



Inside



Good dairy news comes with caveats Page 3



Cart with macbre history restored. page 5.



New teachers at Opunake High School welcomed. Page 13.



Americarna rides again. Page 27.

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OPUNAKE & COASTAL NEWS

STDC gives resounding no to buying bank building

It would start a precedent, says mayor

The South Taranaki District Council has voted 7-2 against making an offer to buy the former Opunake TSB building.

The building which has been empty since the Taranaki Savings Bank closed their Opunake branch last year is on the market. Tenders close at 4pm on Friday.

At their meeting on Monday night Cr Bryan Roach who represents the Taranaki Coastal Ward had introduced a notice of motion asking the Council to investigate the possibility of purchasing the bank. This motion was later amended to read that the Council submit an offer of \$299,000 to McDonald Real Estate for the 11 Napier Street property before the Friday February 23 deadline. The only councillor to support him was fellow Taranaki Coastal Ward councillor Aaron Langton. Crs Te Aroha Hohaia and Leanne Horocited a conflict of interest and did not take part in the discussion.

Earlier in the meeting, during the open forum, Andy Whitehead and Bob Clark spoke against selling the bank.

Taranaki Coastal Community Board chair Andy Whitehead said the bank building is central to the town square where there are plans for a green space as part of the town's revitalisation programme.

"We know what happens to

buildings that are no longer wanted. We see them in all our centres.

"Once we've lost them there's no getting them back. This is a once in a lifetime opportunity. I really appeal to you guys to exhaust all options to help us as a community to purchase it."

Bob Clark said he was aware of commercial realities but the community wanted the bank to stay, citing a letter from the Opunake Business Association and articles in the Opunake and Coastal News. He had also spoken to local groups and was continually being stopped by people in the street wanting to talk about it. He had 162 letters of support from people in Opunake calling on the STDC to buy the bank and supporting the setting up of a volunteer-driven Information Centre as well as a history centre and museum. It would also be a good place to house the Maui display which had once been open to the public on Tai Road. It could also provide cash and coin floats for community groups and businesses. He said it was essential that the ATM be retained.

"The review process carried out by the consultants from Wanaka pointed out, as we already knew, that there is no obvious town or village centre. Now is the time to make that happen."

Cr Racquel Cleaver-Pittams said other groups could just

as easily add vibrancy to the town centre and might be interested in taking over the building. Andy Whitehead said the bank building is ideally located for the use being proposed and other worthwhile groups could use a number of sites which were becoming available.

Cr Mark Bellringer said that the community could use part of the \$2 million set aside for the town revitalisation programme to buy the building.

Cr Diana Reid said the building was a bank and not a green space and asked about renovations.

"Have you been to Everybody's Theatre?" countered Bob Clark. "Have you been to the Sinclair Event Centre? Have you been to Coastal Care? These were all done by the community. It's a different world."

Questions were raised about the ability to keep the ATM. Cr Bellringer said that in Eltham which had also lost its TSB they had found that their ATM had been owned by a security firm and not the TSB.

Some indication as to the way the meeting would go came when deputy mayor Rob Northcott noted that the deadline for tenders was 4pm on Friday.

"So this is a moot point. It's not happening," he said.

With the open forum part of the meeting over, Cr Roach said he wanted to amend the motion to require Council officers to make an offer for the building. He said he wanted to do this as he had realised that this would be the last Council meeting before the Friday deadline.

Several councillors said the four day period didn't leave long enough for consultation and wouldn't satisfy due diligence requirements.

Mayor Phil Nixon said this could set a precedent. He said there was a popular belief that the Yep family had donated the land to the community, but this only applied to the front courtyard.

Cr Celine Filbee said there didn't appear to be a clear plan and it had been known for some months that the building was for sale.

"There was ample time for the interested parties in



Andy Whitehead, Chair of the Taranaki Coastal Community Board who made an impassioned appeal: "Once we've lost them there's no getting them back. This is a once in a lifetime opportunity. I really appeal to you guys to exhaust all options to help us as a community to purchase it."

Opunake to prepare a report that could have changed my mind. There's a will and a way in Opunake and a history of getting things done."

Cr Roach says he was disappointed at the way things went.

"Obviously I'm disappointed at the outcome for the community of Opunake, but the councillors have spoken and they didn't support the idea."



Cr Roach, "disappointed" at the way things went.



Bob Clark whose had 162 letters of support from Opunake people wanting the STDC to buy back the bank.



Letters to the Editor

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

Privatisation of ‘our’ ‘health’ services

Covid was a wake-up call for New Zealanders to understand ‘our’ ‘health’ system has become a cog in a globalised for profit marketplace. With government (our tax dollars) adverts having almost exclusive focus pushing a ‘Big Pharma’ new to market medicine with little to no education/messaging on ways for us to take charge of our own health through even modest lifestyle changes.

A recent visit to ‘our’ local medical centre showed up this ongoing privatisation of ‘our’ medical system. Blood tests are now even more restricted even with a senior age serious/ maybe fatal condition. I was told to visit the website of the new owners of the local blood labs. Where I could pay for them myself. A simple Vit D test is now \$65 compared to \$17 even after the government

canned these during covid. Presumably because many of us taking a look at our own health protocols, were concerned about such as a potential boast to our immune systems. A factor that would affect the sales profits of these mega corporations.

I sent an email to a registered medical doctor, up country, who is having success reversing Type 2 diabetes through diet changes including fasting. I was informed ‘our’ health system has arbitrarily ruled his practice is “...not a GP clinic but an alternative practitioner clinic and therefore [their] patients are not eligible for funded blood tests...” The galling thing is many of us if we are successful with our own interventions are not costing the system costly surgical/ radiation (etc) interventions.

‘We’ need to act and take back ‘our’ health system from the march of globalising corporations. Or unfortunately we get the society we deserve through our complacency.

Max Thomas
Awatuna

Saving our kaimoana

Look, congratulations must go to this Taranaki Iwi group and Mahara Okeroa for winning the 2023 Daily News Person of the Year Award. Now this rahui starts from Paritutu right down to Opunake, so I do hope that not only the Iwi within this area helps out, but also those coastal communities too. For far too long our coastline was ravaged by outsiders from different provinces, which isn’t on at all, as a similar thing happened on Waiheke Island, plus I am against any type of seabed mining also, so we must all stand up against this, otherwise it will completely ruin our coastline’s kaimoana for good.

To me our environment is extremely far more important than this so called “climate change” which has

been happening well before mankind stepped on this planet called Earth

Tom Stephens
New Plymouth

Waitangi Weekend

Waitangi Weekend: wins and losers: A super important and successful time at Waitangi. Many there, many discussions.

Many winners around the country and a holiday off. Main winners, takeaways, Kentucky Fried Chicken, fish and chips and other fast-foods. Downside: Question of the shellfish and fish eaten on event days like these when the coastal creatures/animals survival go out the window and huge amounts of them are taken and eaten.

Question, who is dealing with fish and shellfish when so much is eaten at Waitangi. Mmm.

Ian McAlpine
New Plymouth.

ADELPHOS

Is the glass of water half full or half empty? You wouldn’t be considered a pessimist thinking that planet earth’s glass is currently half empty. Temperatures are rising in the Middle Eastern arena of war. There are hotly contested real estate flash points involving Hamas and Israel, with the involvement of Iran, Iraq and Syria. The three Abrahamic religious beliefs of Judaism, Islam and Christianity provide a further common but volatile input. It’s also not unrealistic to have concerns with allied terrorist groups and the direct and indirect military involvement of the

superpowers.

Comparatively, on an optimistic note, New Zealand and Australia have a half-filled glass of water considering the heightened civil unrest, wars and increasing climate catastrophes in Africa, Asia, South America, Antarctica, North America and Europe. However, as New Zealanders we are an interrelated part of our one world and have a way to go on our own domestic and foreign issues.

So how do we deal with a world spiraling out of control? Many people I speak with are stressed and

anxious about the earth’s future. No matter what your beliefs, philosophy or faith, we all need one or two great support friends. Support can come through family, friends, a local community group or a church. In a past article I’ve written about three types of friends (Please see AdelpHos article, “Friendships That Sink” page 2 in The Opunake and Coastal News archives, September 29, 2017). Good support often comes from good and great friends. Great friends are the rarest and best ones.

Everyone needs a great friend. Bikers might

seek a fellow biker and gardeners fellow gardeners. Christians need friends for mutual support and prayer, especially since many are no longer involved in a church. The book of Ecclesiastes, written by King Solomon, is deliberately penned in the pessimistic perspective of a half-empty glass of water: Because life can seem hopeless in a sinful world. But, Ecclesiastes’ ultimate message is that there is hope and support in life when we acknowledge God’s ever-present hand working in our lives. Jesus made the same promise: “...In this world you will have trouble. But take heart. I have overcome the world” (John 16:33, NIV).

God never guaranteed to always shield us from our troubles. But, He did promise to be our “greatest” friend promising the comfort of His Holy Spirit alongside and within us (Romans 8:26; John 14:16-17).

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Good dairy news comes with caveats

Dairy farmers have received some good news with Fonterra lifting its milk price forecast following on from a series of positive Global Dairy Trade Auction results.

The mid-point is up 30 cents to \$7.80 a kilogram of milk solids, while the forecast range for the season is now \$7.30-\$8.30kg/ms, up from \$7-\$8.

So what does this mean for farmers in a dairying region like Taranaki?

"It certainly makes a positive difference," says Otakeho farmer, farm consultant and former Taranaki Regional councillor Michael Joyce.

"If you take the 30 cents increase, for a 100,000kg/ms farm that would have 280-380 cows, that's a \$30,000 difference in gross income. There shouldn't be extra costs and it would go straight on to the bottom line. Seeing the global auctions and the third successive rise, there's a certain amount of buoyancy compared to where we were at in July and August."

Oaonui dairy farmer and South Taranaki District councillor Bryan Roach also welcomes the \$7.80 figure but says it's still below the break even point of \$8 plus.

"People I've been talking to say it's absolutely fantastic but they still require more with the cost of everything going up. The cost of everything I do on my farm has gone up and gone up considerably. With some prices you have to ask yourself if you can justify having to purchase that. The cost of fuel has absolutely skyrocketed. Interest rates have a huge bearing on dairy farming in New Zealand, and New Zealand needs dairy farming to bring in the money from overseas.

"Everyone knows that farmers are price takers not price makers."

Te Kiri dairy farmer Shane Ardern who was chair of Parliament's Primary Industries select committee when he was MP for Taranaki-King



Michael Joyce.

Country also welcomes the increase. He says it will be good for towns like Opunake but the increase comes off a small base. He also believes something has been missed in the media coverage.

"One of the mistakes made by the local New Zealand media has been comparing Fonterra to the next highest paying company in New Zealand."

He says 96 per cent of New Zealand dairy produce is exported, so the Fonterra price should be compared to what the likes of Nestle and other international dairy payers are paying out in order to see whether the Fonterra price is a good one.

"Compare us with what the international milk price is. That's the bit of the discussion that's left out of the

equation.

"When the All Blacks are in the World Cup they play the international sides like the Springboks, Ireland and Wales. They don't play Waikato."

He says the revised forecast is a "reprieve and very welcome," but it comes off a time when dairying had been hit by a "triple whammy."

"We've had a 110 per cent increase in interest rates in eight months, 17 per cent on-farm inflation in 12 months and a 40 per cent drop in pay out. The economic circumstances now match or are worse than we had in the 80s when there was a major downturn."

He says the interest rate in-



Shane Ardern.

creases have hit the younger farmers, the "best and brightest" which the industry needs to hold on to.

In the wake of the revised payout Michael Joyce has a word of advice.

"Everybody should be budgeting very carefully for the current season and make sure that any increase in revenue is prioritised to what they need to do, and then budget for next year. That's not done

enough in our industry."

He said that although there can be a tendency when farm incomes go up for people to assume farmers have more money available so that farmers' costs go up, he believed that ultimately market forces will produce an equilibrium.

"Farmers are in a more positive situation to make a profit now than they were back when the price was as low as \$6.50."

