

OPUNAKE & COASTAL NH'

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Inside



Local identity farewelled. Page 7.



Anyone recognise this? See page 6.



A boxing night to rremember. See page 23.



Who is the murderer. **Opunake Players** latest offerring by Roger Hall. Page 22.





editorial @ opunakecoastalnews.co.nz ads @ opunakecoastalnews.co.nz accounts @ opunakecoastalnews.co.nz Phone: 06 761 7016 23 Napier St, Opunake **OPUNAKE & COASTAL**



Oaonui resident Susan Phillips enjoying an early visit to the sunflower field with daughter Julia and granddaughter Amelia Clement.

Let the sun shine in

Oaonui's field of sunflowers will soon be in full bloom and will open to the public for a gold coin donation to Yellow ribbon with a focus on suicide awareness and mental health.

Andy and Debi Whitehead will open their transformed farm paddock this weekend from Friday April 5. The sunflowers will be in full bloom for the next 10 -14

days so perfect timing for the school holidays. The 100,000 sunflowers are a shorter variety this year. "They are not so tall this year so the perfect child friendly

adventure," says Andy. The sunflowers can be found on the corner of Surf Highway 45 and Tai Road, 9kms north of Opunake. Parking is 200mts down

Tai Road in the front of the sunflower paddock. Visitors are reminded this is a working farm with electric fences, water troughs and uneven ground.

Average price of a house in Taranaki \$681,453

The average asking price of a house in Taranaki in March 2024 was \$681,453. This is 2.7% higher than the average asking price in Taranaki in March 2023, a year ago, which was \$663,747.

Searches per listing are 5.5% higher in Taranaki also compared to a year ago suggesting the market in buoyant.

Despite Kiwis feeling the pinch of rising interest rates, high levels of inflation, and recessionary pressures, the New Zealand property market has remained resilient.

The latest data from realestate.co.nz shows: · The national average ask-

ing price remained static in March, with modest growth

of 2.9% over the last 12 months.

New listings were up nationally in March by 23.9% year-on-year and in all regions except Nelson & Bays and the West Coast, while stock lifted back to levels not seen since 2015.

Sarah Wood, CEO of realestate.co.nz, suggests the increase in supply is a return to normal after last year>s unusually low new listings. She explains that in March 2023, Kiwis were facing a lot of uncertainty, which led many to delay transacting property: "We might have been be-

yond COVID-19 lockdowns and border closures, but inflation was at a level not seen since the 1990s, and everyone was watching the Official Cash Rate for clues on interest rates."

"Although these financial challenges haven't gone away, relative price stability erty market resilience.'

and return to 'normal' listing volumes indicate good prop-

Motorcycle injuries on the rise bicycle injuries falling

clists going to hospital with serious injuries is on the rise in New Zealand, according to a study by health researchers between 2017 and 2021. The motorcyclist injury rate was over 10% higher by the end of the study, despite investment in rider training over that time period. Meanwhile the rate of bicycle and pedestrian injuries has remained stable, despite more people opting to walk or bike in urban areas.

Reducing deaths and ous injury on New Zealand roads continues to be a goal for successive governments. This work looks at how injury rates have changed over time. People who ride motorcycles are more likely to be injured today than they were 5 years ago, particularly riders aged 10-19 years, and riders aged over 50 years. The injury rates for cyclists and pedestrians have not changed; however, more people are us-

ing these modes of transport now. People who are in cars, both drivers and occupants, are less likely to be injured today than previously.



Motorcycle injuries are on the rise.

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Thursday, April 4, 2024 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.

Pensioner housing need funding

The South Taranaki Grey Power Association are requesting the Government to reinstate all 53 district councils as providers of pensioner housing, and that the central government fund them at an attractive rate of (3%) to make a one-off payment of \$16,000,000 each, enough to build 100 x two bedroom units (36m2).

The councils, after 15 years of receiving rents at \$300 per week, will then be in a position to become selfsustainable, no longer having to rely on Government funding.

The result means that within 18-24 months 10,600 people will be housed and up to 10,000 houses could become available for sale at a reasonable rate for young couples to purchase.

We believe this proposal help reduce will to supplements rental by \$100,000,000 annually, which presently stands at

ADELPHOS

The earth spins around the sun at about 1600 kms per hour every day Fortunately, and night. we can't actually feel it! What we do feel nowadays the head-spinning are extreme weather events increasing in frequency with a warmer world, rising sea levels, increasing wars with grotesque killing and worldwide migrations. Life seems to be changing faster and faster: an ever-faster

source Within the next 20 years of

those retiring at 65 more than 50% will be renters and a good percentage will be still paying a mortgage-many because of a crisis in their life, widowhood, separation, illness, stroke, dementia, the list goes on. (2) source

Councils have responsibility in this area and need to be seen to be doing something about it. The Minister for Housing wants action, and we believe all councils should be on board with the Minister. Many of our members supported this Government because of their promises and they are upholding their promise with the elimination of senseless regulations that are holding up progress. Any delay means cost increases, plus cost blow outs.

If Councils want our support at the next elections, then there is an obvious need to be seen to be doing what is becoming the most significant issue in this country, namely 'The need for pensioner rental units'. We believe Councils have

the infrastructure, the knowledge of their people's needs, experts, and an effective communication environment.

'As a region we need action', that is the obvious clarion cry. (1) From Govt Stats, Work

& Income (2) Stats NZ

Fred Kumeroa President, South Taranaki Grey Power

Projects past their completion date

A quarter of 2024, has passed, yet the Pouakai and Taranaki Crossing Treks, tracks and infrastructure timeframe was due to have been completed within the five year period ending at the

This included the Manganui Swingbridge, the extension of the Pouakai Hut, the upgrade of the popular North Egmont Visitors Centre and parkusers information signage along the treks.

All of these things the Department of Conservation has yet to either be started or completed. Park-users are still awaiting for any movement on the Pouakai Hut other than a few survey marks.

Interestingly, time at the department goes very slowly with many staff coming and going in the past 5 years and many more should go due to the Egmont National Park Management Plan was last written in 2002, twenty two years ago. Were you born then I wonder.

> Ian McAlpine New Plymouth

Men also need support

According to the Journal of Epidemiology and Community Health women fare worst after divorce break ups and deaths, but what about us men when Continued on page 3.

Hurry Up and Be Patient!

internet, the push for electric vehicles, a cashless society trend and our own banks abandoning small New Zealand towns like Opunake to make even greater profits. An elderly lady I spoke with last week said, "I wish the world would hurry up and get better!" There seems to be a lack of patience in finding solutions. However, as a former pastor in rural and semi-rural New Zealand

farmers are more patient than most people. Because nothing is instant about producing healthy animals and crops.

There's a comforting and famous prayer about patience by St. Theresa of Avila, a 16th century Spanish Carmelite nun. I say it when worried about something. It timelessly addresses today's never before head-spinning

"Let nothing disturb you.

OPUNAKE



Patience obtains all things. Whoever has God lacks nothing;

God alone suffices." So how can we build up our patience? Here three time-tested are suggestions from God's Word: First, and foremost, it's acknowledging that God is our sovereign Creator and the One who made all things (Hebrews 11:1-3). This kind of faith means that we trust that God is in control and knows what He is doing, despite the chaotic world that sinful people have chosen to recreate. Secondly, we can pray to put aside needless worry and fear: The Philippians 4:6-8 passage is one of my most helpful anxiety antidotes. And thirdly, Romans 5:3-5 tells us that our troubles can actually produce a persevering patience. Because patience through our trials produces a resilient character, which in turn produces hope.

This all means that there is hope through practicing patience. We seem to be in a world so rapidly changing that it can feel like being on an out-of-control merrygo-round spinning faster and faster. As St. Theresa's prayer says, "Patience obtains all things. Whoever has God lacks nothing. God alone suffices."

God's grace and peace, Adelphos

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end of 2023.



\$30,000,000 per week. (1)



Letters to the Editor

Continued from page 2.

some of us are having to face divorces, breakups and death especially of their spouses or girlfriends.

Using myself for example, I was married for seven years then divorced. Yes, I found it extremely hard to adjust but I was lucky. I played sport and that helped quite a bit, then it wasn't long after that my ex-wife passed away with cervical cancer which additionally knocked me quite a lot. Some men however no doubt also go through the same things and this also applies to any civil union relationships and marriages. Now instead of going to

any church, maybe within our society there's a place where anyone male or female can go when experiencing relationship breakups or the death of a loved one to get that necessary needed support. Such places are needed.

So let us all remember no one is perfect, no relationship is perfect as it has its ups and downs. Instead of wishing into ant permanent togetherness make sure make sure we all find out in advance what each person is like, their likes and dislikes. It took me at least two years before I even thought of marriage, so I do wish everyone's relationships really and truly work out for the better.

> Tom Stephens New Plymouth

Spreading the message of Easter.

Remembering what Easter is about

The annual Good Friday pilgrimage around Opunake beginning at the cenotaph at 9am and visiting each of the four churches where they were addressed by church leaders attracted the usual crowd.

The first was Opunake's Co-operating parish where Corbus Blom gave a moving and graphic speech account

of the events of Good Friday. Next the group visited Our Lady of the Star Catholic Church where Margaret Mullin addressed those gathered. Then the procession visited St Barnabas Church where the Reverend Ian Sargeant spoke. His address ended with the tolling of the church bell. The walk in

which pilgrims took turns carrying a roughly hewn cross culminated at The Wave church where there was a service and afterwards all enjoyed morning tea including that treat which

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always signals Easter – hot cross buns.

It is always a poignant way to mark Good Friday and the Easter break and to remember what it signifies.

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Oaonui Farmers Andy and Debi Whitehead have transformed their paddock into a field of gold and smiles.

The corner of Tai Road and the Surf Highway is a sight to behold.

Andy poses among the sunflowers. The area is open to visitors for a gold coin donation which will go towards raising awareness of mental heaalth issues. Van Gogh wouldhave loved them.



