

# Inside



**Opunake doctor's** daughter new head of Tui Ora. See page 7



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The Golding Girls great entertainment. Still a chance to see it. See review page 25.



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The original Cottage Hospital shortly after it was built.

# **Cottage celebrates centenary**

home celebrated 100 years since the building was first constructed on Saturday, November 26. Built initially as the Opunake Hospital, it then became a Maternity Hospital and is now a Rest home. Chris Lamain, Chairperson

Opunake's Cottage Rest of the Opunake Cottage Rest Home Trust gave a history of the building dating back to 1899 when the idea of a community hospital was first mooted. It took 23 years of deliberation before construction began, the government in 1913,



Reverend Geoff Williams and Reverend Ian Sargeant blessing the kowhai tree planted in the Cottage Rest home grounds to mark the centenary since the building was constructed.

initially turning the proposal down. At that time people had to travel by road to New Plymouth for hospital care. "At one stage a horse-drawn ambulance was provided but having horses on standby for an emergency callout did not prove feasible," said Chris.

Donations and fundraising publicity by the Opunake community in 'a spirit of splendid independence and self-reliance' quoted Chris however subsequently raised substantial funds towards the cost of a hospital and with the support of the Taranaki Hospital Board, the Egmont County Council and the Nursing Association the project was approved and construction began.

The original Opunake Cottage Hospital had a three bed ward, three single bed wards and other facilities including nurses quarters. Initially the Cottage Hospital was intended to provide maternity and firstaid level care but the hospital board subsequently would not allow maternity and hospital care in the same facility and the Cottage became just a maternity hospital until the 1980s.

In 1990 the former Opunake Cottage hospital opened as a rest home which it continues to be to this day. A history of the building with some interesting photos was on display in

the foyer for all to see at the centenary celebrations. Commented Councillor Bryan Roach, standing in for South Taranaki mayor Phil Nixon who unfortunately had been struck down with flu,

addressing those gathered, "You don't know how lucky you are to have an aged care facility in your community." Bryan himself was born in the Cottage Hospital.

He acknowledged all in the community who have contributed to the facility that it is today adding the Opunake community with its gift for getting in behind projects had made it the

"great success," it is today. Chris then paid tribute to the Cottage Rest Home Manager Sandra Deegan and also to the many community volunteers for their contributions to the Rest Home.

A tree was then planted to mark the occasion. Then the centenary cake

cut by the eldest resident Mavis Campbell who is 94.

*Continued page 3* 



Manager Sandra Deegan and nurse John Munro infront of the plaque near the entrance marking when the building was constructed in 1922.

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# **Another side** to the story

Forestry and animal welfare critics argue that livestock farming emits excessive biogenic methane. Biogenic methane: Is a by-product produced by methanogenic bacteria which help digest food in the guts of many organisms. These organisms belch or whatever methane gas CH4 out into the atmosphere. There are a multitude of herbivore and like contributors. Ruminants, pseudo-ruminants and monogastric animals. The list includes many insects, termites, millipedes, birds, reptiles, fish, fungi and soil microbes.

Methane is a component of the biogenic carbon cycle. Climate scientists have lately been working flat out to unravel the effects of greenhouse gasses. Scientist Dr. F. Mitloehner of University of California Davis, terms biogenic methane, a "flow gas." It's potent (28 times more per molecule than a CO2 equivalent) but, it's a short-lived gas. It's oxidised and removed from the atmosphere at a fast rate, 7 - 12 years by the hydroxyl radical (OH), leaving CO2 and water.

Mitloehner concludes that ruminant biogenic methane is not accumulative in the atmosphere. It's just part of the biogenic carbon cycle. So, as the belched quantity of biogenic methane is oxidised to CO2, an equal quantity of CO2 is taken up by plants. Their photosynthesis converts it back to cellulose, grass, leaves, stems etc. It's grazed off by animals again, products recycled and redistributed through bellies and belches onto the

**ADELPHOS** 

There is no beating around

the bush. The title of this

article gives the subject

away and leaves no room

for a meandering entry.

So, I will forge straight in.

Gratitude is sometimes used

as a synonym (a word that

has a similar meaning) for

thankfulness. In fact, I think

that the two are quite often

confused for each other.

In reality, there are some

subtle differences in their

thankfulness is feeling

pleased and relieved. It is

more related to expressing

an immediate feeling, such

as saying "thank you" when

someone gives us a present or

does something nice for us.

definition

of

meanings.

The

#### soil or into the atmosphere. No gain in CH4 quantity if the number of animals producing it remains similar. Main, GHGs, like CO2, N2O and fluorinated gasses are called "stock gasses," be they naturally occurring or those released by human activities, as in fossil fuel production/use, mining, agricultural works, rice cultivation, biomass burning and waste management. gasses" "Stock are accumulative, some take a 1000 years to be redeposited back into geological reserves. Methane from non-biogenic sources is also a "stock gas." There is hot debate about Mitloehners theory. But that aside, there are two factors involving grazing animals which can

significantly benefit climate

stability. Firstly: In the biogenic carbon cycle, grazing animals make a major contribution to sequestration of carbon from atmospheric CO2 into grassland soils. Sequestration is a symbiotic interaction of soil biota, fungi, plants and plant roots. It's powered substantially, by grazing animals. Plants are cropped, digested and wastes moved to the soil surface to be consumed and converted by worms, macrofauna and multitudes of microbes, fungal organisms and mycorrhizae living in the root zone. Faeces and urine nutrients stimulate and feed soil biota which also benefit from carbohydrates exuded by plant roots. Biota give back by converting plant and animal residues and minerals to nutrient forms that plants can up-take. These carbon rich products create an accumulating store of humus. Humus is a complex organic matter, with a carbon to nitrogen ratio of 10:1 and is fundamentally important

# Gratitude

On the other hand, gratitude is "showing appreciation for something done or received" and it may have occurred some time ago. Confused? Don't worry. They are synonyms after all. I think the point is more around how gratefulness can help us. And that involves our attitudes and perceptions; it's about how we see things and how we think about them.

Gratitude does not always come easily and sometimes it requires plain discipline, but it is always worthwhile. Melody Beattie says this about it: "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial

for abundant plant growth, improving soil water holding capacity and a reservoir nutrients. of Carbon sequestration has been going on for millions of years in every native grassland of the planet, and now in farmed pastures. Farmers practicing regenerative grazing know techniques to maximise sequestration to increase humus deposition.

Secondly: An energy opportunity: Biogenic methane provides а flammable product, called biogas. Once collected, the raw biogas is purified to remove, hydrogen sulphide, carbon monoxide and ammonia is compressed for transfer and used much like regular CNG. Californian dairy farms capture the raw gas under covers stretched over dairy shed sludge digester ponds where warmth and bacteria release the methane. It is collected, purified and sold, used as vehicle fuel, heating or for electricity generation. The system has its critics but evidently works well. Biogas is captured from many waste products. Its use is growing quickly in USA, China, Thailand, India, Canada and elsewhere. In Sweden, tens of thousands of cars, busses and trucks are run on biogas. But, in New Zealand, we've hardly considered the possibility. Our government and dairy industry have done nothing to promote biogas as an alternative fuel and a way to use biogenic methane, yet. More work is needed to

understand the impact of biogenic methane in the atmospheric environment. It's likely not a critical driver of global warming as initially believed; or the ultimate weapon in condemning the farming of livestock. But let's not put aside developing new methods to reduce livestock biogenic methane outputs. Underway now, researchers are progressing genetic selection of low methane emitting animals and testing feed supplies with low

methane outputs. Go hard you people!

> Murray Crombie Oakura

# Parenting

M'mm, readers might say what do I know about parenting and bringing up their children in a better place and situation than theirs?

Interesting as many seem to just follow the trend, employed, unemployed, slim or overweight, diabetic from drinking litres of soft drink. Simple children follow adults as role models.

It doesn't take a counsellor to see, home attitude and perhaps put in gardens and eat the right home food not live on takeaways.

> Ian McAlpine New Plymouth

# Signed us up to a joke

There was once a Tai Chi master whose main work was in teaching four "forms," namely "Lone Youth Draws Arrow from Quiver," "Lone Youth Holds Shot," "Lone Youth Puts Arrow Back in Quiver" and "Youth Listens to Water Flowing over Rocks While Waiting for Visitors to Articulate." According to the legend, learning these four "forms" became a rite of passage. There is a lesson particularly in the holding shot. Youth has become afraid from a rustle in the bushes and has prepared to fire an arrow but holds back because the cause of the rustle has not been properly identified. Legend has it that the master encouraged his pupils to make jokes about the releasing of an arrow too soon.

The Bureau International des Poids et Mesures (BIPM)

Continued page 3.

### order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for people who are experiencing today, and creates a vision for tomorrow." What do you think about that? But wait ... there's more.

The area of positive psychology research has proven that gratitude is associated strongly with greater happiness: both serotonin and dopamine are released. It is not surprising that gratitude helps us to feel more positive emotions, deal with adversity, builds strong relationships and enjoy good experiences. It has been a

into acceptance, chaos to strong and long tradition within both Judaism and Christianity, and the Bible has many references to it. In recent years psychology has adopted gratitude to help a range of conditions, such as depression and anxiety.

Here's the good news. It is easy to practice gratitude. One of the easiest ways is to simply say (or write) five different things you are grateful for. Done daily, it can have a positive effect on our well-being: body, mind, soul and spirit. It's as simple as that.

Manaakitangi

Adelphos



Continued from page 2.

did us a big favour in 2018 when it scripted the joke that New Zealand has now signed into law in the Measurement Standards Regulations 2019. There are various ways to show that the theory of the greenhouse effect is a nonsense. The Bureau's favour was to select a way for us to confront the case. The underlying concept of temperature in the theory of the greenhouse effect is incompetent. It could be partly due to a mathematical canon pertaining to naive set theory but no doubt there could be an element of underlying insecurity about energy creeping in as well.

Of course, a rustle in the bushes causes feelings of Tough luck insecurity. however, since such is the lot of Man. Now we need to identify the cause of the malaise in climate that has

afflicted the globe. Naive set theory might undermine the processes of inference, for I have found indignant posturing rather than a fair appeal to applied mathematics in the presentation of the case for the government. According to the government's line, the Intergovernmental Panel on Climate Change represents "the science" but according to me, it does not. Rather its theory of heat represents something to be joked about, as in the type of joke one might contrive after receiving a Tai Chi master's message. There is plenty of raw material in the public domain and with the BIPM setting a good example, we should now be seeing the rise of a new class of satirist. The weather is especially rough in manifold ways

Editor

but in so far as climate change has caused it, there is no doubt a relatively

New Zealand where she'd

met her husband to be

for applied mathematics has

gone hand-in-hand with the

advance of Man. We should

not now abandon the respect

in a mad volley of wasted

**More Money** 

(Pt 2, continued from last

Further payments other

A boost of \$136m for

Whänau Ora to continue to

deliver support to whänau

funding for Te Köhanga Reo

\$109m for the promotion

of Mäori language and

culture ----failure (Now to

be taken up and budgeted

by Education Minister and

\$5.7m \$5.7m will be

allocated to Tamariki and

Rangatahi Kaupapa via Sport

An extra \$200m of

A total of just under

than supplied in the \$900m.

Russell Christensen

Eltham

arrows.

issue)

-Ora failure

— failure

taxpayer).

NZ. 1/5/2021 Nothing like Community leaders could segregating the children.... note how a profound respect

The Budget provides \$40m for a Maori and Iwi Housing and Innovation Fund 1 1/1/21 Paul Henare \$39m Extra funding?

To help ensure that Maori health providers and communities are prepared for the vaccine rollout, we've committed to an initial funding pot of \$39 million. We're also allocating 40,000 vaccine courses to Maori and Pacific health providers to target vaccinations within these communities.

But wait there's more....

\$55m Maori Journalism -for Channel 3 and Maori channel. via Chris Faafoi. \$2.4m 25 Maori only journalist cadets - \$96,000 each?

\$2.95m for 193 atrisk Rangatahi and their whanau," Carmel Sepuloni said.that \$1 5,290.

\$1.9b over 5 years....billion tor drug rehabilitation...why isn't Labour treating the cause instead of the result.... another Kiwi-build failure?

\$2.75million paid to the

Mongrel Mob — reportedly as a koha

\$6 million: waste of money ....

