



Inside

A day of new beginnings

For Te Kahui o Taranaki and for Opunake Monday (July 8) was a day of new beginnings.

There was the blessing of Te Whare Kotahi, the new Taranaki Iwi offices at the former Opunake TSB bank site.

Earlier that morning there was a blessing ceremony for six purpose-built affordable houses at the corner of Tasman and Tennyson Streets.

"This will no longer be known as the bank," Te Kahui o Taranaki CEO Wharehoka Wano told everyone at Te Whare Kotahi, referring to the building's past history as the Opunake branch of the Taranaki Savings Bank (TSB) which closed last year.

Wharehoka spoke about the legacy of Wiremu Kingi te Matakatea, known for his prowess with the gun in stopping "our Waikato relatives" in 1834, but there was far more to him than that, he said.

Tapakione Skinner said Matakatea had been related to her family.

"In history he is known as a gun toting warrior, but his actions didn't display all his attributes," she said, adding that he was also known for his commitment to manakitanga.

Te Kahui o Taranaki board of trustees chair Jackie King said they had been looking to set up a base in Opunake which is in their rohe for some time. They had looked at other possible sites before the bank became available.

"Thank you for your patience," she said.



Wharehoka Wano leads a group into one of the purpose-built family homes on Tennyson Street during a blessing ceremony on Monday.

"This is a special place for you all. It's for us to come together as whanau and work together. This is not to take away from our special places like our pa, but this is a special place to do our mahi."

There will be six or seven people working here and Te Kahui o Taranaki plan to hold various meetings and functions here.

Something of the building's former history will remain.

Te Kahui board member Dan Harrison said they wanted to thank the TSB for their help in getting the building and they would keep the ATM as it benefited

the community.

The Community Banking Hub trial, which for the last three and a half years has been based next door at the Opunake Library Plus will finish at the end of the month with plans for the Smart ATM that was part of the trial to be moved to Te Whare Kotahi.

"It's really important for us to have a connection and maintain this for our community," Te Kahui o Taranaki operations manager Mark Wipatene said. "We've stamped our footprint here and we're open."

Continued page 3.



Later that morning there was a strong turnout for the blessing ceremony for the Taranaki Iwi offices in the former Opunake TSB site.



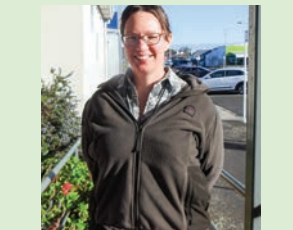
End of the road for Banking Hub. See page 5.



Honour for Val. See page 7.



Coastal gem for sale. See pages 16-18.



President of the Feds. See page 21.



Hilda's Yard. A great night out. See page 28.

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Editor: Bernice McKellar
Journalists/Sales: Rolland McKellar, Bryan Kirk
Advertising/Production: Vanessa Smith
Production/IT: Shane Butler
Delivery: Thursday, fortnightly
Registered as a newspaper.

Member of the Community Newspapers Association of New Zealand



The 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.

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.

All Blacks

I was interested in reading about Barrett as ABs captain. You ended by saying about the Goods Allan and Hugh with connections to the coast.

I would also like to mention that All Black brothers Don Clark (The Boot) was born in Pihama and Ian Clark was born in Kaponga . They lived on the Taikatu Road for a while.

Lloyd Muller
Auroa.

Julian Assange

I just want to say thank you to Opunake Coastal News for running the article about The Trust Fall, the recent documentary about the plight of Julian Assange, and to Everybodys Theatre Opunake, for screening the

documentary. For those unfamiliar with the details, in (very) short, by fighting for Julian Assange to not be extradited to the USA was to protect our freedom of speech globally and to free a man from prison who, through the website Wikileaks, exercises this freedom. Thank you again.

YB
Manaia.

Petrol prices

I read an article on Stuff with regards to a cartel down in Christchurch who agreed to not compete and through doing so were able to charge higher prices and get away with it. I recognised this as what has been happening in Stratford with all the major fuel stations. I have the Gaspy app and when I need

to fuel up I check the prices and they are consistently equal to each other and usually at least 5 cents per litre dearer than their counterparts in Hawera and Inglewood. Do we need to get a commerce commission check into what is going on there?

S.Johnson
Hawera.