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Peck Family Reunion 23-24 March 2024

Thursday 16 March 1964 the Rev Robert Logan Peck, his wife Margaret (Peggy) and five children, Michael, Mark, Todd, Lynn, and Geoffrey disembarked at the International Terminal, ports of Auckland.

Rev Peck, the Rector of the Church of the Nativity in Maysville Kentucky USA, had accepted a posting to be the Vicar of the parochial district of Manaia and packed up house and home, drove cross country USA to Los Angeles on route to catching the SS Orcades (P & 0 Shipping Line) for the fifteen-day journey to New Zealand.

After being met at the port by members of the Manaia congregation he and his family were transported from Auckland to Manaia that day and he commenced his duties at St Cuthberts Anglican Church on Good Friday 27 March 1964.

Sixty years later the surviving family members met for a reunion to

^{or your} energy needs

remember the occasion and to celebrate the foresight of Robert and Peggy Peck to move halfway around the world in search of a new beginning.

Michael, Mark, Lynn, Geoffrey, and Rachel and many of their children (and some grandchildren) were able to attend.

The family barbecue at Kaupokonui beach saw more than 30 people present and off these all turned up at the service of commemoration at St Barnabas Anglican Church, Opunake.

From six remaining siblings a family more than 40 (and growing) now exists in Aotearoa/New Zealand.

Rev Robert Peck (most people knew him as Bob) is still remembered today. He was a good and popular Vicar to his congregation, serving the district from 1964 until just after the "Waihine Storm" in Wellington where he made his next shift to edit the Anglican Church "Church and newspaper, People".

www.rockgastaranaki.co.nz



Peck siblings: From left Lynn, Geoffrey, Mark, Michael and Rachel. Mark, like his father Robert, also contested a seat for the Labour party. Mark was a Member of Parliament for Invercargill from 1993 to 2005.

In 1972 Bob returned to Taranaki to contest the Egmont Seat for the Labour Party standing against his old friend Hon. Venn Young (co-incidentally the person who sponsored Bob for New Zealand citizenship). The seat remained "blue" but again in keeping with Bob's character the friendship between him and Venn remained as good as ever.

After Church and People folded and after a stint of editing the PSA Journal the call of the priesthood was strong and Bob travelled to Raetihi where he finished his days as a Priest before finally moving to Christchurch following the death of his wife Peggy (1990) where he remarried Penny Simms. Bob passed away on 3 September 2017 aged 87 years.

We want to thank Michael Self who did a lot of legwork in putting us back in touch with so many people we had not seen for nearly 55 years, Tania Ormond (from the McLeod Family) for providing us with their bach at Kaupokonui beach, and St Barnabas Anglican Church, Opunake for welcoming us to their congregation on Palm Sunday 24 March this year.

The older Pecks are amazed at the diversity of the extended family and can see a hopeful future for the family and descendants of Bob and Peggy Peck.

Mark Peck

RIGHT:

llen, Michael Peck's wife) and youngest great-grandchild (Te Taiawatea Robb, mokopuna of Lynn Peck) cut the celebration cake.



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Blessing signals start of Destination Play at Kawaroa

The eagerly anticipated Destination Play at Kāwaroa is on the cusp of becoming a reality, making a significant milestone for the community.

Play Destination at Kāwaroa, an initiative of the Taranaki Foundation in partnership with mana whenua of Ngāmotu, Ngāti Te Whiti, New Plymouth Council District and NP Partners. Designed as a legacy for future generations, it is intended that the project will be a family-friendly experience that brings the unique nature, culture, histories and stories of the site playfully alive. An on-site blessing was held in March signalling the beginning of construction and removal of the existing playground. Civil construction will commence in April through September where to the installation of play equipment and furniture will be completed by December. To mark the official launch of the project, around one hundred people gathered for a Blessing Ceremony

Kāwaroa Park. Led by Hoani Eriwata of Ngāti te Whiti, the ceremony

and Ground-breaking at

began with a warm welcome to all attendees, inviting them to join in blessing the land. Te Raumahora Hema initiated proceedings with a Karanga - the call of the Wāhine, followed by a karakia led by Hoani, guiding those present across the site.

Following the blessing, heartfelt speeches expressed gratitude to the individuals, families, organisations, funders and wider community whose collective contribution and partnership have brought this ambitious vision to life.

The project is being led by the Taranaki Foundation in partnership with Ngāti Te Whiti, New Plymouth District Council and NP Partners.

Ngāti Te Whiti Hapū Chair Julie Heale said "Over three years in the making, this project has been a testament to true partnership and collaboration. It's been an enjoyable journey and we're eagerly anticipating the joy it will bring to families as they come together to embrace this special space."

Despite health recovery constraints preventing his attendance, Bryce Barnett's moving and heartfelt letter, read by his daughter Adelle McBeth, reflected on the aspirations and journey towards realising this vision for the community. "As we stand here, on the cusp of realising this dream, I am somewhat overwhelmed by the generosity that has got us to this point. I look forward to enjoying this park with my grandchildren and seeing my children be able to enjoy it with their children," wrote Barnett.

New Plymouth District Council Mayor Neil Holdom acknowledged Ngāti Te Whiti and commended the visionary leadership of Bryce Barnett. "Bryce's vision, which began as a dream for our community, is a testament to what we can achieve collectively. Destination Play exemplifies the remarkable collaboration of New Plymouth residents coming together to create something truly extraordinary."

With the site blessed and the first sod turned, attention now turns to the removal of the existing playground before the onset of civil construction. While disruptions, including closures of the playground area and parts of the Coastal



Blessing Destination Play

Walkway, are expected during construction, there is a commitment to working closely with contractors to minimise inconvenience and promptly reopen areas.

Destination Play officially launched.

Key Dates and Information: 20 March 2024: Fencing off play area; Playground closed.

21 March 2024: Removal of existing play equipment and furniture; Playground and Walkway closed.

April – September 2024: Civil construction commences for new Destination Play; expect disruption to the Carpark near playground, and Coastal Walkway. September – December

2024: Installation of play equipment and furniture; Carpark may be partially/ completely closed, Coastal Walkway may reopen. - ENDS –

About the Taranaki Foundation A charitable community foundation created for the people of Taranaki, by the people of Taranaki, our vision is to nurture and grow the prosperity of our region through community giving, partnerships and philanthropy.

www.taranakifoundation. org.nz

About the NP Partners NP Partners is a public-private partnership forum for business leaders, community leaders and entrepreneurs drawn together by a shared vision. We are committed to investing in the growth of our city and district, creating community value and impact through a Partnerled, Council-managed programme.



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OPUNAKE COPS

Kia Ora Koutou everyone As always we want to continue to urge everyone to report any and all instances of crime or suspicious activity to Police. No matter how big or small, historic or recent, we need to hear from you. I would like to express my thanks to those of you that have been reporting matters which has resulted in assorted charges being laid in court relating to burglaries and driving matters in our



BRAD COAD

area including driving under the influence and sustained loss of traction. I'm sure I can't be the only one who gets frustrated by a select few putting our communities at risk of harm drinking and driving by or undergoing dangerous driving behaviour.

Two of the main increases in reports to Police so far this year have revolved around online scams and online bullying and harassment. One key resource that that can assist in a variety of situations is NetSafe. I encourage you to visit their

website and have a read of the advice and support on there which covers everything from bullying and abuse to online scams and supporting young people in safe practices online and on social media. If you are worried you are being targeted by a scam, being bullied or are being subjected to harmful digital communication you can contact them for their help, support and guidance. Text 'Netsafe' to 4282

Email help@netsafe.org.nz Call toll free on 0508 NETSAFE (0508 638 723) Online report form at netsafe. org.nz/report

One other recent trend of concern in Opunake is reports of unknown persons entering properties late at night and in the early hours of the morning. It is important that all instances of behaviour like this are reported so we can identify those who are doing this and prevent members of our communities

being victim to whatever offences these people are intending to commit.

Use Ten Five (105) to report things that don't need urgent Police assistance or call 111 when you need an emergency response for incidents happening now. Alternatively, you can report crime anonymously to Crimestoppers on 0800 555 111.

Look forwards to hearing from you all, Brad



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Feedback needed



A local person would like to know if anyone out there has any information on the pennant which she uncovered sometime ago. It could be related to the Opunake Surf Club and looks like - judging by the image - it dates back to the early 1950s.

"It's been lying around for a long time. It's time I did something about it, says the Opunake resident. It's clearly a part of Opunake's history.

"There's been quite a lot of interest," in it she says.

If anyone remembers it could they contact (06) 761 8485.

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Barbara Williams who for many years owned the exquisite gardens on Newall Road Okato called Hikurangi which featured in many garden festivals sadly passed away recently.

A survivor of the Napier earthquake she remembered, aged just three, watching the hedge around the house whipping up and down like a snake.

Approached to join Rotary at a time when it was largely a male club Barbara became a lady Rotarian in Taranaki when there were only nine women in all of NZ and ultimately went on to be the District Governor for the lower North Island. Barbara made several trips to Ruchi in India as a Rotarian to establish water, crops and infrastructure in very poor villages. She spoke at the Beehive in Wellington on this work.

A qualified registered nurse, she also published a book on victims of polio and continued to fundraise for the organization during her life. She was given a South Taranaki District Council Community award in recognition for her work in various fields.

Barbara Williams was born in 1929 to Walter and Irene Forbes who farmed at Kupe, a small district northeast of Stratford, the youngest of three siblings.

It was during the depression years and life was hard, Walter having lost a leg in World War I.

Aged 6, she attended Te Popo school which had a roll of 30 students, all of whom rode to school on their ponies.

At 12 Barbara went to boarding school at New Plymouth Girls High School. It was there she spent most of World War 2. Confined with 80 other girls she said she found life difficult mainly due to the noise, but made some wonderful friends. She recalled one memorable night when boarding at New Plymouth Girls High School they all had to hide in the trenches in the school garden as news came of a Japanese submarine off New Plymouth.

