disrepair and was well overdue for a makeover. I couldn't think of anything that would be more fitting for the whole of our community than honouring our fallen soldiers who died serving our country, sacrificing their lives in the name of peace and freedom.

project and were only too pleased to action this for us. They took the wrought iron gates up to their New Plymouth workshop, treated the rust, sand blasted and gave them a proper corrosion-controlled painting refurbishment. They have also given the wall structures a makeover with new paint and in doing so changed the drab worn pale lime green to a sage green that is representative of NZ Army colours.



STEFFY MACKAY

them such a significant gift without wanting a return. I'm not sure I can even find the right words to express our sincere gratitude for the change they have made for our community. And it is perfect timing for next week when we will be proudly standing in front of the Memorial gates for Eltham's Anzac Civic Service.

Thank you, Dialog Fitzroy Engineering, you have shown what a big heart you have through your selfless actions.

Cr Steffy Mackay

Dialog Fitzroy Engineering agreed that this was a fitting

The local Eltham Primary School, the Eltham RSA and the Eltham Kaponga Community Board have all written letters of gratitude and thanks to Dialog Fitzroy Engineering for showing such a big heart in wanting to do this work and for making a huge difference for our small community.

It really is heartwarming when a large company shows that they care about our little towns and generously give



The Eltham Primary School Memorial Gates.

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Jim Pentelow – true community person

Continued from page 4.

Gracelands Retirement village where Jim continued his life of service.

He did a chaplaincy course at a hospital in Hastings going on to do chaplaincy work. He also later became a friend of the emergency department greeting patients with a cup of tea.

Jim and Jean also travelled enjoying four cruises around the islands and Australia and doing various bus trips

around New Zealand.

A gentleman with a solid core of decency Jim was a kind person who gave freely of himself.

Don't hesitate to do it. Whatever talent or physical ability you have there will be a place for it to be used, he believed. Thus he will be remembered.

Jim is survived by his wife Jean, three children and four grandchildren.



A local tribute.



Jim and Jean.

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Opunake Fire Brigade news

Even though it has been a drier summer than we are used to, it still hasn't been dry enough to trigger a fire ban in the Taranaki area. The western side of the North Island is still in an open fire season, while the rest of New Zealand is in a restricted or prohibited fire season. We have attended one vegetation fire this summer, so please be careful when burning those rubbish piles. It is pleasing to note that we have attended very few calls this year. To date we have attended the one vegetation fire, three motor vehicle accidents, three rescues and three medicals. Congratulations to Steve

Bennett, Mikey Corkill and Suzie Pentelow for completing their Senior Firefighter course. This course involves a lot of paperwork, extra training leading up to a five-day course and consolidating those new skills after the course. Progression up the ranks is a big problem New Zealand-wide with volunteer firefighters, so it is pleasing to see these three putting in the extra time and training and wanting to take on extra responsibility. On Saturday the 11th of May at the Opunake Fire Station we are holding a Pink Ribbon evening where all the



Three new senior fire fighters. From left. Steven Bennett, Mikey Corkill, Suzie Pentelow

proceeds will go to support the many women who develop breast cancer. The event will kick off at 6.30pm and will cost \$25.00 per person. This price includes a hangi meal and one complimentary drink. There will be bingo, games and raffles to help raise funds. For further information and tickets visit the Pink Ribbon Facebook page under Opunake Volunteer Fire Station or phone Leah Scott on 027 334 7304.

Our station has also entered into the NZ road crash rescue competition. This will be held this June in Feilding and will be a great learning opportunity for our firefighters to enhance and learn more skills in the different techniques in the extrication of patients after a motor vehicle accident. If anyone has an old car laying around that we could use to practice on, please call Andrew on 0274173319.

We recently held a family day at our station, to celebrate and thank the families of our volunteer firefighters. Everyone enjoyed a delicious lunch and the kids got to play on a bouncy castle. Being a volunteer firefighter takes dedication and means time away from family, so this was just a small thank you to them for that support.

As always, we are looking for more people to join our team, so if you are interested please ring Andrew, number as above.

Andrew Pentelow (Chief Fire Officer)



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OKATO COPPERS Goodbye from Matt



MATT STONE

Kia ora Koutou,

I want to start this post by giving people an awareness of some problems occurring in the Okato village. There have been some car break ins again, recently. I am confident that the offenders come from the local community. It disappoints me that people will disrespect their own community. There are parents or people in the village that have an inkling

that their family member is involved. Report them. You may not realise it but this will actually lead to them stopping this behaviour in the future. If we allow them to carry on offending, it will only escalate and lead to severe consequences. Unfortunately, I am finishing my post as the Okato policeman. I start a new role in Hawera at the end March. My family and I have loved our four and a half years on the coast, made

some great friends and loved the community. It will be sad to leave the area, but we are excited about our next chapter. Thank you for all the support over the last few years.

I encourage you to report through ringing 105 or doing an online report through the NZ Police website. Of course, in emergency ring 111.

Nga Mihi
Matt



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Opunake town centre, Greenspace proposal



The proposed area for a Greenspace in Opunake.

As the key part of Opunake's town centre revitalisation project, the Council would like to know what residents think about a proposal to close off a section of Napier Street to transform it into a pedestrian-only community greenspace that will be an attractive, central location for community events and gatherings.

The idea for a public greenspace in the town heart first came from the Opunake community in 2019 as part of feedback when developing the Opunake town revitalisation plan (formerly known as the

Opunake town Masterplan). In 2023, a local co-design team was formed to help gather specific ideas from the community for Opunake's town revitalisation plan. The co-design team, which includes representatives from local businesses, hapū, youth and community, helped develop the Napier Street greenspace proposal and now wants to get feedback from the community before the project progresses.

South Taranaki District Council community advisor Fran Levings says concept images and artist impressions of what the space could look

like are available to be viewed online at www.southtaranaki.com/greenspace or at the Opunake LibraryPlus, along with more details about the plan and the feedback form.

"The concept reflects the connection we have between the mountain and the sea – Maunga ki te Moana. It presents an opportunity to link our culture with our landscape and provide a place in Opunake that everyone can call 'ours'," says Fran.

"\$2.2 million was previously budgeted for Opunake town centre's revitalisation within Council's 2021-31 Long Term Plan, with the funds

coming from the Long-Term Investment Fund, so has no direct impact on rates."

The estimated budget for the proposal is somewhere between \$1.2 - \$1.5 million. This is about 55 – 68% of the total revitalisation budget. "We're not just wanting your feedback on the concept; we also want to know whether you're happy with the amount we're proposing to spend of the total town revitalisation plan budget."

Consultation runs from Monday 15 April and closes on Wednesday 15 May. Feedback can be given online at www.southtaranaki.com/

greenspace or you can pick up a hard copy feedback form from Opunake LibraryPlus.

A town meeting is being held on Wednesday 8 May from 7pm at the Sinclair

Electrical and Refrigeration Event Centre if you are interested in finding out more about the project from the co-design team and Council staff.

All South Taranaki water restrictions lifted

All water restrictions in South Taranaki have now been lifted says South Taranaki District Council's infrastructure group manager Herbert Denton.

"It's been a dry summer with many parts of the district

getting quite a bit less than their usual rainfall," says Mr Denton. "But thanks to everyone's efforts we were able to get through summer without any significant issue," he says.

"Despite the fact that we are moving into the cooler

months I encourage residents to keep using water sensibly throughout the year," says Mr Denton.

STDC introduced partial restrictions mid-February to ensure it met new consent conditions related to river

levels and the amount of water that could be taken. These new consent conditions are part of the government's freshwater reforms which have a greater focus on preserving the health and vitality of our streams and rivers.

OPUNAKE COPS

If it's too good to be true it probably is

Firstly we want to acknowledge those who have provided assistance in helping to hold those accountable for their driving actions on our roads, thank you.

Secondly we know pesky scammers are a huge issue in New Zealand. They are becoming more and more cunning.

Be aware, their latest move may be posing as police officers seeking your financial details.

New Zealand Police are aware of reports emerging this month where Kiwis have been contacted on the phone by someone claiming to be an officer.

The officer will claim to be from a particular

department, tell you that you have been a victim of fraud or scam, and begin to try and obtain further financial information from you. This is a scam.

New Zealand Police will never contact people seeking their banking details, card numbers, pin numbers or passwords.

There are instances where legitimate Police officers will contact you as part of their duties.

Police ask that the public remain vigilant.

Police will never ask for details about your bank cards, pin numbers or passwords over the phone.

Trust your instincts. If something doesn't feel right, or is too good to be true, it

probably is.

If you are uncertain, ask for the officer's details. Hang up, contact 105 and request the officer to contact you.

Police aren't in the business of offering prize money.

If you are in the unfortunate position of being a victim of a scam, please report the matter to Police.

Take the chance to upskill yourself on scam awareness, check for further information on the NetSafe website: <https://netsafe.org.nz/>

Police are also aware of an email scam that has re-emerged, that claims to be authorities from Police and other justice sector partners.

This scam has been subject of previous advisories. We continue to advise people to

be extremely cautious when receiving unsolicited emails. Do not reply to an the email of this nature under any circumstances.

If at any stage you are unsure hang up and contact the business or person yourself.

Chloe Ashton
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TARANAKI

Guiding the fast track

On the back of the first 100 days, I have enjoyed being on the ground in the electorate and talking with people about our Government's plans to rebuild the economy and ease the cost of living. A key part of that plan is to ensure New Zealand has infrastructure we desperately need, which means reforming the RMA and getting stuff built.



DAVID MACLEOD MP
NEW PLYMOUTH

As Chair of the Environment Committee, I have been tasked with guiding the Fast Track Approvals Bill through the Select Committee process. It is fair to say there is

considerable interest by the number of submissions made, with plenty of New Zealanders encouraged by the government's plans. The Fast Track process will cut red tape and make it easier

for New Zealand to build necessary infrastructure and major projects and deliver better public services. Projects must be of regional or national significance and can be from a broad pool of activities including renewable energy, housing and roading.

Projects will become eligible for fast track through one of two ways – either through a referral by the joint decision of the Ministers of Infrastructure, Regional Development and Transport upon an application, or by being listed as a project in the Bill. All applications

will go through an Expert Panel which will apply relevant consent and permit conditions before referring each project and its conditions back to the Ministers.

It wouldn't come as a surprise with my background, that I am interested to know how any adverse environmental effects will be managed. Importantly, both Ministers and the Expert Panel will consider the environmental effects and how any can be managed or mitigated. Ultimately, there must be a careful balance of protections while enabling

timely progress.

A recent report by the Infrastructure Commission shows that the cost of consenting infrastructure projects has increased by 70 per cent since 2014, and the time it takes to get consent has increased by as much as 150 per cent over the same period.

I know there is immense frustration around the process and timeframes for consents, and the handbrake this puts on businesses and our economy. Some people have been waiting years for approval. Further targeted changes to the RMA

will reduce unnecessary regulation and help unlock development and investment in infrastructure, housing and primary industries. This work is likely to begin in May.

Applications to be listed in the Bill – by either public or the private sectors – can be made to the Ministry of Environment up until 3 May. The Fast Track Advisory Group will then look carefully at the projects and provide independent recommendations to the Ministers.

David MacLeod
MP New Plymouth.

Building Strong Communities: ensuring support for Taranaki

Before last year's election, Christopher Luxon assured voters that a National government could deliver tax cuts, reduce debt, and still invest in essential services like health and education. Their approach was full of promises about balancing the books by cutting supposed 'wasteful spending'. Unfortunately, their numbers don't add up, and it's the everyday people here in Taranaki who will bear the brunt and feel the impact of these cuts.



GLEN BENNETT
LABOUR LIST MP

our community's backbone, such as teachers, nurses, doctors and police is not

wasteful spending. Nor is rebuilding our local schools, hospitals, and infrastructure. I believe that all of us want to see decent support for our veterans, people with disabilities and those who care for them. I don't think that people around our region would see our school lunch programme which feeds thousands of kids around Taranaki, as wasteful spending. But rather an investment in our community's well-being. Opunake is a great example

of this investment, with Soul Kitchen providing lunches to schools in Opunake, both supporting our young people and small business.

National assured us they wouldn't cut frontline services like our police, firefighters, border protection, and health and education services. Yet, these services are already under threat. A hiring freeze on non-sworn police officers including those who answer our 111 calls, impacts emergency response times affecting our rural communities. It also means that our police will have to spend more time doing paperwork, rather than out in our communities.