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Tracking gear keeps kiwi safer in their Kaitake home

They're famously shy, but our precious kiwi are now more visible and a bit safer thanks to new tracking equipment funded by NPDC. Kaitake Community Board bought the tracking equipment with \$3000 from its budget to support residents to care for the environment. It gifted the equipment to the Kaitake Ranges Conservation Trust whose volunteers are using it to keep tabs on kiwi. "Our members use the new equipment to track monitored kiwi and detect

health issues and study their behaviour including feeding times and whether the males are nesting," says trust Chairperson Pete Morgan. The trust has worked with other community groups and local iwi to release 31 adult North Island Brown kiwi in the Kaitake Ranges over the last three years. The volunteers are currently tracking 14 kiwi, each fitted with a small radio transmitter with its own radio frequency, which tracks their location and sends information on the



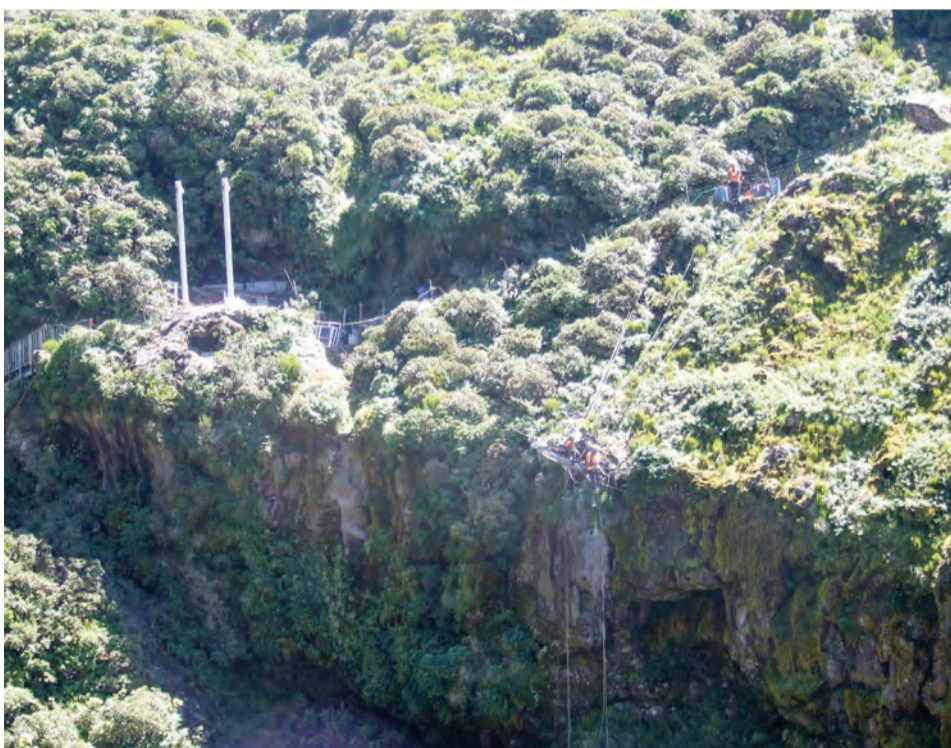
Kaitake Ranges Conservation Trust Chairperson Pete Morgan (left) using a Kiwi tracker with Kaitake Community Board Chair Graham Chard at Lucy's Gully.

activity and breeding status of the kiwi. "Our natural environment is at the heart of the Kaitake community, and our residents are passionate about protecting it. Saving our kiwi and restoring our natural ecosystems helps us to build a Sustainable Lifestyle Capital for our Tamariki and future generations," said Kaitake Community Board Chair

Graham Chard. The Kaitake Ranges, inland from the coastal town of Ōākura, are part of the Te Papa-Kura-o-Taranaki/Egmont National Park. Kaitake Community Board represents the centres of Ōmata, Ōākura and Ōkato as well as a large rural population around communities such as Tataraimaka, Pitone and Hurworth.



Progress on Manganui Swing bridge



ABOVE and LEFT

The Manganui Gorge swing bridge access is well underway with the main columns constructed and they have had a good amount of time to consolidate. These are huge pillars which will support the wire ropes holding the walkway deck. The Abseil Access staff from Wellington were on site doing their bit getting ready for the heavy wire ropes to get helicopters in soon. The swing bridge is due to be completed by the end of April.

Ian McAlpine.



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New home for Lizzie Bell veteran

After seeing 142 years of Coastal Taranaki history the Pettigrew cart now lies comfortably ensconced behind glass in a water-proofed building at the Lizzie Bell Cemetery at Pihama.

The cart which the Pettigrew family had brought with them to Opunake from Auckland in 1882 was used to pick up goods and passengers from ships that anchored in the bay at a time when the only way into town was by sea. When Pihama School celebrated its centenary in 1987 the Pettigrew cart led the parade. It is, however best remembered for bringing in the bodies of the sailors who had died in the wreck of the Lizzie Bell wrecked off Oeo on the night of July 24 1901.

Ships had been wrecked off Oeo before, but this time there was loss of life with 12 of the 18 crew not surviving the wreck. Today the dead crewmen are buried at the cemetery at the Pihama cemetery which bears its name. John Pettigrew from the Jerseydale farm at Pihama used the cart for farm work and taking milk to the dairy factory. After the wreck he used it to carry the bodies from the beach to the Oeo Hotel which had been taken over and used as a morgue.

Late last year the cart which had been restored by the Pettigrew and Dorn families was taken to the Lizzie Bell Cemetery on permanent loan to the Pihama Cemetery Board.



The Pettigrew family cart led the parade at the Pihama School Centenary in 1987. The driver was Jim Symes with Maree, Craig, Joanne and Bryan Dorn, great great grandchildren of William Pettigrew.

The board had organised a water-proof building with large windows to house the cart next to the Lizzie Bell Memorial and the graves of the sailors.

"It's only fitting that the cart be taken back for its final rest to the final resting place of the bodies from the Lizzie Bell," says Mark Stevenson of the Pihama Cemetery Board.

Susan Pettigrew had arrived in Opunake in 1882 with her children in 1882 bringing the cart with her. Her husband William had already arrived and ran a general store with his brother-in-law.

At that time the only way goods could come into town was by sea with ships anchored in the bay. Goods and passengers would be rowed out and loaded on to drays in the surf, like the one the Pettigrews owned and then taken into town. There were lidded bins on each side to keep the flour and sugar dry and clean. The cart was also used to deliver goods around the district.

When William's oldest son John went farming at Pihama he bought the dray.

In 2022 John's grandson Gordon Pettigrew and grand-

daughter Joy Dorn told the Taranaki Coastal Community Board that their family wanted the cart to be restored and kept at the Pihama Cemetery on permanent loan from their family.

Gordon said he remembered feeding out from the cart in the 1950s, but over the years its condition had deteriorated. "Joy and I are probably the last in our family to recognise its significance. If the cart is left to dissolve in the elements you can't recover the history," he said.

The cart has had several public outings in its day including the Pihama School 75th and centennial celebrations as well as a Merchant Navy commemoration in 2019.

Mark Stevenson says the board is planning to have an opening ceremony for the memorial in the near future.



The building which houses the Pettigrew cart next to the graves and memorial to the Lizzie Bell sailors.

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Ladies fare worse after a divorce

It is likely that women find it harder to emotionally adjust after a divorce or break-up, suggest international researchers who tracked the antidepressant use of close to 230,000 people aged 50

to 70 who had lost a partner one way or another. The team say both sexes ramp up their antidepressant use in the run up to and immediate aftermath of a split, but they found women to use them

more than men. The researchers say they found small falls in the antidepressant use among people who found another partner, but the levels tended to return or increase in subsequent years. This is an observational study, and as such, can't establish cause, but they say their "findings underscore the challenges of adapting to union dissolution in later life and the associated need for support." *Journal of Epidemiology & Community Health*

The next issue of the

Opunake & Coastal News is on March 7



Has anybody seen this vehicle?

This land rover (reg JE9013) was taken from Hastings Road Kaponga on the 7th or 8th of February. If anybody has seen it could they please contact the police.

Rawhitoria Memorial Pool

by Nelson Every

Nelson Every who wrote a fascinating account of his great Uncle Harry who was twice torpedoed in World War II has just published a second book, this time about the Rawhitiroa Memorial Pool.

Nelson who grew up in Rawhitiroa and now lives in New Plymouth once again has used family records, to give a comprehensive account of the history of the pool beginning with its inception. His father was Chairperson of the Rawhitiroa War Memorial Baths Committee for 18 years.

"I started the book actually before writing Uncle Harry," says Nelson, an aircraft engineer.

"I had some information from my parents records," he continued adding that, as with his amazing account of his uncle's extraordinary life, he decided the best way to preserve the records was to write a book. Some of the material came from his father but he also got further information from locals. At 268 pages it's quite a read.

The book entitled Rawhitiroa Memorial Pool covers when the idea of building a "bath" was first mooted by his Uncle Harry who first suggested it in a letter home while serving overseas during World War II.

It was not until 1957 however that the idea took hold and digging for wells to find a water source for the pool began.

It was built by voluntary labour - mostly farmers - one an ex teacher. Because it was a memorial pool it attracted Government finance which amounted to a fifty percent subsidy. "It was a huge help. They couldn't have done



Nelson Every.

it without it," says Nelson. As well as subsidising the labour the Government also helped in buying the tiles and the filtration system.

The digging of the well was not without incident. Digging by hand was not only hard work but extremely dangerous.

The first well - later abandoned - was dug by hand and could have

ended in tragedy on several occasions. A brick dropped down the well just missed a person. On another occasion a spade falling blade first also narrowly missed hitting someone deep in the well. On yet another occasion digging at 50 feet deep into the well they began to feel exhausted after a short time. A lowered

Continued page 7



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Rawhitoria Memorial Pool

Continued from page 6

candle was soon snuffed out indicating the presence of a gas – mercifully not methane which would have immediately ignited. After reaching 70 feet the tough decision to abandon the well was made as it only provided a minimal flow of water.

As well as a wealth of detail about the technicalities of the building of the pool, Nelson has profiled some of the people driving the monumental project including his father Paul Every who headed the initiative. A former teacher originally from Dunedin he met Paul's mother Phyllis when she was doing nursing training in Dunedin. They ended up in Rawhitoroa where Paul took over the family farm following the death of Phyllis's brother, the aforementioned Harry who was lost at sea after being torpedoed for a second time during the Second World War.

There were also endless squabbles about the design perimeter fence eventually settled. CA Wilkinson, storekeeper and former Member of Parliament for Egmont whose name still graces the buildings in Eltham donated generously to the project.

The finished Rawhitiroa Pool calculated to have taken 12000 hours of voluntary labour was officially opened by the Hon WT Anderton, Minister of Internal Affairs on January 30 1960 and was a triumph. "It became very popular in the sixties and seventies and innovative in that the water in the pool



Rawhitoria Pool not long after completion in 1960.

was flush with the retaining wall which overflowed into a trough. "It was quite unique for its time," said Nelson and a first for Taranaki. It also became a prototype for future swimming pools generally.

There are grass terraces where people would picnic and the popular pool sometimes attracted over a thousand people a day. A learners pool was later added along with a shop.

These days the pool is tepid being solar heated.

It is maintained by the South Taranaki District Council and is the only pool in the South Taranaki District area with a diving board, Nelson was told.

Despite being the author of two very readable books, Nelson insists he is not a writer and says English was his worst subject at school.

His interest is writing such books is in "keeping records before they become lost," and to put them in a form



The pool today.

people can read. A photo of his uncle Harry is in the Rawhitiroa Hall along with other casualties of the Second World War.

Future plans include writing "small books" about the family ancestry and their lives, again a great fund of interest no doubt for the inquisitive Nelson who clearly has a talent for portraying and making the minutiae of past lives

and achievements so very interesting.

On his mother's side (Ford, Inch and Wood) his first ancestors arrived on the ship the William Bryan from England, and were the first settlers in New Plymouth.

A copy of the book Rawhitiroa Memorial Pool will shortly be in both the Eltham Library, Eltham Historical Society and New Plymouth Library for loan.

If anyone would like to purchase a copy they can contact Helen O'Connor Phone 06 764 8811

or Nelson Every in New Plymouth phone 06 759 2270. They are selling at \$50 each.



Back Row (includes all who are not in the front row)

Vic Belcher, Bill Oldfield, Bob Wood, Brian Tipler, Les Prankerd, Ken Walke, Unknown, Unknown, Roly May, Edgar Askew, Bill Dodds, John Neal.

Front Row. Dick Silver, Peter Prankerd, Peter Bolstad,

John McK. Campbell, Paul Every, Pat O'Connor, Ken Rye, Darcy Knuckey.

The photo was taken by Laurie O'Connor

This shed was known as "The Black Hut" or "The Little Black Shed", and sometimes referred to as the "Rawhit Pub". Built as a storage shed for their equipment and supplies, the Black Hut soon became the place for their work related discussions, their canteen, but mostly for after work socialising and the consumption of liquid refreshments.

The workers outside the infamous Black Hut.

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Make good on commitments to sustainability



to dairy farmers this month. As noted by CEO Miles Hurrell, the lift in price follows five strong Global Dairy Trade events. That's why I'm particularly proud of the fact that over the six years that Labour was in Government we secured four new Free Trade Agreements (FTAs) and upgraded three existing agreements.

As a trading nation, New Zealand's prosperity and

success relies on our ability to trade freely with the world. These agreements represent significant additions to New Zealand's network of FTAs. They will build New Zealand's strategic trade depth, supporting our economic resilience by giving us preferential access into significant markets.