Brilliant photography

When seeing those two magnificent absolutely stunning photographs, one from the Opunake Beach, and the other was from Oaonui featuring this huge red aurora by Staci Holmes I was not only extremely taken away, but I thought I myself was being part of these two wonderfully printed

photographs in this brilliant Coastal newspaper. So I’d like to ask some questions.

1. Is Staci Holmes a professional photographer?
2. How many more brilliant photographs has she done?
3. Has Staci ever thought of having an exhibition in galleries within our provinces. I do believe she should do this.
4. Has Staci ever tried to enter the photograph competitions which I do believe happen every year.

I myself must congratulate Staci Holmes on these two magnificent photographs . Also I do believe she has the right aptitude on becoming a real professional, if she’s not already., as she’d have an extremely great career in photography.

Tom Stephens
New Plymouth

ADELPHOS

After years of listening to people, I finally concluded that there’s one basic reason people dismiss or reject Jesus and Christianity. Frank Sinatra’s famous song “My Way” provided the answer. The repeated lyric, “I did it my way” unashamedly echoes that “I’m going to be the only boss in my life.” However, here are 10 common justifications why many people say they dismiss or reject Christianity and Jesus:

1. Sin is a myth and people are good.
2. I believe in science, not God.
3. The church is full of hypocrites.
4. There’s nothing at all after you die.

5. Miracles and Bible stories are fairytales.
6. Christianity will take away my freedom.
7. You can’t fit all animals on Noah’s Ark.
8. Religion causes wars.
9. God murdered people in the Bible.
10. The Bible is full of mistakes.

In a short article there’s no room or desire to dispute these claims. Besides, no one can be persuaded against their will to love God or another person. Try it on someone who doesn’t like you. See what happens.

The main reason Adelphos writes these articles is because Jesus is the Saviour from sin, and, the effects of

Agathokakological*

sin have obviously harmed relationships, our world, and separate us from a personal relationship with God. Our sin and God’s holiness are polar opposites. These polar opposites are described by a long tongue-twisting word: Agathokakological—meaning that both good and evil exist together side by side. It is derived from two root words in my Greek New Testament: agatho translated as good and kakou as evil (see Romans 12:21). Throughout God’s Word, we’re cautioned to avoid the toxic and sinful mixture of good and evil behaviours. But, when we do fall short, we can prayerfully ask and receive God’s cleansing forgiveness (1 John 1:8-9).

Forgiveness from the evil of sin is possible because Jesus assured us that He knocks on the door of each heart in Revelation 3:20, waiting for us to open it and walk alongside Him.

The Jesus of Good Friday and Easter can forgive, heal and enlighten us as to the harmful effects sin has on our relationships and throughout the world. Accepting Jesus’ forgiveness by faith, and repenting by doing the good that pleases God, stamps our entrance ticket into new life—starting now and in the new heaven and new earth when Jesus returns and when God “...will wipe away all tears from their eyes. There will be no more death, no more grief or crying or pain. The old things have disappeared” (Revelation 21:4, Good News Bible). I hope that’s clear enough language without another long word.

Arohanui,
Adelphos

P.S. *Agathokakolgical is actually a 2024 Indian crime thriller mystery movie.

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A day of new beginnings

Continued from page 1.

Earlier that morning there was a blessing ceremony for six purpose-built three bedroom houses on the corner of Tasman and Tennyson streets that Te Kahui o Taranaki are opening to provide affordable housing.

It was a fine day and a good turnout with the maunga in full view. Those taking part in the ceremony divided into three groups, with each group entering two of the six houses.

Jackie said they already had people lined up to move into two of these houses this week.

The houses are among several affordable housing properties the iwi had been working on in Opunake and Okato including a project on the former Okato School site where they are building similar houses and kaumatua flats for seniors.

Jackie says anyone going into these houses had to have done the Ka Uruora financial literacy program, which aims to put people on the path to rental, shared rental, equity or ownership.

Mark says the houses have been in the pipeline since 2020 and in construction for the last 12 months.

“We turned it around reasonably quickly,” he said. All the houses are built



Wharehoka Wano addresses everybody before the blessing of the houses.

to a modern design, meet standards and have three bedrooms and a bathroom. “They look beautiful and are fit for purpose. They



Tonga Karena speaking at the blessing ceremony at Te Whare Kotahi.

provide a warm house and security long term. Even though they are renting they are not going to be kicked out by a landlord.”