There already is an adequate training programme for midwives that is open to everyone. Why are they separating these people from mainstream education? Do they have to dumb down the program so they can pass?

The Ministry has pledged to provide \$6m in funding over the next four years, for the specific purpose of increasing recruitment and retention of Maori and Pacifica undergraduate midwifery students.

22/10/21 - \$190 million to entice Maori so they will vaccinate.

23/10/21 \$9.6 million NZ on Air

\$55 million Maori projects and journalism training among the major recipients. \$2.4m to hire and train 25

Mäori only cadets. Unfairly 50 per cent of the first funding round would go to projects benefitting Maori journalism, NZ On Air said. Viewers reject these

assumptions as Labour spin

and scam favouritism for voting rights. 2/2022

\$22m for Maori health..... over and above \$1.9 billion already budgeted 2021.

\$3m for Matauranga..... witch doctors

\$5m for support Kaupapa Maori Health...(but this is on top of the \$229.4m for the Manukau super clinic,

\$1 10m Maori Health

\$136m for Whanau ora, all who have deemed to have failed in every aspect.

\$2M Expanding Maori Services.....is this not the same as above?

\$842,000 to Te Putea Rangahau A Marsden.... Research for maori women in politics 5/22 Meghan Wood

\$88 million for truancy, mainly Auckland and Northland. 5/22

\$40 million for Maori education

\$11.2 million for a positive behaviour

\$7.75 million learning programme \$1.1m seaweed and cultural food

Ewen Luskie , Katikati

# Eottage celebrates centenary

### Continued from page 1

Among those at the centenary celebrations were former staff members including Jan True who was a midwife at the Cottage Rest home for two years in the early 1970s. She recalls there were only two trained nurses and two nurse aides. Jan who was in charge and lived in said she was on call 24 hours. "It was busy," she remembers adding that sometimes difficult cases would be taken through to New Plymouth. Jan went on to work as a midwife in the UK and had some very interesting stories of her time there. On returning to

### Tony then living down at Opunake Beach, the couple lived in Palmerston North before returning to Opunake to live some years ago. Sophie Osment who was once a nurse aide at the Cottage Hospital was also among those at the centenary celebrations. "I've come to see what you've done to my bedroom," she quipped. She brought along a photograph album which had photos of her time working at the Cottage Hospital. Of her time at the Cottage Hospital she comments "I loved working there."

**BELOW**: Councillor Bryan Roach who was born in the Opunake Cottage Hospital with his mother Jean Roach who recalls the facility when it was "like a hospital ward".



The current staff at the Opunake Cottage Rest Home from left Crystal Baker, Kelly Hunt, Melissa Bennett, Gwenda Thomas, Melanie Brown, Donna Kendal, John Munro and Manager Sandra Deegan.







**NEWS AND VIEWS** 

**COUNCILLOR'S COMMENT** 



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are all back with inductions for new councillors and appointments for portfolios and sub committees.and interviews for a new CEO have been done with the departure of Waid Crockett to Palmerston North Council. We would like to thank him for his experience in leading the Council over the last five years, and congratulations to Fiona Aitken who was appointed our new Chief Executive Officer.

Hi All

We are currently working on the Opunake Town Revitalisation Plan, just making sure that everything is covered from the community. We are also working on the Opunake Town water with bringing some of the projects forward to ensure clean water for all. This is not an easy fix.

Have you been to Opunake Beach lately? A huge amount of driftwood has turned up on the last king tide, and

CR BRYAN ROACH

Council will be looking into cleaning that up.

There have been several incidents of people doing skids on the grass at Halse Place at the top of Middletons Bay. These people are ripping up the grass where people walk along the Opunake Walkway. Generally it's a Friday night Saturday night thing. All the police need is a license plate number.

Contractors are still working on the road in the middle of Manaia beside Yarrows the Bakers. This

contract is taking far too long and has disrupted too many people, and this is unacceptable. Too many times I have driven to council and seen no workers on site.

Council is looking into a plan to replace the Manaia Sports/Town Hall alongside a partnership with the local Iwi.

The Engineering Department has formulated a plan for cliffs stabilisation at the Transfer Station, Lake Opunake and Orimupiko Urupa as a result of the flooding in February.

To my fellow farmers the fart tax is on the way, and it's a tax grab by the government. The science is flawed. They are not counting any trees that the farmers have planted over the years. During COVID-19 lockdown the air around the world was the cleanest it has ever been but agriculture continued and aeroplanes stopped flying and cars stopped driving. So why pick on agriculture the backbone of New Zealand? The tax will just get passed onto the supermarkets and you will pay. The price of putting food on the table is going to increase dramatically with low income families struggling to put food on the table now.

The only reason is that the Labour Government needs the tax revenue to pay for the endless handouts this government has given out. It's been another tough spring weather-wise, but just remember no matter how green the New Zealand country becomes we cannot change the weather. This is dictated by the super power countries around the world, New Zealand is only 0.06% of the world's population. Donald Trump said "I need to feed my people first."

Bryan Roach from the Coast

# **Enjoying a nice Spring day**



LEFT: These two goat kids and their mother are enjoying the springtime good weather.

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**New Council Chief Executive announced** 

Fiona Aitken has been appointed the new chief executive at the South Taranaki District Council (STDC) says South Taranaki Mayor, Phil Nixon.

"I'm extremely pleased to be able to announce the appointment of Fiona Aitken to the position of chief executive for the Council," says Mayor Nixon. "Fiona is a highly experienced leader with some 30 years in the local government sector, and her appointment comes after a rigorous application process where the standard of applicants was extremely high.

Mayor Nixon says Fiona has been the acting chief executive since the departure Waid Crockett in of October, having been on the Council's senior leadership team since 2010, with the last four years as group manager of community and infrastructure services.

"It's great that we have



Fiona Aitkin, the new Chief Executive of the South Taranaki District Council.

Council which enables us to make such appointments. Fiona has a strong reputation of working with people and building effective relationships at all levels and has done an excellent job of leading the Council's largest group during a period of uncertainty and change. The organisation has made a lot of progress over the last five years and Fiona will ensure that progress continues," he says.

the depth of talent at the

"I feel privileged to be able to lead an organisation I have been part of for 30 years and I am excited about the opportunity to work with the team to continue to make our communities great places to live, work and play," says Fiona.

A Powhiri to officially welcome Fiona to her new position will be held in early December

standing in, and pay a deposit

of \$200 which could be

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**NEWS** 



McDonald

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# Nominations open for South Taranaki by-election

Nominations have opened for candidates interested in standing in Te Hāwera Ward and Patea Community Board By-elections.

South Taranaki Electoral Officer, Becky Wolland says the By-elections need to be held to fill the vacant

Te Hāwera general ward Councillor position and the vacant Pātea Community Board position.

Completed nomination forms must be returned before 12noon on Thursday 22 December 2022. Voting in the Te Hawera the candidate plans to be

and Patea wards opens on Thursday 26 January and closes on noon Friday 17 February 2023.

refunded depending on the number of votes received. Candidates be must nominated by two people over the age of 18 who are enrolled in the area

Heart disease in women not diagnosed or treated

Cardiovascular disease in women remains understudied, underdiagnosed and undertreated and risk factors specific to women must be taken into account if we want to improve their outcomes, say Australian experts.

They say recognising the importance of sexspecific risk factors, such as high blood pressure during pregnancy, and focusing on lifestyle factors are fundamental to reducing the risk of cardiovascular disease in women.

disease guidelines do not discriminate between the sexes and come from maledominant studies, which could mean women are more likely to experience delays in diagnosis and are less likely to receive guideline-directed care.

Current cardiovascular





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# OPUNAKE COPS

# Heading into December

Its amazing that we are Parade back after the mess nearly at Christmas again that was Covid. already, it will be great to

have the Opunake Christmas Remember to plan ahead.



Know where your kids are and who they are with all the time. When it comes to the teenagers make it your

Have that sober driver

organised.

business to know who is driving, what class of license they have and who the sober driver is.

Keep an eye on the young kids on the beach, a great rule for them is "if they can't see you - you can't see them."

Please always swim between the flags and listen to the lifeguards.



Senior Constable Matthew Goodman

Drinking and swimming aren't a great mix. Please keep an eye on friends and family that might have hard times recently or over the last year. December and January can be hard and stressful, if you think somebody needs a chat or a shoulder offer it, and if help is needed reach out early.

### Security:

Remember over the holidays we have a lot of out of towners around and people passing through. Lock the house and car, don't leave valuables insight. Take the gear off the boat.

Don't leave tote tanks on the boat overnight.

### **Roads:**

Let's do our part to keep the roads safe. As always the Police will be out in force over the holiday season and they look at RIDS:

**R**- Restraints (seat belts and car seats/boosters)**I**- Impairment (Alcohol and

Drugs) **D**- Distraction (Cell phones)

**S**-Speed (the speed tolerance is lowered)

Please stay safe out there and if you are lucky enough to get time off, enjoy it.

> Senior Constable Matthew Goodman.

# New deputy chief executive at Venture Taranaki

Venture Taranaki/Te Puna Umanga has announced the appointment of Stacey Hitchcock as the Regional Development Agency's new GM Investment/Deputy Chief Executive.

Stacey brings with her 20 years of leadership and governance experience, including two recent terms as NPDC Councillor alongside her consulting business, where she delivered strategy, and research-based initiatives for many wellknown local organisations.

Kelvin Wright Venture Taranaki Chief Executive says he is looking forward to the positive impact Stacey will make in her role within the organisation, and region. "Stacey's various leadership and governance positions and strong strategic partnership experience will be invaluable to ensure we continue to attract external investment into the region, strengthen our sectors, and support the realisation of our strategic aspirations," said Kelvin.

Stacey will join an Executive Leadership Team, including Kelvin Wright, Chief Executive; Brylee Flutey, GM Destination; and Jennifer Patterson, GM



Stacey Hitchcock.

Economic Development. "Being a Taranaki local, Stacey has extensive regional networks and relationships with key stakeholders, alongside central and local government experience. This role is integral to providing input into national conversations and promoting and growing connections across our sectors.

"I'm looking forward to having Stacey around the leadership table, and the fresh thinking and energy she will undoubtedly bring to our already high-performing team.

Stacey is looking forward to joining Venture Taranaki

and being part of the team that plays a critical role in supporting a thriving and resilient Taranaki economy. "I am incredibly excited to be joining the team at Venture Taranaki, and am looking forward to building local, national, and international partnerships and connections with government and business investment to ensure that Taranaki continues to be a place people want to start, grow or bring business to,' says Stacey.

"As a region, we are looking at an evolving future for our key industries, which will require a progressive policy and regulatory environment alongside strong regional leadership. Venture Taranaki has a critical role to play here, with a well-connected enterprise eco-system, strategic partnerships, and a focused long-term plan, we can unlock required investment and support our

local people and place to thrive," concludes Stacey.

A local from Taranaki, Stacey has held various leadership and governance positions over the past 20 years, including two recent terms as a NPDC Councillor. More recently Stacey has worked within her own consultancy delivering strategy and research and development, including business case and project implementation planning.

One of Stacey's key focus areas has been developing strategic partnerships to create and implement innovative projects. This included recent work with Te Papa Atawhai (DOC) partnering with Ngati Maru to initiate 'Tupu a nuku' a regional environmental workforce development programme



Tui Ora has appointed Alana Ruakere (Taranaki, Te Atiawa) as their new Pou Tū Kūrae/Chief Executive, effective 31 January, 2023. Alana is currently the Director for the Crown Response Unit that oversees the Governments response to the Royal Commission of Inquiry into Abuse in Care. The Royal Commission is looking into what happened to children, young people and vulnerable adults in State and faith-based care in Aotearoa New Zealand between the years 1950-99.