On leaving school during the War Barbara went home to help on the farm as all



Barbara Williams.

the men were called up for service. In 1946, aged 18, Barbara began two years training as a nurse at Stratford Hospital. The Polio epidemic was in full swing and in her book" Polio Survivors of Taranaki" she talks of her nursing days and hearing the constant beat of the iron lungs which would periodically, alarmingly suddenly stop.

The devastation to patient and families at that time of the effect of polio, a highly contagious viral disease, made a lasting impression. She took a huge interest in later life educating and fundraising for polio worldwide.

Dances were being held at this time as fundraisers for the War effort. At one of these dances, she met Bill Williams from Hawera. Five years her senior, Bill had already clapped eyes on Barbara and decided he would marry her. They married in1949 in

Stratford and so began 27 years of a happy marriage.

With the family growing and farming prospering, it was an exciting time living on Bill's parents farm at Meremere, Ohanga,

In 1952 Barbara's older sister Avis died leaving two boys, Robert 5 and Barry 3 who joined Bill and Barbara's family. They brought a new

dimension to our family and enriched our lives apart from being instant playmates, says Barbara's eldest daughter Mary.

In 1954, tired of the out of control ragwort and also the lack of local facilities including a school, Bill sold the farm he'd been developing in Reporoa and they moved to Okato.

The time at Newall Road was a busy and happy time for the family, says Mary who described her mother as a wonderful mother, always on our back ensuring our education, health and discipline. She was an amazing cook who could whip up an elaborate meal which sometimes approached a banquet. Sunday mornings she'd arise early baking and getting tasty food together for the endless visitors, family gatherings and meals for shearers. She also catered for and organized Guy Fawkes bonfire nights in the district and watched neighbours children learning to swim in the family pool. She organized all our 21sts and engagement parties and friends and family weddings.

Mary remembers when her father working hard developing the land her mother would sometimes as late as midnight walk over

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the farm to check he had not had an accident. She had great stamina and turned her hand to many things on the farm, often helping her father on horseback, driving any vehicle or machinery put in front of her, said Mary. She was an example to us daughters that if you work hard, a woman can be whatever she wants to be.

In 1976, Bill at 52, died suddenly in New Plymouth Hospital following simple knee surgery. At 47, Barbara was left to run a sheep and a dairy farm which, against advice, she did, lambing 2000 ewes that year on her own. She went on to run both farms with her usual determination, stubbornness and love of the land.

In1989 Barbara began to travel in earnest and had some wonderful trips visiting such places as India, Nepal, China, Russia, USA, Canada and the Baltic states, experiences she said which both educated her and made her more tolerant of others.

Adventures included mustering cattle on horseback on the Great Divide in Australia, riding in the USA and rafting down the Colorado. Sir Edmund Hillary and his wife June stayed with her at Okato following a trip she did with

the couple.

A supporter of the Life Education Trust she also spent many weekends on duty at the Cape Egmont Lighthouse open to visitors.

She was made a Patron of the Taranaki Post-Polio group in Taranaki following her work and the book she published with her granddaughter Joanne recording stories of people with polio. She always said she was so humbled to meet these people and record their stories.

Barbara's enduring legacy among others is the exquisite garden, Hikurangi on Newall Road Okato. Started around an old villa originally built for the sawmill's owner in the early 1900's, it has been developed by Barbara with help, to what it is today. Many weddings have been hosted in the garden which has been a fixture in the Rhododendron and Fringe Garden festivals with folk from all over NZ visiting in large numbers. An added attraction is the museum housed in the woolshed containing items of long ago Barbara had used along with books of local family histories which have proved of huge interest to many people.

Elegant with a love of classic clothes, and did catwalk

modelling for clothing stores even into her 80's.

Generous, kind, gentle, elegant, softly spoken and with a wonderful sense of humour, she was an inspiration to us, said Mary. She had a lifelong interest in reading and learning about all subjects. When her eyesight failed she would listen to 4 audio books a fortnight.

Other interests included classical music and she sang beautifully, said Mary recalling, just two weeks ago, she laughingly sang for me "She will be coming round the mountain when she comes when she comes, She will be riding 6 white horse when she comes. We will all go to meet her we will all go to meet her. She will be coming round the mountain when she comes." She loved a wide range of music enjoying also the voices of Malvina Major and a young singer Sisell Kyrkjebo in particular Sisell's song Going Home.

Barbara had five children. Alistair who passed away in 2016 and Barry in 2021 were fondly remembered at Barbara's funeral.

She is survived by three children Mary, Anne and Robert, 16 grandchildren and 29 great grandchildren.

We are thrilled to announce a significant milestone in our journey: Murphy & Landrigan has been recognized as a Xero Platinum Partner! This achievement marks a momentous occasion for our team and our clients.

In the world of accounting, reaching Platinum Partner status with Xero is a remarkable feat. It places us among the top 2% of all Xero Partner firms in New Zealand, based on agency size. To say we are over the moon would be an understatement.

What makes this achievement even more extraordinary is the speed at which we reached it. In just over two years, we have gone from being a Xero

Gold partner firm to attaining Platinum status. This growth is a testament to the dedication and hard work of our team, as well as the trust and support of our valued clients.

At Murphy & Landrigan, we've always believed in pushing boundaries and redefining what a modern accounting firm should be. Our motto, "We add value - not just numbers," guides everything we do. We took a leap of faith when we embarked on this journey, and we are thrilled to see that it has paid off.

None of this would have been possible without the exceptional team at M&L. With 20 talented individuals, we have assembled one of the finest teams in the Taranaki region. Their unwavering commitment and hard work have been instrumental in our success, and we are incredibly grateful for their dedication. Of course, we owe a huge debt of gratitude to our clients. Much of our growth over the past year has come from referrals, a testament to the trust and satisfaction of our clients. Your support and advocacy are invaluable to us, and we are deeply humbled by your continued confidence in our services.

Looking ahead, we are excited about the opportunities and challenges that the coming year will bring. We have set ambitious goals for the future, and we cannot wait to embark on this journey with all of you.

Once again, thank you to everyone who has been a part of our success story. We are immensely grateful for your support, and we look forward to celebrating many more milestones together in the future. Cheers to the next chapter!



Contact Deb and the M&L team to chat further:

deb.burmeister@murphylandrigan.co.nz 06 758 0085









Connecting with Carl - Delivering for farmers

Early in March, the Government ticked off all 49 items on its 100-Day Action List, including a number of measures affecting rural New Zealand including the scrapping of the Ute Tax, and the repeal of Three Waters and the former government's Resource Management Act reforms.

Since then however there have been further announcements of particular significance to farmers and others in the rural sector.

Agriculture Minister Todd McClay recently announced a partnership between Beef and Lamb New Zealand, the Government and the primary sector which will save farmers an estimated \$332 million per annum by helping eliminate the significant impact of facial eczema (FE) in pastoral animals.



CARL BATES MP WHANGABUI

The initiative aims to reduce their reliance on zinc dosing as a preventative measure, and is about making sure the sector is productive, efficient and successful.

Prevention solutions such as early detection, mitigation and management options are key to the programme. Decision support tools will also be collaboratively developed with farmers and rural professionals. These solutions will be complemented by the facial eczema breeding value for dairy cows recently announced by the Livestock Improvement Corporation.

Trade remains a major area of focus for the Government with Minister McClay recently calling for public submissions on a trade agreement between New Zealand and the United Arab Emirates, one of our top twenty export markets.

Locally, I had an outstanding weekend at the Egmont A&P Show at the end of February with plenty of feedback from all around the electorate.

Rural people are always direct and to the point, so I was delighted that most



Whanganui MP Carl Bates judging sculptures at the Egmont A&P Show at Hawera.

of the feedback received was positive.

And I have now opened an office in Hāwera, at 44 Victoria Street. Linda Weterman runs the office which is open Tuesday to Thursday, 9.30am to midday and 12.30pm to 3pm, with Mondays and Fridays by appointment only.

The Coalition Government remains committed to getting New Zealand Back on Track, and whilst we have achieved everything from our 100-Day Action Plan, we are under no illusions as to the size of the job ahead of us.

Farmers and others in our rural communities can be assured of one thing; we have your back.

> Carl Bates, MP for Whanganui

Luxon bulldozes on in war on nature with 90-day 'hit list'

Greenpeace is calling Government's the new policy priority list "the next onslaught in the war on nature" following Christopher Luxon's announcement this morning. Greenpeace spokesperson Amanda Larsson says, "Luxon's 90-day hit list outlines his intention to



CHRISTOPHER LUXON PRIME MINISTER

further open the floodgates to environmental destruction. "Christopher Luxon seems intent on turning New Zealand's forests and oceans into open cast mines, while making rivers and lakes into sewers. People may have voted for change last election, but they didn't vote for the wholesale destruction

of nature.

"The vast majority of New Zealanders care about nature and environmental regulations exist for a reason - to look after the places that we care about and the things we depend on, like clean drinking water, clean air and a stable climate."

The 90-day "hit list" introducing includes legislation to amend the Resource Management Act to deprioritise the health of freshwater under the National Policy Statement for Freshwater Management, and keeping New Zealand's biggest climate polluter - agriculture - out of the Emissions Trading Scheme.

"Luxon is willing to sacrifice New Zealanders' drinking water, precious rivers and lakes, and the very climate that we depend on at the altar of industry," says Larsson.

"Most of New Zealand's lakes and rivers are already unswimmable, and many rural communities are facing potentially serious health impacts from high levels of nitrate contamination in drinking water. Weakening the national policy statement on freshwater, for example by removing Te Mana o Te Wai, will only make this worse."

The "hit list" also includes taking decisions on reversing the ban on new offshore

oil and gas exploration, something which Luxon has faced widespread opposition for.

"Christopher Luxon's plan to bring new oil and gas exploration back to Aotearoa is irresponsible, nonsensical, and would threaten the very future of life on Earth," says Larsson. "But it's bound to fail. For ten years, alongside iwi, hapū and a whole movement of opposition, hundreds of thousands Zealanders of New successfully resisted the oil and gas industry's attempt to start oil exploration. The industry knows that New Zealanders will stand up to resist them again if they try to come back."