A creek backs on to the properties, and with Opunake being prone to floods, each of the properties has stormwater retention. The boundary extends beyond the back fence.

“The Council are going to clean out the culverts and our team is going to do riparian planting and put in a

shared orchard and provide a sense of community for the six houses and a source of kai,” says Mark.

Jackie says Maori are over-represented in figures for those in need of housing and having houses such as these was a way of addressing that need.

One indication was the fact that there were 55 applications for the six houses on Tennyson Street.

“It does highlight that there’s a need,” she said

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Stay grateful- it could help you live longer

People who more frequently notice and feel grateful for the positive things in their lives may be less likely to die prematurely, according to international research. Researchers gave questionnaires to nearly 50,000 older US nurses to assess how often they felt grateful. Following up three years later, just over 4,600 of them had died. The researchers say those

who scored highly on the gratitude questionnaire were 9% less likely to have died compared to those who scored the lowest, after accounting for other factors including physical and mental health, demographic information and their social lives. The team says they'd like to see similar research in a more diverse group of people to confirm the link, but there are simple ways we can work on feeling grateful in our lives that may help us in the long run.

JAMA Psychiatry

Extreme bush fires increasing in intensity

Extreme bushfires have more than doubled in frequency and intensity over the past two decades, according to a global study from the University of Tasmania.

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STDC Long Term Plan focusses on District infrastructure

Increased spending on roads and wastewater infrastructure, a commitment to getting on with town centre upgrades in the District's smaller communities and an increase to the rates subsidy were some of the big-ticket items in the South Taranaki District Council's 10-year Long Term Plan, which was adopted at an extraordinary Council meeting on Monday July 8.

The Plan's adoption follows a month of public consultation which saw the Council receive 235 submissions and a clean audit opinion.

South Taranaki Mayor Phil Nixon says the District is on an upward trajectory and the Council's Long Term Plan is about maintaining that momentum while also doing what's needed to look after the District's assets.



STDC MAYOR
PHIL NIXON

road, 82% supported an increased rates subsidy, 54% supported earthquake strengthening Eltham Town Hall to 67% of the New Building Standard and 79% supported increasing user fees and charges.

"The big challenge for us is how we afford to do this at a time when local government is facing unprecedented cost increases".

Like households and businesses across the country, Council is facing increased costs for the things we buy. Local government inflation has risen by around 20% over the last two years and continues to rise. Fuel, bitumen, electricity, construction, and insurance costs have all increased considerably - in some cases contractors' costs have increased up to 60%. Higher interest rates have increased the cost of borrowing and paying back debt and compliance costs driven by government requirements have meant we need to spend a lot more on our infrastructure.

This means we need to pay more just to keep doing what we are already doing, without adding anything else," says Mayor Nixon.

Mayor Nixon says the Council worked tirelessly to find savings across all activities to keep the rates increase as low as possible, including reducing budgets for things like the Hāwera Town revitalisation project, tourism, and events, delaying some non-urgent capital projects works, increasing borrowing and the amount Council's Long Term Investment Fund subsidises rates each year by an additional \$350k.

Despite this, the average total rate increase for the 2024/25 Year is 11.1% with an average rate increase over the next ten years of 5.41%.

"We know the rate increase will be really hard for a lot of ratepayers. It's higher than what we want and higher than we've had over the previous ten years, but it reflects what it costs to simply maintain existing

services while ensuring our critical infrastructure meets our community's needs and government requirements," says Mayor Nixon.

"If we don't maintain our assets well, they will cost us more in the long term if we have to replace them sooner than expected or all at once. You don't have to look hard to see places around the country where years of underinvestment by councils has led to unacceptable infrastructure failures and we don't want South Taranaki to be in that situation," he says.

The skyrocketing costs are affecting councils right across the country.

"Councils are acutely aware they need to balance the need for investment with affordable increases, but the pressure has reached a tipping point and I think we need to have a national conversation about local government funding - including the value of the services councils provide to communities," says Mayor Nixon.



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Opunake Community Hub to close at end of month



Revenue Minister Deborah Russell making the first deposit at the Opunake community banking hub when it first opened on December 7 2020. With her is South Taranaki Mayor Phil Nixon.

The Opunake Community Banking Hub which opened to much fanfare in 2020 will cease operating at the end of the month.