However, this access is not a given and the new Government must work to

ensure that we are making good on our commitments to sustainability. This is not only to maintain access to global markets, but also to ensure we are protecting the environment and climate in a way that will allow New Zealand farmers to continue farming for years to come. I am soberly reminded of this fact with the passing of the one-year anniversary of Cyclone Gabrielle. Events

such as this will continue to impact us, farmers especially. They will increase in frequency and severity, and it won't only be cyclones, but droughts and fires as well.

Milk prices are improving, and this is fantastic news, but global demand is uncertain with instability within the world of geopolitics. As we have seen over the last few years, New Zealand has the

potential to be buffeted about a bit by global economic conditions, largely outside of our control. Diversifying industry and focusing on export growth driven by quality over quantity is better for the environment and it is better for our economic resilience.

*Jo Luxton MP
Labour Spokesperson
for Agriculture, Rural
Communities and
Sustainability*

Fonterra's increased forecast for farmgate milk prices will be welcome news

Massive' impact on projected rates after councils instructed to retain water services

Bringing the costs of water services back into council budgets has made a dramatic change to potential rates impacts for Hamilton City Council.

In 2023 legislation was passed by the previous

Government to remove the costs and responsibility for water services delivery from councils (and transfer to new organisations) in stages. Hamilton City Council was to join a new entity in 2025, and legislation prevented Council from including

water service delivery costs beyond Year 2 of the draft Long-Term Plan.

This meant Council's long-term draft budgets set in November excluded all water services costs from rates bills from 2025/26.

In December the new

Government said it would repeal the reform legislation and instructed councils to include water service delivery in its Long-Term Plans, pending repeal legislation expected later this month.

This has added hundreds of millions of dollars in costs, and an urgent revision, to the previous draft budgets. It means Council will reconsider the plan, and the consequential impacts on rates, at its meeting of 20 February.

Staff provided detailed financial modelling which showed bringing those costs into the draft budget, with no other changes, would mean sharp increases in projected rates in Years 2 to 5 in the plan.

The rates increases originally proposed in November from Years 2 to 5 were 12.9%, 8.7% and then two years at 6.3%. Returning the costs of water services changes these figures to four consecutive years of 14.1%

rises. Both sets of figures assume a 25.5% increase in Year 1.

Hamilton Mayor Paula Southgate said the impact is massive for Council's budgets, with water services making up around 30% of Council's operating costs and capital investment.

"The need to include water service delivery in our Long-Term Plan beyond year 2 significantly changes our financial projections, placing further cost pressure on Council.

"I've said for some time that the funding model for Councils, for the huge infrastructure challenges we face, is fundamentally broken and unsustainable. Adding the cost of water services back into councils' Long-Term Plans brings this collective challenge front and centre. Waters infrastructure is expensive, especially for a fast-growing city."

The main driver for the rates projections is that Council

is required to maintain a debt-to-revenue ratio set by the Local Government Funding Agency. Council can borrow more to fund the infrastructure investment needed but needs to increase revenue (largely from rates) to remain within the limits set by the LGFA.

"We need new ways of working between Local and Central Government to support large scale investment, drive economic development and growth, and better meet the needs of the community," said Mayor Southgate.

"I will continue to raise this with the Minister for Local Government. In the meantime, my focus is on finding the right solution for Hamilton - this means finding a balance between affordability and providing sustainable and resilient water infrastructure for our rapidly growing city, but most importantly we need to have honest conversations with our communities."

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Head pupils at Coastal Taranaki School for 2024

Correction
We apologise for an error in the last issue of the Opunake & Coastal News which incorrectly identified the three Head Students at Coastal Taranaki School for 2024. The Head students are from left Connor Rayner, Thomas Moffit and Zak Fongere.

Water meters paying off for NPDC ratepayers

Around half of New Plymouth District homes now have water meters, but the benefits are already flowing through for everyone.

NPDC was considering including a \$4 million upgrade of the pump station and pipeline to keep up with water demand in the Urenui and Tikorangi water supply area, in its next 10-year plan.

With peak demand at 132 cubic metres (about 880 bathtubs full) each hour, it was on the volume threshold that would have required an upgrade.

That investment has been put off for the foreseeable future – thanks to household water meters, which identified leaks, including one property using 60 cubic metres (about 450 bathtubs) a day.

With the leak fixed, peak

demand in Urenui-Tikorangi has dropped to 102 cubic metres (680 bathtubs full) an hour, meaning the upgrade can be put off and the \$4 million spend isn't needed in this 10-Year Plan (2024-2034).

"We've installed about 13,000 meters out of the 26,000 as part of our \$248m investment in Fixing our Plumbing reduce waste," says NPDC Three Waters Manager Mark Hall.

Since February 2024, meters had identified and helped to stop leaks totalling 463 cubic metres a day, more than the total daily use for the whole of Ōkato and equivalent to about 68 Olympic swimming pools a year.

"We're one of the thirstiest places in Aotearoa, using up to 60 per cent more water than places of a similar size,

and that demand puts a huge strain on our 800km of aging drinking water pipes, some of which are more than 100 years old.

"Locals use on average 288 litres per person per day in New Plymouth versus 222 litres across New Zealand," he says.

Hall says water meters could help cut our water use by about 20 per cent by showing us how much we're using and help to save on the district's future plumbing bills.

Major leaks of greater than 30 cubic metres a day have been found and fixed in four properties in Ōkato, Tikorangi, Glen Avon and Strandon.

NPDC Water Treatment Plant lead Rachelle Quin checks outlet valve at Tikorangi Reservoir.

Home values continue to strengthen, slowly but surely

The housing market's slow but steady recovery continues, with all but one of Home values have risen across the Taranaki region this quarter.

value increased by 2.6% to \$715,862. But South Taranaki and Stratford weren't far behind, with values also increasing by averages of 2.1% and 1.4% respectively since the end of October.

Aotearoa New Zealand's main centres recording an average rise in home value this quarter.

The latest QV House Price Index for January 2024 shows the average home increased in value nationally by 2% this quarter to \$925,461, representing a faster rate of growth than in the three months to the end of December, but still slightly slower than in October and November. The national average value is now just 1% less than at the same time last year.

Only Invercargill (-0.6%) posted a small average home value reduction this quarter, following six consecutive months of growth. Otherwise 10 of the 16 main urban areas we monitor

recorded more growth in this index than in the last one, with Queenstown (4.4%), Christchurch (3.4%), and Dunedin (3.1%) experiencing the largest gains on average this quarter.

QV operations manager James Wilson said the housing data continued to be volatile in some areas of the country where a relatively low number of sales had still been occurring. "It doesn't take much change in activity to increase or decrease the value performance of some of our less populous regions, but the overall trend is the housing market is slowly but surely strengthening."

"Over the last few months there's been a pretty major shift in mindset. Many prospective buyers are now thinking that things can only get a bit better this year when interest rates eventually reduce and interest deductibility is reintroduced for investors, so they've been cautiously returning to the market in slowly increasing numbers, trying to get ahead of any further price rises," Mr Wilson said.

He said widespread predictions of a possible drop

in shorter-term mortgage rates later in the year and only a small recent rise in unemployment would likely reinforce this perception. "You can't underestimate how powerful a shift in the prevailing mindset can be. Confidence is rising, even as financial and economic pressures are continuing as they have been for some time."

"After a brief stalling in home value growth over the holiday period, it looks increasingly likely that residential property values in New Zealand will broadly continue to follow the same trend they left off in October and November last year, with slow but steady growth overall, as well as a likely uptick in activity throughout February and into March."

"Outside of our largest cities, I expect that we'll still see some fluctuations from month to month, with patchy, often variable growth – especially where continued high immigration is less of a factor and activity is low – but once again the overall picture is of a slowly strengthening housing market," Mr Wilson concluded.

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Most people's conspiracy beliefs stay the same

Even over the Covid-19 pandemic, people were mostly consistent in whether they believed in conspiracy theories or not. That's according to new research looking at the conspiracy beliefs of nearly 500 New Zealanders and

Australians over six months in 2021. Notably, the number of people who started off agreeing with a conspiracy theory but later changed their mind, were offset by a similar number of people going the opposite way.

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Give it a Go swimming challenge at Okato

Okato hosted the Give it a Go Summer Series swimming challenge at the weekend on February 17. Run by Swimming Taranaki, the event is open to various swimming clubs around Taranaki to swimmers who have not competed outside of Taranaki. The idea is to give young

people an opportunity to try competitive racing in a relaxed environment, said Louisa Parker, from Swimming Taranaki. Held over summer, there are three swimming meets. Last week it was held at Waitara and next week Inglewood is to host the event. The young people compete

against their age group with four different categories – 8 and under, 9/10 years, 11/12 years and 13/14 years – doing a variety of strokes including free style, breaststroke, backstroke and butterfly with the penultimate

event four length relays. A trophy is awarded at the end of the year to the club that has accumulated the most points awarded for first, second and third placings in the swimming series. Fiona Lacey, Coach of

the Okato Swimming Club commented “It was a chance for children to give racing in the pool a try without any rules. “There’s no disqualification.” It was also a good opportunity to learn about the sport of swimming

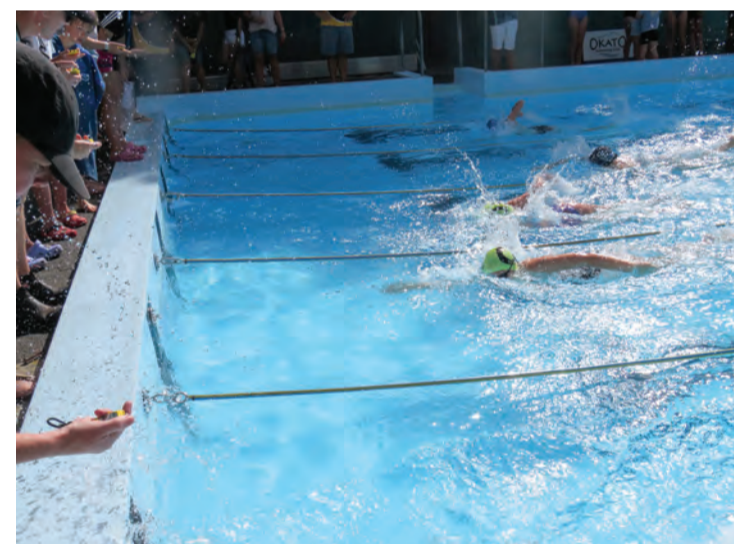
and to promote swimming generally, she added. Fiona (nee Piper), originally from Dunedin, was a competitive swimmer when younger and was coached by the late great Duncan Laing who trained Olympic double gold medalist Danyon Loader. Born in New Plymouth, the coach was later based in Dunedin and was awarded an OBE. He was a convert to Arthur Lydiard’s belief in steady mileage and lots of it. The Okato Swimming pool is heated. Maintained by the New Plymouth District Council, it is open in the morning to the public and at other times is used by Coastal Taranaki School. With the emphasis on fun, the New Plymouth District Council finance the Give it a Go Summer Series event and also come up with spot prizes on the day. The Okato Swimming Pool dates back to 1937. Originally the water in the pool came from diverting the Kaihihi Stream.



The 11/12 year old heat which was won by Dylan Venables (12) at extreme left from Aquabladz, the New Plymouth Swimming Club. Dylan’s father Stephen, there to watch his son compete, also, like Fiona Lacey, also trained under Duncan Laing.



From left, the first heat of the 8 years and under was won by Odin Warmenhoven. Connor Price was third. Both swimmers are from the Hawera Swimming Club.



A close finish.



Right: Rivals and friends after the swim.



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Okato Lions Club: A pillar of community service and unity

Okato Lions is a group of dedicated individuals making a significant impact on the community since 1970. The Okato Lions Club, an affiliate of the esteemed Lions International, has become synonymous with selfless service and community building.

Over the past year, the Okato Lions Club has been actively involved in various community events, leaving an indelible mark of service and camaraderie. Some of their notable contributions were their enthusiastic participation in the Okato ANZAC Parade and the Okato Christmas Parade, where they played a crucial role in setting up and ensuring the success of these cherished community traditions and marshalling for the Egmont Half Marathon and other around-the-mountain events over the years.

The Lions also demonstrated their commitment to health and recreation by lending their support to the Okato Swimming Club. Funds were utilized to provide flutter boards. They organized a BBQ for the Te Ruru Christmas Market, cooked for the Okato Christmas Parade and some Coastal School events. Lions Okato also support the Taranaki Cancer Society by supporting Daffodil Day outside the Four Square

In a bid to add a touch of greenery to the town, the Lions took on the initiative of beautifying the local Four Square shop planter boxes by planting an array of vibrant flowers and plants. This thoughtful gesture not only enhances the visual appeal of the town but also reflects the Lions' dedication to creating a welcoming and aesthetically pleasing environment for residents and visitors alike.

Looking ahead, the Okato Lions Club has exciting plans on the horizon. With a series of 4X4 off-road events in the pipeline, they are set to bring together thrill-seekers and off-road enthusiasts



Okato Lions Club swimming pool.

from the community and beyond. This promises to be an adrenaline-pumping experience that fosters a sense of adventure and unity among participants.