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Barbara Kuriger MP for Taranaki-King Country

barbara.kurigermp@parliament.govt.nz barbarakuriger.national.org.nz/





david.macleodmp@parliament.govt.nz www.national.org.nz/davidmacleod



NEWS

Back in Parliament

RIGHT:

Labour's newest Member of **Parliament Glen** Bennett (left) being sworn in on March 26.

Glen was next on the Party List and resumes his parliamentary career as an MP this time as a List MP following the resignation of Grant Robertson. Glen was the Member of parliament for **New Plymouth but** lost his seat in the 2023 election.



Riverlea WI ramblings

Riverlea Women's Institute started the year with no changes to our executive at our AGM in February and a new member!

After the AGM and prizegiving members had a lot to catch up on over a cuppa and delicious afternoon tea.

Annual prize-giving results:

Bloom: Riverlea W.I. Vase 1st Leonie West; 2nd Lynette Gargan

Cluster: $1^{st} = Carolyn$ Sullivan and Leonie West; 2nd Doreen Matthews

Handcraft: Cherry Willingham Tray 1st Carolyn Sullivan; $2^{nd} = Myra$ Gibson Most Points overall: Mrs N Kuriger Cup - Leonie West The Riverlea WI meet mostly

on the first Wednesday of each month either at Riverlea Hall, members homes or out and about. Members enjoy



Riverlea Women's Institute members enjoying a day out.

each others' company and keenly contest the monthly competitions. Three of our members were elected onto the South Taranaki Federation

Keeping fit on the Opunake Walkway.

executive committee - Helen Cameron; Lynette Gargan and Margie Bishop.

Our March meeting was held after a walk through the pretty Cliff Top Garden at Opunake. We made arrangements for our 90th birthday to be celebrated on Wednesday 8th May at Riverlea Hall. All past members and friends are welcome to join with the present members to celebrate this wonderful occasion. Contact Helen Cameron on 06 762 8036 or email cameronclan83@gmail.com for more information.

> Leonie West Secretary Riverlea WI



S

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10 NEWS Thursday, April 4, 2024 Embroiderers celebrate 40 years

The Opunake Embroiderers Guild has just celebrated 40 years.

"It was a great celebration. We had lots of previous members attend," said President of the Opunake Embroiderers Guild Sue Staveley.

Ramani Gunatunga, a founding member of the Opunake Embroiderers Guild, was also made a Life Member of the Opunake Embroiderers Guild during the celebrations.

The 40 year anniversary since its foundation was celebrated with a sit down catered dinner at the Opunake Bowling Club with members from other Taranaki Manawatu regional guilds joining in the celebrations. This included members from Hawera, Stratford, New Plymouth and Palmerston North guilds.

In total around 50 were at the dinner catered by Andersons.

Many embroidery works were on display by the Opunake embroiderers including their own banner, table cloths and wall hanging. Other exhibits included works from one of their late members no longer sadly with us which was really nice to see, said Sue.

Ramani had made a remembrance board of all our past members who had passed away.

Those attending from other

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OPUNAKE & COASTAL NEWS

From left President of the Opunake Embroiderers Guild Sue Staveley, Ramani Gunatunga – founding member and now Life Member - and Trish Hughes, National President of the Association of New Zealand Embroiderers Guild (ANZEG) at the 40 year anniversary celebrations.

guilds also brought examples of their work.

"A lot of people brought show and tell," said Sue adding "It was all really lovely."

Conferring Life Membership on their longest



Cutting the Anniversary cake from left Joy Collins (left), the oldest member of the Opunake Embroiderers Guild and Claire Moss, the youngest member.



b est you can buy

an Andersons pie"



member was an unexpected highlight of the celebrations. Clearly caught unawares with all sworn to secrecy, Ramani admitted it was totally unexpected.

"It was a surprise," she said adding she really enjoyed being part of the group because of the friendship.

"It was a real shock because she was not expecting it," said Sue which added to the sense of occasion.

Sue described Ramani who has over the years assumed many roles in the Guild including president, secretary and treasurer as someone who was willing to help anyone do anything. "She's a great lady and very humble." When she was called up to accept the Life Membership Award everyone knew except her, she said.

The Opunake Embroiderers Guild has around 20 members. They currently draw their members from anywhere from Hawera to Opunake but any new members are welcome. It is open to anybody.

"It's a really friendly, nurturing group," said Sue. "We encourage people to do what they want to explore," she added. "We help each other."

They also motivate each other and have what they term a UFO project. "Every vear we encourage people to finish whatever they've started and are encouraged to write their plans in a book. If you don't finish it by Christmas there's a penalty – you have to pay \$50." They also have a "just jar" Every time you say 'just' it costs you 50 cents. Sue continued, using the word 'just' is diminishing the skill involved in what they do.

The Opunake Embroiderers Guild also go on retreats every two years and there's conference every year which this year will be in Dunedin.

There's a great camaraderie while you work and lovely friendships grow among the members, said Sue.

The Opunake Embroiderers Guild meet fortnightly on the second and fourth Wednesday of the month from 10:30 am to 2 or 3 pm in the boardroom at the Opunake Business Centre. New members are always welcome.



Make sure you have your say on NPDC's draft 10-year Plan

The clock is ticking to get your feedback in on NPDC's 10-year Plan which sets out its draft \$4b work programme for the next decade.

The council, which encompasses the communities of Ōkato and Ōakura, is seeking input on a range of topics under three big calls to future-proof the district, sustainability and paying it forward.

Feedback closes 5pm, 19 April.

Should we upgrade enclosures at Brooklands Zoo, spend more to fix our roads, do more to protect and improve our natural environment or get started on the Tūrapakino Community Active Hub project?

This 10-year Plan sets out how NPDC is planning to deliver on its vision to be a Sustainable

YOUR HOME

Lifestyle Capital while balancing the need to keep rates affordable.

"Our proposals focus around three big calls – future-proofing our district, sustainability and paying it forward to ensure we are looking after our critical infrastructure, accelerating our efforts to care for the natural environment as well as investing in projects and programmes for future generations," says New Plymouth District Mayor Neil Holdom.

"We're looking at ways to continue to be more efficient while planning for what's over the horizon as well as the here and now."

"It's important to stress that nothing is set in stone, which is why everyone should have your say."

In this plan we have proposed a work programme of around \$4b and if adopted, would result in an average residential rate increase of 9.9 per cent in the first year – or around \$311 for the average residential property. The council is also proposing to increase funding for its five community boards, including Kaitake Community Board, to enable them to support projects in their communities. To find out more, to take the survey and a list of have your say events across the district go to **npdc.govt.nz/10-year plan**. Everyone who takes the survey goes in the draw to win one of 10, \$100 grocery vouchers (terms and conditions apply).



Boosting funding for initiatives to enhcance our natural environment is among proposals in NPDC's 10-year-plan.

The clock is ticking to have your say!

Don't miss your chance to help us make the big calls on our draft 10-year work programme and how your rates are spent. **Feedback closes 19 April.**

upside down but some did

get planted and did thrive

and the photos were judged:

2nd Nancy Stokes and

Kaponga Women's Institute gambols



Bingo battles.

The March meeting of Kaponga WI was held at the health centre in Kaponga with Vice President Dene Lines welcoming members. The roll call posed the question 'did you learn another language at High School' with French was the main language of choice. The thought for the month: 'Life comes round once, so

do whatever makes you happy and be with whoever makes you smile'.

Federation Founders Day celebrations were held recently at the Waimate





Hotel in Manaia and several members from Kaponga attended the very successful day. A bottle auction was held to raise money for "Mind Support" and members donated bottles of goodies as well as cash also for the auction.

The Fun and Friendship Day hosted by the Federation is to be held at Pihama on March 18, again with a good contingent from Kaponga. Four members are to attend the AGM in Palmerston North.

Secret friends revealed for the past year

> Gardening with Palmers Gardening Centre

and new ones allocated. This apparently were planted means that members are remembered in their time of need, their birthdays and at Christmas and works well.

After the scrumptious shared lunch the gambling began. Carolyn called several games of bingo and instead of winning dollars it was Easter Eggs with most going home with some chocolate to share.

Competition results Three sunflower seeds were given to each member in November to grow for

judging at a later date. Alas, were some failed to thrive while left in the envelope! Others

3rd Carolyn Nicholas Hand Knitted scarf: 1st Dorothy Hughes', 2nd J Eliason, 3rd Fiona Collins

1st Jo Ellis

Rayleen McDonald

Floral Posy: 1st Carolyn Nicholas, 2nd Fiona Collins , 3rd Dene Lines

Shortbread 1st Joy Eliason 2nd Dene Lines 3rd Nancy Stokes

Carolyn Nicholas



Juicy Mandarins.

Every home should have its own instant supply of Vitamin C and who doesn't like a mandarin? Mandarins grow best in a warm, sunny location sheltered from wind, in welldraining soil. Mandarin don't like waterlogged roots. Best planted either in spring/

Fill in the hole with potting mix and compost, then water well. Mandarin are gross feeders so feed regularly with a slow-release citrus fertiliser, and every 6 - 8 weeks between September and March to keep your tree fruiting with healthy leaves. Don't fertilise too close to the trunk and water in well. Mandarin have a shallow, fibrous rooting system so might need extra watering during summer. Mulch to conserve moisture and prevent weed growth around the plant. Only prune to shape in the first 2 - 3 years, if at all. After that, remove

dead/broken branches and prune into the middle of the tree to allow sunlight and air circulation. Regular spraying - once every 2 months, helps prevent insect and fungal We like NZproblems. made Grosafe Enspray 99 and Grosafe FreeFlo Copper. Spray in July and October to treat aphids and scale.

Palmers Picks? We like sweet, seedless, easy-peel mandarins so try Kawana, Miho, Encore or Bay Sweetie - a newer variety. These are varieties of Satsuma Mandarins and are in-store at Palmers now.