We've also seen a back-and-forth around other significant cuts, including to the Suicide Prevention Office which, if it went, may come at the expense of people's lives. And we know that the well-being of our farmers and rural communities is something we need to put more mental health and well-being funding into. National's tax cuts will not help working people with the cost of living in the way that was promised. Before the election, they admitted only 3000 households were getting the amount promised and, since taking office, they've brought in new taxes too.

According to economists

at Westpac and ANZ, National will have to borrow between \$10 billion to \$15 billion more than previously expected to help pay for \$14.9 billion of tax cuts. Their decision to fund tax cuts through public service cuts, new taxes, and increased borrowing is reckless and irresponsible, but it is also a choice. And it's a choice that will see many in Taranaki worse off. While Christopher Luxon is scrambling to deliver on his impossible promise of cutting taxes, reducing debt, and continuing to spend, National is missing in action on a plan to deliver meaningful cost of living support to people and families doing it tough right now. It's not good enough. National's focus needs to be on making everyday life more affordable for people here in Taranaki.

Glen Bennett
Labour List MP

Lest we forget



Barbara Kuriger

MP for Taranaki-King Country

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Authorised by Barbara Kuriger, Parliament Buildings, Wgtn.



Bitumen truck crashes near Mokau

A clean-up operation was launched by Taranaki Regional Council on Thursday (11 April) after a truck carrying bitumen crashed near the Mōhakatino Estuary.

The road repair vehicle's tank, which contained 300 litres of emulsified bitumen, was damaged in the accident and the petroleum-based bitumen had entered a stream which discharges into the estuary which is close to Mōkau.

Council Compliance Manager Jared Glasgow said six officers used booms to contain the spill while absorbent material was placed on the surface of the water to recover what had gone into the stream. The operation took place during difficult weather conditions.

"Our staff worked until it went dark to remove the solidified bitumen which



A truck carrying bitumen crashed near the Mōhakatino Estuary.

had settled in the stream. This work was vital as we were able to remove the product and reduce the leaching of hydrocarbons and smothering of the streambed. Altogether, we removed about 25 rubbish bags of material.

"The bitumen had solidified as it cooled and a significant layer had gone onto the stream bed and the rocks on stream's banks. Some had also entered the estuary, mostly covering rocks near to State Highway 3. The good news was we don't believe there was any issues with the truck's diesel tank so it was a matter of collecting as much as the bitumen as possible.

"I am confident that the work has greatly reduced any actual and potential effects on the environment as a result of this incident."

Bus fare changes for children and youth

Fare changes are on the way for bus passengers under 25, following the Government's decision to stop funding child and youth concessions.

Free travel for children aged 5 to 12 and half-price fares for those aged 13 to 24 will end in Taranaki on 30 April 2024. The concessions were introduced by the previous government and have been in place since July 2023.

From 1 May 2024, passengers aged 5 to 24 will return to paying the standard fare, unless they qualify for another concession. This applies to all Taranaki Regional Council-operated services, including the Citylink, Connector, Your Connector, Southlink and school bus services.

Children under 5 continue to travel free, while Community Connect (for Community Services Card holders), WITT and SuperGold concessions are also unchanged.

Council Corporate Services Director Mike Nield acknowledges the change

will affect young people and their whānau at a time many are struggling with high living costs.

"It would be great if those age-based concessions could continue a little longer however with the Government withdrawing funding that is not feasible. "The Council unfortunately cannot afford to cover that cost ourselves, especially with uncertainty around wider public transport funding and rates already forecast to rise."

Mr Nield says the Council has been working hard to make public transport more accessible and efficient.

In the coming weeks the Southlink coastal service from Opunake to New Plymouth return will increase from three to five days per week and a new Waitara Express bus will begin next month. Other adjustments have been made to routes and timetables in response to community feedback.

"We are working towards developing a public transport system that connects people to where they want to go and is our community's

preferred mode of travel." Mr Nield urges all passengers with a Community Services card to go online and link their card to their Bee Card, if they haven't already. They will then pay half price fares when using their registered Bee Card.

He also reminds people to ensure they have sufficient funds on their children's Bee Card before 1 May.

A single Citylink trip within New Plymouth costs \$2 with a Bee Card or \$3 cash. A one-way journey from Hāwera to New Plymouth on the Connector will cost \$5 with a Bee Card or \$6 cash.

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Reflecting on a successful 2024 Offshore Renewable Energy Forum

Te Puna Umanga Venture Taranaki, the regional development agency, held the fourth Offshore Renewable Energy Forum in partnership with Ara Ake.

The annual event brings together Iwi, key sector stakeholders, and the broader community to discuss the opportunities that offshore renewables

present Taranaki and Aotearoa.

With “superb” wind conditions found off the South Taranaki Bight, local expertise in the energy sector, and a deep-water port, Taranaki is uniquely positioned to take advantage of offshore renewables.

However, many who attended were eager to discuss a pragmatic path



Kelvin Wright, Te Puna Umanga Venture Taranaki Chief Executive.

ahead, acutely aware of the need to gain clarity on the specifics which would underpin this new industry.

Attendees heard from a range of industry experts, wind farm developers, community representatives, and policy makers including Simeon Brown, Minister for Energy, and Shane Jones,

Minister for Oceans and Fisheries and of Resources.

Some of the key takeaways from the forum include:

- A new National Impact Report supported in part by Venture Taranaki, revealed that New Zealand will need to triple the volume of renewable energy generated to meet our net zero targets. Offshore wind offers one of the most credible pathways to increase generation at scale in conjunction with other technologies.

- Additionally, the report conservatively suggests that offshore wind could contribute \$50 billion to GDP between now and 2050, creating 10,000 jobs during the build-out phase, a further 2,000 ongoing jobs in operations and maintenance, and additional opportunities across the supply chain.

- Subsidies to support offshore renewables were ruled out by Shane Jones under the current Government. However, developers stated that meaningful progression

would require Government partnership and investment, enabled by agreements like Contracts for Difference, for example.

- Infrastructure remains a major hurdle to the development of offshore renewables, with significant investment needed to upgrade the transmission grid and port facilities.

- The Ministry of Business, Innovation and Employment (MBIE) is continuing to progress work on the regulatory framework for offshore renewable energy. MBIE indicated that a two-step permit regime would be implemented by mid-2025, with feasibility permits to allocate exclusive space for feasibility assessments, followed by commercial permits that allow the activity to commence.

- Developing a local skilled workforce to service the burgeoning renewable energy industry should be a key focus for the region and the country. Taranaki is in a unique position to transition the energy workforce and its existing ability to handle fuels and gas.

Venture Taranaki has long acknowledged the need for the region to take a leading role in transitioning the energy industry. Recognising offshore renewables as one of many opportunities, Venture Taranaki ignited the discussion in 2020 with the release of the Offshore Wind Discussion

Paper which attracted international attention, later that year hosting the inaugural Offshore Renewable Energy Forum, in conjunction with other partners, to formally talk about the topic for the first time in New Zealand. Venture Taranaki was also instrumental in the establishment of Ara Ake, the Government-sponsored agency focused on accelerating New Zealand’s transition to a low-emissions energy future, by securing \$27 million in funding.

“Our role has been to ignite and progress the conversation around offshore renewables, to get the right people in the room together, commission critical research, and involve the community as we assess future possibilities of our region”, says Kelvin Wright, Te Puna Umanga Venture Taranaki Chief Executive.

“We’re proud of how much momentum has been gained in this space, and particularly how we have encouraged appropriate engagement between industry, Iwi, the community, and Government. It’s clear that there are challenges ahead, but there are also huge opportunities for our region. We’re looking forward to navigating these and collaborating with all stakeholders where possible.”



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New chair for Maori business network

Even though Hayden Wano is semi-retired he's still got stuff to do.

The highly experienced governance leader is the new chair of He Toronga Pakihi ki Taranaki, the region's Māori business network – and he's optimistic about the future.

"We're in such an exciting time in terms of where we are in a post settlement phase," says Hayden, of Taranaki, Te Atiawa, Ngāti Tama and Ngāti Awa descent.

"The prospects for us to contribute in a positive way economically and environmentally, is just sitting there and I want to be part of it."

The former CEO of Tui Ora says being semi-retired



Hayden Wano.

means he has time to take up the chair role – one of his many governance roles.

"I'm doing stuff I want to do rather than stuff I used to have to do," he says. "Specifically, I'm wanting to be involved more in the development of iwi Māori – that's always been a big part of my career."

Hayden is also Chair of Te Hiringa Mahara (the Mental Health & Wellbeing Commission), Deputy Chair of the Taranaki Chamber of Commerce and Trustee of Te Kāhui o Taranaki Trust.

He is also a Trustee on the Taranaki Arts Festival Board, on the New Zealand Board of SurfAid and a Trustee of Wise Group,

a Hamilton-based NGO, which provides mental health, addiction, and social services.

His former roles chairing organisations include the TSB Community Trust (now Toi Foundation), TSB Group Ltd, Taranaki District Health Board, the National Health Board, and the Health Sponsorship Council.

In 2023 he was made a Companion of the Queen's Service Order for his service to Māori health.

"We are a youthful population now and we have come through despairing times, particularly the 19th century when there wasn't a lot of hope for us – and here we are today. We're not without our challenges, but we find ourselves becoming more influential in wider society."

"This is a membership network organisation and there's an opportunity for us to bring a way

of strengthening those businesses by strengthening the networks through He Toronga Pakihi," Hayden says.

"He Toronga Pakihi is in a fledgling state, but it's got enormous potential. It's got solid foundations and we're in the working phase of the lifecycle now – we're getting down to business."

In his new role, Hayden hopes to bring insights on governance, along with accountability, transparency, and a focus around purpose.

Emere Wano, the inaugural chair of He Toronga Pakihi after it was incorporated in August 2020, has high hopes for her brother-in-law's leadership of the organisation.

"I think he's a great asset for the Trust because he has that experience, and he has very strong governance experience and he's very well connected, not just in Taranaki but outside of Taranaki," says Emere.

The climate saving potential of our vanishing wetlands

They've been called a "secret weapon" in the fight against climate change. So what exactly do New Zealand's wetlands offer, especially when it comes to absorbing carbon?

Aotearoa has lost around 90 percent of its wetlands in the past 150 years and this trend is continuing, as highlighted in the recently released Our Land 2024 report. The National Wetland Trust is currently holding its first symposium since the Covid-19 pandemic, which will cover the role of wetlands in providing life-supporting ecosystem services across the country and the threats they face.

David Campbell, Associate Professor in School of Science Te Aka Mātuatua, The University of Waikato, comments:

"Aotearoa / New Zealand has suffered one of the greatest amounts of wetland loss of any country. Since European settlement, 90% of our lowland wetlands have been drained and destroyed and converted to farmland and settlements. And we are still losing wetlands. Unchecked development will further impact on wetlands with consequent loss of their biodiversity and ecosystem services beneficial to freshwater quality and carbon storage.

"There are diverse types of wetlands, and they are not all equal when it comes to carbon storage. Rain-fed and nutrient-poor peat wetlands, classified as bogs, store the largest amounts of carbon. Remnants of these still exist, mostly in Northland, Waikato, Southland and the West Coast. In their intact state, they gradually sequester carbon from the atmosphere and store it away as peat over thousands of years. Kopuatai Bog is a 100 km², largely intact bog in the Hauraki that has been well studied and compared to other peat wetlands globally. Over the last 11,000 years, it has accumulated peat as deep as 14 m and with an average carbon stock of 2,400 tonnes per hectare. Overall, it has low carbon accumulation rates compared to forests, but our research shows Kopuatai to be surprisingly resilient to drought and climate-related warming. We have almost no information about carbon storage rates in other types of NZ wetlands.

"When wetlands are drained, the carbon they store is lost – mostly as carbon dioxide. The current best estimate of the total greenhouse gas emissions by peatlands drained for farming in Aotearoa / New Zealand is 4.2 to 5.4 million tonnes of carbon dioxide-

equivalent emissions every year, equivalent to 8–10% of the country's net emissions. Yet these super-emitters of carbon dioxide only make up 1.3% of our total area of farmland. These huge emissions will go on for hundreds of years until all the peat has gone or we decide to do something about it.

"To slow down or reverse these emissions, we need to protect our remaining wetlands from further drainage and development and start rewetting and restoring our drained peatlands.