The Lions also continue to demonstrate their commitment to education and local history. Recent donations to the Okato Historical Society and the Okato Swimming Club for flutter boards exemplify their dedication to supporting cultural and educational initiatives. Additionally, they've sponsored a few local students, providing them with the opportunity to partake in enriching trips that contribute to their personal and academic growth. Along with a donation towards the Tangiwai Train Disaster Memorial built by Stone Creations (Okato based business). They also organised the Lions International Peace Poster Competition for the students at the Coastal School. Recently a few Lions assisted with the local Community Picnic at the skate park.

Lions International, recognized as the largest humanitarian organization globally, serves as the backbone of the Okato Lions Club. The organization's motto, "We Serve," is brought to life through the myriad initiatives undertaken by this dynamic group and the only charitable



Helping at the Coastal School Art and Pet competition.

organisation that has a permanent seat on the board of the United Nations.

Lions also collect old glasses that are donated to many Pacific Islands, along with coins that cannot be exchanged which are donated to a Lions charity "Heads up for Kids" If you have coins contact the Okato Lions for collection, grants are available for school aged children with projects.

The Okato Lions Club extends an open invitation

to anyone aged 18 and over, regardless of gender, to join their ranks and become an integral part of the local community.

If you're interested in being a force for good in Okato and the coastal region, consider attending the Okato Lions Club meetings held on the first Wednesday evening of every month at the Hempton Hall where we have interesting speakers on the night. It's an opportunity to connect with like-minded



Okato Santa Parade float.

individuals, contribute to meaningful projects, and make a lasting impact on the vibrant community of Okato. The Okato Lions Club is proof that when people come together with a shared vision of service and community, incredible

things can be achieved. If you are interested to be a part of the Okato Lions and help in the community email okatolionsclub@gmail.com or contact Colin on 027 542 1853

Colin Tyler, Okato Lions President.

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Relay For Life 2024

Cancer is one of the leading causes of death in New Zealand and every day 71 people in Aotearoa will hear the words 'you have cancer'.

With confronting statistics like this on the rise, events like Relay For Life grow in importance in our communities.

Relay For Life, is an event that occurs around the world, and is all about celebrating the lives of people who have faced cancer, remembering loved ones lost to cancer, and uniting to fight back against the disease by raising awareness and funds to provide vital research and care and support in the community.



Get involved - Relay For Life, 2024

Taking part is an option for anyone – regardless of

fitness level and regardless of whether you have a connection to someone who has been or is going through cancer, or you just want to make a difference - Relay For Life is for you.

By participating, people are also helping protect future generations of New Zealanders by helping to fund ground-breaking cancer research and vital prevention

programmes.

Teams take to the track for the course of the event, keeping their batons moving to symbolise our unstoppable fight against cancer.

“Relay For Life is one of the Cancer Society’s biggest fundraising events. Your support helps cancer patients and their whānau get the care and practical support they need; from crucial

help getting to treatment via our free driving service, through to specialist nursing and psychology support, and accommodation for those needing life-saving treatment far from home.”

Taranaki – Saturday March 23 2024, 10.30am - 10.30pm, TET Stadium and Events Centre, Inglewood.

Returning to the wonderful TET Stadium the 12 hour Taranaki Relay is going to be packed full of fun and entertainment including the Patea Maori Club.

Featuring again this year are the very popular lap beads. A string is available to purchase for \$5 and participants collect a bead for every lap completed – who will have the most beads at the conclusion of the event?

The poignant garden of remembrance offers a special place for people to remember loved ones and a Health Hub is being launched where visitors and participants can pop in to learn about being SunSmart, healthy eating, fitness and making healthy lifestyle choices.

Live music and spot prizes feature as well.

Get in quick, registrations close very soon.

To find out more about any of the Relay For Life events, visit: www.relayforlife.org.

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Grevilleas, make a gorgeous winter display with a range of varieties to choose from. These tough plants are able to withstand both dry and frosty conditions. They prefer free-draining soil in full sun and are perfect for coastal situations.

Grevilleas require little maintenance and come in a variety of shapes and forms. The unique toothbrush or wiry, spidery ball-shaped flowers come in a range of colours from white through to greens, oranges, and reds. Grevilleas have gorgeous divided foliage that also makes a beautiful

display. Grevilleas are a good food source for many birds and bees, especially through the winter months when food isn't as abundant. They require very little maintenance and a controlled-release fertilizer low in phosphorus can be applied at the beginning of spring. Trim back the flower heads once they have bloomed.

Palmers picks for Grevilleas: Bronze Rambler, a vigorous ground cover with new bronze foliage and red toothbrush-like flowers, perfect for banks and walls. Gaudi's Ghost. An

attractive variegated version of the hardy and useful ground covering Grevillea gaudichaudii. The new growth is pink, and fades to white with age, contrasting well with the green older ferny leaves. It gets red toothbrush flowers in winter and spring. It is dense growing, and can spread to several metres wide.

Lady 'O', a medium shrub that grows to around 1.5m high, has stunning bright red flowers that give colour all year round,

Fireworks, Small to medium shrub to about 1m with bright red and yellow flowers produced on branch ends.


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New Teachers Opunake High School Myah Kemsley Godfrey Hlahla



Godfrey Hlahla, wife Bernadette and sons Aio Mycc and Kyi Tynn.

Kia ora Opunake and chemistry teacher at community and Taranaki Opunake High School. As a devoted husband and father of three wonderful children,

I bring over two decades of enriching experience as a science and chemistry educator to my current role.

Having traversed borders and cultures, my journey in education spans across two countries (Zimbabwe and South Africa) before arriving in this new chapter (Auckland, New Zealand) just before the onset of the global COVID-19 pandemic in 2020.

Passionate about fostering curiosity and critical thinking in young minds, I thrive on the dynamic interplay between teaching, learning, and research. My love for languages has led me to explore and embrace diverse linguistic landscapes, enriching my interactions with students and colleagues alike.

Outside the classroom, I find solace and wisdom in the timeless narratives of the Bible, which serves as a guiding light in both my personal and professional endeavours. I am also a great rugby and football fan.

Whether engaging in scientific exploration or delving into spiritual reflection, I am committed to lifelong learning and growth, eagerly embracing the challenges and opportunities that each new day brings. I am happy to be part of this wonderful and loving community.

Kia ora,

My name is Myah Kemsley, and I will be teaching English and Social Science at Opunake High School. I am from Okato, where I grew up on a farm with my three younger siblings. I completed a Bachelor of Arts majoring in English and History in 2022 and a Graduate Diploma of Learning and Teaching in 2023 at Massey University. Last year, I completed one of my teaching placements at Opunake High School



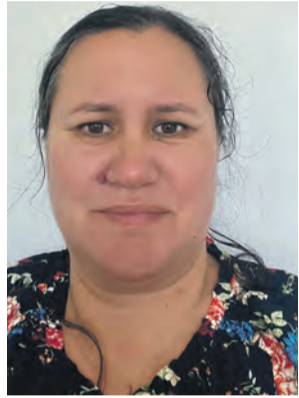
which I thoroughly enjoyed. As a previous student of Opunake High School, I am super excited to be back as a teacher this year.

Wynita Katene

Kia ora koutou katoa, Ko Wynita Katene tōku ingoa. Nō Whanganui ahau. Ka nui te mihi ki a koutou katoa mo te manaaki i ahau ki taku mahi hou.

I have been teaching for 24 years in primary school education and have held a variety of roles over this time but this is my first time being part of a high school whānau. It is an exciting new journey that I am lucky enough to have the opportunity to embark on.

I am lucky enough to be teaching in our junior school. I have my own fantastic bunch of year 9's to mentor and am teaching in the Te Reo, English and Social Science area of our kura.



I am new to the area from Manawatu and am enjoying the beauty this part of Taranaki has to offer. What an awesome place to live and a great community to be part of.

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Kaponga WI hold AGM



The winners of the annual trophies. From left. President Jo Ellis and Diane West.

A good attendance was welcomed to the February meeting of the Kaponga WI by President Jo Ellis. New member Trish O'Riley was warmly welcomed to the group.

Our link of long standing in the UK sent a group photo, letter and card which was read out. Their struggles are very similar to ours here.

Five members are attending the Founders Day celebrations at Waimate Hotel on February 21. A lovely response was read out from a Hawkes Bay resident who benefited from the supplies we sent during the floods. The sunflower seeds given to all members in December are blossoming at present. Well almost - as the seeds given to some members lolled in the packet for some weeks but are just peeking through the soil now. A bus trip has been suggested and will be investigated by some members for later in the year. And a keen interest was shown to attend an Operatunity Concert in New Plymouth. The raffle was won by Jo Ellis and the silver dish presented to Fiona Collins for trying to grow sunflower seeds in the packet in a drawer.

After a sumptuous shared lunch the AGM was held.

The annual reports from the President and Treasurer were presented and as always we have been a busy WI including work and lots

of fun. Most meetings which are held in members' homes are working very well which sees the hostess for the month deciding the activities etc.

Officers elected; President; Jo Ellis. VP; Dene Lines. Secretary; Fiona Collins. Treasurer; Sharyn Hurley. Committee; Remainder of members

Congratulations were conveyed to the top table for their reports and for the work they do to keep our WI running smoothly. We do appreciate you.

Our nomination for Jo

Ellis to be a member of Federation is to be forwarded and we wish Jo well in her endeavours.

Presentations for the year; Jubilee Cup (most points); Diane West. Homecraft trophy; Diane West

Miscellaneous ; Diane West. Morressy Cup (runner up points) ; Jo Ellis. Thanksgiving Cup; (gardening); Jo Ellis

Congratulations to Diane and Jo for taking home the silverware between them. Well done.

Carolyn Nicholas

Graham Kirk



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The Okato Swimming Pool - a look back in time



Fiona Lacey who coaches swimming at the Okato Swimming Pool has sent some interesting photos relating to the history of the Okato Swimming Pool which readers will find interesting.

The Okato Swimming Pool as it was originally when first opened in 1935 and was fed by the Kaihihi Stream..



A huge flood in February 1935 the district suffered major flooding in many of its rivers. The old Kaihihi stream rediscovered its old channel, overwhelmed the pool. This photo shows the flood at its height.

The flood left the pool filled with debris, and it was a long job to dig it out by hand.



The pool was reopened in 1936. This photo taken in the late 1930s is of from left Eileen Brophy, Joyce Larking, June Power, Mona Willis and Joyce Putt.

In 1982, the pool was completely rebuilt into what we see today.



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Homes and livelihoods protected with boost to Waiwhakaiho flood scheme

Businesses and homes in The Valley in New Plymouth will get improved protection from flooding with an upgrade to the lower Waiwhakaiho River Flood Control Scheme.

The upgrades by Taranaki Regional Council will raise two sections of the existing defences including along the stopbank and a flood wall which protect shops and houses near Constance Street and Rifle Range Road.

Council Rivers Manager Chris Vicars says revised flood modelling after a large flood event in 2017 identified two sections of the flood control scheme that would require an upgrade.

“While the current defences do provide protection from the design flow of 1180 cubic metres per second or a 1-in-100-year flood, the \$450,000 upgrade will provide further protection through allowing for uncertainties associated with climate change prediction and hydraulic modelling,” Mr Vicars says. “Our mission is to support livelihoods across our region and these improvements will give people living, working and shopping in the area peace of mind that the flood defences can withstand a major weather event.” The upgrade project is set



Upgrading to the lower Waiwhakaiho River Flood Control Scheme.

to be completed by the end of March, 2024 and most of the work will take place on the river side of the scheme so will not be visible to the public. There may be some minor traffic disruptions in the area as heavy machinery is moved around the site but that is unlikely to disrupt shoppers heading to The Valley.

“We’re not expecting any major disruptions and action will be taken to minimise noise and prevent dust issues during the work as well.

We thank locals, shoppers and businesses in the area for their patience while we complete this vital work to protect the area now and for the future.”

The improvements to the Waiwhakaiho scheme follows an unprecedented year of flooding in New Zealand, with Auckland and Hawke’s Bay residents hit hard by the impact of Cyclone Gabrielle in February.

The upgraded flood defences will be up to 600mm higher in sections. The upgrade will require

approximately 2800m³ of new fill being added to the existing stopbank and concrete capping added to existing flood walls

The new height is based on achieving the agreed protection standard for the scheme of 1180 cubic metres per second. This is the estimated 1% AEP or 100-yr flood with allowance for climate change

The new defences also provide ‘freeboard’ – that means they have an allowance above the modelled flood level to provide for uncertainties.



Upgrade 2024 Map.

Droughts set to increase globally

Droughts will become more frequent and more severe under climate change, according to a report launched at the UN Convention to Combat Desertification.

The report outlines how different regions are already experiencing more numerous and

intense droughts, and how food insecurity will further increase in the coming decades.