Alana, who will be returning to Taranaki to take up the role, will work alongside departing Chief Executive Hayden Wano for a period of two months to ensure a smooth transition. Hayden has been with Tui Ora since its inception in 1998 during which time it has grown from a team of four to nearly 200 kaimahi delivering 35 whanau-centred services throughout Taranaki. He is confident that now is a good time to step back and is looking forward to working with Alana as he hands over the role:

"I'm incredibly excited about Alana's appointment," said Wano. "She is taking over at a pivotal time in the history of Tui Ora. Reforms to our health system and the establishment of Te Aka Whai Ora (the Māori Health Authority) present enormous opportunities in kaupapa Māori hauora. Tui Ora have already set a new strategy to align ourselves with the reforms and it will be fantastic to have a new leader bring new energy and ideas to this important role. I wish Alana every success and look forward to working with her in the coming



### Alana Ruakere.

months." The appointment was made following an extensive six-month search for a new leader with the experience and vision to guide Tui Ora into the next stage of its evolution. Deputy Board Chair Shelley Kopu oversaw the recruitment process ensuring a long lead time to identify the right candidate: "We are delighted to welcome Alana to the Tui Ora whānau. Alana has an exceptional track record in public service, particularly in the health sector, and we are confident her skills, experience and knowledge of government will bring many benefits to Tui Ora. She is passionate about creating positive change for Māori hauora which include improving access and equity in

ering whanau to take charge of their own health journey." Alana was raised in Ōpunake and New Plymouth by her parent's nurse Anne and father Tony, a GP who established Te Atiawa Medical Centre, the first kaupapa Māori GP practice in Taranaki in 1994. She attended **Opunake** High School and later New Plymouth Girls' High School. Alana started her career as a tutor in mental health support at WITT before establishing Te Rau Pani, a community and specialist mental health service in New Plymouth. Successive roles saw Alana move to Wellington to take up positions with the Ministry of Health with a particular focus on

health services and empow-

improving tamariki health, Māori hauora and mental health services. Before taking on her current role at the Crown Response Unit Alana was the Programme Director Modernisation - Child. Youth and Family at the Ministry for Social Development and subsequently the Manager for Whānau Ora Commissioning at Te Puni Kōkiri.

Alana says she is excited about returning to Taranaki and honoured to have been chosen for the role:

"I consider it an enormous privilege to be appointed Pou Tū Kūrae at Tui Ora. For me this is a once in a lifetime opportunity to give back to the to the people of my turangawaewae, the place where I grew up and owe so much to.

"I look forward to working

with the kaimahi at Tui Ora who do an amazing job for our whanau and I am grateful to Hayden for committing his time to the transition process. I am excited and humbled by the challenges ahead, but 100% committed to the cause to create better health outcomes, and better lives, for whānau Māori in Taranaki." Alana will be formally

welcomed to Tui Ora at a pōwhiri in January.

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# Same sense of fairness

BGender has little impact on the development of sharing behaviour and fairness in kids and teens around the world, according to UK and US research, which looks at a diverse range of cultures including Indigenous Australians and and girls' willingness to Fijians. The study looked share or their sense of what at what is called pro-social behaviour, which includes kids' willingness to share and cooperate. They found that there was very little difference between the boys'

was fair. Philosophical Transactions of the Royal Society



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# **Continuing to support families in Taranaki**

you've been looking at the calendar lately and wondering where the year went then we have that in common. Here we are at the tail end of another busy and challenging year while looking ahead to what's promising to be a bumper summer with the return of holidaymakers, and our favourite community events such as, Arts in the Park and Festival of Lights.

I know things have been, and are still, tough for many people here in Taranaki. To help ease the pressure, and make life a little easier, our Government has rolled out a significant package of cost of living support over the



**STEPH LEWIS MP** FOR WHANGANUI

past 12 months while also making progress on some of the bigger issues facing our community. With the war in Ukraine

driving up petrol and diesel prices, we cut fuel tax and reduced road user charges, as well as halving public transport fares. We also provided extra support to help people with their bills through the Cost of Living Payment and the Winter Energy Payment.

Alongside measures to provide immediate relief, we've continued our work to lift incomes and reduce cost pressures over the long term. In April, we boosted Superannuation, student allowances, the family tax credit and main benefits, providing extra income for thousands of households. To ensure New Zealanders pay a fairer price at the checkout, we've progressed work to hold supermarkets to account, and earlier this month, we also announced changes that will make childcare more affordable for the majority of working families.

While I've been reflecting on the year I have made a list of my own, my '12 Days of Christmas MP year in review' which provides a recap of significant announcements and events that occurred this year in our electorate and in my role as your MP. The list starts with 'One new act of Parliament' referring to my members bill, the Biosecurity (Information for Incoming Passengers) Amendment Bill which passed its third

into law - requiring those operating commercial craft, such as airplanes or cruise ships, to provide approved biosecurity information to all passengers as they enter New Zealand. This law adds another layer of protection for our food and fibre sector. In doing so it supports our economy to thrive and backs the livelihoods of our farmers, growers, and their families. For the rest of the list you'll have to keep an eye on my social pages. Before my family heads to the beach, there are a few weeks left in the year for me to visit businesses, meet with

reading and has been signed

participate in the final sitting weeks of Parliament for 2022, and judge the Hāwera Christmas parade on Saturday 10 December.

My offices will be closed for the festive season between Friday 16 December and Monday 16 January 2023. During this time we will keep an eye on emails sent to steph.lewismp@parliament. govt.nz. Stay in touch over Summer, for now though I wish you and your loved ones a very merry Christmas and safe holidays.

> Steph Lewis MP Whanganui

# **Over regulated and under stress**

The consultation period for the Government's emissions pricing plan for agriculture is closing as I write this. Since its unveiling last

When

10.30am - 12pm

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month, Labour's plan based on the He Waka Eke Noa's partnership report but heavily tweaked, has drawn nothing but derision and a

**MP for Taranaki-King Country** 

**Barbara Kuriger** 

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Monday 14 November Electorate Office, 80

Labour led Government affected you?

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stock standard refusal from farming sectors and entire regions. With just cause.

One size regulations like the



**BARBARA KURIGER MP TARANAKI-KING COUNTRY** 

above are not fit for purpose — never have been and never will be.

Moreover, it joined the raft of regulations (proposed and enacted) on our rural communities and ag sector. Since Labour took office, I've been at a loss to see why agencies like the Ministry for the Environment (MfE) and Ministry for Primary Industries continue to push these 'one-size fits all' policies.

Regulating, without any thought given to the impacts of what they're introducing or how they will be implemented.

A recent example is the many southern farmers refusing to apply for resource consents from their regional councils in order to comply with MfE's intensive winter grazing regulations. That's because the processes, to enact the regulations which took effect on November 1, aren't in place yet.

people in our community,

We know they want change, but the way things are being done, makes even a dog's breakfast look appetising. When I began in dairy farming systems were similar. But even back then, there were differences. Dairy farming was largely pasturebased without a lot of bought in feed and limited nitrogen fertiliser.

Today New Zealand farms are either bovine or ovine, plus a mix of deer, alpacas and other animals. Pork and poultry farmers have their own challenges.

In the past fortnight, I've visited three extremely different farming operations. A beef lot where all the feed is brought in, a sheep

Continued on page 9

Here and the second

Labour

# **Our office** is open

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# **Glen Bennett**

uthorised by Glen Bennett MP.

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# **Over regulated and under stress**

Continued from page 8

and beef operation mixed with production forestry and finally a pasture-based biological dairy system with few purchased inputs. So from harvesting and carrying food on the first farm, to cows, beef and sheep doing the harvesting on the other two.

All farms are part of

catchment or sub-catchment areas, with wide-ranging operations, allowing rural communities to work together solving their unique environmental needs.

It makes absolute sense and is a suitable place for iwi and farmers to solve the challenges evolving from our land-based systems. How the varied industries involved in He Waka Eke Noa arrived at a model

which incorporated not only the above systems, but a range of others including horticulture without any ruminant animals, is quite a thought process.

Especially when farmers just want to put on their boots in the morning and, after taking care of their animals, plant a shelter belt of trees rather than ticking boxes (virtually or literally) to comply with the next chore on the Government's job list.

After many years in the industry, I know all farmers, no matter what part of the sector, are under stress. Stress borne from nonsensical ideas with no idea of the impact on our food producing families. Never has there been so much red tape to contend with, and so much contempt for those who tend the land yet contribute more than

50% to our economy. It's heart-breaking.

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# Government shows climate sense on oil exploration while Mr Luxon on another planet

Government shows climate sense on oil exploration while Luxon on another planet

Greenpeace is welcoming the Government's proposed changes to the Crown Minerals Act which remove the purpose of 'promoting' fossil fuel exploration and extraction from the Act but is calling for it to go further. "It's good to see that the Government is finally getting rid of the promotion of fossil fuel exploration and extraction as an objective from the Crown Minerals Act, added by National in 2013. It should never have been put there in the first place," says Greenpeace Aotearoa senior campaigner Steve Abel.

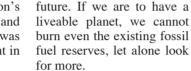
Greenpeace says the Government's amendment is in stark contrast to National

leader Christopher Luxon's plans to bring back oil and gas drilling - which was ended by the Government in 2018.

"Ending oil and gas exploration is vital for a liveable planet and shows the government is more aligned with the reality of climate change when it comes to fossil fuels, whereas Christopher Luxon - who plans to reopen oil drilling - seems to be living on another planet," says Abel.

"Even the conservative International Energy Agency says that global oil and gas exploration should end immediately if countries are to successfully reach netzero by 2050.

"No one wants the pollution from our generation to destroy



"It's ridiculous to be both promoting new fossil fuels while supposedly phasing them out and moving away from them. No government that is serious about climate action should have a law requiring the promotion of fossil fuel exploration. Instead they should be doing everything to phase out fossil

permits as Amendment which the Government National introduced to thwart protest

"The Ardern government is still issuing new onshore oil and gas exploration permits in Taranaki and that needs to stop. To be consistent with climate science, we must end all land-based and offshore fossil fuel exploration.

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introduced by the John Key National Government was a draconian measure that criminalised protest at sea in order to protect the interests of the oil corporations seeking to drive us all deeper into the climate crisis. It is an affront to democracy and needs to be repealed.

"Here in Aotearoa we have a long history of peaceful protest leading to progressive change and that must be protected as a fundamental right.

"Greenpeace formed alliances with iwi such as Te Whānau-ā-Apanui in the successful sevenyear movement against oil and gas exploration which succeeded in driving Petrobras, Chevron, Statoil, Anadarko, other oil and gas majors out of Aotearoa's coastal waters before the eventual ban on new exploration permits.

"Luxon has a fight on his hands if he intends to try and undo the hard work of hundreds of thousands of New Zealanders who defended our oceans, our precious wildlife and our grandchildren from oil spills on our beaches and



fuels and boost renewable generation and efficiency," savs Abel. However Greenpeace says the proposed amendments don't go far enough and is calling for an end to terrestrial oil and gas exploration well as the removal of so-called Anadarko the

children's our at sea.

"The Anadarko Amendment

We are yet to make up our minds about oil exploration. Photo courtesy of Stoney Oaks.





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# Volunteers at TSB Showplace. Some of the Friends of the Opera House's long-serving volunteers from left Anne Aitchison, David Thorpe, volunteer coordinator Jacob Waterman, Cath Robinson, Viv Baty, Sue Thorpe and Delwyn Singh.

The smiling faces who greet you at shows and events at NPDC venues are mostly volunteers – and some of them have been giving up their time to welcome you for half a century.

The longest-serving Friends of the Opera House were given the Volunteering Team Award (2022) at the Volunteer Recognition Awards.

Anne Aitchison, David Thorpe, Cath Robinson, Viv Baty, Sue Thorpe, Delwyn Singh and Jan Goss have each been volunteering for more than 50 years.

They are part of the group of 90 core Friends who provide most of the front of house services at the TSB Showplace, and sometimes other council venues.

More than half of them have been volunteering for more than five years and were also acknowledged at the awards with a Long-Service Certificate.

The annual Volunteer Recognition Awards are held by Volunteering New Plymouth..

TSB Showplace manager Sam Ryan says the Friends are the 'life and soul' of the theatre.

"The history and knowledge they collectively share along with a genuine passion for the arts is something really special. "I'm honoured to be involved with a venue that means so much to community and it really wouldn't exist today without a little help from our Friends."

He said being recognised at the Volunteer Awards was timely, as this year marks 50 years since the Friends were formalised as a group. They were self-managed until 2018 when they asked NPDC to help out.

Cath Robinson, 75, has been volunteering with the Friends since she was 17.

"We greet and seat patrons, and see that they have a lovely night, and if there's any problems, we help sort those out." "We do it because of our love of theatre," she says.

It's a devotion shared by many of her fellow volunteers, and in the 70s saved the Showplace from demolition – with Friends even mortgaging their own homes to rescue the building.

"That's how staunch we are. That's how much we love the theatre."