Back in 2020 Opunake was selected by the New Zealand Banking Association as one of four rural towns to trial a Community Banking Hub involving the country's six leading trading banks. The Opunake Hub which is based at the Opunake Library Plus opened on December 7 with Revenue under-secretary Deborah Russell making the first deposit.

The Opunake Hub, like those of Martinborough, Stoke and Twizel which had already been opened had a Smart ATM allowing deposits to be made, as well

as phones and tablets allowing customers to talk directly to their banks and make transactions and financial decisions. A concierge would also be on hand to assist customers.

"We wanted a mix of communities," New Zealand Banking Association chief executive Roger Beaumont said at the time. "Opunake is quite different to the other North Island hub at Martinborough. This is a dairy industry supported environment and we wanted to experiment in a community where there is a bank branch still operating," he said.

At that time the Opunake branch of the Taranaki Savings Bank which was located next to the Opunake Library Plus was still

operating. This was closed by the TSB last year along with their Eltham branch.

Since then the New Zealand Banking Association have opened other banking hubs in Whangamata, Opotiki and Waimate.

Mr Beaumont says that while the phase two hubs were welcomed by their communities, the trial did not indicate a significant demand for these physical services with hub usage lower than many comparable regional branches or ATMs. Meanwhile the country's five leading banks, ANZ, ASB, BNZ, Kiwibank and Westpac would not reduce their existing rural bank networks for another three years.

Mr Beaumont said no more hubs will be added and the trial will end on July 31, although the existing hub network will continue except for the Opunake and Stoke hubs.

"The Stoke hub will not continue after the trial as a permanent arrangement would require a disruptive refurbishment. The Opunake hub will also end as it has been agreed with the hub host to discontinue the hub site for all services as the primary usage only relates to the ATM. In both cases it is intended that a hubs multi-bank deposit Smart ATM (the most used part of hubs) will remain."

STDC Libraries and Cultural Services Manager

Cath Sheard said Hub services end at 31 July, however agreement has been reached with the New Zealand Bankers Association that the Smart ATM will remain at Opunake LibraryPlus until an ATM can be installed in the ex-TSB Bank site, now owned by Taranaki iwi.

"While the Banking Hub concierge service received positive feedback, usage was low as it had been across New Zealand. Most usage related to the ATM. With assurance that a new smart ATM would be installed in the old TSB building, Council agreed to discontinue the service."



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Mangatoki WI



Bread Making.

On May 8, eight members attended the Riverlea WI's 90th Birthday Lunch held in the Riverlea Hall. We were welcomed by their President Lynette Gargan, later giving us the history of the Riverlea WI. Mrs. Dot Pope, their eldest member cut the cake and Bernadette Gopperth, our South Taranaki Federation President gave a short address. It was an enjoyable event, many members catching up with old friends.

Our June 5 meeting was a trip to Fitzroy for the day. Our first stop was to the

Fitzroy Community Hall to join members of the Fitzroy Women's Fellowship Group for a cup of tea and their meeting which took the form of a fashion parade, put on by the local store Ma'dore. We were welcomed by their President and then Ma'dore compered the fashion show of this season's winter clothing. From here we crossed the road and went to The Hub for a very nice lunch followed by a shortened meeting. Fourteen members attended and apologies were received. Three members were or had been in hospital

and had been visited and the church had been cleaned and the gardens tended. The raffle was won by Lucy Moger. After lunch, we wandered around the shops, with many visiting Ma'dore to see what else they had in store. From there we visited Potters Corner to have a look at the pottery there. Katie told us about her pottery making and now sells a variety of specialist teas of which a number of us tasted and purchased. Katie was trained in jewellery making and pottery and showed us some jewellery she was repairing and making. From here we wandered further around the shops. From Fitzroy, a few people went into New Plymouth for shopping and other reasons. Another enjoyable day out.

On Wednesday July 3, 15 members and one friend met at Karen Joblin's home where Theresa Carter had measured out the ingredients for members to make

flat bread, following her instructions as she made two larger flat breads to be eaten with our soup at lunch time. Our mixtures were left in the containers provided to continue rising and when we left, later on, we took them home to be kneaded for a second time, left to rise and then cooked. After this, we had our business meeting, opened by Olwyn, our President, who thanked Theresa for the demonstration and cooking the flat bread to go with our soup at lunch time. The minutes of the last few meetings were read by our Secretary Denise Carter. The correspondence was read, one being from Hospice Taranaki, New Plymouth, for the donation they received from our WI earlier. Mangatoki WI to host the STF meeting in October.