Peatland restoration is challenging, and much more work needs to be done on the best way to go about it and on understanding the trade-offs compared to the loss of valuable farmland."

"Aotearoa wetlands are diverse and globally significant. Seven of our wetlands are listed as wetlands of international significance under the Ramsar Convention. We should think of these as our "National Park of wetlands," yet their future is far from assured. For instance, Whangamarino Wetland in the lower Waikato River Valley is threatened by sedimentation and nutrient enrichment from farmland erosion and a flood control

scheme. Awarua Wetland in Southland has suffered large fires that have destroyed habitat. Under the government's Fast-track Approvals Bill, wetlands, including our Ramsar sites, may be at risk from development for agricultural production or mining.

"The large areas of former peat wetlands from Northland to Southland that were drained over the past century are hot spots for CO₂ emissions, equivalent to around 8–10% of the country's net emissions. The vast peatlands of the Chatham Islands are heavily degraded by farming and wild stock, yet we still don't account for their emissions. In some places, New Zealand's drained peatlands have lost so much peat that they are no longer economic to farm, so should be rewetted and restored. This is likely to be expensive and we still lack the knowledge and experience to do this at scale to address this huge risk to our emission reduction targets."

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Craft at Kaponga WI

President Jo Ellis welcomed the members to the April meeting of Kaponga WI held at the Kaponga T.E.T centre.

President Jo was congratulated on her recent appointment on to Federation with her role being historian.

The roll call "What was your favourite TV programme that no longer screens" had members recalling The Thorn Birds, The Waltons, Doctor Kildare, It's in the Bag and all the great comedies that were actually funny.

The thought for the month was "Age doesn't make you forgetful." Having too many stupid things to remember makes you forgetful."

The next issue of the Opunake and Coastal News comes out on Thursday May 2, 2024. Ph 906)761-7016 to advertise.

A report on the recent Federation Day was given and the excellent speaker was Ebony Kalin who has been accepted to attend Duke University in USA.

Several members will be attending the Riverlea WI 90th celebrations in May.

The silver dish was given to Trish O'Rielly and the raffle was won by Joy Eliason.

Two members had success at the Federation competitions as follows; Dorothy Hughes - first for the greeting card and second for the macrame and second for the decorated letter of the alphabet. Jo Ellis - second for the photo and first for the knitted hat.

Congratulations to you both.

Competition Results; Tea Cosy. 1. Joy Eliason. 2. Jo Ellis. Foliage. 1. Trish O'Rielly. 2. Jo Ellis. 3. Dorothy Hughes. Date Scones. 1. Diane West. 2. Jo Ellis. 3. Trish O'Rielly.

Following a shared lunch Jo Ellis provided the necessary materials for us to make decorations using a rod which we then threaded beads and hanging attachments onto to put in a pot plant or outdoor pot which catches the light and looks very attractive. Another day is planned to make more of these. An excellent day.

Carolyn Nicholas



Kaponga WI members show off their craftwork.

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A time for herbs

Autumn is the time of year to tackle a garden project. Perhaps your herb garden needs an overhaul or maybe start one from scratch?

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on the windowsill, on the patio or in a garden bed close to your kitchen. Herbs add beauty, colour and texture to the garden, so include them in with flowers and

vegetables as well. Some herbs are a natural deterrent to unwanted insects so are perfect for the organic gardener. Herbs need sunshine, good drainage

and like soil with added compost. Water little and often - so they don't dry out - but don't saturate. Small leaved varieties such as thyme and rosemary come from the Mediterranean, so like open sunny spots with protection from cold winds. Aromatic herbs such as basil and coriander prefer a more sheltered position and don't like to be

overwatered. Herbs produce better and grow into a bushier plant when regularly picked or trimmed. Regular replacement of plants that have lost their vigour ensures that you have a full plant to pick from and can discourage disease. Leafy herbs should be harvested just before the plant flowers, when the concentration of aromatic oils is high.

Watch for aphids and use a spraying oil if needed. Our picks to get your herb garden started - parsley, rosemary, and chives. At Palmers we stock many varieties of thyme - why not try two or three? Plant mint in a pot on its own as it can take over. Leave basil and coriander for later as these herbs are best planted in summer.



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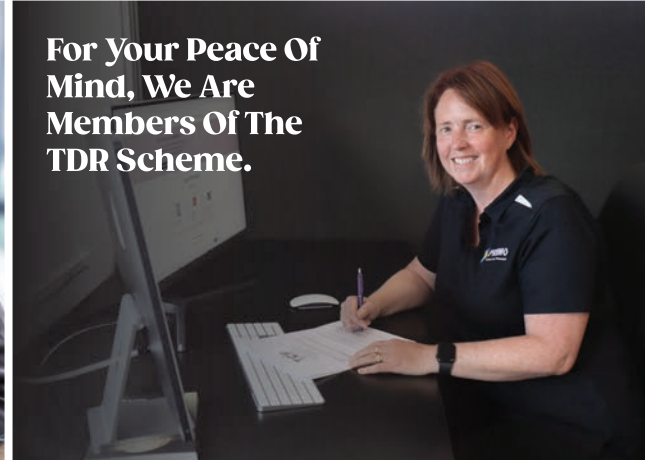
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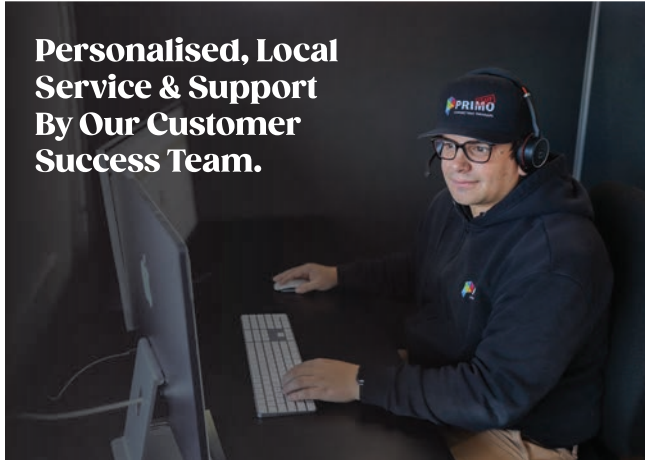
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Broken dam successfully removed from Lake Mangamahoe

NPDC has cleared away a disused dam that was causing erosion damage and damaging the river corridor environment downstream from Lake Mangamahoe.

The dam was built in 1917 but never performed as expected and was replaced in 1931 by the structure that ultimately formed the lake.

“The low-head dam remained in place, and it deteriorated over the years, eventually causing streamside erosion,” says NPDC Infrastructure Project Manager James Harrop.

“Removing it was a complex job because

you’re working in a wet environment and you need to look after the river and land around it during the demolition work, so this took a lot of planning with our partners to get it right.”

NPDC worked alongside various stakeholders including Taranaki Regional Council, Manawa Energy, Fish & Game NZ, NP Mountain Bike Riders Club, Ngāti Tawhirikura and Ngāti Te Whiti hapū, and Te Atiawa, Ngā Mahanga, Ngāti Tairi and Taranaki iwi.

The project required a 100-tonne crane to lift out five tonne blocks of concrete

during emergency repairs after heavy rainfall caused the dam to fail in 2022, followed by upstream works of the dam to reinstate the river profile for safe fish passage and erosion control.

This was followed by the removal of the dam’s structures and reinstatement of the river’s channel and surrounding area, which will encourage the natural return of native aquatic species and vegetation to the area.

Hāpu took the opportunity to collect data before and during



Downstream before the dam was removed.

the works, which will help with long-term goals of improving water quality and mahinga kai (food resources and ecosystems).

It took about two months to remove the concrete dam entirely, which was about six metres high and 32m wide. The area around the dam site has been levelled out and seeded, and future planting is being planned with hapū.

New Plymouth District’s main source of water is Lake Mangamahoe, which is supplied by the Waiwhakaiho River.

The lake holds 10 days’ supply of water.

Its water is piped to the New Plymouth Water Treatment

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The original dam in 1917.



An aerial view of the existing dam site after its removal.

Taranaki Community Oral Health Service

If you’re a family/whānau waiting for your child’s dental appointment and you have concerns, please contact your nearest clinic or phone

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Health New Zealand
Te Whatu Ora
Taranaki



Are you looking after your children’s teeth properly?

Dental care at home can determine a child’s oral health for life. That’s why it’s so important for whānau to be proactive about good oral health.

It starts with looking after baby teeth as decay can affect a child’s eating, their speech and development, and may even affect their adult teeth as well.

Young children don’t have the required skills to brush all by themselves, so parents and child carers need to start brushing them as soon as they grow through the gums and keep brushing children’s teeth for them until they are about six years of age.

Once a child can print their name clearly or tie their own shoelaces, they should be able to brush their teeth all by themselves, but you should still check their teeth are clean before bedtime.

Looking in children’s mouths regularly will also give you a chance to see if there is anything wrong. Teeth should be white, so if you see anything brown or

grey in a tooth, contact your usual dental clinic or phone Community Oral Health for free advice on 0800 TALK TEETH (0800 825 583).

Holes in teeth (tooth decay) are avoidable – here are some handy tips to keep you and your children’s teeth healthy at home:

Brush twice a day with fluoride toothpaste.

Brushing in the morning and just before bed removes bacteria that can cause tooth decay, bleeding gums, bad breath, etc.

It’s important to brush away any food that sits on teeth and gums overnight which can cause problems.

Remember to brush gums too.

Don’t rinse after brushing so the fluoride has time to soak in and strengthen teeth.

Only drink water between meals. Sweet or fizzy drinks will cause tooth decay so avoiding them is best (even sugar-free fizzy drinks can cause tooth decay).

And for parents – remember that baby teeth matter.

Social Climbers a winner

New Plymouth Little Theatre's latest play Social Climbers is a real winner.

Written by New Zealand's esteemed playwright, Sir Roger Hall it was both funny and thought provoking, in short great entertainment.

The all female cast, mostly secondary school teachers, are stuck in a hut for several days waiting for the weather to improve.

The six finely drawn characters who we meet in the first half include the irritating and loud Maxine (Kim Carr), the submissive Emily (Nichola Lobban) and her self centred adult daughter Sinead (Rhiannon McGrane), the calm school career councillor Annie (Cath Hansen), the oldest of the troupe nearing retirement Kath (Catherine Gabites) and the inveterate trumper Susan (Kelly Moore), who valiantly, amusingly tries to organise the disparate lot who have never previously gone tramping and are out of their comfort zone.

In the second half however they shed their former facades as we discover each of the

women have issues which emerge as tensions rise in their forced proximity. One has a problem with her

weight, Maxine – unmarried confesses her own secret, another her husband's betrayal, another is about to lose her job and yet another has a son who won't talk to her.

At the end they are better, happier people – all perhaps except for the youngest member of the cast who gets a reality check from her downtrodden mother who finally learns to assert herself.

As as their problems recede the women begin to have some fun and enjoy themselves. A séance when they attempt to contact the soul of a man who reputedly died in the hut they believe to be haunted – it's a possum on the roof - ends in great hilarity.

Each of the woman convincingly transform their original characters as the play progresses.

Rhiannon did a great job of the truculent daughter Sinead using her eyes which she would roll in exasperation to great effect.

Kelly Moore as the amusingly organised Susan hiding a private grief transforms into a vulnerable person.

Kate Hansen as Annie also loses her initial composure



Social Climber, the seance in the haunted hut.

and spectacularly loses her temper and we learn the real source of the querulous Maxine's constant complaints. The sensitive Kath reveals touchingly her job concerns among offers to help. And Emily, at the beck

and call of her self centred daughter finally learns to assert herself.

A lovely play about fellowship, helping each other and friendship, great performances and fine directing by Steve Wright

helped by a brilliant script from New Zealand's foremost playwright.

It felt like being in a real mountain hut too as the audience are slowly drawn into the action.

I enjoyed it very much.

The final night of Social Climbers is April 20.

Bernice McKellar

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A supermarket with that general store vibe

In days gone by most settlements along the Taranaki coast had a general store, and Clem Coxhead and Lene Croucamp want to reproduce the vibe of this much-loved local institution at the Coastal Supermarket and Greengrocer.

Their business is a merger of the Opunake Supermarket and the Coastal Greengrocer, with the old favourites of both businesses now available at one site at 80 Tasman Street.