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gardeners who are ready to share the joy of good living with you. We are all about creating beautiful spaces, at our place and at yours. We're locally owned and operated, packed with quality products and expert advice for your home and garden.



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YEARS

EV bus joins Taranaki's public transport fleet



The e-bus is being used on urban routes in New Plymouth from 3 April.

Taranaki's public transport fleet is going greener and quieter with the addition of an e-bus on urban routes in New Plymouth.

Taranaki Regional Council has secured funding from Waka Kotahi/NZTA's Climate Emergency Response Fund for the electric vehicle - the first e-bus to hit the roads in the region.

Cheryl Gazley, Council Transport Engagement Manager, said the new

vehicle will remove about 50 tonnes of CO2 in the first year and is a great start to the long-term goal of moving from diesel to electric vehicles across the bus network.

"We're absolutely thrilled to have secured the funding for this e-bus as part of NZTA's drive to decarbonise bus fleets across the country. It's a greener and cleaner way for people to get from A to B," says Ms Gazley.

"We know our community cares deeply about the environment so it's pleasing that we're able to start the journey towards going fully electric and take some action to mitigate the threat from climate change while also improving air quality.

"Passengers using the Citylink routes in New Plymouth will also enjoy a quieter ride. We're using it across all city-wide routes so It's not only a greener the public will be able to spot vehicle that will help lower the new bus out and about emissions for our buses but

when it goes into service on 3 April."

The Council will receive \$308,000 from Waka Kotahi/ NZTA with the other half of the cost being paid by the contractor, the Tranzit Group. Council Chair Charlotte Littlewood welcomed the addition of the e-bus to the Taranaki fleet.

"This is very much a winwin for our community.

we were successful in the funding application so there is no cost to the Taranaki ratepayer," she said.

"I can't wait to see the e-bus being used by the public and I hope this is the first step on the road to moving the bus fleet from using fossil fuels to low emission alternatives."

The e-bus is made by China Rail and has a 321kW battery, has capacity for 27 seated and 27 standing passengers and will be charged in New Plymouth, using net-zero electricity from Meridian.

Replacing a diesel bus, the new vehicle will remove more than 57,000km of fossil fuel-powered travel from the region's roads,

cutting about 18,500 litres of diesel use each year. Taranaki public transport:

fast facts 700.000 Nearly people use buses in Taranaki

Public transport usage rose 27.6% in 2022/23 compared with the previous year

Patronage Citylink services in New Plymouth rose 23.7% to 625,000

Taranaki Regional Council provides public transport in the region

There are three ٠ main services - Citylink (New Plymouth district), New Plymouth to Hawera and Coastal services, and Southlink (South Taranaki buses).



Chair Charlotte Littlewood and Cr Alan Jamieson on board the new e-bus.

Care is finding the perfect shade of pink

When your loved one can no longer manage at home, you need a place with care you can trust

At Summerset at Pohutukawa Place in Bell Block, we know the little things can make a big difference. Care isn't just about scheduled doses, it's knowing sometimes laughter is the best medicine. Care is having a dance to their favourite song and talking about the town where they grew up.

Taranaki's newest premium care centre, including specialist dementia care, is now open at Summerset at Pohutukawa Place.

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Our Moana space for tamariki up to 2 and a half years

This space is dedicated to our youngest tamariki who thrive in a calm and unhurried space.



Evie 2 and Kylo 2 enjoy a story with Deb – Evie's Nan.

In our last ERO report it was reported:

Our Maunga space for tamariki 2 and a half years to 6 years

This space is for our older tamariki where children experience a range of teacher led and child led experiences.



Kaiako Jess and Rhea 4, Sadie 4 and Kaleiah 4 cook some kamokamo fritters for afternoon tea.

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Enquiries: Call in, phone 06 7617 440 or 027 950 0100 or email <u>opunakekindy@xtra.co.nz</u>



From left, Te Kāhui o Rauru CE Renee Bradley, Whanganui MP Carl Bates, Ngā Rauru Chair Mike Neho, South Taranaki District Mayor Phil Nixon, South Taranaki District Council CE Fiona Aitken, former South Taranaki Mayor Ross Dunlop and former South Taranaki District Council CE (now Palmerston North City Council CE) Waid Crockett.

An enthusiastic crowd of more than 50 people turned out today to watch South Taranaki Mayor, Phil Nixon, and Ngā Rauru Chairperson Mike Neho, officially open the district's newest road, Te Ranganuku.

Following the road's blessing led by Ngāti Ruaiti Hapū and Ngā Rauru, representatives from the South Taranaki District Council (STDC), Waka Kotahi NZTA, residents and the government were on hand to witness the much-anticipated opening of the new 8.3km road.

Mayor Nixon says the \$12.1 million project, two thirds of which was paid for by the Government through its Shovel Ready Projects Fund and Waka Kotahi - NZ Transport Agency, represented a major investment in the southernmost part of the district which guarantees security of access for residents and business.

"The South Taranaki District Council made a

commitment to provide a secure, safe and reliable access route to the Waiinu beach settlement, guaranteeing the security of access for residents in the event of future floods, as well as the ongoing financial viability of businesses operating in the area."

The project to build the new road was first mooted after the June 2015 floods closed the Limeworks Bridge, the only access road to the Waitotara meatworks and Waiinu Beach community. This was the fourth time in

Breastfeeding your bub for 3 months could help reduce their cancer risk Babies who are born between 2005 and 2018 findings add to the existing

Babies who are exclusively breastfed for 3 months or longer may have a lower risk of childhood cancer, according to a Danish study. The study born between 2005 and 2018 and found that there was a lower rate of blood cancers in kids who were exclusively breastfed for 3 months or longer. A linked editorial by

findings add to the existing evidence about the critical importance of exclusive breastfeeding, including potential additional cost savings.



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26 years the bridge had to be closed for a significant period while repairs were made. The new road will eliminate the risk and cost of business interruption to the community and local industry, in the event of future flooding.

Ministry of Business, Innovation and Employment (MBIE) representative Bridget Sullivan congratulated the Council for their diligence and care throughout the project, particularly in managing the funding aspects and keeping up communication with the government.

"This was critical for the economic safety and resilience of the area, and this is a great example of central and local government collaboration," she says.

This sentiment was echoed by Whanganui MP Carl Bates who also extended his thanks to all who were involved in the project.

"This project is a great demonstration of how local and central government can work together and provide our communities and businesses with the infrastructure so critical to their ongoing viability. Now, enjoy the new road." **Opunakē** High School

OPUNAKE & COASTAL NEWS

CONTACT DETAILS

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Te Kura Tuarua o Ōpunakē

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He waka eke noa

A cance which we are all in with no exception

Another term in which the collaboration, connectivity, care and compassion of our staff and students has created an environment to enable students to excel in their areas of passion.

To this end some fabulous results from our athletes:		
Cross-Country Champs	Athletics Champs	
JG - Milly Elsmore	JG - Milly Elsmore	
JB - Kiel Ramos	JB - Victor Gibson	
IG - Chloe Muggeridge	IG - Chloe Muggeridge	
IB - Jayden Poole	IB - Jahrese Tamatea	
SG - Paige Taylor	SG - Paige Taylor	
SB - Luke Forsyth	SB - Koby Bird Luke	

Along with an incredibly strong result from our newly founded Öpunakē High School Surf Team.

Our gala night was an outstanding success even with the odd gust of wind and drop of rain. An enormous thank you to the Home and School who are the backbone of this fundraiser, plus our staff and students. Not forgetting te mihi ki a koe to our enormously supportive business community for their incredibly kind donations.

We would like to acknowledge Wendy Eynon who we farewelled this term, and thank her for all her hard work and dedication to our ākonga. I would also like to give a shout out to the legend 'Lashy' (Matt Lash) who is moving out of the Transitions space and into Outdoor Education at OHS where he is indeed an expert. His Head of Department shoes are to be filled by Liz Gasson a wonderful addition to our teaching team. Liz will be supported in the Gateway and Transitions department by Sara Bishop Lister. We are uber excited to see where this dynamic duo will take our students in the area of careers and transitions.

And a couple more accolades: to Sarah Koubaridis who has succeeded on becoming a Blake Inspire Venturer. A tremendous achievement for one of our kura. Plus Rvan Buhler is also realising our Sustainability value with his mahi for Predator Free Taranaki. Keep your eye out for him setting traps around the loop track, keeping our rohe pest free.

We would also like to acknowledge the huge amount of support we have received from the community for our Sports and Cultural Japan tour.

BOARD MATTERS

We have had some movement in our school Board recently. Liz Gasson has resigned from the BOT Presiding Member position. Liz has been a trailblazer, mover and shaker, promoter of diversity, excellence, engagement and achievement plus has been pivotal in the property space. Her dedication and commitment to the kura has been outstanding, and Liz honours and realises our DREAMS values in all she does

Matua John Hooker, one of our longest serving board members has also resigned. Matua John has supported the school with cultural and financial portfolios, even though all his tamariki have moved on from OHS. Matua John has dedicated enormous amounts of time and energy to our kura, and has been a leading light in all things Maori. OHS Board, Staff and students have enormous appreciation for the professionalism, dedication and service Matua John and Liz have given to our school.

If you are interested in becoming part of our forward thinking, proactive, student centered team, see below:

Öpunake High School Board

Casual vacancy for a parent representative

A casual vacancy has occurred on the school board for an elected parent representative

The board has decided to fill the vacancy by selection.

If 10% or more of eligible voters on the school roll ask the board, within 28 days of this notice being published, to hold a by-election to fill the vacancy, then a by-election will be held.

Request for a by-election should be sent to:

Presiding member : Liz Gasson Öpunake High School Board Öpunakē High School Tasman St, Öpunakē

by: 26th April 2024

Mā te pā te tamaiti e whakatipu It takes a village to raise a child Ngā mihi nui

Andrea Hooper Carr Principal





For the first time in years, Ōpunakē High School entered a team into a national surfing competition - the inaugural New Zealand School Surfing Festival was held at Muriwai Beach from 19th-20th March.