They also love having the opportunity to contribute to the arts and the community. "It's giving back to the

community to help someone as a volunteer."

Plus, it's a good time. "We have a lot of fun, we enjoy it."





# Answers are right here in this room

Eight years after going through a dark time artist Paul Rangiwahia is pushing the mental wellness message.

"I'm 50 now. When I was 42, I had a bit of a breakdown, and it wasn't very nice being in that big dark hole," he told an audience of about 70 people at a meeting at the Auroa Hall on Monday night organised by Taranaki Catchment Communities and the Taranaki Rural Support Trust. "When I had my own challenges I was very fortunate to have support around me.'

From that experience came an artwork pushing the mental warrant of fitness message and containing pieces of sage advice for anyone going through dark times. He brought this artwork with him to the meeting, and it will be showing at the Union Street Square in Hawera.

Paul says he grew up in Hawera, and loves being back in Taranaki.

"I'm very pro agriculture and I'm very pro farming," said Paul. "I was there marching on Parliament when Shane Ardern drove his tractor up the steps of Parliament, but I was also quite entrepreneurial. I was also selling T-shirts."

He said the pressures brought on by having to meet new compliance measures as well as the public image of farming and the disappearance of amenities which previously held farming communities together are making it harder for farmers to connect with each other. Anybody going through a dark time needed to reach out and talk to others, he said. They may be surprised to find out they are not the only ones going through this.

"I worked out real fast

: Supershear earthquakes

occur when faults rupture

fast, causing stronger and

more destructive shaking.

They are considered to be

rare and to mainly occur

on land, with only a few

large magnitude quakes

Destructive earthquake more

common than previously thought

on land.



Taranaki Catchment Communities co-ordinator Nicola Bryant with artist Paul Rangiwahia and his Mental Warrant of Fitness artwork.

about us men that we are real shit in this country about talking about how we feel," he said.

"We can't rely on governments anymore. We need to rely on each other. It's up to us as a community to help each other. All the answers for our wellbeing are right in this room."

He also spoke about the importance of developing strategies to deal with negative thoughts and promoting mental wellbeing. Paul's message seemed to strike a chord with the audience.

categorised as supershear.

However new research

shows they are 50% more

common than previously

thought, and just as common

under the ocean as they are

"We really need to hear something like this," one woman said. "Farmers are really under it at the moment. We are trying really hard to be very good, but people don't see it."

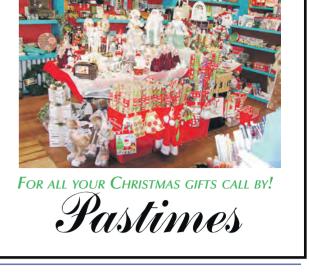
Taranaki Rural Support Trust chair Mike Green said farmers are facing the pressures brought on by the downgrading of rural communities and having to face up to the raft of increased compliance costs.

"The fun has sort of gone out of farming compared to what it used to be," he said. "Everything is just ramping up, and it's going to ramp up more. City folk say farmers have a nine- dollar payout, but they don't look at the costs."

The average age of farm owners is now 58-62, he said.

Taranaki Catchment Communities chair Donna Cram says their group aims to bring the rural communities back together and there are encouraging signs. These include the increased use of community halls and the popularity of Agri Kids programmes at local schools which promote

an early interest in farming. The Auroa meeting was one of several around Taranaki organised by the various Taranaki Catchment Communities, like Auroa-Awatuna.



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### Chelsea Young with her two boys Kobe and Jet (from Opunake) on one of the rides.



Mason Page from Bell Block met some cute rescue kittens at The McDonalds Farm Barn.



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*Water is important* Plants in containers dry out quicker than plants in your garden. As the plant grows

and the root ball becomes

denser, it becomes harder for water to penetrate. Water plants daily in summer – early morning or late afternoon is best. Light summer showers will not be enough to thoroughly water plants in containers. *Fertiliser* 

With regular watering, fertilisers are leached out of the potting mix. Throughout the growing season feed every two weeks with a liquid fertiliser. We recommend Tui Seaweed and Fish Fertiliser plus a side dressing of slow-release granular fertiliser such as Tui Pot and Container Fertiliser.

Ideal container plants

### Trees and shrubs

**OPUNAKE & COASTAL NEWS** 

Camelias, citrus, hebes, hydrangea, bay, olive and maples can be planted on their own in one large pot as a feature. Annuals

For instant effect and colourful displays use lobelia, pansy, viola, petunias and snap dragons Perennials

Daisies, lavender, geranium, pelargonium, verbena, tropical impatiens and fuchsia.

Large leafed perennials, such as hostas, do well when grown in shady locations. **Succulents** 

Succulents need little maintenance and can stay in the same pot for several years. Plant succulents in a cacti and succulent potting mix to improve drainage.

### Fruits and vegetables

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Rachel Grady invited Isabelle and James Ogle to feed pellets to her Valais Blacknose lambs at The McDonalds Farm Barn Displays at the Stratford Show.



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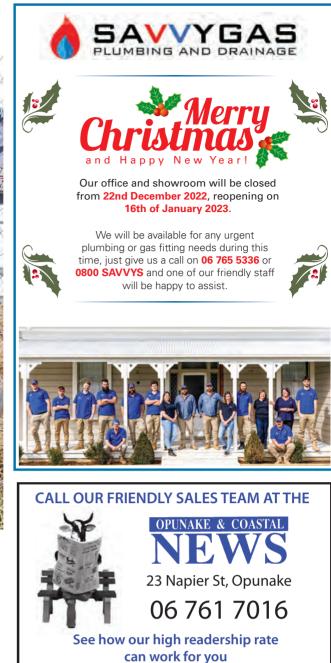
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**NEWS** 

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# Sick animals can't eat soup or watch Netflix in bed -get them vaccinated

While humans can generally stay home and curl up with a good book and cup of tea to recover from ills and chills, animals are not as privileged when it comes to fighting off nasty bugs.

New The Zealand Veterinary Association (NZVA) is reminding people to ensure their animals' vaccinations are up-to-date as part of World Antimicrobial Awareness Week (WAAW), which runs from 18-24 November.

WAAW is held annually to increase people's understanding of Antimicrobial Resistance (AMR), which happens when viruses, parasites or bacteria change and no longer respond to medicine, making them difficult or impossible to treat. Vaccinations are a critical tool in preventing drug resistant viruses and bacteria developing and spreading amongst animals

NZVA's Chair of Antimicrobial Resistance Committee (AMRC) Mark Bryan says keeping animals up-to-date with their vaccinations is important in preventing them from getting sick and needing antimicrobials. Because animal health and human

health are so closely

and humans.

connected, preventing AMR is important for us all. "Vaccinating your animals minimises the risk of disease and reduces the need to use antimicrobial therapy like antibiotics and antifungal medications. It's the best protection you can give your four-legged friends to keep them safe and healthy. If bacteria become antibiotic resistant, there is a risk of either transfer of antibioticresistant bacteria, or of the resistant genes, between animals and humans in either direction.'

"If your pet or the animals you keep get sick, you should keep them away from other animals until they are better. Your vet might advise you to follow other health measures like not allowing them to share their toys or use communal water bowls at home."

Vaccinating animals helps keep them healthy and out of clinic waiting rooms, much like the human health system. Many clinics around the country are short staffed and working in different ways to ensure they can continue providing high quality care. Unfortunately, this means there may be longer wait times to be seen by a vet.

"Antimicrobial resistance can be prevented by ensuring your animals are vaccinated, that antibiotics are only used when necessary and good hygiene practices are followed. Your animals can't

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tell you if they are sick but illnesses to others." you can help prevent them getting unwell and spreading you are unsure about your

Talk to your vet clinic if

animals' vaccination status or needs. NZ Veterinary Association



This young man made friends with a cute kid goat at the Stratford A&P Show. Photo Tara Gibson

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# Facing a changing climate on our coasts



"It is clear that the future for our coastal environment is increasingly unpredictable and under growing and inevitable pressure from climate change and human impacts," says NZCS Co-Chair Amy Robinson. "Importantly, 'Coastal Adaptation' identifies ideas for implementing change," she says.

"New policy developments, innovation in community engagement and Treatybased partnership approaches signal a shift in the way we've normally approached coastal management. These advances - and many others described in this publication – put us on a better path toward more resilient coastal environments and communities" says Robinson. She points to

diverse examples such as incorporating Matauranga Maori, managed retreat and nature-based solutions, as ways forward.

NZCS Co-Chair Mark Ivamy says, "The opportunity for coastal professionals to share knowledge from their research and work with vulnerable communities is essential. That's why this publication is really valuable - it provides an opportunity for us to share and learn off each other, but also to collectively and continually improve our approaches to coastal challenges - many of which will take significant investment in time, energy, and resources to solve. "There is much to do," he

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says.

### Waihi Beach. Steps to no beach.

Faced with increasing challenges from climate change, there is a growing need for coastal communities around New Zealand to adapt, and keep adapting, at our coasts. How this can be done – and is being done – is

the focus of the New Zealand Coastal Society's (NZCS) latest Special Publication, 'Coastal Adaptation: adapting to coastal change and hazard risk in Aotearoa New Zealand', launched at the annual NZCS

Conference,

'Coastal Adaptation' tackles the complex challenges of moving Aotearoa towards adaptation goals in the face of increasing coastal change, affordability, and system reform challenges. It highlights the research and practice underway in this space, but also the struggle already facing many communities in New Zealand's coastal areas.



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### **OPUNAKE & COASTAL NEWS**



# **Opunakē** High School Te Kura Tuarua o Ōpunakē

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#### Mā te huruhuru ka rere te manu

Adorn the bird with feathers so it may soar.

It is that time of year when we are letting our students fly. Our graduated seniors are moving on. Our junior students are completing their courses, and looking forward to prizegiving and camps.

We have given our graduates roots, through enormous opportunities both in and outside the classroom, the flexibility to follow their passions, and the support of expert practitioners in all areas of education from Science to Sustainability, and Technology to Tiny Home construction. We have enabled them to fly, by ensuring they are supported, kept healthy and safe, and most of all loved and respected for who they are.

'The child who is not embraced by the village, will burn it down to feel it's warmth'.

As a wee kura on the coast we pride ourselves in embracing each and every one of our ākonga (students), getting to know them even before they walk through our doors through a robust enrolment programme, and by having kaiako/teachers who care passionately about each and every child.

So, as 2022 comes to a close we can be confident in the fact that our tamariki can leave the safety of our kura, and take on the challenges that the future holds with confidence, kindness, courage, and resilience. Where our DREAMS values act as a korowai (cloak) to support, and embolden our tamariki of Aotearoa as they become the changemakers of the future.

Arohanui, Kia kaha, kia maia, kia manawanui

Andrea Hooper Carr Principal



**ART & CULTURAL** 

Christine C.P.S. Trophy Senior Public Speaking **Thomas Tito-Green** Opunake High School Prize Excellence in Year 13 English **Critical Thinking** Saffron Kerr-Slater Joy Williamson Cup Music **Teague Mullin** Te Ratahi Ratahi Taonga Kaitātaki Tāne o te Haumoana **Thomas Tito-Green** Talia Maree Patene Memorial Trophy Female Leadership o te Haumoana Marama Mohi, Keesha Craig Te Haumoana Taonga Kapahaka Leadership Marama Mohi

Whiwhia Irophy Manu KÖrero Speech Competition - Senior English Caleb Neil

Egmont Community Arts Council Award Performing Arts **Keesha** Craig Egmont Community Arts Council Award Cultural Arts Cup **Keesha** Craig Egmont Community Arts Council Award Visual Arts Cup Lorin Symons Egmont Community Arts **Council Award** Arts & Culture Supreme Award **Keesha** Craig

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### SPECIAL AWARDS

McKay Cup Head Girl Lexi McQuaig Crawford Cup Head Boy **Thomas Tito-Green** OHS 2013 Prefect Cup Most Outstanding Prefect Liam Kidd OHS Board of Trustees Cup For Student BOT Representative **Thomas Tito-Green** Bolger Cup For Leadership of the Student Council Lexi McQuaig James Trophy All Round Contribution to the School, Year 9 – 11 Kaeden Garvey A & V Sandford Trophy for Care of the Environment Kaeden Garvey

Sportsman of the Year **Cameron Quinnell** Nicholas Cup Sportswoman of the Year Jorja Symes OHS DREAM Trophy For DREAM Values in School and Extra-Curricular Kyla Coleman Minister of Education Cup For Services to the School Lexi McQuaig The Combined Churches Award For Outstanding Character **Cameron Quinnell & Kyla Coleman** Wotton Award

Woolford Cup

For Diligence and Commitment to the School Cherish Robinson-Green

### Griffith Merit Cup For Best All Round Girl Lexi McQuaig Graham Sulzberger Memorial Cup

For Best All Round Boy **Thomas Tito-Green** 

**Kyla Coleman** 

Charlie Carr

for Excellence in Year 11 Subjects Caleb Neil Sue Spindler Cup & Award Excellence in Year 12 Subjects

Jorja Symes & Holly Gasson



Sportspeople of the Year





Jorja Symes & Holly Gassor

Prime Ministers Vocational Excellence Award

Lena Sharrock Award for Runner-Up in Year 11 Subjects

Pam Morris Cup & Medal

2022 Dux - Lorin Symons (L) with 2022 Proxime Accessit - Lexi McQuaig

Taonga Te Maunga Tū Recognising High Levels of Academic Achievement for Senior Māori Students **Keesha** Craig

OHS Medal and Award For Proxime Accessit

Lexi McQuaig McNeil Adams Cup,

OHS Medal and Ikaroa Lodge Award For Dux of the School Lorin Symons



# **Ō**punakē High School

Te Kura Tuarua o Ōpunakē

Centenary Celebration

Senior Prizegiving 2022

It was a very happy occasion to share our Senior Prizegiving with friends, whanau and the wider community present after a couple years of disruption due to Covid. Well done to all our students on their great attitudes and awhi towards one another. Congratulations to all our award winners on all their achievements in another long and challenging year.