There were two apologies. Treasurer Cathy White read the bank statement, a donation to be given to The Barbara Wood Memorial and raffle tickets to be printed for our WI use as not available in shops. Bev Marx was reimbursed for purchases made. The sick visiting was done, those who were in hospital last month are now home and Liz had been visited in hospital. The Mangatoki church at the Pioneer Village had been cleaned and a new – old organ had been installed, the one from the church has been put on display in one of the other village buildings. Baking was done for the elderly members of the Mangatoki District and would be delivered in a day or two. The raffles were won by Theresa Carter and Jenny Brown.

By the time we had finished the meeting, the bread and soup was ready, as we had a lovely lunch. The three soups had been made by the hostesses and after a selection of "sweet treats" made by some committee members. Karen was thanked for, yet again, hosting us all. An enjoyable day was had by members.

Lucy Moger
Mangatoki WI Reporter

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Congratulations Val Deakin



There was a gathering on Saturday, June 29 celebrate the investiture of local dance legend Val Deakin as a Member of the New Zealand Order of Merit. As Val wasn't able to travel the ceremony was officiated by Mayor Neil Holdom who presented her with a certificate signed by King Charles and the Governor General Dame Cindy Kiro, as well as pinning on her medal. Born in New Plymouth, Val had a career overseas in England, Turkey and the USA – dancing, teaching and choreographing – before returning to New Zealand at the end of 1972 to open her own dance school and form the Val Deakin Dance Theatre Trust. Both are still operating today. Many of her students have gone on to professional careers in dance or theatre – or have used the training they received to assist in their work and personal lives. The investiture was held at the Dance Centre, the Dance Theatre's home on St Aubyn Street. After the official presentation, a morning tea was enjoyed by the group of celebrants Congratulations Val.

Bilingual babies start to pick up multiple languages in the womb

Babies are already learning about speech when in the womb, and international researchers say this extends to learning about multiple languages. The team recruited mothers of 131 newborn babies in Catalonia, where nearly half the population are bilingual. Three in five of the mothers had been speaking multiple languages while pregnant, and the team placed electrodes on their babies' foreheads to measure how their brains responded to hearing sounds that were key to the mothers' languages and likely to be audible from the womb. The researchers say the babies of monolingual mothers were more tuned in to a specific pitch related to their language, while babies of bilingual mothers were less specifically sensitive to that pitch but were sensitive to a wider range of pitches. The researchers say this shows even before birth, bilingual babies are beginning to learn about languages differently.

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MP visits Opunake

During a recent recess from Parliament, I visited Ōpunake High School to hear about how the changes we've made in education have impacted learners and teachers. Seeing tangible differences, like better focus in classrooms with a ban on cell phones is fantastic, and hearing where further work is needed is valuable feedback. I also took the opportunity to see the Tiny



DAVID MACLEOD MP
NEW PLYMOUTH

Homes building project students had been working on.

Last week, the Government announced the introduction of consistent assessment tools to help teachers identify and arrange additional support for those who need it right at the start of the child's education. From 2025 phonics checks will be in place, and progression monitoring on reading, writing and maths will also be introduced for children in years 3 through 8. Minister of Education, Hon Erica Stanford, is committed to

turning around declining levels of achievement and ensuring that every child in New Zealand receives a world-class education.

On my trip around the coast, I also had morning tea with residents of Ōpunake Cottage Rest Home, dropped in on some of the Tasman Street retailers, and I was joined by locals and a community group for coffee at Sugar Juice Café. I regularly hold coffee catchups in town and welcome anyone who would like to join me for a chat. Information on these can be

found on www.facebook.com/DavidMacLeodMP

I know changes in banking in Ōpunake will affect a number of small businesses and I have raised these concerns with senior management at TSB Bank. The Regional Banking Hub will close at the end of the month but will leave behind a deposit taking ATM available for all customers of participant banks. This service will be expanded from the existing library hours to be 24/7 access, providing extended hours for the community

to complete their cash note deposit banking. The community also benefits from the existing TSB cash dispense ATM also available 24/7. There are no costs to customers to use these services. TSB also has a plan in place to support customers using coins.

If you need assistance would like to chat, or would welcome a visit from me, please reach out at [david.macleodmp@parliament.govt.nz](mailto:macleodmp@parliament.govt.nz), or (06)759 2580.