Where possible they source locally, or at least New Zealand-made products. These include local meat to sell and local burgers. Ready-made meals are put together as well as locally grown produce, Kaitake milk from Oakura and Yarrows bread from Manaia. Other local products include Kombucha health drinks from New Plymouth.

“Even our coffee is locally blended and put together by a local called Adrian Sole,” says Clem. “Ultimately we would like to create the old days of the local greengrocer

who knew what people were growing and when they were growing it, so the market was consistent.” says Clem.

Just as customers at the old-time general store could come and fill up for themselves how much sugar and flour they wanted, customers at the Coastal Supermarket and Greengrocer can bring their own containers to fill up how much they want from the range of products available.

There are even two different brands of coastal honey on tap, from Okato and Puniho.

Other products that customers will help themselves will include eco-friendly brands of shampoo and dishwash.

Lene says customers using their own containers is also more environmentally friendly as this means less going to the landfill.

It was a wet and windy Saturday morning when Clem and Lene spoke to the Opunake and Coastal News, but despite the weather there was a good flow of



Clem Coxhead and Lene Croucamp have a wide selection at the Coastal Supermarket and Greengrocer.

customers coming through the store.

Clem says that during the week it's the local customers that keep things going, but in the weekend they are more likely to get visitors from out of town coming into the shop. These include people staying at bed and breakfasts

or the couple Clem says he recently spoke to from Wellington who were in Opunake for the surfing.

“We have a lot of people from Whanganui up for the weekend.”

“We would like to see more done to cater for this market because we see people come

in for coffee at the cafes then walk around town and find there were no shops open. Other businesses in town have got to realise that they can make more money with the people from out of town, even the weekends.”

He says he enjoys talking to visitors about a wide

range of subjects including the history of the shop itself, which in earlier times was an iconic local drapery.

He says out of town visitors have told him how much they like the feel of the town with some ending up buying property here.



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HortNZ calls for urgent changes to RMA

Horticulture New Zealand (HortNZ) is calling on the Government to ensure changes to the Resource Management Act (RMA) do not put vital domestic fruit and vegetable production at risk.

The organisation, which represents the interests of about 4,200 commercial fruit and vegetable growers, is seeking a range of amendments to proposed reforms, including recognition of the national importance of protecting



Nadine Tunley

highly productive land (HPL) for primary production and enabling the supply of fresh fruit and vegetables.

HortNZ has also written to ministers highlighting the need for changes including permitted activity for discharges from commercial vegetable production (CVP), managed with a certified freshwater farm plan (FWFP).

“National promised to make fruit and vegetables a permitted activity in 2024.

We urgently need them to deliver on that promise, through these RMA amendments,” says Nadine Tunley, chief executive of HortNZ.

“Minister Chris Bishop has said the government will change the Act to make it easier to build houses and renewable energy.

“We accept that people need houses, but they also need to eat fresh fruit and vegetables. If the government makes building houses easier, then it also needs to make changes to the RMA to enable the supply of fresh fruit and vegetables.

“If the amendments do not recognise the importance of that, it will increase the risks to New Zealand’s food supply and exacerbate the cost-of-living crisis.”

While the New Zealand

population grew by 138,000 last year, council rules are currently preventing vegetable growers from growing more produce, says Tunley.

“While housing has gobbled up highly productive land over the past 10 years, the area for growing vegetables has not expanded at all. This is because the RMA is preventing vegetable growers from expanding in many regions.

The localised effects of CVP can be managed with a FWFP, without causing significant adverse environmental effects, and the National Policy Statement for Freshwater supports the management of cumulative effects though freshwater limits.”

The horticulture sector plays a vital role in food security in New Zealand. Approximately 80,000 hectares of land is used for producing fruit and vegetables, providing over 40,000 jobs. Over 80 per cent of vegetables grown are for the domestic market, with many varieties of fruit also serving the New Zealand market.

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Dairy Woman of the Year finalists announced

The 2024 Fonterra Dairy Woman of the Year Finalists are today announced as Myfanwy Alexander, Amber Carpenter, Katrina Roberts, and Michelle Ruddell.

Donna Smit, DWN Trustee says this year's awards saw a large number of high calibre entries.

"It is nice to see a good spread of capable grassroots farmers, inspiring leaders, and rural professionals who have contributed so much to the industry being nominated. A lot of the

entrants have multiple skills across community, environmental, professional, and commercial. Based on this wide variety of skills, the dairy industry is in good heart for the future," she says.

The Fonterra Dairy Woman of the Year award recognises an outstanding woman who has contributed to the dairy sector with passion, drive, innovation, and leadership.

The recipient of the Fonterra Dairy Woman of the Year award will receive a

scholarship to be part of the Kellogg Rural Leadership Programme. The scholarship covers the programme fee, travel, and accommodation, mentoring and access to DWN and Fonterra's platforms to share research.

Finalists will be assessed on a range of factors including commitment, drive, and passion for the dairy sector. They will need to be a positive role model for women in dairying and a strong performer, who is recognised by her peers as a potential leader, demonstrating leadership within her community, and with a wider circle of influence than her local community, holding or having previously held leadership positions on regional or national dairy organisations.

The Fonterra Dairy Woman of the Year award will be announced on Thursday 2 May at the Gala dinner of DWN 2024 Conference "Enhance, Elevate, Evolve" in New Plymouth.

Last year's winner was Awatuna farmer and Taranaki Regional Councillor Donna Cram. Previous winners have included Barbara Kuriger who went on to be MP for Taranaki-King Country and Katie Milne who went on to be national president of Federated Farmers.



This year's finalists. (Clockwise from top left) Myfanwy Alexander, Amber Carpenter, Katrina Roberts, and Michelle Ruddell. Photo supplied by DWN;

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MPI cuts pose risk to primary exports sector say PSA

The Government is putting our \$57.4 billion primary products export earnings at risk because of proposed cuts of 384 roles at the Ministry of Primary Industries (MPI), says PSA National Secretary Duane Leo.

To start meeting the Government's cost saving demands of 7.5%, MPI is proposing that 384

roles are disestablished in consultation documents issued to staff today. About 40% of the roles targeted for cuts are currently vacant, which means 218 workers will be potentially affected by the proposed cuts.

The Public Service Association Te Pūkenga Here Tikanga Mahi understands that the proposal is only the first round of what are likely to be further cuts, as the current proposals will not create 7.5% in cost savings.

"MPI is the first line of defence for our whole economy. Taking 384 roles out of the system built up over many years to protect our \$57.4 billion in primary industry exports is a reckless, irresponsible gamble by the Government to pay for tax breaks for landlords, Leo says.

"The roles that are being lost equate to about 9% of MPI's workforce. That's a big chunk to take out of the important biosecurity, farm animal disease control, pest management, responding to exotic organism incursions, food safety, fisheries,

forestry and animal welfare work for which MPI is responsible," Leo says.

Our export economy relies on world class biosecurity and disease control, and a robust food safety regime that is beyond question. MPI has played an important role in critical issues facing the country from supporting rural communities in the aftermath of Cyclone Gabrielle to protecting our cattle industry by eradicating mycoplasma bovis, Leo says.

"Worryingly biosecurity is the biggest area to be cut, with 131 roles to go. Another 80 roles are going from the Agriculture Investment Services, which engages with primary industry stakeholders and farming communities on the ground," Leo says.

"Farmers should be alarmed and deeply worried. The cost cutting will hit vital support for the primary sector and everyone else whose livelihoods depend on it," Leo says.

"As the recent shambolic changes to disability support services show, this is not a

government with its eye on the detail of how its cuts will affect New Zealanders."

"The cuts, and any that follow, will see not only MPI but the country lose irreplaceable primary sector knowledge and expertise," Leo says.

The following areas are significantly impacted:

-Biosecurity New Zealand: 131 net roles to go - 162 roles being cut, including 31 currently vacant, with 31 roles being created

-Agriculture and Investment Services: 80 net roles to go - 115 roles being cut, including 32 currently vacant, with 35 roles being created

-Policy and Trade: 52 net losses - 77 roles net roles to go, 29 currently vacant, with 22 roles being created

-NZ Forest Service Te Uru Rakau: 27 net roles to go - 35 being cut, including 15 currently vacant, with eight roles being 8 created

-Māori Partnerships and Investment: 14 roles to go - 24 being cut, including 10 currently vacant, with 10 created.

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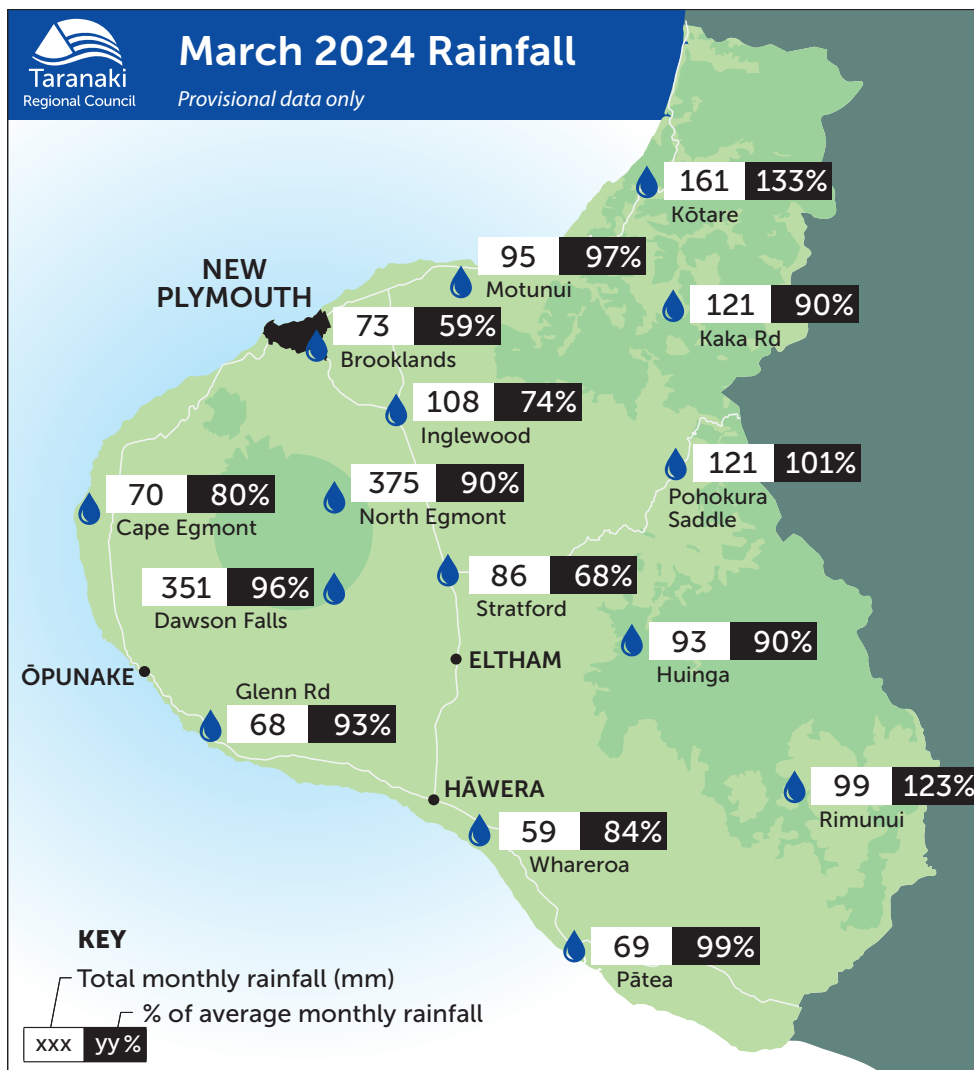
March rainfall and river flows lower than normal

The average March rainfall for Taranaki was 95.9mm, 14% less than usual, ranging from 41% less rain at Brooklands Zoo at New Plymouth and 33% more at Kotare at OSullivans, according to Taranaki Regional Council (TRC) figures.

Year to date rainfall ranges from 44% less rainfall at Brooklands Zoo at New Plymouth, and 12% more rainfall at Kotare at OSullivans, with an average 20% less than normal. Compared to typical full year totals, on average sites have already received 15% of a typical year's rainfall, with the highest value at Kotare at OSullivans, 20% of normal, whereas Patea at Stratford sits at 10% of the typical year's total.

Mean river flows for March were 38.7% lower than typical values. Low flows were 19.3% greater, and high flows 48.4% lower than typical values. The maximum river flow recorded in March was 196m³/sec at Waitara at Bertrand Rd at 11am on March 5.