The report’s authors say drought can often be a ‘silent’ hazard compared to other disasters that occur more rapidly. They however have severe impacts on lives and economies where they occur.

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Profitable resales rise for the first time in two years

The turnaround in the New Zealand housing market has led to the first rise in profitable resales in two years, CoreLogic's Q4 2023 Pain & Gain Report shows.

The proportion of properties being resold for more than the original purchase price rose to 93.3% in Q4 last year, up from 92.4% in the previous quarter. That marks the first rise in profitable resales since Q4 2021, when it hit the peak of 99.3%.

The median gain also increased for the first time since the end of 2021, lifting to \$305,000 from \$297,000 in Q3. Meanwhile, the median resale loss remained significantly smaller, at \$45,000 in Q4, smaller than \$50,000 in the three months prior.

CoreLogic's Chief Property Economist Kelvin Davidson said these latest figures signal that the trough for this measure of housing performance has probably passed.

"More than nine in ten

properties are selling for a profit, although it must be noted this is still quite low compared to the longer-term average and reflective of the fact that national values are still about 11% below their peak," Mr Davidson said.

"However, the higher portion of profitable resales we're starting to see is consistent with the rise in property values themselves since September's trough, alongside wider market forces such as the peak for mortgage rates, high net migration, a resilient labour

market and easing credit conditions."

Houses continue to outperform apartments/flats for resale performance, with the proportion of profitable house resales rising to 93.9% in Q4, from 93.2% in Q3. Meanwhile, 74.2% of apartments made a gross profit, relatively consistent with the prior quarter (74.3%).

Investors saw an increase in profitable resales to 92.9%, up from around 91% at the start of 2023. Meanwhile, 92.8% of owner-occupiers

made a profit, down from 93.1% in Q3 and the highest loss-making proportion since Q4 2015.

"This was an interesting contrast for owner-occupiers and investors in the final quarter of 2023. While the differences in investor and owner-occupiers are pretty small, one reason for the shift could be a longer hold period for investors who sold in Q4," Mr Davidson said.

"It's also possible that in a slightly soft market, some

owner-occupiers have been willing to take the plunge and make a sale for a price less than what they paid, if they can see an opportunity to upgrade for less on their next property."

At the national level, the median resale gain for investors in Q4 2023 was \$324,500, a bit above the owner occupier figure of \$295,000. And for losses, the median for investors was around \$50,000, again a little above the owner occupier result of \$41,500.



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Principals' Address

Ki te tuohuke, he maunga teitei

Pursue excellence. If you should stumble, let it be to the lofty mountain.

Well, we have started 2024 celebrating the amazing success of our tamariki in 2023. Absolutely outstanding results from our DREAMS ākongā - check out these NCEA results:

Opunakē High School NCEA Pass Rates		Opunakē High School NCEA Pass Rates		Opunakē High School NCEA Pass Rates	
Level 1 = 88.3%		Level 2 = 85.2%		Level 3 = 91.5%	
NZ Average	Equity Band	NZ Average	Equity Band	NZ Average	Equity Band
60%	53.3%	72.2%	62.9%	66.2%	58%

To add to our dynamic staff we have four new kaiako/teachers, who will be leading significant positive change in our kura. In Science - Mr Godfrey Hlahla; English - Ms Myah Kemsley; Te Reo - Mrs Wynita Katena, and in the environmental space - Ms Esther Ward Campbell.

Esther Ward Campbell has already made a significant impact by gaining \$20,000 in funds from Venture Taranaki to support the design, development and growth of our food forest. As well as closing the loop on our Ka ora Ka ako food waste by introducing a robust composting system.

2024 is already a year of change with us farewelling Wendy Eynon: Careers Counsellor, and Jade Smith: Pathways Assistant. Mr Matt Lash: Head of Gateway Department will be making way for another Department Head and moving into the Outdoor Education curriculum area at our kura, an area in which his skill set is legendary.

We have started the year encouraging our tamariki to release mediocrity and aim for genius, with a focus on excellence in all areas of learning. Not to mention motivating students to step out of their comfort zone, and shatter their own limits, and never to fear failure. But instead to have the courage and resilience to risk more than is required, and in turn learn more than is normal.

To this end we have our Year 10, Mana Wahine and Mana Tane TOPEC Camps. These are fully funded thanks to the generous support of Toi Foundation and Pickerings Motors. The focus of these camps have been manaakitanga, whanaungatanga, resilience and empowerment and are offered at no cost to all our Year 10 students.

We constantly aim to 'grow good people for a rapidly changing world' by ensuring each and every student is wrapped in a korowai of aroha, which will give them the confidence and self belief to take advantage of the myriad of learning opportunities our wee kura on the coast has to offer.

This supportive learning environment we have here at OHS does not come by chance, but through an enormous amount of dedication from our wonderful, caring, and compassionate staff.

Mehemea ka moemoeā ahau, ko ahau anake.
 Mehemea ka moemoeā tātou, ka taea e tātou

*If I dream; I dream alone.
 If we dream together, we can succeed.*

Ngā mihi

Andrea Hooper Carr
 Principal



Nau mai, Haere mai

The first day of school is always an exciting time. Yes, there are unavoidable nerves and jitters, but these soon give way to a sense of comfort and belonging once we welcome our new students and whanau into our kura. Whaea Katarina and our kapahaka roopu, Te Haumoana got our traditional powhiri welcome underway, with a handful of Year 10 wahine leading the karanga, calling our new friends into the hall.

After some brief korero, karakia and waiata, the formalities were soon over, and our kura was now about 80 students larger than when we started the day. The rest of our Day 1 for Year 9's was a hive of orientation activities, meeting Manaakitanga teachers for the first time, joining in with Year 13's for peer support, and finishing the day with a dip in the pool, or a bit of sport.

Our new students were so busy, we gave them the following day off - admittedly it was Waitangi Day - while the following Wednesday started with a whole school Celebration Iwi, where the rest of Opunakē High School got to meet these fresh faces.

Well done Year 9's - you've already made a great impression - keep up the strong start to 2024!



Hear from our new Year 9s



Name:

Finn Mullin

What are you enjoying?
PE, I'm doing mountain biking and REOKAI, where I get outside and do stuff in the gardens

Looking forward to in 2024?

Playing hockey

What is something that surprised your about Opunakē High?

Getting free lunches from the cafeteria

Trimester One subjects:

Health/PE Outdoors, Sci. Fantastic Beasts, Te Reo Kai, English, Maths, Social Science



Name:

Alamaine Kalapu

What are you enjoying?

Break time where I get to see my mates

Looking forward to in 2024?

Starting work towards NCEA, I got that good work ethic

What is something that surprised your about Opunakē High?

How big the school is, but now I know where everything is it's ok.

Trimester One subjects:

Health/PE Summer Sports, Art Stencils & Spraypainting, Tech. Fantastic Food, English, Maths, Social Science



Name:

Addie Shaw

What are you enjoying?

Being in class with my friends

Looking forward to in 2024?

Getting better at Netball

What is something that surprised your about Opunakē High?

The classes are more fun than I expected, we are learning in different ways.

Trimester One subjects:

Sci. Plants, Photography 101, Art 101, English, Maths, Social Science

Mana Wahine Camp



Meet the Teachers

Sending out an open invitation to all our whanau to meet & greet with our staff.

**Thursday 29th February
 6.30pm - Opunakē High School Hall**

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Taranaki Anniversary Weekend, March 2025

Fonterra Dairy Woman of the Year offer access to life changing leadership opportunities

The Dairy Women's Network's Fonterra Dairy Woman of the Year Award is now in its 13th year and applications or nominations are closing soon.

Not only does the Fonterra Dairy Woman of the Year recipient achieve the coveted title, but this year they will also receive a scholarship to the Kellogg Rural Leadership Programme.

Jules Benton, DWN Chief Executive said "I encourage our dairy women to put themselves forward for the Fonterra Dairy Woman of the Year award. You can either be nominated or apply yourself. This award, with the Kellogg Rural Leadership opportunity, which includes the programme fee, travel, accommodation, mentoring and access to DWN and Fonterra platforms to share their research, goes a small way to recognising the efforts of our amazing dairy women."

Those that have been through the Kellogg's programme call it life changing.

Vanessa Thomson, recently graduated from the programme, shares her insights. Vanessa is a working mum with young family, who sharemilks with her husband on two farms in the Waikato. She is also an ex-lawyer and is currently the contract manager for DairyNZ.

"I was looking for a new challenge that could develop my networks



Kellogg Rural Leadership Programme graduate Vanessa Thomson and 2023 Fonterra Dairy Woman of the Year, Donna Cram. Photo DWN.

both professionally and personally across the sector", said Vanessa.

"The programme has equipped me with a deeper understanding of myself and gave me an amazing range of practical leadership tools. I'm a working mum from rural New Zealand and it's not an exaggeration to say that it opened my world up again after a period of being in the trenches with a young family, juggling work and farm life."

Vanessa reflects that through Kellogg, she has made enduring connections with the members of her cohort who hailed from a range of different sectors, and she feels excited to think that her cohort will be part of leading and guiding the

sector into a bright future.

Vanessa's advice to anyone thinking of nominating themselves or being nominated for Fonterra Dairy Woman of the Year, with an opportunity to access the Kellogg Programme, is "to do it, you won't regret it."

Donna Cram received the 2023 Fonterra Dairy Woman of the Year Award and used some of the scholarship to attend the Rural Leaders Value Chain Innovation Programme.

"The programme was incredible, and I'm still buzzing – even months later. I was one of 13 participants who took part in an extensive regional tour, traveling with Professor Hamish Gow and Phil Morrison, exploring

four value chains: apple, kiwi fruit, dairy and red meat", said Donna.

Donna says one of the best elements was connecting with her fellow participants, who are amazing people from diverse backgrounds. "We learnt as much from each other, especially through the deep, insightful and very honest bus and evening meal conversations, as from the rural leaders who welcomed them into their businesses".

"We witnessed some great management practices and heard about opportunities and challenges facing each industry and how some have survived through adverse events, such as disease, and how they have become more resilient from the

experience. I took so much from the programme; the connections, the insights, the fact all our value chains have challenges but also committed passionate people who work tirelessly to look for opportunities for our primary produce. It also gave me great inspiration in my own life; what others are doing locally and direct to market has given me confidence to have a go at new projects," Donna said.

Applications close 29 February 2024.

Past recipients include Barbara Kuriger (2012), Justine Kidd (2013), Charmaine O'Shea (2014), Katie Milne (2015), Rebecca Keoghan (2016), Jessie Chan (2017), Loshni Manikam (2018), Trish Rankin (2019), Ash-Leigh Campbell (2020), Belinda Price (2021), Donna Cram (2023).

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*Bruce Paterson
Barenbrug*

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Kate Truffitt takes helm at Potatoes New Zealand

Six months into the Potatoes New Zealand chief executive role and Kate Truffitt has embraced the challenges and opportunities with enthusiasm.

Kate has a wealth of

experience in the horticulture industry spanning over 20 plus years. She has travelled the length and breath of New Zealand engaging with growers and industry partners.

"This opportunity has allowed me to really utilise all my experience and expertise developed over time. Working with industry it is clear that Potato New Zealand needs to really drive the industry strategy with guidance from our board and for the benefit of our growers," Kate says.

"I am encouraged by what the future holds, and the direction New Zealand's potato industry is heading and am excited to be leading the charge as an integral part of it."

Heading up a team of six experienced staff, Kate is committed to listening, enabling and promoting better outcomes for the New Zealand potato industry.



Kate Truffitt.

As the focus for the Potatoes New Zealand team shifts to the year ahead, one of their primary goals includes garnering member support for the levy order and presenting the finalised strategy as well as business plans to propel the industry in the right direction.

With the levy order vote scheduled for April - May 2024, Kate and her team are rallying grower members to actively participate in shaping the future of New Zealand's potato industry.

Kate Truffitt is optimistic about the vision for the sector, "End to End Value Creation." In the coming months the Potatoes New Zealand team will be working towards the industries objectives.esnz.co.nz

As the focus for the Potatoes New Zealand team shifts to the year ahead, one of their primary goals includes garnering member support for the levy order and presenting the finalised strategy as well as business plans to propel the industry in the right direction. With the levy order vote scheduled for April - May 2024, Kate and her team are rallying

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Pasture-based partnership to grow knowledge of methane emissions

A New Zealand/Ireland joint research programme starting this month aims to better understand methane emissions from pasture-based farm systems.

The four-year programme will see researchers, students, professors and database technology experts from DairyNZ (NZ) and Ireland's Agriculture and Food Development Authority (Teagasc), University College Cork and Irish Cattle Breeding Federation working together to quantify methane emissions from dairy cows in pasture-based systems.

DairyNZ principal scientist Jane Kay says they aim to determine the effect stage of lactation and pasture species, management and seasonal growth have on base methane emissions, and how these factors influence cows' response to methane-



Jane Kay.

reducing technologies.