# Puke Ariki's historical baggage packs a surprise and happy memories

Life on the road can be tough for NPDC's Puke Ariki volunteers – Kaddy Smale and Ady Nightingale are having trouble packing.

"We've forgotten the whisky bottle!" says Kaddy as Ady presses down the lid of the suitcase.

They rearrange a fox stole, an evening purse and the Manchester Unity of Oddfellows sash to squeeze in the old glass whisky flask next to a temperance pledge certificate.

They've been packing the same suitcase regularly since 2006, but it's often a struggle preparing to take Puke Ariki's Museum in a Suitcase on the road.

Kaddy, 79, and Ady, 82, are in a team of volunteers who take some the museum's artefacts around the district to friendship clubs, church, and other community groups.

The suitcase is always accompanied by a kete (basket) and a taonga, such as a stone adze, that the audience can hold and get a feel for.

They were visiting a couple of places each week before Covid forced many rest homes and retirement villages to close their doors to visitors, but now they're still doing about 30 a year.

The trick is choosing items that trigger memories and a lively chatter, they say, and they're always on the lookout for something different.

Ady holds up an old Rinso box. "How many people know the connection between this and Selwyn Toogood?" she asks. (Clue: Google it.)

Kaddy is sorting through black and white pictures of Ferdy the Bull, the Queen visiting Pukekura Park in 1954 and the trams running down Devon Street.

"The photos are always

zodiac



Kaddy Smale and Ady Nightingale get ready to hit the road with Museum in a Suitcase.

popular, and they usually start a conversation, and the Janet and John school readers usually bring back memories along with the leather strap."

"The best thing about this is the reactions of the people and the joy on their faces," says Ady.

NPDC Group Manager Community and Customer Services Teresa Turner said the Museum in a Suitcase volunteers were delivering the Puke Ariki experience to elderly and other groups who might find it difficult to come to the museum.

"Our awesome volunteers do a fantastic job in helping to keep Puke Ariki Library and Museum running from organising book deliveries to housebound readers, to organising historic walks and sharing our unique Taranaki heritage with our residents.

"Volunteers also help us deliver great exhibitions and events at the Govett-Brewster Art Gallery and the TSB Showplace. They're a vital cog in keeping the wheels of our Sustainable Lifestyle Capital turning," said Ms Turner.

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# Growing Children With P.R.I.D.E OPUNAKE PRIMARY SCHOOL OPEN WEEK



The open week at Opunake Primary School attracted a great deal of interest with a number of wonderful displays by students. Among the displays was a replica of Burt Munro's motorbike in which he broke the under 1000cc world land record (Top right). Born in Invercargill in 1899, Burt Munro grew up on a farm and in 1920, aged 21, bought an Indian Scout motorbike which had a maximum speed of 55 miles per hour. Over the years he modified the motorbike and in 1967 at the age of 68 he broke the land sea record of 296 kmph at Bonneville Salt Flats. The record still stands.

The display included drawings by members in the class who each independently gave a brief history of Burt Munro.

His amazing feat was captured in the 2005 film The World's Fastest Indian starring Anthony Hopkins.

Commented teacher Andy Smith when asked if he'd shown the film to the young pupils unfortunately it was rated as not suitable for a younger audience. Maybe when they're older they'll get to see it.

A self driving vehicle made of Lego attracted a lot of interest.

# Spectacular open week for Opunake Primary School

Opunake Primary School produced a spectacular display over the week November 14 to 18. The idea was to showcase some of their STEAM activities for a unit called STEAMology. STEAM stands for Science, Technology, Engineering, Arts and Maths. The multitude of displays and information was held in the Learning Centre between 9.30am and 3pm on each of the days. Also, on Thursday November 17 the Learning Centre was open for visitors from 6pm to 7pm. Many parents and relatives visited, as well as other supporters of the school. The feedback was impressive: "Fantastic work. Love all the colour and creativity," enthused one person. "Very impressive," was another's summary.

It would be hard to outline all the multitude of eyecatching displays, screens, models and information, but we can mention a selection.

One display was entitled Minecraft Extinction Safari, which dealt with extinct animals and explored biodomes of habitats of long ago where such creatures once lived. One interesting exhibit was Cave Lion which was the creative work of Lydia Harman.

There was an intriguing selection of robots the students had constructed. You are the instruction manual. You have to figure it out – the accompanying legend demanded.

In a mysterious enclave was a sign Spy Equipment, with such items as Spy Pens and X-ray glass. "The children came up with the idea," Mr Sefton explained. The app CANVA was used in the process.

The story of how Pounamu (Greenstone) came to be found in different parts of New Zealand was another display, underpinned by a Maori myth where someone was turned into Greenstone. The students also learned a lot about the geography of our nation including Westland where most Greenstone originates.

There were interesting Dioramas (houses and landscapes) to be viewed, based on the book Hello Ruby by Linda Liukas. We are learning to differentiate between 2D and 3D shapes. Another display, which was a bit scary, was Astronaut Boot Camp, based on a creepy doll called Alma,



Ava Bennett intrigued by one of the exhibits at the Open Week.

who features in a horror film. There were even some activities for visitors to try: Try this: Cataleya, Cruz, Lochie, George and Miles made a robotic hand to pick up balls in the box and put them in the container. Astronauts practice activities like this to get used to working in space.

For visiting petrolheads there was Speed King, based on David Hill's book of the same name: We collected data about the time our cars took to travel 10 metres. We calculated the speed by dividing the distance by the time. We produced bar graphs of the result. Some of the famous racing drivers/inventors featured included John Britten, Bruce McLaren, Madeline Stewart and Scott Dixon.

Another worthwhile display was Heroic Projects, which included Kitty's Kindness Club (Kitty Kerr-Slater), Anti-bullying with Otto (Otto Katene) and Abraham Lincoln Infographic (Kaden Field). After analysing our Superpowers we set about thinking about how we could use these strengths to help and inform others. Our Heroic Projects used our character strengths to share an important issue or entertain you. What are your Character Strength Super Powers?

A popular display featured The Hunger Games. During a reading unit we read The Book 1. We followed Katmis and Peeta's travels through the 74<sup>th</sup> Hunger Games. We took the challenge of reading a complex text, learned about how to analyse different characters' points of view and answered complex questions to show how well we understood what we had read.

When we had finished we chose our favourite character and used images and words (including quotes) to show how much we had learned. During out Minecraft coding

Juring out Minecraft coding

activities we created our own Hunger Games Arena. Hard to miss were huge pictures of the Moon in

different phases including waning crescent and quarter. For budding astronauts

of the future there was an difficult activity to show how tricky moonwalking will be (when they get there!). Use the little stilts to try and walk on the surface of our Moon. Shelley made this for us. This will give you some idea of how hard it is to actually walk on the moon.

There was so much more. Anyway, the whole project is a credit to the students and staff who spent many hours over a term, planning, creating and displaying this education extravaganza. Well done all of you. "What a wonderful, creative interesting community we have at school," concluded one impressed visitor.

Opunake Primary School is now officially an Apple Distinguished School. In Term 4 the school was recognised by Apple New Zealand for this distinction. The school has worked with an Apple Educatore for two years to hone their pedagogy in the use of Apple Technologies to improve creativity and innovation in learning. This recognition is the culmination of a great deal of work by teachers to take their pedagogical understanding to the next level to benefit the learners at the school. Principal Lorraine Williamson acknowledged that this is an ongoing journey with the school continuing to work alongside Apple New Zealand and the other MOA Cluster schools to continue to promote learning and engagement for students. Lorraine highly commends the teachers at Opunake Primary School and across the cluster for their ongoing commitment to improvement innovation. The and schools are at the cutting edge of good practice, as acknowledged by their recognition by Apple New Zealand.



LOTS OF CHRISTMAS IDEAS AT THE HEALTH SHOP CENTRE CITY





Kitty Kerr-Slater moonwalking on the moon surface.

# A bladder tank was Geoff's ideal effluent storage solution

Geoff Carter's farm in South Taranaki was well set up with a good pumping system and sump, but his effluent storage calculations showed he needed more capacity to be council compliant.

Geoff keeps his farm in pristine condition, and everything ticks along like clockwork, so finding he needed effluent storage to meet council requirements didn't elicit feelings of it being an exciting opportunity. In fact, with his new house built on top of the hill and overlooking the farm, Geoff had the farm exactly how he wanted it. So he gave Nevada a call to discuss his options.

Mike visited the farm to assess the situation.



His first suggestion was to

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Out of sight and out of mind.

install an effluent pond. This is usually best practice and the most economical option as the effluent can flow into the pond through gravity. However, the only place the pond could have been installed would have been in full view from the house... not exactly what Geoff had in mind to be gazing out to when he built the house.

Mike's next suggestion was a bladder tank that could be discreetly installed on the side of the hill. Geoff liked this option as it was also a safe option for younger children on the fam.

"I've been looking at all my options but could see Nevada had done the homework for me, and I trusted them to get it right."

Since Geoff's current system already adequately serviced the farm, the bladder tank serves as a contingency plan for times of heavy rain, or extreme weather events. Effluent is pumped into the bladder tank from the existing system when needed, and gravity lets it drain back out to empty.

As expected, Geoff hasn't had to store a lot in the bladder so far, but the solution has ticked all the boxes for him.

"I was impressed with the simplicity of the install- I've seen other bladders installed on farms that have been a bit of a hassle, but mine was quick and simple. It looks great, it's safe It works, and I'm compliant. Couldn't be happier."

this book is a great way to

honour the history of the

woolshed, the people who

have worked in them and

the product they make,"

Federated Farmers National

meat and wool spokesperson

"We would gratefully

appreciate your support for

Toby Williams says.

this book."

Nevada

# Design academic turns spotlight on woolsheds

A Massey University lecturer and design expert is focusing attention on the importance of preserving New Zealand's most historic, colourful and communityoriented woolsheds. Federated Farmers is helping Dr Annette O'Sullivan raise the \$30,000 she needs to complete her book.

Annette says she feels a sense of urgency to getting the book completed, as so many iconic woolsheds are being lost due to changes in land use and sheep farming.

The funding will be used to commission world-class

photography of woolsheds from award-winning New Zealand photographer Jane Ussher, who is already well known for her beautiful work capturing New Zealand's iconic homesteads.

Feds has set up a PledgeMe campaign to raise the funds which has already almost reached the \$5000 mark. "It is important to remember

where we've come from and



Federated Farmers is backing efforts to preserve this country's historic woolsheds.

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# Action needed on farmer feedback

DairyNZ recommends the Government makes significant changes to its emissions pricing proposal taking on board the feedback of farmers and their representatives. In its submission, available online, DairyNZ stands by the He Waka Eke recommendations Noa developed by the primary sector, in partnership with Government officials.