The team was made up of four Öpunake High School students: Cade Carr, Kymani Parata, Sahan Larsen and Victor Gibson. Zion Aldridge from St Josephs Primary helped round out the team of five. The event was a tagteam format with each surfer contributing one scoring wave in a 50min heat, and the Öpunake team was by far the youngest team out of all the schools participating.

The five students surfed confidently in the chunky overhead conditions, Cade scoring consistently for aggressive re-entries and multiple carves. Kymani whipped a couple of backhand snaps and Sahan made the drop of the event. Zion showed tactical surfing well ahead of his years and Victor scored a couple of running rights in his second ever competition.

Teamwork was the special ingredient that set the Öpunakē High School team apart. They supported each other through narrow losses and last minute heroics. This earned them an impressive second in the plate division and a respectable sixth place overall. Not bad for the first event ever for a very new team. Watch this space for more success in the future









Opunake High School

Te Kura Tuarua o Opunake





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Gala night fun

The Opunake High School Gala last Friday night attracted a great crowd with lots of activities designed to extract money from the attenders all in the name of raising money for a good cause of course. The money raised helps fund all manner of projects in which the school pupils are involved. The auctioning of donated items proved popular and a great money earner. Face painting seemed to have a steady queue of takers. Other more daring activities included tight rope walking and a chance for students to humiliate their teacher in various ways. And of course the ever popular sausage sizzle with onions and lashings of tomato sauce.







Leonie having her face painted



The ever popular sauage sizzle had plenty of hungry takers.



Girls attempting tight rope walking.

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New Puriri tree planted

A new Puriri tree has been planted at Mcdonalds in Hawera to replace the one that was controversially chopped down.

It is very close to the fence and neighbours house and is only a metre high so has a long way to becoming an established tree but it is done. Long may it survive.



Lynelle Kuriger 027 3378899

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Transag at Central Field days



TransAg Centre's venue at Central District Fieldays was a great experience for all ages. From all the tractors on display and the kids having fun on the toy tractors.

We're wasting over half our supply of this non-renewable fertiliser ingredient

NZ and UK scientists are warning we need to be much more careful in how we use phosphorus, if we

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food to feed the planet. Farmers are currently overapplying phosphorus to soils, which the scientists say is resulting in more than half (10.5 million tons) going to waste every year. A report simultaneously being released shows that New Zealand has phosphate deposits, which could have benefits if it becomes difficult to import from overseas.

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Transag at Central Field days



Adonijah and Malachi Ruston pictured admiring the big Case Steiger 550 on display at the Central District Fieldays.

Another unworkable farming rule bites the dust

Federated Farmers says the suspension of Significant Natural Areas (SNA) rules are a positive step forward for both farmers and New Zealand's biodiversity.

"These unworkable rules were universally despised by farmers, and we're pleased to see the back of them," says Federated Farmers biodiversity spokesperson Mark Hooper.

"Farmers opposed these rules because they infringed on our property rights and added endless layers of unnecessary complexity, compliance and cost - for very little environmental gain.

"They risked driving perverse outcomes where farmers actively choose to plant exotic species instead of natives because the Government have just made everything too hard."

The simplification of SNA provisions was one of Federated Farmers' top priorities in their 12-point plan for restoring farmer confidence.

"Farmers are New Zealand's leading conservationists. I can't think of any group of people who are doing more to protect and enhance our country's biodiversity," Hooper says.

"We need to be empowering farmers and supporting them to make further improvements on their properties instead of tying them up in needless red tape."

Federated Farmers support having a practical national direction for biodiversity provided the rules are clear, pragmatic, and properly define areas of significant native vegetation.

"Biodiversity rules shouldn't create barriers for people who actually want to protect and enhance native vegetation on their farms. Farmers would be less likely to do this if they fear it will create a rod for their own backs," Hooper says.



Paul Stanton Transag representative.

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20 **SPORTS** Thursday, April 4, 2024 **Success for South Island Driver**

The long trip north form Christchurch proved to be worthwhile for South Island Saloon competitor Ashton Osborne when he won the Sentry Hill Motel New Zealand Saloon Grand Prix at Stratford Speedway on Sunday afternoon, adding to his trophy stash that includes placing second at the New Zealand Championship earlier in the year.

After racing was postponed on Saturday due to wet weather and the track initially being wet for the first races of the day on Saturday before drying out, Osborne made the most of the slick conditions to literally leave the opposition in his dust. Osborne won his first qualifying heat from a grid two start before placing third in his second heat behind Craig and Thomas Korff. His placings in the heat races secured him a front row start for the twenty lap winner take all final where Osborne showed his class and led for the entire duration. Bradley Korff, who had only finished one qualifying heat started in grid twelve of the final and ran the high line, working his way through the field to an eventual second place finish. Another South Island driver, Campbell McManaway was third after Ashleigh Halcrow (Palmerston North) who had

Stratford

60



Ashton Osborne won the Sentry Hill Motel New Zealand Saloon Grand Prix at Stratford Speedway on Sunday afternoon.

been running third, left the door open for McManaway with a couple of laps to go. Blake Hooper was looking good for a podium finish and pushing for second place but contact with a another car saw his bonnet fly off of his car before being run over and he had to retire from the

race. The young drivers in the Stockcar class did not disappoint when they raced for the Dairymaster Under 23 Stockcar champs. As always, the fearless nature of these young drivers generated plenty of action on the track with cars being

Images supplied by Matt Julian of Contact High Photography rolled and walled all over

the place. Whanganui driver Cody Lockett, who placed third at the New Zealand Championship here in January was the winner of the event, assistance from his clubmate Callum Sturzaker being very valuable with Sturzaker happy to hinder or

ana tru

Auckland driver Zac Ingram is launched up the wall by Taranaki driver Ethan Erkes during the Dairymaster Under 23 Stockcar Champs. Images supplied by Matt Julian of Contact High Photography



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from the final. Wellington driver Tim Parker was second while Christchurch competitor Wade Sweeting was third, making the day an excellent one across the board for the Southern competitors. Nearly fifty

Youth Ministocks were on hand to race for the Hawera Rewinds Taranaki Champs with the event attracting drivers from Palmerston North, Whanganui, Hawkes Bay, Auckland, Huntly and the thirty or so local Taranaki drivers. The format saw competitors seeded into four groups with each group racing each other throughout the day. Palmertson North competitor Kase Willaims was the overall victor after racing his way to two wins and a fifth place, winning the champs by two points from local Bronson Pierce. Macy Penn form Hawkes Bay was third.

In the support class racing, Stockcar races were won by Taylor Patene, Tyler Walker, Steven Read and Ricky Paul.

Jarrod Macbeth

remove Lockett's opponents

different moves of the team when he first arrived in

He is also making the most of his time living in Europe. When he has time off he explores everything Ireland has to offer, has

done some tramping and has brought a surfboard and thick wetsuit to do some surfing. He has also explored beyond Ireland visiting the Netherlands, Spain and Canary Islands. He has taken up cooking, particularly on the charcoal BBO that was left at his flat when he arrived and makes weekly visits to the local butcher to get different cuts of meat that he prepares and cooks on the BBQ or

Galway.

slow cooker.

But he confesses he still gets homesick, he is still a home boy and rings home a few times a week, more so in the winter months when the daylight hours are short, and the weather is wet and miserable. He is still a Coastal boy though at heart. In their

game against Scarlets

recently they wore their

school or Club socks.

Shamus wore his Coastal

socks (which ironically

are the same colour as

Connacht).

Coastal Rugby player resigned and enjoying playing overseas hours learning the many



Shamus in action.

Shamus Hurley Langton, a former Coastal Rugby player, has just been resigned to Connacht Rugby Club in Ireland, one of the top rugby clubs in Europe.

Now in his second season for Connacht Rugby Club, in his first season he played in 20 of the 25 games his team played travelling to South Africa twice, Scotland, France, Wales, England and Italy.

He was named player of the Match in the quarter final game against Ulster in Belfast in front of a packed stadium, a highlight of his



Shamus Hurley-Langton signs a new deal with Connacht. first season.

Shamus says he loves the team environment at Connacht and could not have asked for a better place to settle and play rugby.

"The Irish have shown true hospitality and made me feel very welcome." This hospitality was extended to his father and sister when they visited at the start of



Shamus with Coastal socks.

Sandfords Manaia Golf Club results

Junior Golf. Putting. 1. Marlin Severn. 2. Ramyn Tupuse. 3. Lennox Finnigan and Micah Gut. 4. Eli Severn. Chipping and Putting. 1. Ramyn Tupuse. 2. Micah

Gut. 3. Lennox Finnigan and Marlin Severn. 4. Eli Severn. Purple Tees. 1. Marlin Severn. 2. Lennox Finnigan. 3. Ruby Edwards. Yellow Tees. 1. Luke

Norris. 2. Caden Guthrie. 3. Luke Harvey and Ramyn Tupuse.

Pee Wees. 1. Eli Severn. 2. Nikau Severn.

last year and to his mother and grandmother when they also visited several months later in April. "The club, management and supporters made them feel so welcome," said Shamus.

different style of play was an initial challenge and says it took a while to work through the technical aspects of their game but is now thriving in the environment. He spent

He says adapting to the

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So who is the murderer

So who is the murderer in **Opunake Players production** 'Clue: On Stage'? Here are some of the suspects.

Christine Name: Cameron

Character: Mrs Peacock Theatre Pre Players: Various plays at school and Teachers College, pantomimes for the Hawera Repertory including 'Goldilocks' and 'Bluebird of Happiness'. Christine has also directed plays for the Hawera Junior Drama Festival. It is her first time performing in the Opunake Players. She previously took part in first '48 Hour Challenge'.

Clue Enjoyment Factor: Getting to know new people, watching their characters grow.

Other: Loves water-skiing behind a 150hp boat named 'Belle Donna'.