Mean river (non-mountain) water temperatures were 15.3°C, an average of 1°C cooler than long-term March values. Nighttime-low water temperatures were on average 1°C cooler than historic lows, and daytime high temperatures were on average 1.5°C cooler than historic highs. The maximum river water temperature recorded in



March was 22.51°C at Kaupokonui at Glenn Rd at 4pm on March 12.

The average air temperature for the region (excluding Te Maunga sites) was 14.5°C, which is 1.7°C cooler than long-term March averages. Low air temperatures for March were on average 1.6°C cooler than the March average for previous years. Day-time high temperatures

were on average 2.2°C cooler than historic highs. The maximum air temperature recorded in March was 25.7°C at Inglewood at Oxidation Ponds, on 01-03-24 14:30.

The average soil moisture for March across sites in Taranaki region was 26.2%. Soil moistures were on average 2.6% wetter than

typical March values. On average, low soil moistures were 8.7% wetter than previous lows, and the highs were on average 3.6% drier

than previous values for March.

March soil temperatures were generally 1.4°C cooler than long-term averages. Average nighttime low soil temperatures were 1.1°C cooler than recorded lows, and upper daytime

soil temperatures were on average 1.7°C cooler than long-term March highs. The maximum soil temperature recorded in March was 22.9°C at Waitotara at Rimunui Station at 7pm on March 1.

Feds welcome review

Federated Farmers say they welcome the announcement that methane targets will be reviewed as a major win for farmers, fairness, and the New Zealand economy.

at a huge cost to farmers, rural communities, and the New Zealand economy," Langford says "That's why Federated

Farmers have opposed the current targets from day one and have been calling for this independent review for some time now."

"This is a really positive step forward and will be welcomed by farmers and rural communities," says Federated Farmers president Wayne Langford.

"Methane targets have been a point of contention since they were first introduced because the Government of the day chose to set targets that were highly political instead of scientifically robust.

"They go much further and faster than what is needed to achieve 'no further warming' and will come

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Family planting native trees for future generations

Te Awamutu dairy farmers Doug, Penny, Josh and Bayley Storey have planted more than 25,000 native trees on the family farm, adding to a generations-old native forest.

The forest includes kahikatea, tōtara, rimu, pōkākā and mataī and was fenced off 30 years ago to protect it. Doug says the farm has been in the family for six generations, and his parents John and Susan are also involved in the farm's environmental work.

"We embarked on the sustainability journey because we want to connect even closer to the land and enhance the natural beauty of the farm," Doug says. "We want to keep eeling in the river and for future generations to play in the forest like we did."

With help from native planting specialists



Sustainability focus. Dairy farmers Josh, Bayley, Penny and Doug Storey are passionate about environmental initiatives on their farm and in their community.

Koroneiki Developments and volunteers, the Storeys have planted 2.5km alongside the section of the Mangapiko Stream running through their farm, and plan to plant another 1km. They planted around a wetland,

which helps attract native birds and other wildlife.

The family have retired four hectares of land from farming to carry out more planting and have a pest management plan in place to help increase the bird

population.

Doug is one of 400 environmentally focused farmers in the Dairy Environment Leaders network, created by farmers, DairyNZ and the NZ Farm Environment Trust

in 2007. The network aims to empower leadership and create opportunities to support and share on-farm actions to reduce environmental footprint.

Doug's son Josh and daughter-in-law Bayley help run the family farm and are passionate about sustainability and encouraging other young people into dairy farming.

"As farmers, we want to do our best to protect the land and enhance native wildlife, and love seeing tūī, kererū and other native birds on the farm," Josh says.

The Storeys are involved in a Waipā district community project creating an ecological corridor linking two mountains – Mt Pirongia and Maungatautari. A key goal is to create great habitat for wildlife, including native birds and bats.

The Taiea te Taiao ecological corridor project sees farmers,

iwi, community groups and organisations including Nestlé, Open Country, Fonterra and industry good organisation DairyNZ working together. The work includes a range of environmental work across farms and other properties.

The Storey farm is a stepping stone for birds and bats to rest and feed as they travel along the corridor. "It's a fantastic project and we're excited to be helping boost biodiversity," Josh says.

On the family farm and throughout the corridor, bat monitoring is underway and tuna/freshwater eels are being monitored using mātauranga Māori methods. On the Storey farm, ecologist Britta Deichmann, has catalogued all the native trees, which Josh says will be a great record for future generations

Hope for hops

Taranaki regional development agency, Te Puna Umanga Venture Taranaki, has released an Industry Paper that provides advice to small and independent hop growers across the country looking to scale up from pilot scale plots to financially viable hop gardens.

The Paper, part of the Branching Out project, has been commended and endorsed by Hāpi, a New Zealand-based hop breeding and market development programme.

"The Hāpi Brewing Success programme, through the collaborative efforts of Freestyle Hops, Garage Project, and MPI, is keen to see the hop industry thrive. This Guidance Document by Venture Taranaki represents a step towards that goal, offering a resource we hope will be valuable for growers," says David Wright Chair of Hāpi Brewing Success.

The paper includes a timely update on the state of the hop sector, snapshot data, steps on how to scale up, paths-to-market guidance, growing

advice and information on hop varieties.

Key takeaways include the rapid growth of the craft beer market, both locally and globally, is considered to have peaked following the boom period between 2010 and 2020. This resulted in an increased supply and left the hops market to be "production led".

Inflation and a generally weak economic environment have resulted in lower growth and high levels of uncertainty in the craft brewing industry.

This period of downturn

is typical in primary producing sectors and the million-dollar question is always, when will we hit the inflection point, i.e. when will competition and attrition within the industry correct the oversupply, and price trends start curving upwards again? A natural correction could take between 18 months to four years, according to some industry participants.

Buyers will continue to favour growers who can offer consistent, high-quality products (including packaging), particularly in

this downturn cycle.

Taking a long-term view, there is an opportunity for Taranaki and New Zealand growers to claim more of the global market (currently around 3%, up from 1% in recent years), by producing high-quality product, unique flavour profiles, and developing supply chain efficiencies and processing innovations.

Growers scaling up from pilot plots will need to find export markets (just one hectare of hop plants will produce (on average) approximately 1,800kg

of dried hops / 1,700kg of T-90 pellets, which is considerably more hops than most small New Zealand breweries use in a year.

"Despite the challenges the hop sector is currently facing, Venture Taranaki is taking a longer-term view and approach. Through our strategic food and fibre initiatives, we aim to support the exploration of hops as a potential future land use and export market for the region," says Kelvin Wright, Te Puna Umanga Venture Taranaki Chief Executive.



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Fight night will be “full on show”

Liam Kupe admits to some nervousness about being the main card in Saturday’s Barbwire Fight Club when he takes on Matt Galloway.

“Even though this is my third fight, I’m as nervous as I was when it was my first fight. I’m just handling my nerves a bit better,” he says.

Liam says that unlike his previous two fights, this time round he will be fighting in front of a home crowd.

“I’m probably feeling the best I’ve been for this one. It’s just more nerve wracking because it’s at home.”

His first fight was a year ago when he was one of five Barbwire boxers James Langton took to an event in Cambridge. There were 22 fights that night and Liam’s fight was the 16th, which he won by a knockout in the first round.



Raring to go. From left. Bobby Katene, Leilani Leatherby, Liam Kupe, Sandra Gargan, James (Batman) Langton.

Later that year he won by a unanimous decision at the Stratford Rumble. James (Batman) Langton

of Barbwire Boxing which is organising the fight night says Liam has earned his place on the main card.

“Liam thoroughly deserves to be the main fight with the commitment he’s shown over the last two years,” he says.

The Fight Night will see six fights with boxers from Barbwire Boxing taking on opponents from New

Plymouth, Wellington and Hamilton.

“At this stage the whole team of fighters are really rearing to go,” says James. “I’ve not been this excited about an event for a long time. These are really high quality fighters. This whole

concept of doing a live stream fight where you have commentary, replays, voting online means it’s going to be a full-on show.”

He says he is also looking forward to the main under card which will see Barbwire Boxing’s Bobby Katene take on Wills Moala.

Liam’s boxing journey began 5-6 years ago training with Terry Simpson at Coastal Boxing in Pungarehu.

“I was keen as to go amateur but it was a toss-up between going back to rugby league or boxing and I chose rugby league,” says Liam.

His interest in boxing was rekindled when he started going along to Barbwire Boxing.

“It was just down the road from where I live, so it was real convenient. It’s the kind of fitness I had never experienced before. It’s something I had only ever watched on TV.”

Liam has been training for the last 7-9 weeks. He says he has learned from his last fight where he says he wasted time on unnecessary punches.

He will be taking an interest in how the other fights go.

“Taranaki is nice and small, so everybody knows everybody to a point, whether they train together, be on the same card, or know each other through mutual friends. You meet a lot of cool people in all the gyms.”



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Laim Kupe Matt Galloway



Bobby Katene Finefeuiaki Moala



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Sandfords Mania Golf results

Juniors. Stroke Play. 1. Ashdyn Laing. 2. Ramyn Tupuse. 1. Micah Gut. 2. Lennox Finnigan. Stroke Play. 1. Finn Laing. 2. Sam Gut. Putting. 1. Finn Laing. 2. Sam Gut.

Indoor bowls

The 2024 Indoor Bowls season is off to a good start with the new rep team ready to rumble at the NWWTH Quad which is being played on the April 20-21 in Wanganui. Taranaki will be facing some good competition from North Wellington, Wanganui and Horowhenua. The Taranaki

rep team hopes everyone enjoys themselves and enjoys a good weekend of bowls. Trevor Bourne is very excited to release the first squad for this year, team as follows: Rodney Morris(sk), Rose Ratahi, Ray Finlay and Kaye Bird. Paul Midgley(sk), Sue Bourne, Kim Mahupuku

and Stephen Vince. Martin Harding(sk), Chris Reed, Win Finlay and Brittany Vince. Trevor Bourne(sk) Andrea Berry, Neil Vince and Allan Ducker. Res Cindy Richardson. With the young and old we are out to rumble and have fun. Let’s Go Taranaki.

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Centre City is adding a tasty new item to its lunchtime menu —and it's not food

When you head to Centre City on a Friday during lunchtime, you'll soon be served a side of tasty tunes and great sounds from local musicians.

From May, Centre City will begin hosting monthly 'Sound Bite' sessions in their new Entertainment Space on Level 2, above the Food court, an exciting new live music partnership with Taranaki Singer Songwriters.

Marketing Manager Rebecca Johnson said it is an excellent fit, given the growing appetite for live entertainment and the targeted focus on the Centre as a community destination.

"Collaborating with the Taranaki Singer Songwriter community made perfect sense. They have been at the heart of the music scene in our region for the last 18 years. Our Sound Bite Sessions will show the community that the Centre can be more than just a retail destination," Johnson said.

The first Sound Bite session will occur on Friday May 3 coinciding with New Zealand Music Month. Six more events are planned



Liana Hart and Craig Jones are two of the artists who will perform as part of the Taranaki Singer Songwriters Sound Bite Sessions at Centre City starting in May.

for the first Friday of every month until November.

"We're proud to be able to support putting more musicians on stage in 2024, and it's a great opportunity for the public to appreciate and enjoy Taranaki's musical talent," Johnson says.

The Trust behind Taranaki Singer Songwriters has been working to create more

performance opportunities for local singer-songwriters and build opportunities for original music in the local arts and entertainment scene.

Andre Manella, a trustee of Taranaki Singer Songwriters said the trust and the artists were all looking forward to monthly performances at the Centre.

"As we illuminate the Centre City stage with the



Sound Bite Sessions, our hearts are abuzz with the joy of partnership between Taranaki Singer Songwriters and Centre City.

The Sound Bite Sessions season will feature 13 local artists over seven scheduled performances from May to November. Each session will run for 60 minutes from 12 p.m. to 1 p.m.

"Each performance

celebrates our shared stories and the unique essence that pulses through Taranaki, offering an unparalleled opportunity to feast both the soul and the senses," Manella said.

Johnson was confident that Sound Bites would become another popular event added to the Taranaki entertainment calendar.

"We hope that over the

season, music lovers come and enjoy free entertainment and something good to eat on a Friday with their friends and family. It's a great opportunity to support our local musicians and connect as a community," she said.