The industry-good organisation does not accept the Government's pricing proposal, Te tatai utu o nga tukunga ahuwhenua, which DairyNZ chair Jim van der Poel says undermines the balance and equity He Waka Eke Noa aims to achieve.

"It is unacceptable for farmers, who have made their thoughts very clear on this issue. The Government needs to take this feedback on board," says Mr van der Poel.

"DairyNZ recommends Government adopts the the He Waka Eke Noa recommendations, which represent more than two years of collaboration, including extensive negotiation with Government partners. The Government must ensure agricultural pricing any is fair and equitable for farmers.

"The sector could not support any other solution,' states Mr van der Poel.

Over six weeks of

### Jim Van der Poel

Government consultation, DairyNZ held 14 in-person events and 10 webinars, engaging with over 1000 dairy farmers.

"Farmers expressed deep concern about the impacts of the Government's proposal on the sector and New Zealand's economy. Areas of concern were significant and wide-ranging, including price-setting, collectives, sequestration, reward and recognition for on-farm planting, and governance,'

says Mr van der Poel.

"The Government's response to He Waka Eke Noa has missed the mark on many of these criteria. It places a financial burden on the farming community and removes the ability for agriculture to have a say in its own sustainable future."

Of the farmers DairyNZ engaged with, 99 percent think more on-farm planting should be recognised. Ninety-five percent see governance representation as important or extremely important, while 94 percent believe additional criteria should guide methane price-setting and 87 percent think nitrous oxide pricing should not be linked to the Emissions Trading Scheme.

Most farmers also think levy revenue should be fully reinvested into agriculture (96 percent) and prefer farmlevel pricing for synthetic nitrogen fertiliser (94 percent).

He Waka Eke Noa remains the preferred solution to managing and pricing agriculture emissions. It focuses on setting prices to create a circular fund to pay for the sequestered carbon, mitigation technology and other incentives to help reduce emissions on-farm and aimed to incentivise change, using levy revenue to alter behaviour and enable technical advancement

The Government's model, claims DairyNZ,however, leads to a methane price that will force farmers to destock or convert land away from pastoral farming. It also appears to price out marginal farmers through a tax that will deter them from farming.

DairyNZ state they have made a submission to the government, and along with its sector partners, will continue to advocate on farmers' behalf while the Government is making its final decision.

"A united voice on emissions pricing is the best way to ensure positive policy outcomes for farmers," says Mr van der Poel.



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use change in the near larger arable, horticultural future is unavoidable, and and forestry sectors. strategically designing a nationwide healthand climate-focussed food production system could generate \$89 million in profit, boosted by returns

of the study say that land- of up to \$2.4 billion from

Journal of the Royal Society of New Zealand

# Research winners celebrated

All-electric aircraft, vaccine safety and communication about Covid-19 and a fit-forpurpose hijab design were among the topics of the researchers honoured at the final 2022 Research Honours Aotearoa regional event held at Parliament by Royal Society Te Apārangi, in association with the Health Research Council of New Zealand.

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Oscar impresses in game against Australia

Oscar Goodman has just

returned from Guam where he competed for New Zealand in the final of a tournament where the team narrowly lost to Australia, who won 85 to 74. "It should have been a lot closer," commented Oscar. At one stage, at the start of the fourth quarter, the scores were tied 60-60.

The good news is the team's performance has qualified it for the prestigious Asia Cup. This tournament will be held in June 2023.

The tournament was the FIBA U15 Oceania Championship. New Zealand was in a pool with Australia along with Samoa and Guam. The first two teams in each pool qualified for the finals.

Oscar was chosen as one of the top five players in the tournament, a huge honour. He alternates two positions Centre and Power Forward. His stats were as follows: Points per game (PPG)

10.5Rebounds per game (RPG)

5.5 Assists per game (APG)

2.8

Oscar, who has been playing basketball for five years, has ambitions to play for the Tall Blacks and also to be a NBA player in the United States.



### Oscar lines up his shot.

He is grateful to those who have helped him along the way. These include David Bublitz at New Plymouth Boys High School where he studies, as well as plays basketball, Trent Adam, the Mountain Airs coach and locally Joe Reddish "who got me started."

Gratitude is also due to Kieran and Angeleigh

Young of Young Contractors and the Toi Foundation as well as considerable support within the community.

**OPUNAKE & COASTAL NEWS** 



Oscar now home with his Silver medal.

Joellen How also from Opunake had a role as a FIBA Sports And Competition Manager at the tournament in Guam pictured here with Oscar. She currently works for

FIBA in Australia.

Joellen graduated from Wagner College, Staten Island, New York where she studied on a full **Basketball Scholarship.** 

Joellen has played for the New Zealand U17 Women's Basketball team in 2015 and has also played for the Taranaki Women's Thunder.

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19. Levi scored two on

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some wonderful bowls

was also a close final. The winners were

Paddy Deegan and Levi Davis, who beat Harry

Davy and Len reader.

Some wonderful bowls

were played by Len

Kay Fleming

with his bowling aid.

Men's

Pairs

as well.

Championship

The



Ready for action. From left James (Batman) Langton, Sequita Hemingway, Trish MacKenzie, Caleb Parete.

# **Title contender lends** a hand

Trish MacKenzie and Caleb Parete look set to return to the ring this weekend after their Hawera Rumble fights were called off.

They are two of the three boxers James (Batman) Langton of Barbwire Boxing in Opunake will be taking to The Battle for the Pacific at Walter Nash Stadium in Lower Hutt on December 3. The other boxer is Toni Tuitupou.

As reported in the Opunake and Coastal News (November 17), Trish was due to fight Maria Hajdu on the main card at the Rumble before police closed the event following a brawl during the intermission. The closure also meant that Caleb wasn't able to have his fight against Te Ringa O'Brien.

Trish will feature in the main event against Wellington home town fighter Talei Aldiss, who has a muay thai background, and will be having her first pro fight.

Trish has been getting some heavy weight help from Sequita Hemingway of Snapback Boxing in Palmerston North, who is due to fight Alrie Meleisea for the vacant national Pro Box heavyweight title on December 9. While preparing for the fight Sequita was getting in some training at Barbwire Boxing last weekend. Trish had previously sparred with Sequita in Palmerston North, both before and since the Hawera Rumble.

"James had brought Trish down to spar, so I thought I'd return the favour and come here and train," says Sequita.

Sequita says she has been boxing for two years, and this will be her third pro fight. One of her two previous fights had been against Alrie Meleisa, which she had won in a unanimous decision. Her other fight was a loss to Lani Daniels.

How does Sequita rate Trish's chances?

"She's really good. If she lets herself go and backs herself it will be anybody's fight."

Meanwhile Trish and Caleb are both moving on from the disappointment of the Hawera Rumble as they prepare for their respective fights. Both say they feel more prepared than they were before the Hawera Rumble.

"I've been doing lots of sparring and training. About four to six hours a day," says Trish. "I've just kept building since the 12th of November and I'm looking to hit my peak right on fight night."

And her opponent?

"I know she's got some boxing experience as well as muay thai, so I think it's going to be tough fight."

Caleb says training has been more intense than it was in the buildup to the Hawera Rumble. James Langton says Caleb's participation is still subject to him meeting weight requirements, but he likes what he has been seeing.

"Caleb is one of the fastest improving fighters I've had," he says. "He's a real natural and has a nice style. I'm looking forward to seeing how he does."

# **Opunake Bowling Club**

The Men's Singles were played in October as a round robin event over two weekends. Many close games were played culminating with the final between Levi Davis and Peter Clement, who was playing with his new orange bowls. It was a super tense final watched by most of the members. Fortunes changed a few times, with some fabulous bowls played, with the final goal being the first to reach 21 points. On the final end, Peter was on 20 points and Levi on



Two in a row. Levi Davis.

# Taranaki Air Rifles

It was a pretty laid back day at the range last Saturday, the 19th of November, with shooters trying for the 44 Club with four lots of ten Silhouettes at 20 yards with air Rifles. John Brogden managed the feat with his Springer Air Rifle and was the only shooter to achieve a successful knock down. Those chickens look very small, so there is very little room for error.

After a break away it was good to see Aussie John Chandler back and shooting well on November 26. Shooting camera shots then back to air rifle and doing it well. New member Keith Zehnder is awaiting the arrival of a new air rifle

HAWERA

so will be keen to set up and sight in. The club competition was Crosman, 15 metres at silhouettes. Running out of air cost several shooters the chance of getting a clear round. Then there was the rams, four times the size of the chickens one would think you couldn't miss. Well not so, to see a missed ram still standing on its plinth after a shot is unbelievable. Like it is laughing at the shooter. With all that being said, you might have guessed that there were no clear rounds.

Variety is the name of Air Rifle and the idea was floated that some time in the near future we will have a Crosman / Carbine shoot maybe at 15 metres standing. After bench rest it will be a challenge to get good shots away. Our target holders have an aluminium frame and shots that hit the frame send a considerable noise down range so everyone knows when you miss the target.

Air rifles nowadays have come a long way and now can shoot sub MOA groups (Minute Of Angle). A minute of angle is one inch at 100 yards, or a quarter of an inch at 25 yards. So with MOA we can compare accuracy with any rifle from Air Rifle to centre fire 7.6 calibre.

# Sandfords Manaia Golf Club results November 19. Saturday Men. 1. Jack Hopkins. 2. Denis Hurcomb. 3. Kevin Murrell. 4.

Trevor Larsen.

November 14. Monday night Ambrose. 1. Otakeho Hackers. 2. Chockers. 3. Kaipi. 4. Hot Nutz. 5. Mantucky.

November 21. Monday night Ambrose. 1. Young Bucks. 2. On Call. 3. Tui & Red. 4. Otakeho Hackers.



SAT 10AM-12PM

f



need to grow the game at

# Long serving coach moving on

Experienced Taranaki Cricket coach, Debu Banik is finishing his 20-year tenure with Taranaki Cricket to take up a position with Northern Districts.

Chris Coombe, Taranaki Cricket's Director Cricket and Head Coach of theTaranaki Men's Side, had plenty of praise for the departing Banik.

"Debu is a bit of legend around these parts and been instrumental has in the development of countless Stags, Hinds and Central Districts age-group representatives, and the likes of Mattie Thomas, Ryan Watson, Dean Robinson, Will Young, Tom Bruce and Kate Ebrahim went on to represent New Zealand at international level. His technical and tactical knowledge of the game



is world class, and his dedication and work ethic make him ideally suited to a high-performance environment.'

Doug Proffit, current manager of the Women's side, will slot into the Head Coach role, and recruitment for a replacement team manager is well advanced, says Coombe.

Taranaki Banik was Cricket's longest serving employee, following the departures earlier this year of Travis Stewart and Kurt Leuthart. Taranaki Cricket Board Chair, John McElroy, says there isn't any cause of concern.

"We've recognised the

Robinson, captains of the women's and men's teams.

### the grass roots in our region. This means investing in player participation, skills development, coaching, and facilities. This type of work isn't for everyone, and that's okay. There's a place for everyone in cricket, and I'm delighted for Debu that he's found a role that allows him to focus on the high-performance end of the game."

Banik was announced as the Head Coach for The Taranaki Women's Side in August this year, after heading up the men's programme for the past eight seasons.

Left: Debu Banik with Kate Baxter and Dean

# Taranaki at top of table

11115

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Ryan Watson notched up his first 10-wicket bag for the season, after sending down 32 overs in day two to finish with match figures of 12/67 and hand The Good Home Taranaki Men their first outright win of the season.

After a delayed start on the first day, Whanganui won the toss and elected to bowl first at Western Park in New Plymouth.

A steady start by captain Dean Robinson (90) and partner opening Bailey Wisnewski (41) put Taranaki in good stead at 120/0. Whanganui seam bowler Ross Kinnerley sparked a middle order collapse with the hosts at 146/4.



Josh Borrell (53) and Liam Muggeridge (40) recovered the innings well with a 50run partnership to end the day on 201/4 with bad light called just as the two gained momentum.

Taranaki's batting points chase was halted early on day two due to a rain delay.

With 112 overs set for the rest of the final day, Taranaki batters took the attack to the bowlers with a quickfire 34 not out of 15 balls from Jarred Cunningham.

Taranaki declared on 300/7 and earned full batting points.