"The joint programme strengthens our connection with Ireland and enables New Zealand to leverage current and future research. It also fits within DairyNZ's wider research programme.

"This wider programme sees our world-leading

scientists working with New Zealand farmers, research organisations and commercial companies to develop workable and scalable mitigation solutions that can be widely adopted on-farm to reduce emissions in a sustainable and viable way."

DairyNZ was awarded funding in 2023 for this work, as part of a pilot joint research initiative between New Zealand and Ireland.

The programme will also develop a methane database for pasture-based systems to ensure emissions and mitigations are accurately accounted for at a farm and national level in New Zealand and Ireland. Both countries face national and market targets to reduce methane.

Kiwi farmers are among the world's most emissions-efficient. Consumer and dairy supplier expectations are a driver for dairy farmers to continue reducing emissions, so New Zealand can remain competitive in the market. DairyNZ's continued research supports that.

"Finding solutions to help farmers reduce emissions

while maintaining on-farm profit remains a research priority," Jane says.

Over the past 20 years, potential technologies to reduce methane emissions have emerged from all over the world. DairyNZ is focused on potential technologies that fit within New Zealand's pasture-based systems, such as early life intervention, which involves feeding a natural product to young calves, with the aim of reducing methane emissions for the animal's lifetime. "This is an attractive delivery mechanism for New Zealand, as it's cost-effective and occurs well before product processing, such as milk harvesting," Jane says.

Most of the research on methane mitigation technologies is completed at Lye Farm, one of DairyNZ's

two Waikato research farms. Lye and Scott Farms are an important sector resource, enabling scientists to carry out pasture, animal, and farm systems trials under relevant conditions. This ensures the technologies and tools developed are practical and can be widely adopted into different farm systems.

Farmers are involved in all the projects, to provide their thoughts and advice on opportunities or barriers for adoption of these solutions into New Zealand farm systems. "We're excited about our continued work alongside farmers and other sector and research organisations to develop mitigation solutions for our unique pasture-based farm systems – and to get ahead of the environmental challenges farmers face," Jane says.

Eventing Taranaki Horse Trials



The Eventing Taranaki Horse Trials were held on the weekend of February 3-4 at the Egmont A & P Showgrounds, Hawera.

Saturday was dressage and show-jumping day in very trying conditions with squally showers and strong winds that blew over the jumps at times.

Sunday was a beautiful day for the cross-country jumping.



Left: Isobel Kimble riding On The Rise.

Upper Right: Emma Kitchingman riding Foxtonian in the showjumping.

Lower Right: Jamie-Lee Meyrick riding Time To Boogie at the Log Jump.

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Final placings Opunake Boat and Underwater Club Tournament

Top Boat (Sponsored by Coastal Services) E-Fish-N-C (28). Knot On Call (24). Big Blue (18). Savage (17). Sea Jay (16). Bounty Hunter (14). Anne Sirah (13). Black Pearl (12). Summer Wine (10). Scotts Mist (9). Opua (9).
Species section
OBUC Snapper Cup

(Sponsored by Tara Gibson Viv Scott McDonalds Real Estate) . Sean Luttrell (10.35). John Walsh (10.27). Sammy Lewis (10.22). Daniel Lewis (9.42). Simon Foley (9.16). Barry Harvey (8.91). Stephen Fevre (8.88). Garry Northcott (8.78). Rusty Campbell (8.70). Jordan Putt (8.62).

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Shifty Luttrell with the heaviest Snapper weighing 10.35kg caught surfcasting.



Bryar Parata with heaviest Tuna 10.45kg.



Caitlin Busby with heaviest Blue Cod 2.24kg also Caitlin with Pommie Sayer Memmorial Heaviest Blue Cod Trophy.



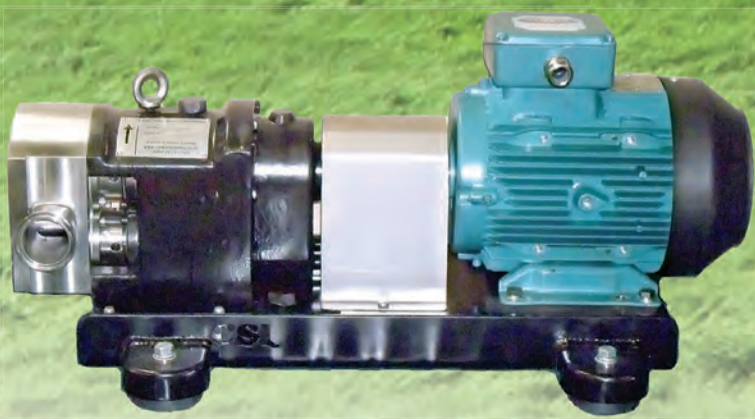
OMV Kahawai Challenge Cup (Sponsored by OMV). Steve Corkill (2.96). David Wakeling (2.75). Sean Luttrell (2.69). Jono Lang (2.67). Shaun Neal (2.65). Daniel Newell (2.64).
Pommie Sayers Blue Cod Challenge Cup (Sponsored by TCM and Malcolm Campbell Livestock). Caitlin Busby (2.24) Sage Cooksley (2.08). John Coltart (1.95). Gordon Beekman (1.90).
Tarakihi (Sponsored by Gopperth Contracting and Stevenson Calf Rearing). Paki Phillips (1.42). John Corban (1.27). Steve Sowerby (1.03). Grant Corrigan (0.98).

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Trevally (Sponsored by Coastal Agri and Preston Engineering). Liam Drought (2.97). Alex Scott (2.65). Ella Barrett (2.40). Rusty Campbell (2.38).
Gurnard (Sponsored by Gareth Collins Building and Tim Hurley Livestock). Grant Hill (0.98). Paps Klaasen (0.88). Shane Lister (0.84). Travis Klaasen (0.84).
John Dory (Sponsored by Elite Farm Services and Schuler Concrete). Paul Brook (2.06). Mikey Corkill (1.62). Simon Foley (1.49). Paps Klaassen (1.48).
King Fish (Sponsored by Campbell Contracting and Kane Barrett Livestock). Shannon McMillan (18.86). Gareth Collins (16.01). Alex Scott (12.43). Mark Walsh (11.81).
Spotty Shark (Sponsored by Excavat). Sean Luttrell (6.51). Garry Northcott (6.44). Kobe Sinclair (5.84).
Tuna (Sponsored by Taranaki Building Ltd and Corkill Systems). Bryar

Final placings Opunake Boat and Underwater Club Tournament



Jess Sayer Heaviest Hapuku 24.53kg.



Continued from page 22

Parata (10.45). Gareth Collins (6.63). Graham Payne (6.35). Joel Hook (6.30).

Hapuka (Sponsored by Jared Gray Seabreeze Contracting). Jess Sayer (24.53). John Corban (10.29). Stephen Coltart (8.47). Garry Northcott (8.31).

Draws
Early Bird Draw (Sponsored by Agfirst and Sandfords) Winner Mikey Corkill.

4-6kg Lucky Snapper Draw (Sponsored by Gibson Plumbing). Winner Ella Barrett.

Raffle winners. 1. Joel Hook. 2. Hamish Campbell. 3. Joe Kravenesch. 4. Willis Luttrell.

The club wishes to thank all entrants for their support in what was a challenging tournament due to weather conditions this year. It was interesting that the Surfcasters accumulated 64 Top Boat points between them, including catching the top snapper, kahawai, kingfish and spotty shark. Congratulations (again) to

Left: Shannon McMillan and daughter Mackenzie with the heaviest Kingfish 18.86kg caught surfcasting. The 2024 competition is the first year Surfcasting has been included in the competition.

Garry Northcott on winning the Top Boat with E-Fish-N-C. They put in a lot of hours on a messy sea.

All the best.
Cody Neustroski
Commodore.

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The Opunake Boat and Underwater Club wishes to acknowledge and thank their sponsors for their generous support of our 2024 tournament:

*Tournament naming rights and Snapper section (\$1000 first place) - McDonalds Real Estate in conjunction with Viv Scott and Tara Gibson
Kahawai Challenge Cup and section - OMV
Blue Cod section - Malcolm Campbell Livestock and TCM Building
Gurnard section - Tim Hurley Livestock & Gareth Collins Building
Kingfish section - Campbell Contracting and Kane Barrett Livestock
John Dory section - Elite Farm Services and Schuler Concrete
Tarakahi section - Gopperth Contracting and Stevenson Calf Rearing
Tuna section - Taranaki Building Ltd and Corkill Systems Ltd
Trevally section - Coastal Agri and Preston Engineering
Hapuku section - Jared Gray Seabreeze Contracting
Spotted Smooth Hound (Spotty Shark) section - Excavat Ltd*

Also thanks to our raffle sponsors:

Top Boat \$1000 Sponsored by Coastal Services was won by E-Fish-N-C Garry Northcott
Early Bird \$1000 draw sponsored by Sandfords & Agfirst Engineering, was won by Mikey Corkill
Lucky Snapper Draw \$1000 sponsored by Gibson Plumbing was won by Ella Barrett

Also huge thanks to Auction and Spot Prize goods sponsors including Simon Foley & Coastal Agri, Mobile Marine, Ecolab, Ballance Agri-Nutrients, World Wide Sires, ANZCO, Silverfern Farms, Farmsource, FMG, ASB, Dunlop Insurance, Rabobank, Farmlands, Extreme Torque Mincer, Wanganui Marine Services, Swap Contractors, Agrimec

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Opunake Boat and Underwater Club Commodore, Committee and Members.

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Minsiprints last run before NZ Championship

The event at MG Taranaki Stratford Speedway provided one last opportunity for Minisprint drivers to have a run and dial their cars in before next weekend's Zodiac Signs/Jono Noonan Contracting New Zealand Championship that will run at the local track.

A good looking field of seventeen cars fronted to race for the Best Pairs event that saw drivers randomly paired with each other and accumulating their points from the three heats to find the winners.

Karl Uhlenberg showed a clean pair of heels to win the first race from a grid two start ahead of Palmerston North driver Nathan Jefferies. Jono Noonan, who had just recently installed a freshened engine, more or less destroyed his car in this race when he ran wide on the start/finish straight and



Despite this incident, Regan Ogle (#5) went on to win the Minisprint Best Pairs event with Mark Phipps. Photography: Matt Julian/Contact High Photography

cartwheeled his car along the wall through turn one. He now has a mission on his hands to turn the car around in just one week for the New Zealand Championship. Daniel Nickel won race two ahead of Duane Hickman while Hickman went one better in race to take the victory with Cameron

Hurley in second place. With the points tallied, Mark Phipps and Regan Ogle were five points clear of their nearest rivals Cameron Hurley and Zen Dodunski to win the pairs, proving that you don't need to win races but just be consistent to win overall. Nathan Jefferies and Palmerston North club mate Jayden Williams were third.

The Stockcar class also raced for their Best Pairs trophy and after three races Todd Duthie and Ben Wilson came out on top by just one point after Duthie recorded third, fourth and fifth placings while Wilson finished second, eleventh and seventh in the three races. The pairing of

Mason Woods and Steven Read were second while Dale Michielsen and Bryce Jensen were third.

Midgets raced for only their second time locally this season and were competing for the Heritage Shield over three heats and then the first of the 60th anniversary cups that every class will race for this season as it is the 60th anniversary of racing at Stratford Speedway. New Zealand ranked number three Mitch Fabish won

races one and three but it was the consistent Jayden Basalaj that won the Heritage Shield after placing second in all three races, giving him a one point margin over Fabish. Shane Dewar was third. Fabish turned his luck around when he won the twenty lap 60th cup race.

Saloons raced for the Mountain Motors Taranaki Champs over three twelve lap heats and also had a 60th cup race scheduled. Blake Hooper drove himself to the front of the field to win race one from a grid three start. Palmerston North driver Mike Denham won race two and Andrew Tippet won race three. Points table wise, it was all tied up at the top with Hooper and Jarrod MacBeth equal on points for first place, meaning a four lap run off was required to determine the winner. Both drivers are former winners and both were keen to get their name on the trophy for a second time. Hooper won the coin toss and elected to start from the outside grid.

After a very even start with both drivers entering turn one at the same time, MacBeth came out in front, never looked back and completed the four laps to win the run off and the Taranaki Champs with Hooper right behind despite a last ditch attempt at a pass that saw Hooper ride the turn four wall. Andrew Tippet claimed third place. The twenty lap 60th cup race saw a race long battle between MacBeth, Hooper and Tippet with Tippet eventually making his way to the front and crossing the line first. An after race relegation unfortunately saw him drop two places though and Hooper was awarded the win ahead of MacBeth.

Youth Ministocks completed the race program and with the bulk of the competitors racing at Ministocks in Paradise in Rotorua, it provided an opportunity for the new drivers to race at the front of the field. Races were won by Angus Campbell and Ryan Hurliman (two).