Name: Lisa Beynon Character: Yvette the

French Maid Players: Theatre Pre television Appeared in ads as a teenager and also worked behind the for Australian scenes Film and Television. She



It wasn't me! Christine Cameron, Lisa Beynon, Alexander MacBeth and Chloe Danz in a suspect line-up in the Opunake Players new show which promises to both entertain and get you thinking.

was also a make-up artist and sometimes extra for 'Shortland Street'.

She performed has previously in the Opunake Players acting in the 'Night Of The Dolls' and the 'Witches of Prestwick and directed 'Peter Pan'.

Clue Enjoyment Factor: Great cast and crew who have clicked on stage making for a great show.

Other: Counts as one of her friends the man who played the bear in the movie 'Cocaine Bear'.

Name: Alexandra **MacBeth**

Character: Miss Scarlet Theatre Pre Players: School Journal plays in primary school and as an 8 year old told the children playing a mouse and an elephant that they weren't doing it right

and to use elephant and mouse voices.

Opunake Players: Was in 'Night of the Dolls', 'Witches of Prestwick', 'Peter Pan', Moustaches, Muffs and Minstrels' and directed 'Stiff'.

Clue Enjoyment Factor:

Played 'Cluedo' as a child and always chose the character of Miss Scarlet and now gets to be her on stage. Other: In keeping with her Scottish heritage owns three Highland cattle named Morag, Maggie and Murtagh.

Name: Chloe Danz Character: Mrs White

Theatre Pre Players: Lead in a school production when five years old but can't remember the name of the show.

Opunake Players: Has performed as a musician in 'Confusions' and acted in 'Farm Supplies and Other Lies', 'Blue Eyes', 'Me'n'Gus', 'Night of the Dolls', 'Last Dance' and 'Fleeced'.

Clue Enjoyment Factor: A mixture of experience and new faces. The new people bring a new energy, she says. Other: Self taught guitarist.

A member of singer/ songwriting duo 'Moe Moea'.

'Clue: On Stage' plays at the Lakeside Playhouse Opunake May 9-11and 16-18. Ticket details will be announced soon.

The Regenerative Potential of Dairy

Next Wednesday 10th April a special regional event will be hosted in Hawera at the TSB Hub, 10:30am to 2pm. The focus will be on dairy farming's regenerative potential.

conversation and hear from farmers Russell Dairy & Charlotte Heald of Norsewood, Tararua, now 7 years into profitable management changes, where soil health, pasture diversity Come be part of the and a holistic approach

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77TH ANNUAL IN-CALF **HEIFER SALE**

On A/c Jack & Gladys Stuart Friday 19th April 2024 12 noon 923 Oeo Road, Awatuna Comprising of 118 Frsn & F/X incalf heifers Ave BW 288 PW308 BW's up to 400 PWs up to 432 **Auctioneers note**

These heifers are vetted in calf to the Jersey Bull due to calve from 20th July 2024. Bull out 20/12/23. These top condition heifers are TB clear & Lepto vaccinated. Grazing available for new & shifting farmers until 30/05/24 at your own risk.

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helping demonstrate is pathways to a healthier, more resilient, prosperous and sustainable dairy future. "It's bringing the fun back into farming" says Russell. Hosted by Taranaki ReGen - Charitable Trust,

with support from TOI Foundation, Quorum Sense Farmer Network, Taranaki Catchment Communities (TCC), Good Farm Planning Hub and Venture Taranaki.

Sahra Parker who works on the Healds 170ha farm, milking 380 cows will share her experience being part of their farm team after 11 years working in conventional dairy. It's been a significant mindset shift for her that's inspired new possibilities for our dairy sector.

The event will dive into their management changes and lessons that have significantly improved





Charlotte & Russell Heald of The Brow Dairies Ltd. Tararua now 7 years into their regenerative journey and loving it!

the overall wellbeing, resilience and profit of their farm operation with lots of opportunity to engage and ask questions.

Includes sharing of finances, animal and soil pasture diversity, health, grazing, mindset and how to go about making changes.

Featured also will be Local Taranaki initiatives backing farmers exploring regenerative farming. This includes a Pivot Award regen farming research project between Taranaki Dairy, Sheep & Beef Farmers, Massey University, Manaaki Whenua (Landcare Research) and other collaborators. It has been focused on strengthening

feedback loops for farmers. This has been aimed to inform explorations of "regenerative" management, and support local knowledge development. Additionally growing relationships with researchers and scientists. helping to learn more about, and scale positive impacts.

Lunch is included and will feature local producers, such as freshness from Goldbush Micro Farm and more.

Early bird tickets (\$15) finish this Friday 4th April. For more info & to register visit www.taranakiregen.nz, the Taranaki Regenerative Agriculture facebook page or contact Fiona Young on fiona@taranakiregen.nz, 027 580 3502.

is a huge part of boxing."

It includes both positive

and negative thoughts and

visualisation of positive

Leiana says her hero is David Tua and Bobby

"People can buy big

corporate tables of six

people. They can also

buy individual tickets at a

The event will be held in

This will be the only fight

in Opunake this year so this

is a one and only chance to

watch some exciting boxing.

"People need to get in to

see Barbwire's finest boxers

in action," says James.

the lounge and bar area.

time

thoughts.

agrees.

consuming."

corporate table.

Events Centre where the

People can register online

to watch the event as well or

watch it in action and soak in

If watching it online they

can also vote on the winner

after the fights over and

before a judgement by the

Indeed this is a first – the

voting online - the only

company in the world's

"Once the votes come

through on the tv screen

there's a monetary prize on

As well as being physically

fit and coached to take

on the challenger, Lieana

says you have to mentally

prepare yourself. Adds

James, "Mental preparation

the online vote winner.

that's done it, says James.

match will be held.

the atmosphere.

referee.

An exciting night of boxing

Bobby Katane and Leilani Leatherby will be the star acts at a boxing match at the Sinclair Electrical and Refrigeration Event's Centre in Opunake on April 20.

Bobby will be matched against Wills Moala.

"Bobby and Wills both had good wins at the Stratford Rumble. They are similar in height and weight and are a good match, says Coach James Langton, the CEO of the Barbwire Boxing gym in Opunake. Bobby's had 8 fights in total. He's won the last two fights by a technical knockout.

There will be a total of 8 fights on the night which should make for an exciting night of boxing.

Both Bobby and Leilani have been long time members of the Opunake gvm which meets every Monday, Wednesday and Friday.

Bobby says he joined the gym three years ago "to get fit" and also be coached by the CEO of Barbwire Boxing and founder James Langton. Leilani joined the gym two years ago for the same reason - to improve her fitness.

James says she wasn't that confident when she joined and wouldn't talk much. He's however watched her mature and grow in confidence.

She had a fight in Stratford on December 9. "I

watching remember out into the her go



Bobby Katane and Leilani Leatherby.

fight at Stratford and acknowledging the crowd," said James proudly noting her assurance.

Boxing is not all about fighting however and Leiani and Bobby are now a couple having met at the gym.

And do they ever fight each other, they laugh and say no. The event on October 20 will be an online event but people can also watch the fights at the events centre where there'll be corporate tables.

General admission tickets are on sale now at Sinclair Electrical and Refrigeration

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Katene

www.barbwire.co.nz

Free



Zoe

Bewley



From Left Kim Carr, Rhiannon McGrane, Kate Hansen, Nichola Lobban, Catherine Gabites and Kelly Moore.

А group of female teachers, Maxine, Kath, Annie, Susan and Emily one reluctantly plus accompanying daughter, Sinead embark on a weekend of bushwalking in the mountains to get away from it all.

Torrential rains and a washed out bridge traps them in a hut together for three days. Three days in, they're definitely not happy campers. Will the rain ever stop? Will the resident hut ghost get them in the middle of the night? Or will they find out what true friendship really means?

An insightful situation comedy about truth, consequences and

unexpected revelation. This play Social Climbers by Roger Hall is set to go on stage at New Plymouth LittleTheatre on Wednesday April 3rd

Director Steve Wright is new to Little Theatre but with a wealth of knowledge from Auckland Theatre as a Director and Actor.

Catherine Kim Carr, Gabites. Kate Hansen, Kelly Moore, Nichola Lobban and Rhiannon McGrane are the actors bringing the story to life. For Kim, Nichola and Kelly it is their first time on stage in an acting role.

The set is the inside of a DOC hut and is amazing. Don't miss this show. Tickets available at iticket

OPUNAKE & COASTAL NEWS

The Taranaki Home and Garden Show is back

Over 130 exhibitors will gather at TSB Stadium in New Plymouth from April 19-21 to showcase the latest innovations and trends in home improvement, along with exclusive show specials.

The Home and Garden Show is also excited to be working alongside The Collaboration Taranaki Art Show this year, where Show visitors can enjoy exquisite paintings, captivating sculptures and more. Art enthusiasts can check this out on the mezzanine floor during Show hours.



With over 130 exhibitors in one easy location, the Taranaki Home and Garden Show is all about ideas, information and inspiration.

everyone.

including

CHURCH NOTICES



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 & Fellowhip 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

Packed with inspiration, variety and expert advice there is something for everyone at the Show. Take each field. a break from the shopping and enjoy a bite to eat and

a coffee in the outdoor food court - a great day out for There is a fantastic line up of exhibitors this year see. showcasing a wide variety There of products and services landscaping, kitchens, outdoor living, builders, renovators, spas, sheds, flooring, furnishings and much more. The show

those with a project on the go to gather information and ideas. The variety of exhibitors in one place is a great opportunity to

is the ideal platform for

compare what is available on the market and to seek advice from the experts in

There is also plenty for those who don't have a project at home in mind, with a wonderful range of artisan goods, electric bikes, art, cookware and more to

will be an opportunity for the whole family to get creative with a fun hands on activity with Resene's 'Paint-a-Pot' and 'Paint-a-House' from 11am to 2pm on the Saturday and Sunday. One lucky entry will win a \$250 Resene voucher.