For the full Taranaki Singer Songwriters Sound Bite Session Programme, supported by Centre City head to centre-city.co.nz/taranaki-singer-songwriters-sound-bite-sessions/

Sound Bite Sessions Programme Centre Entertainment Level 2

City Space
May 3. Crystal Starr, Rory. June 7. Sam Egli. July 5: Ngāneko, Kayleb Duckett. August 2: Dani Ela, Liana Hart. September 6. Marie Goldsworthy, Jaz Luray. October 4. Juliet McLean, Elijah. November 1. Tony & Tim, Craig

If you would like to be part of our May 2 issue, contact our editorial team now on 06 761 7016



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Dr Robert Shaw psychotherapist

Robert Shaw who writes a column Mind Matters in the Opunake & Coastal News agreed to submit to an interview on his career as a psychotherapist.

He has an interesting background which led him to specialise in psychotherapy.

This includes doing a PhD in psychology and education.

His qualifications have led him to teaching positions in universities, to China and at the Open Polytechnic in Wellington where he was also on the Wellington Regional Council before moving to Opunake some years ago.

On returning from China after 6 years university teaching, he worked as a counsellor in New Plymouth at Family Works and then decided he needed to learn more about human behaviour and went on to train as a psychotherapist.

For those confused by the

terms, a counsellor is more concerned with helping people with "the here and now, surface problems." A psychotherapist however focusses on deeper insights as to what governs people's behaviour which is often deeply rooted in the subconscious.

"Those who seek out psychotherapy are more worried about themselves," Robert explains.

There's a wide range of reasons people come to him, says Robert.

These include anxiety, depression, relationship disasters, and mental health difficulties.

Explaining the process, he says as a psychotherapist "you try and listen to what your unconscious mind is telling you about your client and your own emotional reaction" and in doing this "help them to understand themselves and reflect on



Dr Robert Shaw.

their behaviour and in that way help them to see things differently."

Robert quotes the experience of DW Winnicott, a famous British paediatrician and psychoanalyst, who noted when he was in charge of a ward in a hospital the effect on children who have been neglected. They are unable to involve with others and became very withdrawn. Children are on an amazing trajectory of learning from the day they're born (and

possibly prior) and a lot hinges on how they engage with their parents... or don't, says Robert. "If the parents neglect a child, the child is not getting their needs met. Every experience a child has is very important in building their character."

Robert cites an example of one of his own cases, a 10 year old boy who saw his father being hit with an iron bar by their boarder.

"The child showed a lot of symptoms of anxiety. Didn't want to leave his father." He

had become obese and was teased at school.

Robert saw the boy three years after it happened and the boy was still affected by the traumatic event.

Relationship issues are a common area people struggle with. "The problems always seem to go back to childhood."

Psychotherapy "works" but it takes time, says Robert. "It's not a quick fix."

The relationship between the therapist and the client is all important, there needs to be a "deeper trust and a genuineness" It's crucial that you are very reliable, very consistent and considerate of clients to help earn their trust. It's important to genuinely listen to them."

The relationship between client and physiotherapist is not a friendship, it's something different, says Robert.

April school holiday immunisation clinics

Tui Ora and Health NZ | Te Whatu Ora in Taranaki are working together over the April school holidays to provide several free immunisation clinics so we can help improve our immunisation rates around the region.

If you've got children on school holidays, or you know people who do, then please encourage them to take advantage of these free clinics to help children get up to date with all their childhood immunisations.

The whole whānau can come along to these clinics and get protected from preventable diseases.

There will be an awesome team of nurses on hand to talk/kōrero, answer any questions/pātai, and give the following immunisations:

- Eligible flu immunisations
- Childhood immunisations
- MMR (measles, mumps, and rubella) immunisations
- COVID-19 boosters
- HPV self-swab test

For more information on all our upcoming immunisation clinics please visit Immunisation (tdhb.org.nz)

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SCHOOL HOLIDAY VAX CLINICS

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Family Health & Midwife Clinic (the green house)
351 Devon Street West
9am – 4.30pm

TUES 16 APRIL
Tui Ora Hauora ā-Whānau
After hours immunisation clinic
5pm – 7:30pm

THURS 18 APRIL
Family Health & Midwife Clinic (the green house)
351 Devon Street West
4pm – 7pm

SAT 20 APRIL
Family Health & Midwife Clinic (the green house)
351 Devon Street West
9am – 4.30pm

SAT 27 APRIL
Family Health & Midwife Clinic (the green house)
351 Devon Street West
9am – 4.30pm

FRI 19 APRIL
Ngāti Rāhiri
(next to New World Waitara),
38 Queen Street
9:30am – 3:30pm

SAT 27 APRIL
Waitara Clinic -
Waitara Health
11am – 3pm

SAT 20 APRIL
Fred Tucker Memorial Hall
30 Parklands Avenue
10:30am – 3:30pm

SAT 13 APRIL
TET Events Centre
11am – 3pm

THURS 18 APRIL
Opunake Event Centre
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MIND MATTERS

Detailed instructions on how to breathe

Are you often anxious or angry? Depressed? Is your body tense? Is there too much stress? One way to help yourself is to learn to breathe. Control your body, then, you will be able to control your mind. It takes practice, and you should practice several times a day. The importance of breathing and the secrets of breathing were known by ancient civilizations, particularly in India and China. In Western cultures, people forgot how to breathe. You may like to ask your children about breathing. According to my grandchildren, various breathing techniques are now taught in schools, to help children with anxiety or anger.

You can improve your life a great deal by learning to breathe in the proper way. There is no "proper way to breathe" I hear you say – but there is if you want to relax, sustain your body and calm your mind. If you have a hectic life, too much work, and conflict at home – today's MIND MATTERS is for you.



DR. ROBERT SHAW

anxiety, to help you to think clearly and make better decisions, lower your heart rate and your blood pressure, remove toxins from your body and influence others by your being calm.

We are doing ujjayi breathing (pronounced "oo jai,") which is sometimes called "the victorious breath" (because it is the breathing of the warrior before battle, it makes you strong) or "ocean breathing" (because you will sound like the ocean). One channel of action in the body which ujjayi breathing stimulates is the parasympathetic nervous system, the opposite of the fight and flight mechanism. Check out: www.ekhartyoga.com/articles/practice/a-guide-to-ujjayi-

breath.

The basic steps are (1) stand or sit or lie with your body symmetrical and balanced, (2) push down a little to feel that you are supported, this usually means pushing down and then relaxing your feet, straightening your spine and balancing your head on your spine, or you may push down on the chair, (3) "lock" (use your muscles to gently fix in place) your lower abdomen (that is, your gut), the area between your pelvic floor and your diaphragm. You use this for tummy breathing, but that is not what we are doing, (4) push your ribs out to breathe in and then relax your rib cage to breathe out, (5) be deliberate, slow, and count to yourself as follows: count five as you breathe in, hold your breath for the count of three, breathe out for the count of seven, hold with your lungs empty for the count of three, and then breathe in again, (6) repeat as often as it serves you.

Some points: (1) breathe through the nose, in and out, (2) keep your mouth shut and move the air through your throat to make a loud noise like the ocean (both in and out), (3) notice the air you breathe in is cooler

than the air you breathe out, (4) listen to your breathing and keep counting, (5) when you push your rib cage out – start with the lower ribs and move up in three steps, lower, middle, upper rib cage – this takes a bit of practice, but it is the best way to fill all the air sacs in the lungs, (6) you relax when you breathe out (not in) – so deliberately relax each time you breathe out, (7) think of all the parts of your body and relax them separately in turn as you breathe out, (8) make sure you relax the important places where we hold tension – shoulders, neck, face, hands, (9) many people practice ujjayi breathing in bed when they cannot sleep, (10) you can practice whilst you sit in a chair and your visitors will not notice, (11) if you want to meditate (think calmly about something important), ujjayi breathing is helpful.

Breathing is an important part of yoga. Yoga began in India and in a few places in Asia about 5,000 years ago. Yoga was, and is in many places a spiritual practice, a discipline and a path towards enlightenment. The word "yoga" comes from the Sanskrit word "yuj", which means "union of the individual yoga practitioners" or "universal consciousness". Yoga, in the tradition, teaches us to control the body and thus control the mind. In India, yoga was just one part of a much larger hierarchy of beliefs. About 2,500 years ago (we do not know exactly when) the great wise man, Patañjali, wrote a textbook about yoga. It is called the Yoga Sutras. There are 195

short verses (aphorisms) – helpful advice, truthful sayings.

The Western yoga revolution caused much excitement. Yoga received religious objections (it was born in the Hindu traditions of northern India, Afghanistan and Pakistan, some thousands of years before Christianity appeared), produced sex scandals ("hot yoga" just means yoga with a heater on full) and yoga has become a competitive commercial business which generates billions of dollars. In the United States, there have been many court battles about yoga.

In Aotearoa, we have many yoga traditions represented, and very few court battles. There are therapeutic yoga classes in New Plymouth for the victims of violence. There are weekly yoga classes in Ōpunake. There, you can learn to breathe. I recommend James Nestor's book "Breath, The New Science of Breathing". He is a journalist who gives plenty of references. Namaste.

Dr Robert Shaw
Registered Psychotherapist
opunake@mail.com

The next issue of OCN is
May 2, 2024.

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CoastalCare Service Information List - Phone Aretha 06 761 8488

Service	Availability	Contact
Coastal Printers	8.30am – 5pm Mon - Fri	06 761 8037
Opunake Medical Centre	8.30am – 5pm Mon - Fri	06 761 7324 - Reception
Opunake Pharmacy	8.30am – 5pm Mon- Fri and 9am – 12pm Sat	06 761 8144/0800 367 232
Plunket Nurses Community Karitane	Home visits and base clinics every Wednesday and Thursday	Marlene – 027 218 8214 Gaye – 027 275 7749
St John Ambulance	Ambulance service First Aid training courses Medical Alarm Service	Call 111 for an emergency Local base 06 761 8560 Alarms 0800 50 23 23
Alcohol & Drug Counselling	District Health Board (by appointment)	06 753 7838
Matthews Eyecare Optometrists	First Thursday of every month	06 759 4126
Community Corrections	Every Tuesday by appointment	06 278 0650
Counselling	-District Health Board – various (by appointment)	06 753 7838
	-Te Ara Pae Trust – Gwenyth (Thursdays)	06 278 6399
	-Karen Anderson (Wednesdays)	021 213 8513
	-Alex Jones (Fridays)	021 081 63248
	-Manuka Matthews (Mondays)	027 239 5896
NZ Post and stationery supplies	8.30am - 5pm Mon to Fri	06 761 8488
NZ Transport Waka Kotahi	8.30am - 5pm Mon to Fri	06 761 8488
LY Beauty by Sarah	Every Tuesday - 8.30am - 5pm	027 910 7111
Taranaki Chiropractic	Dr. Remington – every Wednesday	027 489 9000
Active Plus - Physiotherapy	Mondays and Thursdays - 9am to 3.30pm	Ph: 06 769 9992
Foodbank - By Appointment	Wednesday to Friday 9am - 4pm	06 761 8488
Hawera Budget Advisory Service	Fortnightly on Tuesdays	0800 333 048
HIP – Health Improvement Practitioners	Free drop in clinic for patients registered with Opunake Medical Centre – Mon & Tue	Annie – 027 347 3028 Med Centre -06 761 7324
Lisa Keen Audiology	Every Wednesday – 8am – 5pm	027 591 4222 - 0800 555 676
Needle Exchange Program	9am -4pm each day on demand	06 761 8488
Paediatrician	As needed by appointment	referral from doctor needed
Public Health Nurse	In schools Monday - Thursday	06 761 8090
Supporting Families in Mental Illness and Addiction – Home visits if needed	A free service for both children and adults who have a family member, whanau or friend who is impacted by a mental illness or addiction	06 757 9300
Taranaki Dental	Every Tuesday and Thursday and every 2nd Friday 8.30 am - 4pm	06 759 1047
Taranaki Podiatry	The 2 nd Wednesday of the month	021 753 472
Quit Smoking support	As needed by appointment: TDHB	06 753 7838
Meeting Room to Hire	Call to enquire availability and cost	06 761 8488

Services for people with Diabetes and various long term conditions - Diabetes Educator, Dietician, Clinical, Pharmacist and Social Worker