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The winners from left to right: Sharon Adamson, Ladies winner- Gross score 125; J Green, Senior Men's winner - Gross score 101; Roly Harvey and Bruce Sim joint winners of the Intermediate - Gross score 116; J Balk, Junior Men's winner - Gross score 129; Sponsor Paul Haskell, Golf Zone.

Pungarehu Golf Club

On Tuesday the 6th of February, 76 golfers were treated to perfect playing conditions at Pungarehu Golf Club for our annual 27 Holes Coastal Championship generously sponsored by Paul Haskell - Golf Zone.

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Opunake Basketball Association 50th Jubilee Weekend



Jack Leasure Taranaki Mountain Airs Player 2012 with 5 year Old Arna Bright at Opunake Training session. Arna is currently in the United States on a Basketball Scholarship.



Craig Field with his Auroa School Champion OBA team 2013 with President Bryan Roach.



Mini Mini Ball is booming.

The weekend is on Saturday 9th and Sunday 10th March 2024 at Sinclair's Event Centre Opunake.

Timetable:
Sat March 9: Games start at 12noon – Years 7/8 followed by OHS Juniors Boys & Girls; 4pm – Shoot out competition, Dunk competition – presentation of trophies and prizes; 6pm – Mix & Mingle at Stadium Bar & Restaurant. Mixed entertainment during the day between games.

Sun March 10: Games start 10am – OHS Seniors Boys & Girls followed by Masters; 2pm – Thunder v Opunake 3.30pm – Mountain Airs v Opunake; 6pm – Buffet Dinner with speeches – *Bookings essential.*

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Sunday 10th March 6pm

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Clue On Stage. Who? Where? With What?



Cast of Clue On Stage ready to get rehearsing. From left. Brian Gasson, Dave Rohe, Lisa Beynon, Alex MacBeth, John MacCarty, Monica Willson, Jason Bloor, Chloe Danz, Daniel Harvey, Diane Baldie. Absent; Christine Cameron.

The action takes place in a remote mansion where a dinner party is being held. There's just one problem. The host has been murdered. A classic murder mystery then unfolds. Who did it, where and with what? The madcap comedy will keep you guessing until the final twist. But is it with the knife or the rope or.....something else?

Auditions for Clue On Stage were held recently and director Lynelle Kuriger was thrilled with the results.

"Casting was hard," says Lynelle. "With 13 character roles to fill I was bracing myself for not having enough people."

As it turned out, lots of people turned up putting Lynelle in an unenviable position.

"It was painful having to let people down, but I'm confident we have the right people for the right roles.

And who are these people? The cast photo with this article will answer that, but watch this space for more on their characters.

Clue On Stage. May 9-18. Ticket sales and prices to be announced at a later date. Will you be able to figure out whodunnit?

What happens when a play is adapted for the stage from a film, which was adapted from a board game? Opunake audiences will have a chance to find out when Opunake Players production of Clue On Stage hits the boards. Directed by Lynelle Kuriger, it will play at the Lakeside Playhouse from May 9-18.

Clue On Stage is a hilarious farce-murder-mystery based on the 1985 movie Clue. The movie itself was inspired by the classic Hasbro board game. All the usual 'suspects' from the game are involved. There's the iconic Miss Scarlet, Professor Plum, Mrs White, Mr Green, Mrs Peacock

and Colonel Mustard as well as a French maid, a traditional English butler and a menacing cook.

Bariatric surgery could improve brain function in people with obesity

People with obesity who get bariatric surgery to help with weight loss could see long-term improvement in their brain function, according to international research. The team monitored the health, activity and brain function of 133 people with obesity who had bariatric surgery over a two-year period. They say while the participants overall had good scores when

testing their brain function before surgery, just over two in five saw at least a 20% improvement on that score two years after their surgery, with attention and verbal fluency the most likely to improve. The researchers say brain scans showed physical evidence of changes in brain function as well.

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Sweet 16 for Americarna

The excitement is building as Americarna, New Zealand's premier celebration of American car culture, prepares to mark its 'Sweet 16' in 2024. This milestone event promises to be bigger and better than ever before, thanks to the unwavering support of its sponsors, councils, and the Taranaki community.

For the 2024 event, Americarna is proud to announce its new naming rights sponsor, Warner Construction Ltd. Based in Waitara, Founder/Director Alan Warner has been a staunch supporter of Americarna since its inception. His dedication to this event has played a pivotal role in its continued success. The 2024 event simply could not have reached this milestone without the enduring support of long-serving sponsors,

councils, and funders.

Americarna is more than just a car show; it's a celebration of American car culture, spanning from old classics to modern masterpieces and everything in between. Car enthusiasts and participants from all over the country come together to share their passion and showcase their unique vehicles to the Taranaki population and out-of-town visitors alike.

The heart of Americarna lies in its scenic cruises throughout Taranaki, stopping in local towns, including Waitara, Inglewood, Opunake, Stratford, Hawera, and New Plymouth. As the event has grown over the years, its core principles have remained unchanged: to provide a free, enjoyable experience for the entire Taranaki community, offer substantial benefits to local businesses

through increased visitors, and create a family-friendly event accessible to all age groups.

Without the incredible support of the Taranaki community, Americarna wouldn't be the exceptional event it is today. Everyone embraces the Americarna event; it's not just about the cars – it's about the people and the community. That's what it's all about.

Key Event Dates:
 Wednesday, February 21, 2024 – Opunake Beach
 Thursday, February 22, 2024 – Waitara and Inglewood
 Friday, February 23, 2024 – Stratford, Hawera, and New Plymouth's Main Street Cruise
 Saturday, February 24, 2024 – Americarnival in New Plymouth CBD
 For more information and updates, please visit www.americarna.com



Stratford hosts Americarna on Friday.

Photo Ricky Malcolm



Cruising through Hawera.

Photo Ricky Malcolm



New Plymouth CBD.

Photo Ricky Malcolm

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americarna.com

MIND MATTERS

Thank you for your psychologytoday.com, suggestions of topics for set to nz) or this website "MIND MATTERS". I will which gives some of my work my way through your friends in Taranaki (www. email. Those who asked lynneholdema.com/ for more about me can accproviders). check out the Psychology Today website (www.

In about the last twenty years, it has become clear how internet pornography damages people. Scientific research on the topic is just beginning, but already some discoveries stand out.

An important thing to know is that being addicted to internet pornography appears to be very similar to other addictions. Watching pornography regularly alters the way your brain is physically and how it functions. Your behaviour towards pornography is driven by parts of your brain over which you have little or no control. Continued use of pornography activates your "seek circuits" and releases hormones which give you pleasure – thus, you are rewarded and driven to search for heightened sensations.

A possible sign that a person has a pornography addiction is that they pay money online for new experiences. Porn websites cleverly hijack our brains. They set up patterns in our brain. As you would expect, the younger the user, the more entrenched becomes

Your brain on porn



DR. ROBERT SHAW

the pattern. This is because human brains develop and change all the time, but the changes – the development of patterns – are most profound when people are young.

Human beings have never before faced anything like the challenge of internet pornography. Human brains evolved to help us survive. The brains of all mammals look very similar (although the size varies), with one exception. The exception is that the human brain has a large part in front, which is called the cerebral cortex (it enables us to think). Apart from the size of the cerebral cortex, the structure

of our brain is very similar to all mammals. Thus, you are very like your friends, the cat, the dog, the rat, the horse, and the monkey.

All of us release a chemical in the brain when we are happy or doing something pleasurable. This wonderful chemical is dopamine. One of the effects of dopamine is that the more you have, the more you want. Dopamine makes you feel better, so "go for it", says your brain. This (and some other brain activities which I will not describe here) drives the pornography user to want longer sessions, different experiences or more extreme kinds of pornography. Gradually, the time watching each day increases. Internet websites and apps become an addiction.

Perhaps the most controversial current debate is that about the impact of pornography use on erectile dysfunction. Erectile dysfunction (formally called impotence) is a difficult subject to research because it has many causes and these interact. In counselling, people usually appear with

several concerns which include pornography use. There does appear to be a trend towards erectile dysfunction becoming more prevalent in younger age groups.

What are some signs of a pornography addiction? A short list might be: you cannot stop when you try to stop (say for a week); you never feel satisfied; anger you lose interest in real sex; porn interferes with your relationship to your partner; and erectile dysfunction.

I sometimes suggest that people worried about pornography look at the website developed by Gary Wilson (www.yourbrainonporn.com). He is not a scientist, but he does provide a place to start. If you want to try self-help, check out the book by Wendy and Larry Maltz, The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography.

*Dr Robert Shaw
Registered Psychotherapist
opunake@mail.com*

CHEESE BAR ELTHAM

Crazy cheese deals with a great selection of –

- Brie & Camembert • Haloumi, Havarti and Goudas
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We are open **Mon - Fri 9am to 4pm**

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

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

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

Opunake Catholic Church
St Martins, Pungarehu: 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)

St Patricks Catholic Church, Kaponga
2nd, 4th and 5th Saturdays of the month Mass at 6pm.
However during winter the time will be 5pm i.e. Saturday
10th June, 24th June and 8th July. After this date the time
will revert back to 6pm.
1st and 3rd Sundays of the month Liturgy of the Word with
Communion at 8.45am.
Thursday Mass 9.30am (subject to change).

St Patricks Catholic Church, Okato
Saturday Vigil 6.00pm - 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

St John's Community Church. Kaponga
Cnr West and Egmont Streets.
Sunday Services 10.30am followed by morning tea

Manaia Union Fellowship
Terou St. Manaia.
Meet 10am every 3rd Sunday of the month with communion

Friend & Fellowship Group
Thursdays @ Manaia
Support our Faith and support each other with Prayer
and Bible study
Encouraging interactive discussion and Praise
All are welcome
We would love it if you could come
Rodney & Val 274 8550 or 0272384187

Taranaki National Art Awards 2024

We turn a new page and begin our process again of planning towards our annual Art Awards and Exhibition. First, I'll take a moment to celebrate the success of the 21st Taranaki National Art Awards 2023. We had 360 entries across seven categories, with increased numbers in the Fibre and 3D sections. We were well supported by our amazing sponsorship group enabling TNAA to offer a generous prize pool across all categories totalling \$16,750. "Bring the Bling" opening night saw a bedazzling array

of outfits and accessories on show among the crowd of over 200 who gathered to congratulate award winners and hear the judges' comments.

Over the nine-day duration of the exhibition over 1100 visitors came to appreciate creative talent and the diversity of art works on display. We received awesome feedback on the exhibition layout and sense of space achieved. We aspire to improve our visitor's experience year on year so feel encouraged when receiving positive feedback

for our efforts.

Art sales were steady with 10% sold by closing day. We also had many enquiries about contact details and locations of exhibiting artists. Through our connection with the Taranaki Arts Trail and our TNAA database we were able to provide this information and we hope further art commissions and sales flowed on from being part of this creative showcase. Many visitors shared that the TNAA was their first stop to scope their preferred artists and plan their studio visits while exploring the Taranaki Arts Trail.

Thanks to our dedicated committee, incredible team of volunteers and community and regional supporters who give of their time and talents to be the people power behind the organising, staging,

installing and packing down of this epic event. Without all of you valuing the arts, culture and creativity in our community this amazing exhibition wouldn't be able to happen.

If you are interested in being involved in the Taranaki National Art Awards please come along to our friendly AGM forum on Thursday 29th February at 7pm in the Stevenson's Lounge, Sinclair Events Centre, Opunake. Meet our awesome team and feel free to share ideas with us. This creative event epitomises the spirit of collective energy in action, manifesting joy, stimulation, inspiration and enrichment in our lives. Come along and contribute.

For more information email contact@taranakiartawards.co.nz or call Megan Symons 027 500 7722.

New Plymouth Little Theatre presents

SOCIAL CLIMBERS

written by ROGER HALL
directed by STEVE WRIGHT

2-20 APRIL 2024
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Feb 25, 9am start
Kids \$2, Adults \$5
Middletons Bay

Only catch is .. you must be a beginner
Register in-store at Opunake Outdoors and Service

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Coastal Medical staffing updates



From left: Dr. Carolyn Reardon and Suki Bishop.

Coastal Medical Ltd wishes everyone a happy new year and a healthy 2024. We are excited to share some updates with you from Opunake Medical Centre.

We are pleased to introduce Suki Bishop as our new Operations Lead. Suki brings a wealth of experience and knowledge to the role, and we are confident that she will help us continue to provide the best possible care to our patients.

We would also like to

welcome Carolyn Reardon and Richard Wang as General Practitioners. Our long-standing GP Rachel Volcani is taking a step back from General Practice so Carolyn and Richard's highly experienced and dedicated approach will continue the provision of quality care to our patients.

At Coastal Medical, we are committed to developing a sustainable, fully integrated General Practice and Subspecialty service for

the coastal community. To achieve this, we are fortunate enough to have the expertise of Kelsey Pruitt, a US trained Physicians Associate (PA). PA's are a critical part of international General Practice care and are rapidly being introduced in New Zealand. Kelsey has comprehensive medical training in Primary Care specifically to work within the GP comprehensive care team model with the Doctors and Nurses. She can manage most

conditions seen by a GP and works closely with the rest of our care team.