David MacLeod
MP New Plymouth

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A Sustainable and Prosperous Future for Taranaki

New Zealand stands in a challenging position, facing economic challenges and opportunities that demand bold and visionary leadership. As a List MP based in Taranaki and Labour's spokesperson for Economic Development, I envision a future where New Zealand thrives through sustainable practices and innovative growth. By prioritising productivity, sustainability, and inclusivity, we can build an economy that benefits all New Zealanders.

Improving productivity is crucial for boosting our economic performance. This involves supporting local businesses, investing in new technologies, and ensuring our workforce is equipped with the skills needed for the future. We must strengthen our economy's resilience to withstand and recover from global economic shifts or local crises through



GLEN BENNETT
LABOUR LIST MP

strategic planning and robust economic policies that align with our nations values.

Addressing environmental impacts and climate change is imperative. We cannot ignore the consequences of economic activities on our environment and must promote sustainable practices. By positioning New Zealand as a leader in green growth, we can create high-value jobs while preserving our natural resources. Taranaki is the

energy province and we're is well-placed to lead in renewable energy initiatives such as wind and solar, transforming our regional economy into a model of sustainability.

The advancement of technology and artificial intelligence presents both challenges and opportunities. Utilising these requires investment in education and training to prepare our workforce for the jobs of tomorrow. In Taranaki, institutions like WITT are already supporting local talent and creating opportunities for youth and those transitioning to new types of work.

Navigating global political dynamics requires a strategic approach. Labour's past efforts have secured valuable trade agreements, and we must build on these achievements to ensure economic stability. Focusing on high-value products that

protect our natural resources and innovate our industries will enhance our global trade relationships.

In opposition, we are taking the time to listen, reflect, and build relationships to develop a clear vision with strong policies centred on productivity, innovation, and environmental stewardship. We aim to create policies supporting our agriculture sector's future, enhancing global trade relationships and preparing our workforce for future challenges.

I continue to engage with businesses, community groups, economic development agencies and individuals to inform our thinking and vision. Together, we can ensure that New Zealand's economy benefits everybody, while safeguarding our planet for generations to come.

Glen Bennett
List MP

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An alpine celebration

A howling wind and a flying fox jumping off the cable weren't what Whanganui MP Carl Bates was expecting when he received an invitation from the Stratford Mountain Club a couple of weeks ago. He was invited to the Club's celebration last Sunday of the opening of the Maunganui Bridge on Mount Taranaki.

On a cold Sunday morning the invited guests gathered where directed, then made their way up to the flying fox. The plan was to be piped across the bridge, walk up to the Maunganui Lodge, enjoy some formalities, some alpine music then have a bite of lunch.

The wind was blowing across the mountain, and the flying fox, fully laden with lunch for those attending, jumped off the cable. Quick action saw the flying fox unloaded and a food delivery was made on foot.

The group, which included representatives from DoC and the Taranaki Alpine Club as well as Bates, his wife Candice and sons Angus and Logan made their way to the Lodge. Once inside everyone was entertained by a piper, accordions and of course a group playing Alpenhorns.



The group with Alpenhorns at Maunganui Lodge.

During his address Carl Bates referred to his Maiden Speech in Parliament in January and how as a Scout he had been taught to "take only photos and leave only footprints."

He related how he had put that into practice in his youth, when tramping on Mt Taranaki, and how special it

was returning to the maunga with his children, sharing his love of the outdoors with them.

In closing, Bates thanked Jenni Fletcher and her team from the Stratford Mountain Club for their hospitality and organisation of a memorable event



Whanganui MP Carl Bates with piper.

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When the heart fails to keep up with body's demands

When the heart fails to keep up with body's demands it's easy to overlook the common red flags that may point to heart failure – Iron deficiency, erectile dysfunction, malnutrition (i.e. a poor diet) and infection.

The number of people diagnosed with heart failure is likely to increase with a growing and ageing population.³ Heart failure patients often suffer from multiple comorbidities (cardiovascular and non-cardiovascular), such as an irregular heart rate or rhythm, high blood pressure, kidney disease, type 2 diabetes,

obesity, iron deficiency, and mental health conditions like anxiety and depression.^{5,6,7} A new survey commissioned by YouGov, on behalf of leading charity Hearts4heart, indicates more than four million Australians are not aware of the comorbidities that can increase the risk of heart failure.⁸

According to Professor Andrew Sindone, Director Heart Failure Unit and Department of Cardiac Rehabilitation, Concord Hospital and Head of Department of Cardiology, Ryde Hospital, living with heart failure comorbidities can take a toll on the physical and mental health of an individual, but effective management is crucial to ensure best outcomes and a better quality of life.