Other Health Services in Opunake

Tui Ora Heartland Services	Mon – Fri 8.30am – 5.00pm	027 231 7191
Coastal Community Transport	For health transport	0800 223 390
Depression Rural helpline	Open 24/7	0800 111 757
Healthline	Open 24/7	0800 611 116
Lifeline	Open 24/7	0800 543 354 or Txt 4357
Rural Support Trust - Taranaki	Open 24/7	0800 787 254

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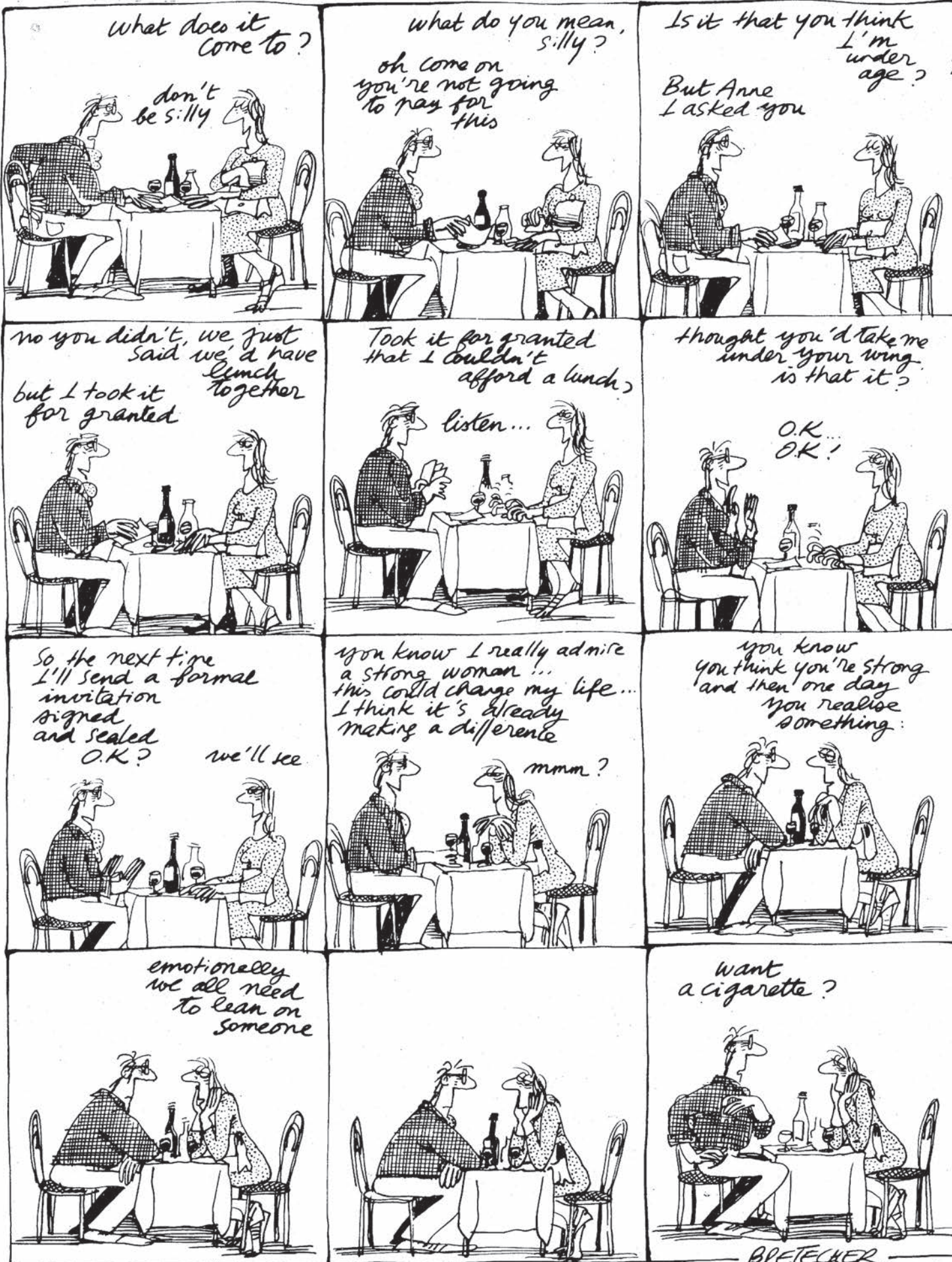
72 Tasman Street, Opunake | www.everybodystheatre.co.nz

<p>Kung Fu Panda 4 1hr 34mins PG Thu 18 Apr 1PM Sun 21 Apr 1PM</p>	<p>Ordinary Angels 1hr 58mins PG Thu 18 Apr 7PM</p>
<p>Challengers 2hr 11mins M Fri 19 Apr 7PM Sun 28 Apr 7PM Thu 02 May 7PM</p>	<p>The Tiger's Apprentice 1hr 21mins PG Sat 20 Apr 1PM Sat 27 Apr 1PM</p>
<p>Civil War 1hr 49mins R16 Sat 20 Apr 7PM Sun 28 Apr 1PM</p>	<p>The Mountain 1hr 29mins PG Sun 21 Apr 7PM</p>
<p>They Shall Not Grow Old 2hr 12mins RP16 Thu 25 Apr 1PM</p>	<p>Before Dawn 1hr 40mins TBC Thu 25 Apr 7PM Sat 27 Apr 7PM</p>
<p>The Fall Guy 2hr 6mins M Fri 26 Apr 7PM</p>	

<p>Kung Fu Panda 4 Violence & coarse language 1hr 34mins Rated: PG Thu 18 Apr 1PM</p>	<p>Ordinary Angels Coarse Language 1hr 58mins Rated: PG Thu 18 Apr 7PM</p>
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What's On Listings

AMAZON



- ONGOING**
Movies at Everybodys Theatre in Opunake: Playing several days and nights each week. Refer timetable in newspaper.
MONDAYS: The Barnabas Centre - St Barnabas Church Hall, 141 Tasman Street Opunake: Each Monday 10 am - 12:30 pm. Information call Jenny 7618080 or Glenys 6558025
TUESDAYS
Opunake Walking Group: Every Tuesday 10am. Meet outside Club Hotel on Havelock St. Phone Margaret 027 477 5600 for more info if needed, or just turn up.
Pungarehu Golf Club Twilight: Tee-off between 4.30 & 6.30pm.
Opunake District RSA: Meet 1st Tuesday of every month at 5.30pm at the Opunake Fire Station. Financial Members are welcome to attend.
WEDNESDAYS
Coastal Young Farmers: Meet 2nd Wednesday of every month at 7pm at Butlers Reef Bar & Cafe, Oakura.
Lisa Keen Audiology at Coastal Care, Opunake: Wednesdays 9am - 5pm, for an appointment call 027 591 4222 - 0800 555 676
Okato & District Historical Society open every Wednesday: At the Okato Community Trust Hall, 47 Cumming St, Okato. phone Meg on 06 752 4566.
Opunake Embroiders Guild: Meet 2nd and 4th Wednesdays of the month, 10.30am-3pm at the Opunake Business Centre, Napier St, Opunake. Just come along or phone Sheryl 06 761 8769.
Okato Market: In Hempton Hall, Okato 4pm to 5.30pm.
Free singing experience with Taranaki Harmony Chorus: Meet every Wednesday at Inglewood Mamaku Centre, 7-9.30 pm Phone Helen 021 296 0700.
THURSDAYS
Egmont Euchre Club: Every Thursday 1pm at the Opunake Bowling Club. Inquiries, 06 761 8337 or 06 761 8607.
Taranaki Country Music Hall of Fame, Manaia: Running every Thursday night from 7.30pm, 11 Surf Highway, South Road, Manaia.
FRIDAYS
Eltham Business Association Friday Markets: 9:30am to 1pm, Carpark of Touch Point, High Street, Eltham.
Singer Songwriters, New Plymouth: Last Friday of the month at Little Theatre, 29 Aubrey St, NP from 7-11pm.
AT THE CLUB HOTEL THIS WEEK:
Monday: Burger special \$15, Happy Hours 3pm- 6pm; **Tuesday:** Pork ribs \$20, Pool Tournament 7pm; **Wednesday:** Pizza night 2 for \$24, Poker night \$30 buy in; **Thursday:**

- Steak night for \$20, Poker Night \$27 buy in; **Friday:** Pensioners lunch \$15, Lamb Shank \$20; **Saturday:** Chicken Schnitzel \$20; **Sunday:** Roast night \$20 Complimentary dessert for dine in customers.
MARCH 13 TO APRIL 6
The Hawera Art Club Exhibition: At the Village Gallery, Eltham.
APRIL 2 TO 20
NP Little Theatre's production of Social Climber: Little Theatre
APRIL 10 TO MAY 4
Muddy Thursday's Potters Exhibition: At the Village Gallery, Eltham.
APRIL 19
Barbwire Fight Club Online: 7pm.
APRIL 20
77th Annual In-Calf Heifer Sale: Oeo Rd, Awatuna, 12 noon.
Opunake District RSA AGM: 1pm at the Opunake Fire Station.
APRIL 19-21
Home & Garden Show: TSB Stadium, New Plymouth. See ad for times
APRIL 22
In Milk Herd Auction 438 Tikorangi Rd, Tikorangi. 11am..
MAY 9-12 & 15-17
Clue on Stage: A Production by Opunake Players.
MAY 16-17
Budgeting Workshops for Farmers: At Stratford and New Plymouth. See ad for details.
MAY 18
Kiwiana Ball: At the Warea Hall



MOVING?

Subscribe to the Opunake & Coastal News and we'll post you a paper as soon as it's out!

06 761 7016

OPUNAKE & COASTAL NEWS

The Opunake & Coastal News is distributed free to every home and business within the rural area, bounded in the north by the New Plymouth City border, extending east to Egmont Village and around to the edge of Stratford, south to the border of Hawera township and inland to Kaponga and through Eltham.

The next issue of Opunake & Coastal News will be out on May 2. Call us on 06 761 7016 to be a part of it.

'Clue: On Stage'. Suspicious Suspects.

Who is the murderer in Opunake Players 'Clue: On Stage'? Here are some more suspects.

Name: Jason Bloor
Character: Colonel Mustard

Theatre Pre Players: Actor and director with 'Y-One'. Toured New Zealand with "Y-One" and performed at schools.

Opunake Players: First time for Opunake Players.
Clue Enjoyment Factor: Yes. It's a load of fun.

Other: When a high school student, was kicked off the bus for letting off a stink bomb.

Name: John McCarty
Character: Professor Plum
Theatre Pre Players: Various performances while at Opunake High. Career cut short by the 1982 fire which, among other things, destroyed the stage.

Opunake Players: 'Last Dance', 'Me'n'Gus', 'Rinse The Blood Off My Toga', 'Fleeced', 'Witches Of Prestwick', 'Snow White', 'Peter Pan' and 'Cinderella.' (Was a tree in 'Snow White', although world perfect, his acting was a bit wooden.)

Clue Enjoyment Factor: Spending time with great people he doesn't usually get to spend time with.

Other: Has completed an 18000-piece jigsaw, the world's second biggest at the time, which is mounted on a wall at his home. Took him



It was him in the room with the thing. Trying hard to look innocent, Jason Bloor, John McCarty, Monica Willson and Brian Gasson.

two years.

Name: Monica Willson
Character: Wadsworth the Butler

Theatre Pre Players: Involved in plays while at school.

Opunake Players: Singer with the quartet 'Heatwave,' actor in 'Peter Pan,' 'Mo and Jess kill Susie,' 'Stiff' and 'Cinderella.'

Clue Enjoyment Factor: The actors are perfectly cast which helps makes it enjoyable.

Other: A gold medalist at the Australasian Games in freestyle wrestling. Won

with a pin.

Name: Brian Gasson
Character: Mr Green

Theatre Pre Players: School Plays, University Capping Revues, various performance in Te Kuiti Musical Theatre.

Opunake Players: 'Fate's Thread', 'Rinse The Blood Of My Toga'. Singer with 'Crossfire'.

Clue Enjoyment Factor: An hilarious show being done by talented and entertaining people..

Other: Had a rubber chicken called 'Fluffy' who served as a drinking vessel until she perished

when left in the sun on the parcel shelf of his Mk III Cortina.

"Clue: On Stage" plays at the Lakeside Playhouse Opunake Note a slight change of dates. May 9-12 (Thursday, Friday, Saturday, Sunday) and 15-17, (Wednesday, Thursday, Friday).

Tickets \$30 from Sinclair Electrical. Pay by cash or online bank transfer.