We would like to take this opportunity to thank you for your patience as we transitioned to the new computer software, Indici. We believe it will allow us to provide higher quality and more responsive care. The patient portal "MyIndici" is a great way of seeing your results and requesting repeat medications with a minimum of hassle. We would recommend all patients sign up to this to really optimise their care.

NZ medical law allows for repeat prescriptions of long-term medications for stable conditions with regular medical reviews. They require careful medical review prior to repeating to ensure safety and efficacy. Urgent repeats will be completed within 1 working day and Routine Prescriptions within 3 working days. If you have any questions about your repeat prescriptions, please contact the medical centre for advice.

Coastal Medical's core values of People, Purpose, and Positive impact shape all our actions and how we achieve our goal of creating a sustainable, high-quality, integrated teams-based General Practice service. If you have any suggestions as to how we can improve our service, please reach out to us. We are always looking for ways to improve and provide the best possible care to our patients.



Kelsey Pruitt.

Some of the regular services we currently have running are:

TAYLOR DENTAL PRACTICE
Every Thursday and 2nd Friday

LISA KEEN AUDIOLOGY
Every Wednesday

NEW PLYMOUTH PHYSIOTHERAPY
Every Tuesday and Friday

TARANAKI CHIROPRACTIC
Every Wednesday

COUNSELLORS
Gwenyth Richards 06 278 6399
Leonie Landsheer 027 559 0982
Alex Jones 021 0816 3248
Manuka Matthews 027 239 5896
Steph Vaitupu 021 090 79597

MATTHEWS OPTOMETRISTS
Twice monthly on a Thursday

TARANAKI PODIATRY
Every 2nd Wednesday of the month

BUDGET ADVICE
Wednesday fortnightly

HIP
Every Tuesday

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OPUNAKE MEDICAL CENTRE,
ST. JOHN AMBULANCE, PLUNKET,
TDHB SERVICES, COASTAL PRINTERS, FOODBANK

For a full list of services & happenings here

Find us on
Facebook

or visit us at www.coastalcare.co.nz
CONTACT ARETHA LEMON
Facility Manager on 06 761 8488



EVERYBODY'S THEATRE OPUNAKE

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

<p>Force of Nature: The Dry 2 1hr 52mins M Thu 22 Feb 7PM Sun 25 Feb 1PM Sat 02 Mar 7PM</p>	<p>Madame Web 1hr 56mins M Fri 23 Feb 7PM Thu 29 Feb 7PM</p>
<p>The Jungle Bunch World Tour 1hr 29mins PG Sat 24 Feb 1PM</p>	<p>Bob Marley: One Love 1hr 47mins M Sat 24 Feb 7PM</p>
<p>The Beekeeper 1hr 41mins R16 Sun 25 Feb 7PM</p>	<p>Dune: Part Two 2hr 45mins M Fri 01 Mar 7PM</p>
<p>Inspector Sun 1hr 28mins PG Sat 02 Mar 1PM</p>	<p>Drive-Away Dolls 1hr 24mins R16 Sun 03 Mar 1PM Sun 03 Mar 7PM</p>



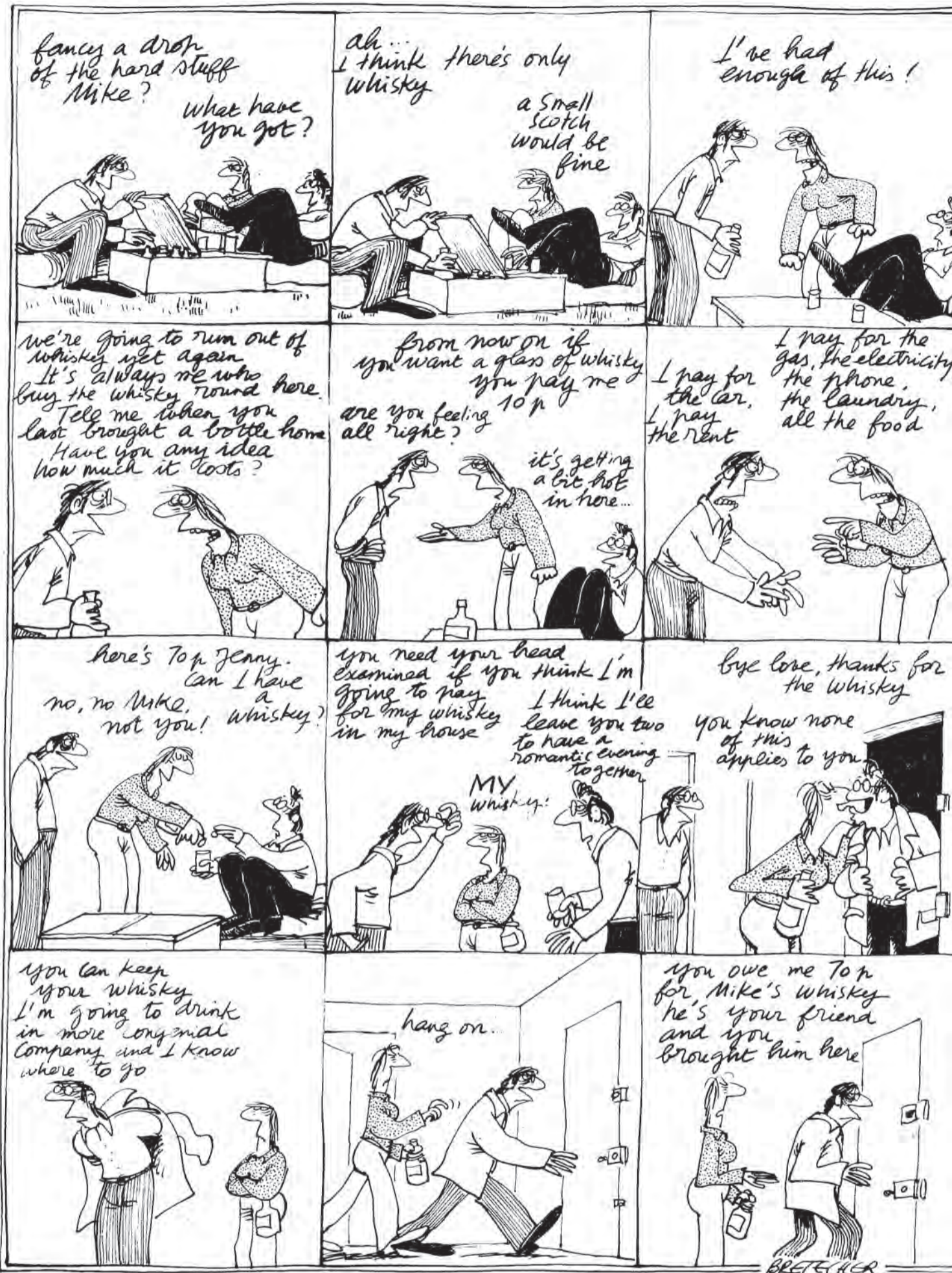
Force of Nature: The Dry 2
Offensive language | 1hr 52mins | Rated: M
Thu 22 Feb 7PM



Madame Web
Violence | 1hr 56mins | Rated: M
Fri 23 Feb 7PM

What's On Listings

THE PRICE OF A DROP



ONGOING

Movies at Everybods Theatre in Opunake: Playing several days and nights each week. Refer timetable in newspaper.

MONDAYS: The Barnabas Centre - St Barnabas Church Hall, 141 Tasman Street Opunake: Each Monday 10 am - 12:30 pm. Information call Jenny 7618080 or Glenys 6558025

TUESDAYS

Opunake Walking Group: Every Tuesday 10am. Meet outside Club Hotel on Havelock St. Phone Margaret 027 477 5600 for more info if needed, or just turn up.

Pungarehu Golf Club Twilight: Tee-off between 4.30 & 6.30pm.

WEDNESDAYS

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

Lisa Keen Audiology at Coastal Care, Opunake: Wednesdays 9am - 5pm, for an appointment call 027 591 4222 - 0800 555 676

Okato & District Historical Society open every Wednesday: At the Okato Community Trust Hall, 47 Cumming St, Okato. phone Meg on 06 752 4566.

Opunake Embroiders Guild: Meet 2nd and 4th Wednesdays of the month, 10.30am-3pm at the Opunake Business Centre, Napier St, Opunake. Just come along or phone Sheryl 06 761 8769.

Okato Market: In Hempton Hall, Okato 4pm to 5.30pm.

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

THURSDAYS

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

AT THE CLUB HOTEL THIS WEEK:

Monday: Burger special \$15, Happy Hours 3pm- 6pm; **Tuesday:** Pork ribs \$20, Pool Tournament 7pm; **Wednesday:** Pizza night 2 for \$24, Poker night \$30 buy in; **Thursday:** Steak night for \$20, Poker Night \$27 buy in; **Friday:** Pensioners lunch \$15, Lamb Shank \$20; **Saturday:** Chicken Schnitzel \$20; **Sunday:** Roast night \$20 Complimentary dessert for dine in customers.

FEBRUARY 5 TO MARCH 2

Rosalind Fitz Patrick Exhibition: At

Lysaght Watt Gallery, Hawera.

FEBRUARY 11 TO MARCH 9

Taranaki Printmakers Exhibition: At the Village Gallery, Eltham

FEBRUARY 21 & 24

Americarna: Various events and locations around Taranaki. See ad and editorial for details.

FEBRUARY 24 & 25

Egmont A&P Show At the Showgrounds. See ad and editorial for details.

FEBRUARY 24

Tataraimaka Hall Centennial: See ad and editorial from the Feb 8 issue for details.

Trough Mobile Open Day: Ketemarae Rd, Normanby

Stratford Speedway: Repco Youth Ministock Spectacular & Demolition Derby Champs. Two sessions. Racing starts at 2pm.

FEBRUARY 25

OOS Family Fish & Fun Day At Middleton Bay, 9am.

FEBRUARY 28

Fight Club Online with Barbwire Boxing

FEBRUARY 28

Taranaki National Art Awards AGM: 7pm, Sinclair Electrical and Refrigeration Events Centre

MARCH 2

Matchbox 20 with Goo Goo Dolls: Bowl of Brooklands, New Plymouth

MARCH 9 & 10

Opunake Indoor Basketball Association 50th Anniversary Weekend: See ad and editorial for details.

MARCH 15-17

WOMAD: Bowl of Brooklands, New Plymouth

MARCH 20-21

2024 Offshore Renewable Energy Forum: TSB Hub, Hawera.

APRIL 2 TO 20

NP Little Theatre's production of Social Climber: Little Theatre.



MOVING?

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

06 761 7016

OPUNAKE & COASTAL NEWS

PUBLIC NOTICES



THIRD RATES INSTALMENT

Ratepayers are reminded that the last day for payment of the third instalment of rates for 2023/2024 without incurring a penalty will be **Wednesday 28 February 2024.**

FM Aitken
Chief Executive

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

Taranaki National Art Awards

Annual General Meeting Reminder

7pm, Thursday Feb 29, 2024

At Sinclair Electrical and Refrigeration Events Centre.

If you are interested in joining our Committee or team of volunteers, please come along.



OPUNAKE & COASTAL NEWS
THE NEWSPAPER TARANAKI LIKES BEST



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TRADES & SERVICES



Contact Toby Watt - 027 4598 020

HCL BUILDERS for building decks. Ph 027 459 8020.

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HCL BUILDERS for alterations. Ph 027 459 8020.

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



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KORUPLUMBING@GMAIL.COM

The next issue of the Opunake & Coastal News is due out on Thursday March 7. Phone us on 06 761 7016 to be in it.



OPUNAKE & COASTAL NEWS

Publication Dates for 2024

JANUARY	FEBRUARY	MARCH	APRIL
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
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DEADLINES:
EDITORIAL - 5pm Thursday prior to publication.
DISPLAY ADVERTS - 5pm Friday prior to publication.
CLASSIFIEDS - 3pm Monday prior to publication.
Adverts and readers' contributions may be phoned, emailed, posted or dropped into the Opunake & Coastal News at 23 Napier St, PO Box 74, Opunake.
Phone (06) 761-7016 or a/h (06) 761-8206, Email: ads@opunakecoastalnews.co.nz;
www.opunakecoastalnews.co.nz
Phone/Fax (06) 761-7016

WANT TO DO BUSINESS IN OUR AREA? TALK TO US

Opunake and 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 Hawera city border and inland to Kaponga and through Eltham.

We are an independent newspaper based in Opunake, which is targeting both the towns and rural communities and we aim to have news coverage within all the areas of our distribution.

We want to be involved with your business call today and discuss your marketing options with the team.

COVERING THE COAST

Promote your business or event in our area call us on (06) 761-7016

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