Left: Dean Robinson in fine form versus Whanganui.

A notable performance by Whanganui seamer Ross Kinnerley who finished the innings on figures of 6/109.

Watson started the rout early in the Whanganui first innings and picked up 5 wickets in partnership with young wrist spinner William Jull (2-51) to close off the Whanganui innings for 127 and claim full bowling points and a first innings win.

Taranaki declared the second innings without a ball bowled and set Whanganui a target of 174 in just over 50 overs.

The spirited hosts continued their fine work with the ball, picking up wickets at regular intervals with no substantial contributions from the Whanganui batters. Watson finished off the innings with a brilliant spell of fast bowling notching up 7-40 and added to his tally of 12-69 for the match.

Whanganui fell short by 57 runs.

Taranaki will head into their next game vs Wairarapa on December 3 as table toppers on 28 points, followed by Manawatu (24), Hawkes Bay (20) and Wairarapa (16).

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# **Opunake Beach Carnival 2023**



The Big Dig is just one of the highlights at the Opunake Beach Carnival.

The 2023 Opunake Beach Carnival will be a great day for the whole family with more than 40 craft and food stalls, musical entertainment, and a range of activities for the kids.

The event is on Saturday January 7 from 10am - 3pm at Opunake Beach. Entry is free of charge. The action will begin right at 10am with the babies (0-2 years) and toddlers (3-5 years) kicking

off the run of pageants. Then the new Opunake Talent Contest carries on. Entries are open to all ages and all talents welcome if you are ready to show us you can. Pre-register by emailing

opunaketalentcontest@ gmail.com or register on the day if places are still available.

Miss Junior Opunake (12-16 years) and Miss Opunake (16 years) will take place after the Big Dig. There are fantastic prizes to win, kindly donated by local businesses.

This year all pageant and talent contest entries are free.

The always popular Big Dig, where children dig in the sand for winning popsicle sticks will once again be a highlight. All prizes are kindly sponsored by Campbell Contracting. The Big Dig is scheduled for around lunchtime, depending on the tide. All day activities include Tinka the Train, Kids Cars, Laughing Clowns and a shooting gallery. Carnival-goers will be spoilt

for choice with food options aplenty, including kebabs, souvlaki, Filipino cuisine, ice-cream, coffee, hot dogs and chips, to name a few. Back by popular demand is the hourly raffle. The Beach Road will be closed on the day, but the Carnival Committee will be running a shuttle service thanks to Pickering Motors, which will be a koha donation.

Proceeds made on the day help fund projects for the improvement of the beach and the funding of future Opunake Beach Carnivals. Please take some time to complete our survey for your ideas on how improvements can be made to the beach for everyone to enjoy.

This year there will be further entertainment on stage by local band Fin Rah Zel.

encourage you to take your rubbish home.

Thank you to the local businesses and the South Taranaki District Council for making this event possible

### **Opunake Talent Contest** is ready to take off

The talent contest is a chance to show Opunake what you have got going on.

Get involved in the Tik Tok dance off medley right through to your own time slot to juggle, tell jokes, sing, dance, or even just introduce your folks.

It's free entry and prizes will be given but really it's just a bit of fun, take that as given.

If you want to get involved and you have talent to burn. Register

opunaketalentcontest@ gmail.com and get yourself

ready to take your turn.

Please be tidy Kiwis - we

# The Golding Girls golden entertainment



From left Kerryn Smith, Briar Tucker, Alex Sheehan and Mary Barron.

New Plymouth's Little Theatre has come up trumps with their latest play, The Golding Girls.

Written and directed by Shona M Wilson, New Plymouth Little Theatre's very own resident playwright, action begins with Alice Golding a somewhat crusty character looking forward to enjoying 4 weeks in Lockdown - alone. Stocking up on toilet paper, chocolate and alcohol the amused audience watch her whilst the television makes sporadic announcements of the impending 4 weeks lockdown timed to begin at midnight.

At 10 minutes to midnight as Alice with a glass of wine is settling down to watch television 6 big blocks of chocolate within reach, she announces happily "Bring it on"... when the doorbell rings. In comes her youngest daughter Florence whose husband has COVID and therefore is in isolation, saying she has nowhere else to go in response to Alice's protests she wants to be alone.

The doorbell rings again and her daughter in law Hannah arrives announcing that she and her husband (Alice's son) have split up and she too has nowhere else to go.

The doorbell rings a third and final time and the arrival of a long lost daughter given up for adoption as a baby, does nothing to improve the cantankerous Alice.

Alice's protests that she wants to be alone in Lockdown and her attempts to get rid of them – by midnight –alas fail and the four spend the next month "bonding" a loose term as the reluctant Alice vehemently resists this invasion of her home and continues to insist she wants to be alone in Lockdown as the television chillingly announces Alert Level 4 and that all are required to stay at home.

As Lockdown begins Alice's irritation mounts as Florence emerges wearing Alice's pyjamas having scoffed most of the chocolate and is sick, her troubled daughter in law continues to emote and the third interloper announces she has traced her birth mother because she "needs a kidney" for her daughter.

After a final failed attempt to get rid of them by setting off the smoke alarm, the frustrated Alice reconciled to their presence sets ground rules which include not talking, not wearing my clothes, not eating my

chocolate etc. Bored, the three younger woman, to pass the time, attempt to do some line dancing. It is the ultimate irritation for Mary having been part of a successful professional line dancing troupe and, watching their inept attempts, despite herself gets involved and begins to teach them. Action culminates in a beautifully choreographed (by April Krijger) musical performance uniting the four women. A lovely play, cleverly

written with a nice message. Mary Barron showing a gift for comedy gives an utterly convincing performance as the reluctant mother figure, Alice. Funny and utterly authentic, the other side of the incorrigible Alice she has so successfully supressed was an additional challenge which Mary also mastered.

The two young woman and their contrasting personalities were convincingly portrayed - the excitable exuberent Florence (Briar Tucker) and the more prosaic daughter in law Hannah (Alex Sheehan). Kerryn Smith's sensitive portrayal of the nurturing non judgemental daughter Donna adopted out at birth, was touching and made me catch my breath.

Funny, heartwarming and beautifully executed it was great entertainment. Well done to all involved. Bernice Mckellar The Golding Girls continues its run at the New Plymouth Little Theatre till December 10.

**RIGHT:** 

The triumphant finale.





10 am start:	On Dell Stage - Babies 0-2yrs, Tots 3-5yrs Opunake Beach Carnival Talent Contest. Open to all ages. Pre register at opunaketalentcontest@gmail.com, or see us on the day.
2pm:	MISS TEEN & MISS OPUNAKE CAMPBELL CONTRACTING BIG DIG: 3 Sections - everyone gets a prize. 3 MAJOR PRIZES.
From 3pm:	Live Band by Fin Rah Zel

All day fun for all ages: Activities include Tinka the Train, Kids Cars, Laughing Clowns Shooting gallery & Bouncy Castle.

Carnival-goers will be spoilt for choice with food trucks including kebabs, souvlaki, Filipino cuisine, ice-cream, coffee, hot dogs and chips.

The Beach Road will be closed. The Pickering Shuttle will be available -Koha donation.

# **Classic '70s hits show - one night only**

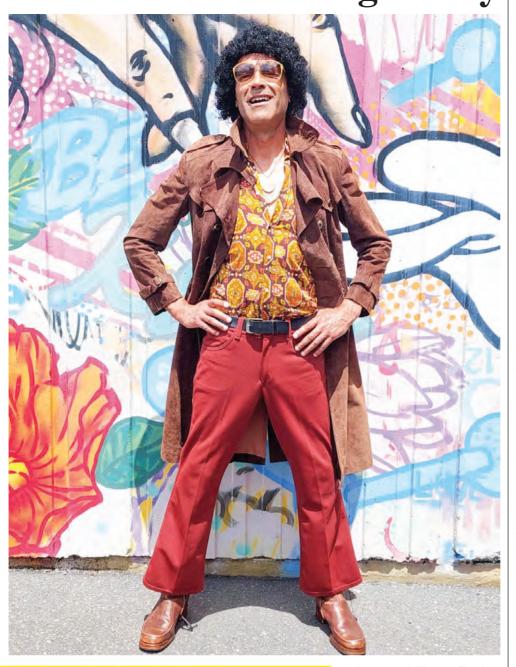
After two sell-out shows performing the hits of Ray Charles, Mike Gordon and the Bluenotes are bringing you the music of the '70s. Dress up in your best '70s outfit and boogie the night away with us on December 17 at Mike's Brewery and Bistro, New Plymouth.

Well-known musician Mike Gordon will be joined by Unity Wara, a wellestablished Taranaki icon and lead backing vocalist for Mike Gordon and the Bluenotes. Together they will be performing hits by Marvin Gaye, Tina Turner, Stevie Wonder, the Pointer Sisters, Stevie Nicks, Eric Clapton and many more.

The Bluenotes comprises some of Taranaki's finest musicians. The line-up for this show is Dave Lily on piano, Rob Ju on drums, Wesley James on the double bass, Robin Wells on saxophone and Lance Matthews on guitar.

Tickets for the Classic '70s hits show on are available from Mike's Brewery Bistro or by emailing mikegordonbluenotes@ gmail.com for \$30 each. See our Facebook page for more details including the special '70s dinner deal.

We look forward to seeing you there.





Above: Mike Gordon (pictured), along with the Bluenotes and Unity Wara will be performing at Mike's Brewery and Bistro, New Plymouth. on December 17.



Special guest singers for Hana Koko on the day & Hot Rod Show & shine. Markets,open mic, entertainment, raffles, best dressed wheels competition for tamariki and our famous wheel barrow raffle.

Floats please assemble at Gibson hall-Tauhuri Rd 10am. Judging at 10.30

All enquiries: text or call JC 027 380 4807 Melissa 027 825 3969



# Simple rules can keep you safe this summer

Summer is a great time to head out to fish for kai or just enjoy the fantastic Taranaki coastline but boaties and kayakers need to remember some simple rules to keep them and their whānau safe, says Harbour Master Tony Parr.

Mr Parr has highlighted a number of 'must dos' for those taking to the water including keeping speed down, having lifejackets for everyone on board, being able to communicate with the shore and following some simple rules about speed around divers and swimmers.

"Taranaki is an amazing place with some beautiful coastline and great places to catch some kai and I know boaties will be looking forward to getting out there over the summer," says Mr Parr. "What we don't want is any accidents or injuries and there are some simple things boat skippers and kayakers can do which will help keep people safe and sound.

"First and foremost, you must carry enough lifejackets or personal floatation devices for everyone on board, and they've got to be the right size. I'd recommend you have a 'boat rule' that lifejackets are worn by everyone on board."

Mr Parr says water users should take their mobile phone with them and ensure it doesn't get wet by keeping the phone in a waterproof bag. People should have at least one other way of letting people know they need help such as a VHF radio, flares or a beacon.

"One important but simple thing many forget about is to make sure your speed stays below 5 knots when you're within 200 metres of the shore, particularly off Ngamotu Beach or the Lee Breakwater. That's about a fast walking speed – if your vessel has a bow wave and a big wake, you're going too fast," adds Mr Parr.

For those diving for kai or just for fun, skippers must display a white and blue Flag A so that their boat can be seen by other boats from at least 200 metres away. If other boaties see the flag, they must slow to 5 knots within 200 metres of the vessel with the dive flag.

"All of these rules are really just common sense but it's worth reminding folk before they get their boats out that just a few simple precautions and preparation can make all the difference," says Mr Parr.





**OPUNAKE & COASTAL NEWS** 

# **CHURCH NOTICES**

**Opunake Co-operating Parish** Havelock Street, Opunake - St Pauls - 9.30am every Sunday Rahotu - Wesley - 11 am 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 Service - Okato - St. Paul's -Pew for You, every 3rd Thursday of each month, 4.30pm-6.00pm

### **Opunake Catholic Church**

St Martins, Pungarehu: 8.30am every 2nd and 4th Sundays of the month 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) Kaponga - St Patricks, Sunday 8.45am All welcome

St Patricks Catholic Church, Okato Saturday Vigil 6.00pm - 1st, 3rd & 5th Saturdays

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

Taranaki Relay for Life is on Saturday 25 March 2023 at Inglewood.

# **Relay for Life is back**

Have you registered for Relay for Life 2023?