Opunakē Players present

CLUE ON STAGE

May 9-12th & 15-17th

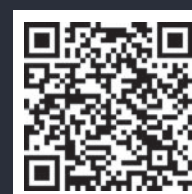
Tickets on sale April 11th
At Sinclair Electrical 06 7618084



Budgeting workshops for Farmers

A budget-friendly workshop to help you get on top of the numbers!

16th May - Stratford
17th May - New Plymouth



Email or scan to register:
amanda.burling@bakertillysr.nz

bakertilly
STAPLES RODWAY

NZ FARMERS LIVESTOCK

Magnificent In Milk Herd Auction

On A/c Neil & Jackie Whitehead

Monday 22nd April 2024 11am

438 Tikorangi East Road F/N 43415

Tikorangi, Taranaki

160 in Milk Friesian & Friesian/x Cows BW 269 PW293 100% RA

60 In calf Friesian Heifers BW 311 PW 309

Due 20/07/24 to Jersey Bulls.

Auctioneers Note:

This outstanding one LIC PTPT code closed herd comes to auction having no prior marketing.

Our vendors offer their herd and incalf heifers for sale after 40years of farming. Undoubtedly this is a top-class herd which gives purchasers a grand opportunity to purchase quality cattle.

Due from 20/7/24 to LIC Frsn 5 weeks tailed beef bulls with only 13 cows calving in September.

Consistently 400 milk solids per cow under system 2 on a very challenging farm. Date pregnancy tested this herd contains 1 LIC contract cow and all cows will come forward to auction in correct health and condition.

The in-calf heifers are a superb line and recommended to all intending purchasers requiring well-bred dairy heifers.

TB Status C10 BVD bulk milk tested negative.

An auction not to miss if requiring top quality dairy stock.

Inspection prior to auction is welcomed.

Catalogues available. Online Bidding Available

Delivery from 23/4/24 - Payment 1/6/24

Enquiries: Steve Quinell 027 552 3514 or Simon Payne 027 552 3514

MyLiveStock
Website | Mobile | App

Muddy Thursdays at the Village Gallery



“Into the Wind” by Tanzania Keenan.

“Muddy Thursdays” is a group of up to fifteen people that meet up each week at the Te Henui Vicarage, 288 Courtney Street, Strandon, New Plymouth.

A dozen of the regulars are exhibiting a wide range of styles and types this year at The Village Gallery, Eltham, from Wednesday 10th April to Saturday 4th of May. The one hundred pieces on display are always very popular and regularly sell out, so be in early to get a look at them.

The “Muddy Thursday”

people are a very social group who play with clay, working on their individual pieces, on the wheel or hand building. The teapot is always hot, and they willingly share their pottery knowledge and handy hints. There is a waiting list to join but more training sessions are being organised. If you are interested in seeing how they work and what happens there, they can be contacted through the New Plymouth Potters website: <https://newplymouthpotters.co.nz> for more information.



“Bird & Llama” by Janet Belton and “Black Fantails” by Debbie Little.



Church Services - Manaia, Kaponga, Opunake, Pungarehu, Okata, Oakura

Opunake Co-operating Parish

Havelock Street, Opunake - St Pauls - 9.30am every Sunday
Rahotu - Wesley - 11am first Sunday of the month

Okato Co-operating Parish

Okato - St. Paul's - Sunday Service every 1st and 3rd Sundays of each month, 10.00am
Oakura - St. James - Sunday Service every 2nd and 4th Sundays of each month, 10.00am
Mid-week open church - Okato - St. Paul's - Pew for You, every 3rd Wednesday of each month, 4.30pm-6.00pm

Opunake Catholic Church

St Martins, Pungarehu: Temporarily closed - no Masses
Our Lady Star of the Sea, Opunake: 10am every Sunday

Other areas

Manaia - Sacred Heart - 1st, 3rd Sat at 5pm
(2nd, 4th & 5th Sat at Hawera's St Josephs)

St Patricks Catholic Church, Kaponga

2nd, 4th and 5th Saturdays of the month Mass at 6pm.
However during winter the time will be 5pm i.e. Saturday 10th June, 24th June and 8th July. After this date the time will revert back to 6pm.

1st and 3rd Sundays of the month Liturgy of the Word with Communion at 8.45am.

Thursday Mass 9.30am (subject to change).

St Patricks Catholic Church, Okato

Saturday Vigil 6.00pm - weekly

The Wave

Pentecostal Church 64 Domett St, Opunake

Sunday Services 10.30am

Women's Group 10am Tuesday

Men's Group 7pm Wednesday

Come along or contact

Belinda Philp

027 935 6191

St. Barnabas Anglican Church

141 Tasman St, Opunake

Sunday Services 10am

Communion 2nd, 3rd & 4th Sunday

Prayer & Praise 1st Sunday

Every 5th Sunday all 4 churches gather for a Combined Service

Okato Community Church

Meets 10.30am Sunday at Hempton Hall.

Everyone welcome

St John's Community Church. Kaponga

Cnr West and Egmont Streets.

Sunday Services 10.30am followed by morning tea

Manaia Union Fellowship

Terou St. Manaia.

Meet 10am every 3rd Sunday of the month with communion

Friend & Fellowship Group

Thursdays @ Manaia

Support our Faith and support each other with Prayer and Bible study

Encouraging interactive discussion and Praise

All are welcome

We would love it if you could come

Rodney & Val 274 8550 or 0272384187



“Catching the Breeze” by Margaret Foley.

CHURCH NOTICES

SITUATIONS VACANT

An Administrator is Required

The Village Gallery, Eltham and The Eltham Business Association wish to employ a person to carry out the administration functions of both organisations. This is a paid, fixed term contract position. Salary will be negotiated according to the skills and experience provided.

Hours: 20 hours per week for each Not-for-Profit organisation. You can apply for a part-time or full-time position.

Both groups require a person to be the Secretary/ Treasurer and Coordinator for events and rosters. Some of these tasks may be carried out off-site. You must have experience in administration, excellent computer skills, the ability to self-motivate and work independently, organise events, and implement the Governing Boards' business plans.

You will enjoy meeting people, promoting the organisations and engaging with the volunteers and the wider community.

Both groups are based in Eltham and you will be required to attend monthly meetings which will be held in Eltham.

For further specific information, email:

elthameventscentre@gmail.com

Please apply in writing, including your CV and references to: Administrator, C/- Eltham Events Centre Charitable Trust. PO Box 32 Eltham.

Or email: elthameventscentre@gmail.com

Please state if you would like 40 or 20 hours per week.

Applications close 26th April 2024



Opunake High School
Te Kura Tuarua o Opunake

ŌPUNAKĒ HIGH SCHOOL

TEACHER AIDE IN TINY HOMES PROJECT

We are looking for a Teacher Aide to support our ākonga/learners in the Tiny Homes Construction Project. The applicant needs to enjoy working with and supporting young people, and with an interest in the trades.

10 hours per week, Tuesday and Friday, term time only.
Applications should include a covering letter and CV to:

The Principal
Opunake High School
PO Box 4
Opunake 4616
sl@opunake.school.nz

Applications close Friday April 26, 2024.



The Village Gallery is at 166 High Street, Eltham and is open from 10.00 am to 3.00 pm Wednesday to Saturday.

“Muddy Thursdays” Potters Exhibition

An exhibition of over 100 pottery items by a group of potters from the New Plymouth Potters Group

April 10 - May 4

THE VILLAGE GALLERY 166 HIGH STREET, ELTHAM
OPEN WED -SAT 10AM-3PM

PUBLIC NOTICES



PUBLIC NOTICE OF PLAN CHANGE 3 (PAPAKĀINGA DEVELOPMENT)

Schedule 1 of the Resource Management Act 1991

The South Taranaki District Council has prepared proposed Plan Change 3 (PC3) to the Operative South Taranaki District Plan (District Plan) under Schedule 1 of the Resource Management Act 1991 (RMA). The purpose of PC3 is to:

- Update the operative Papakāinga Development provisions to better support Iwi aspirations for Papakāinga Development, including definitions, objectives and policies, and zone-based rule frameworks.
- Enable a pathway for Papakāinga Development on General Title Land.

You can read PC3 online at (www.southtaranaki.com/planchange3) from 15 April 2024. If you have any questions, please contact the Council's Planning team by phone on 0800 111 323 or by email at planchange@stdc.govt.nz.

The following persons may make a submission on the proposal:

- the South Taranaki District Council itself; and
- any other person may make a submission but, if the person could gain an advantage in trade competition through the submission, then the person may do so only if the person is directly affected by an effect of the proposal that:
 - adversely affects the environment; and
 - does not relate to trade competition or the effects of trade competition.

You may make a submission to the South Taranaki District Council by completing a submission form online at (www.southtaranaki.com/planchange3) or sending a written submission to South Taranaki District Council at (105-111 Albion Street, Hāwera). Copies of the submission form are also available from the website, Hāwera Administration Office and LibraryPlus centres.

The submission must be in accordance with Form 5 as set out in Schedule 1 of the Resource Management (Forms, Fees, and Procedure) Regulations 2003 and must state whether or not you wish to be heard on the submission.

Submissions close 5pm Monday 13 May 2024

South Taranaki District Council
The date of this notice is 15 April 2024.
The address for service is the same as those set out above for submissions.



ANZAC DAY SERVICES

Cape Egmont

1pm - Wreath laying ceremony.
Cape Egmont Boat Club, Bayly Road, Warea.

Manaia

6.15am - Assemble at Manaia Bowling Club, Reimenschneider Street. March to band Rotunda/Cenotaph.

6.30am - Service at Cenotaph.

Refreshments will be served at the Bowling Club at the conclusion of the service.

Ōpunakē

6am - Assemble at the Ōpunakē Town Hall and march to the Cenotaph.

6.10am - Service at Cenotaph.

8am - Ōpunakē Services Cemetery.
Refreshments will be served at the Opunake Town Hall at the conclusion of the service.

Pihama

5.30pm - Service at Pihama Cenotaph (Lizzy Bell).

Te Kiri

10.45am - Service at Te Kiri Cenotaph.

Otakeho

6pm - A small service will be held at the Otakeho Hall on **24 April**.



Manaia & District R.S.A.

Anzac Day Dawn Parade
25th April, 2024
Assemble at Bowling Club & R.S.A. Rooms at 6.15am.
Band Rotunda service 6.30am.
G. Chisnall

ANZAC SERVICE LIZZIE BELL CEMETERY PIHAMA

Thursday 25th April, 5:30pm

Followed by a shared pot luck, finger food get together at the Pihama Hall.

All welcome.

COASTAL YOUNG FARMERS

Snow to sand.

We're working the land

Kiwiana Ball

Live Band "Fear of the Dog"

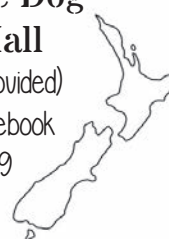
May 18 at Warea Hall

\$50 per person (Supper provided)

Tickets available through facebook

or contact 027 391 4129

R18 event



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CARPETS second hand, large selection After Disaster Ltd 223 Devon St West, NP. Phone (06) 769 9265

HAWERA BUDGET

Advisory Service. Wed 9am to 12pm. Coastal Care, Opunake by appointment. Starting Feb 8th 2023 and fortnightly thereafter. Contact us by phone: 0800 333 048 (free from mobile). Facebook page: Hawera Budget Advisory Service. Email: info@hawerabudget.co.nz

BOWEN TECHNIQUE.

At The Health Shop, Centre City. Ph 06 758 7553.

GRAZING

MAY TO MAY Dairy Heifer grazing available. Inglewood area. Ph Shane (06) 756 7372.

GRAZING AVAILABLE May to May for Dairy Heifers. Phone Richard 027 510 9667.

GRAZING

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May - May

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Inquiries to Clare Moss - Ph 06 278 4169

clare.moss@hughson.co.nz

To advertise, call us on 06 761 7016



ANNUAL GENERAL MEETING

will be held on Saturday April 20 at 1.00pm at the Opunake Fire Station
All welcome



CAPE EGMONT BOAT CLUB

Remembering the Warea & Pungarehu Servicemen with our

SERVICE & SOCIAL

On 25th April From 1.00pm, at the Cape Egmont Boat Clubrooms, Bayly Road, Warea.

ALL WELCOME

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Local news, Local people, local businesses, local sport, local arts and events.
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