Door sales are available or avoid the queue and purchase your tickets online



You don't need a home and garden project on the go to enjoy the Taranaki Home & Garden Show. There is a wonderful range of artisan goods, health and well-being products, delicious food and coffee.

today at ticketek.co.nz. For more information visit www. homeandgardenshow.co.nz. Taranaki Home and

Garden Show from April 19-21, is open

10am till 5pm and on Sunday from 10 am till 4 pm.

TSB Stadium, 1 Rogan Street, New Plymouth Entry \$5, Gold Card (Friday only) \$2.50, Under 16 free

Friday and Saturday from





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Zealand New soldiers land at Cove, Anzac Turkey's on Peninsula.

On April 25, 1915 the first of more than 3000 New Zealand soldiers landed at what was later named Anzac Cove on Turkey's Gallipoli Peninsula. They formed part of the Australian and NZ Army Corps, which had been formed in Cairo. Allied soldiers of other nations also landed including the Australians who landed first at dawn. The idea was to capture Istanbul (then Constantinople) and force Turkey out of the war.

However, the Gallipoli campaign ended in failure in December 2015 and January 2016 when the last of the Allied soldiers were evacuated.

Of the 7.500 casualties of NZ soldiers there were 2721 deaths.

MIND MATTERS

Violent events damage people. Only recently have we known the extent of that damage. Sports players now claim they have been damaged by their sport. They win legal disputes. The effects of a "rough childhood" stay with people their whole lives. Trauma brings many people to counselling in South Taranaki. Some come because they are having problems at home or they remember things they would rather forget. They get angry for no reason, and often suffer from anxiety. There can be unwelcome, stabbing thoughts. The effects of the traumatic events continue to be felt. When I meet people with mental health difficulties, I have to be on the lookout for trauma. The previous MIND MATTERS column (7 March 2024) dealt with sexual trauma and ACC. Sexual trauma is one example of PTSD.

Only about thirty years ago, a new term appeared in the



DR. ROBERT SHAW

literature on mental health. It had been a long time in the making. It refers to what happens to a person when they suffer trauma. The people who suffer trauma are usually rather ordinary people, psychologically speaking – they have okay personalities, reasonable intelligence, get on well with others, and they have the prospect of a good life. Then something happens to them. It is like breaking an arm or a leg and not having it set properly. The ordinary/ normal person is damaged.

Thursday, April 4, 2024

Post-Traumatic Stress Disorder (PTSD) is very common

Serious research on trauma was undertaken when American solders returned from the Vietnam War. It is not difficult to think of people who returned from the Second World War similarly damaged, however that did not produce a massive response from governments and the medical workforce.

Observations about the impact of war have been made for at least 2,000 years. The Bible describes the King Saul's military experience. He fought a guerilla war against the Philistines. This would have been hand-to-hand combat with swords and spears. He would have seen his friends suffer and die. He would have killed people whilst looking into their faces. Saul became more violent and cruel. His personality He showed changed. many of the symptoms of depression, had a raging temper, was paranoid, and we might guess he had sexual difficulties. Today, we would say "PTSD".

So what is PTSD? "Posttraumatic" just means "after trauma". The word "trauma" is indirectly derived from the ancient Greek words for "wound" or "to stab".

Trauma is something you experience as an emotional response to a terrible event like an accident, rape or natural disaster. There may also be physical damage, in which case you need to get to hospital as quickly as possible, every minute counts.

When something happens which is stressful, frightening or distressing, you become overwhelmed. The emotional response is something you feel and over which you have very limited control.

There are many ways trauma can happen: it might be a one-off or ongoing events, you may be directly harmed or simply neglected, you may witness harm to someone else (particularly your mother or father), or you might live in a violent family or community and

thus become traumatized. It was not necessary to become wet in the Napier floods to be traumatized by them.

There are many feelings which may come from traumatic events. You may feel frightened, under threat, humiliated, rejected, abandoned, invalidated, alienated from your heritage (including perhaps the unjust loss of your family's land), unsafe, unsupported, trapped, ashamed or powerless.

But here is the thing about PTSD: the emotional response can happen way after the event. Abuse you suffered when you were a child may impact on you when you are a young person, in middle-age, or when you are elderly. Any of the feelings above can occur at any time in your life after your event(s). There could be better periods and worse periods. You may become increasingly frustrated by your pattern. Stress generally makes things worse. Eventually, after

trying to cope alone, many people seek help.

All these many possible traumas, described above, are all very similar in the way they impact on your brain and your body. PTSD is a broad church. This leads to two questions: how do we explain what is going on in trauma, and how do we treat trauma?

By the mid-1990s, there were three complementary scientific traditions being drawn upon to explain PTSD: learning theory, stress research, and neuroscience. Today, it is probably true to say that neuroscience has come to dominate our thinking about treatment. Many who suffer PTSD can improve with psychotherapy. They can end up free of medication. It has been discovered that PTSD is far more common than anyone thought.

Dr Robert Shaw Registered Psychotherapist opunake@mail.com

A club with a heart in Opunake

If you're looking for an afternoon of laughter and friendly banter, it's on the cards. That is you'll find it, every Thursday at 1.00pm when the Opunake Bowling Club in Gisborne Terrace fills with members of the Egmont Euchre Club.

Well over 40 years ago, the Euchre Club was born, founded by a group of Opunake Bowling Club members. Originally 30 to 40 players filled the clubrooms, and, in those days occasional visiting clubs from nearby towns joined them. Some days our club came up trumps.

Euchre games are ideal

gatherings.



Members of the Egmont Euchre Club ready to welcome new people into their club. Come along to the Opunake Bowling Club on Thursdays. because rounds can be played singly, or in pairs, and the shortness of each game allows for frequent changes of opponents and partners which adds to the fun.

Today the club is keen to welcome new members, either those with some knowledge of the game, or novices who are keen to learn the tricks of the game. A \$3.00 entry goes towards

the weekly prizes and the raffle is drawn at the end of

play, usually around 3.00pm. "We are a happy group, plenty of laughs and friendship" say club conveners Mary and Dot emphasising "If you don't know how to play, we are willing to teach you, otherwise come and refresh your 'tactics""

The Egmont Euchre Club meets every Thursday from 1.00-3.00pm at the Opunake Bowling Club in Gisborne Terrace.



		V
Some of the regular services: TAYLOR DENTAL PRACTICE Every Thursday and 2nd Friday	COASTALCARE WOULD LIKE TO WELCOME SARAH GILLUM TO OUR FACILITY	72 Tasman Street, Opunake
LISA KEEN AUDIOLOGY		
Every Wednesday		
ACTIVE + PHYSIOTHERAPY		The Mountain
Monday & Thursday 9am to 3.30pm		1hr 29mins PG Thu 04 Apr 7PM
NZ POST		
Monday to Friday, 8.30am to 5pm COASTAL PRINTERS		With the state of
COASTAL PRINTERS Monday to Friday, 8.30am to 5pm		Wicked Little Letters
		1hr 42mins M Sat 06 Apr 7PM
Every Wednesday		
COUNSELLORS		Pride Taranaki Evening
Gwenyth Richards 06 278 6399	LYBEAUTY	3hr R Tue 09 Apr 7PM
Leonie Landsheer 027 559 0982	by Sogor	Poor Things
Alex Jones 021 0816 3248	Every Tuesday at CoastalCare, Opunake	2hr 21mins R18 Fri 12 Apr 7PM
Manuka Matthews 027 239 5896		
Steph Vaitupu 021 090 79597	8.30 am to 5pm	Anatomy of a Fall
MATTHEWS OPTOMETRISTS Twice monthly on a Thursday	Lash and Brow Treatments and Massage at this stage,	2hr 31mins M Sat 13 Apr 7PM
TARANAKI PODIATRY	further treatments will be added later,	Oppenheimer
Every 2nd Wednesday of the month	watch this space!	3hr M Sun 14 Apr 7PM
BUDGET ADVICE	To make an appointment at CoastalCare	
Wednesday fortnightly	Ph: 027 910 7111 or find her on Facebook	
HIP	L.Y Beauty by Sarah	
Every Tuesday		MOUNTAIN The Mountain
DID YOU KNOW?	Find us on	1hr 29mins Rated: PG
CoastalCare offers for hire private,	Facebook	Thu 04 Apr 7PM
well-appointed room's for meetings,	or visit us at www.coastalcare.co.nz	
training opportunities and social		

CONTACT ARETHA LEMON

Facility Manager on 06 761 8488

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

Kung Fu Panda 4 1hr 34mins | PG Fri 05 Apr 7PM | Sat 06

Apr 1PM | Thu 18 Apr 1PM Ordinary Angels 1hr 58mins | PG Sun 07 Apr 1PM | Sun 07 Apr 7PM | Thu 18 Apr 7PM

The Holdovers

2hr 13mins | M Thu 11 Apr 7PM

The Boy and the Heron (Dubbed) 2hr 4mins | PG Sat 13 Apr 1PM

The Zone of Interest 1hr 45mins | M Sun 14 Apr 1PM

> Kung Fu Panda 4 Violence & coarse language | 1hr 34mins | Rated: PG Fri 05 Apr 7PM

WORLD IN ACTION





The next issue of Opunake & Coastal News will be out on April 18. Call us on 06 761 7016 to be a part of it.

OPUNAKE & COASTAL NEWS

What's On Listings

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: Teeoff 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 to5 .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. 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 3 Tumahu Hall AGM: 2417 Wiremu Rd, Okato. 7pn. APRIL 10 Special Event - Regenerative Dairy - Farmers Share the Journey: TSB HUB, 10:30am -2pm. To Register: www.taranakiregen.nz APRIL 13-14

Roadsafe Taranaki free Driver Training: Egmont A&P Showgrounds, Hawera. See ad for more details.

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. MAY 9-12 & 15-17

Clue on Stage: A Production by Opunake Players.

OPUNAKE & COASTAL NEWS

THAT WORKS

Thursday, April 4, 2024

CLASSIFIEDS 27



The next issue of the Opunake & Coastal News is due out on Thursday April 18. Phone us on 06 761 7016 to be in it.

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