Taranaki Relay for Life is on Saturday 25 March 2023 at the TET Stadium and Events Centre in Inglewood. 10.30am - 10.30pm. Yes, we are back to a physical event again.

If you prefer to do Relay your way, this is also an option again this year.

We are already close to our first \$10,000 raised. Sign up today and start your

fundraising.

totals at \$15,000 by Christmas Day

With your help the Taranaki Cancer Society help the lives of people affected by cancer.

Relay For Life is an nursing inspiring community experience that gives everyone a chance to celebrate cancer survivors and carers; remember loved

ones lost to cancer; and raise New Zealanders by helping Let's aim to have your awareness and funds for the Cancer Society.

Funds raised through the event help cancer patients and their whanau get the care can make a difference to the and practical support they need; from safe transport to treatment, through to specialist and psychology support, and accommodation for those travelling away from home for treatment.

"Donors are also helping protect future generations of

to fund ground-breaking cancer research and vital prevention programmes, such as SunSmart schools."

For more information or to enter a team to be part of this incredible event visit https:// www.relayforlife.org.nz/ taranaki

Or for more information contact Lisa Grigg. Taranaki Cancer Society. P: 027 2152625. E: lisa.grigg@ cancercd.org.nz

### DEC

# **Ōkato Cooperating Parish** Christmas Dates

ST JAMES ŌĀKURA & ST PAULS ŌKATO

### Advent Dates for the diary... All Welcome **Advent Study**

29th Nov at 1.30pm until 3pm, at St. James, Ōākura alternating each week with St. Pauls, Ōkato. All welcome.

### When God Comes Down: An Advent Study for adults by James A. Hamish.

Please register to attend by the 22nd Nov, contact Heather on heather1349@gmail.com

### **Community Christmas Celebration of the** lights

4th Dec, St James, Ōākura, 6pm. A fun celebration with Christmas crafts , music, activities and treats.

### An Advent Quiet Day of Prayer

will be held at St. James Ōākura on Saturday 17th Dec 9am until 12 midday. For further details contact Heather on heather1349@gmail.com

For more information contact okatocp@gmail.com The churches will be closed 26th Dec - 15th Jan 2023

### Lunch Is it a challenge to enjoy Christmas Day?

**Christmas Day** 

Whether you're a visitor, a resident, have a family or are without family, it doesn't matter.

We invite you to join us at St James Church, Ōākura, 12 noon until about 3pm on Christmas Day, the 25th of December, for a wonderful lunch and celebration of Jesus' birth!

We'd love to have you, and we will try and cater for any dietary restrictions, but please let us know in advance. There's no charge.

We're looking forward to celebrating with you!

Please RSVP to Margaret Bryce, gorgeousmessages@ gmail.com by 5pm, Wed the 14th Dec.



# **The Nativity Play**

St James, Ōākura, 11th Dec @ 1pm.

The children of **Ōākura Sundav** School invite you to their ever popular Nativity play.

Children of all ages

Festive fun for all the family! Refreshments will be provided.

# DATES TO REMEMBER

Come and celebrate Christmas with your local community Church. All Welcome.

# ST JAMES, ŌĀKURA

4th Dec @ 6pm Lights Celebrating the beginning of advent and the lights with fun Christmas crafts, music and treats.

### 11th Dec @ 1pm

### **Christmas Carols &**

Nativity Play on the lawn The ever-popular Christmas Nativity play and carols on the lawn at St James Ōākura. Children of all ages are welcome to get involved on the day.

25th Dec @ 9.30am

**Christmas Day Family** Communion Service.

# 25th Dec @ 12pm

# **Christmas Community**

Lunch

A Christmas lunch for all will be hosted at St James, please contact Margaret to rsvp by 14th Dec to gorgeousmessages@gmail.com

ST PAULS, ŌKATO 3rd Dec @ 6.30pm

### **Community Christmas**

Parade

A fun Christmas parade through the streets of Ōkato.

## 4th Dec @ 10am

### 125th Anniversary Service

A celebration led by Archbishop Philip Richardson, The Very Reverand Michael Bent, Reverand Helene Young and Lesley Dowdina.

### 16th Dec @7pm

**Community Christmas** 

Carols

# With the Madrigal Company.

18th Dec @ 10am

Christmas Readings &

Carols 4th Advent celebrations

24th Dec @ 7pm Christmas Eve Communion

On the lawn,

It'll be a fun day with carol singing and an entertaining performance. are welcome to get involved. Feel free to dress up as angels, shepherds or sheep (costumes will be available on the day).

2022

# Preparations for the Opunake High School centenary are starting



Ōpunakē High School Principal Andrea Hooper-Carr and long-time English teacher Alistair Cook reminisce over past jubilee memorials and yearbooks as Ōpunakē High looks ahead to its centenary in 2025.

Planning for this significant event has already begun, with a call for interested volunteers to attend a preliminary planning meeting on December 14, 6pm in the school library.

Possible events for 2025 include a blue-tie gala dinner, past students against current in a variety of sports, school tours and much more.

If you haven't already joined the high school Alumni group, you can find it on Facebook by searching "opunake alumni".



Ōpunakē High School turns 100 in 2025,

and we have some big celebrations planned.

Such a big occasion needs some organising, so we're on the look out for enthusiastic volunteers to get involved with our centenary planning committee.

If you would like to be involved, please join us on: Wednesday 14th December at 6pm, in the Ōpunakē High School Library

Contact admin@opunake.school.nz or contact the school office to register your interest.

# Opunake Lion's Christmas Dinner

Come along to a delicious community Christmas dinner at the Opunake Bowling Club on the 5th December hosted by the Opunake Lions Club and Members of the Friendship club please book early as there are only 100 reservations available. Register your interest with Michelle on 027 531 7684.

Opening night of Cinderella is tonight (December 1). Opunake Players present Cinderella.



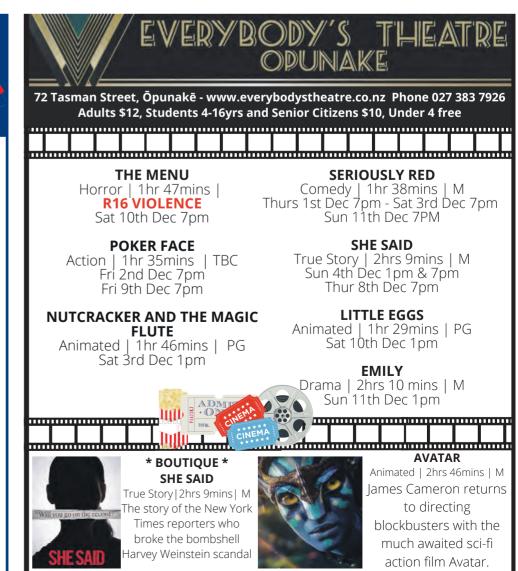


Christmas is fast approaching! Keep it local and see us first for your personalised gift ideas.



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# **OPUNAKE & COASTAL NEWS** What's On Listings

# AUTONOMY







### **OPUNAKE AND DISTRICTS FOODBANK**

Due to the economic climate at present. we have elected NOT to have a community collection drive. However, this year we have been fortunate to receive funding we can utilise towards Christmas Parcels so we will still be sending Christmas Parcels out via the schools and other community groups.

If you wish to donate any goods towards this, you can leave them under the Christmas Tree at CoastalCare from 1st December until 24th December. If you know someone struggling, they can call 06 761 8488 to collect a food parcel - leave a message if they get the answerphone.

Thank you and Merry Christmas, Happy New Year and Safe Holidays.

# **DECEMBER 4**

Opunake & District Business Association monthly meeting: At the Opunake Business Centre, 5.30pm. **DECEMBER 5** 

Opunake Lions and Friendship Club Community Free Christmas Dinner: At the Opunake Bowling Clubl from 11am. **DECEMBER 7** 

Manaia Golf Club AGM: At the Clubrooms, Bennett Drive, Manaia. 7pm.

**DECEMBER 10** 

Garage Sale: 142 Tasman St, Opunake. 8am-2pm.

Manaia Santa Parade: From 11am to 2pm, Manaia.

Mistletoe & Margaritas: At the Soul Kitchen, Opunake, 6pm. DECEMBER 14

Opunake High School Centenary Committee registration of interest meeting: At the OHS Library, 6pm.

**DECEMBER 17** Mike Gordon and the Blue Notes: At Mike's Brewery Bistro, Devon st, New Plymouth. Starts 8.30pm.

**DECEMBER 24** 

Opunake Christmas Parade: 6pm - 7pm, Opunake. **JANUARY 7 2023** 

**Opunake Beach Carnival:** Opunake Beach from 10am

### **ONGOING**

Movies at Everybodys Theatre in **Opunake:** Playing several days and nights each week. Refer timetable in newspaper. MONDAYS: Tainui Day Centre - St Barnabas Church Hall, 141 Tasman Street Opunake: Each Monday 10 am - 12:230 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.

WEDNESDAYS

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 4.30 to 6.30pm.

Free singing experience with Taranaki Harmony Chorus: Meet every Wednesday at Inglewood Mamaku Centre, 7-9.30 pm Phone Helen 021 296 0700. THURSDAYS

**Coastal Young Farmers:** Meet 2nd Thursday of every month at 7pm at Butlers Reef Bar & Cafe, Oakura.

Egmont Euchre Club: Every Thursday 1pm at the Opunake Bowling Club. Inquiries, 06 761 8277 or 06 761 8337

Taranaki Country Music Hall of Fame, Manaia: Running every Thursday night from 7.30pm, 11 Surf Highway, South Road, Manaia. **FRIDAYS** 

**Eltham Business Association Friday** Markets: 9:30am to 1pm, Carpark of Touch Point, High Street, Eltham.

Singer Songwriters, New Plymouth: Last Friday of the month at Little Theatre, 29 Aubrey St, NP from 7-11pm.

WEEKENDS The Historic Cape Light & Museum: Open

11am – 3pm weekends, Bayly Road, Warea. **OCTOBER 24 TO DECEMBER 3** 

A Christmas Crackup: At the Hawera Repertory Theatre, Hawera.

NOVEMBER 22 TO DEC 17 Wrap it Up Members' Exhibition: At the

Village Gallery, Eltham.

NOVEMBER 23 TO DECEMBER 10 The Golding Girls: At the New Plymouth

Little Theatre. See ad for event times. DECEMBER 1

Christmas at the Races: At New Plymouth Raceway. Gates open 12 noon. DECEMBER 1 TO 10

**Opunake Players presents Cinderella:** See advertisement and article in the Nov 17 issue of OCN for show times.

**OPUNAKE & COASTAL NEWS** 

**GARAGE SALES** 

**GARAGE SALE** 

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RELIEF

021 772 128.

Thursday, December 1, 2022

**PUBLIC NOTICES** 

Next Meeting is on

Monday December 5, 2022

at 5.30pm

Hughsons & Associates

Boardroom at the

Opunake Business Centre,

23 Napier St, Opunake

(opposite the Coastal Care

OPUNAKE & DISTRICT

### PROPERTY APPRAISAI

Contact

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COASTAL GIB STOPPERS. Phone Glenn 027 524 5745

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**OUR NEXT ISSUE IS DUE OUT ON DEC 15** 



### Get your copy at a newstand near you, today! Ate Forty One, Tukapa St, Westown **Challenge Spotswood** The Health Shop on the ground floor at Centre City The Store, Cnr Tukapa St & Wallath Rd Outside the North Taranaki Community House Trust, 67 McLean St, Waitara Inglewood Book Centre, 31 Rata St OPUNAKE & COASTAL Stratford Knit & Sew, 202 Broadway First National, Stratford. **Eltham Four Square Outside First National, Cnr of Victoria and High Streets, Hawera Outside Nursery Rhyme, 158 High St, Hawera**





**OPUNAKE & COASTAL** 

There could be a position for someone, preferably who has worked on newspapers, to help run the **Opunake & Coastal News.** 

Familiarity with the various aspects of putting together a newspaper helpful, including a willingness to be involved in the crucial area of marketing, which of course finances the paper.

Please send CV in the first instance to the editor at bernice@opunakecoastalnews.co.nz

# **TO LET**



Office Rooms/ Board Room available Long term, short term or casual basis Building has kitchen facilities, wheelchair access, cleaning services and plenty of parking on Napier Street or at rear of building on King Street. Inquiries to Clare Moss - Ph 06 278 4169 clare.moss@hughson.co.nz

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

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