"Despite the name, heart failure doesn't mean the heart has stopped or failed, it means that the heart is 'failing' to keep up with the body's demands. A comorbidity, which is any co-existing health condition, is one contributing factor to heart failure if not properly managed, so, it's essential to speak to your GP to understand your risks and treat any underlying medical conditions you may have. Having these early discussions with your GP can support early detection and intervention of heart failure, reducing the risk of life-threatening complications including heart attack and stroke," stated Professor Sindone.

Heart failure affects people in different ways. In its early stages, heart failure often has no symptoms. Symptoms can start suddenly and be

severe (acute heart failure) or they may appear over time and gradually worsen (chronic heart failure).

Symptoms of heart failure can include: breathlessness during minimal exercise, or when resting, sudden weight gain, new or worsening tiredness, dizziness, confusion, or sadness, discomfort or swelling in the tummy or lower body, increased trouble sleeping, swelling of the legs, ankles, or feet, loss of appetite, dry cough, or irregular heartbeat or palpitations.



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Where does the man in the moon come from?

Seeing faces in inanimate objects is a common occurrence but research from QUT has found our brains assign them the same biases as we would human faces.

Known as 'face pareidolia', the phenomenon describes the illusion in which people see faces in otherwise trivial things – like the man in the moon, Jesus on a piece of toast, or an image of the Virgin Mary on a decade-old grilled cheese sandwich that fetched US\$28,000 at auction.

Lead researcher Professor Ottmar Lipp of the QUT School of Psychology and Counselling, said the human brain is primed to detect faces.

"They provide a wealth of information about the people we interact with and, as social beings, it is important for us to recognise this information and to adjust our behaviour.

"Responding to these cues – about a person's age, sex and ethnicity but also how they are feeling at the moment via their facial expressions – in an appropriate manner can enhance the likelihood that we maximise positive



Happy woman. Angry man.

outcomes and minimise danger."

One such instance in which our minds take shortcuts to help us understand the world is the happy face advantage.

"This refers to the observation that we are faster and more accurate to recognise happiness than negative emotions such as anger or sadness," Professor Lipp said.

"However, this recognition advantage is modulated by other information that we have about a person – what is available by looking at them or what we have learned about them.

"The happy face advantage is bigger for female faces

than for male faces, bigger for young faces than for old faces, bigger for ingroup faces than outgroup faces (however the group is defined), and bigger for people we find attractive or believe to be nice people."

The research, published in the American Psychological Association journal Emotion, tested whether this happy face advantage was unique to human faces or would show up with examples of face pareidolia.

Almost 100 participants were shown numerous examples of face pareidolia and the speed and accuracy with which the expressions were perceived as happy or

angry were measured.

"We found a robust happy face advantage for illusory faces that were rated as more feminine in appearance," Professor Lipp said.

"But we also found a robust angry face advantage for illusory faces that were rated as more masculine in appearance.

"There are a number of explanations for this bias that have been offered but the one with the widest reach is that we see happiness faster on faces we evaluate as relatively more positive.

Continued page 11.



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Ostomates reaching out to other ostomates

Raewyn Rooney and Bernie Christian are not afraid to talk about the hard or the wet stuff.

Raewyn is president and Bernie is vice president of the Taranaki Ostomy Society, and both have had ostomies themselves.

Ostomy surgery allows bodily waste to pass through a surgically created stoma on the abdomen into a prosthetic known as a ‘pouch’ or ‘ostomy bag’ on the outside of the body or an internal surgically created pouch.

An ostomy may be necessary for a number of reasons including cancer, birth defects, an accident or other medical conditions. They can be either temporary or permanent.

“We’re not scared to talk about poohs and wees. We’ve got to break these barriers down,” says Bernie.

Raewyn says people who have had ostomies or are about to have the procedure need someone to talk to. The Society is made up of volunteers and they are not there to give people medical advice.

“It’s about giving people a like-minded friend,” says Raewyn. “Only an ostomate knows what an ostomate goes through. If my journey helps make someone else’s journey to be easier then my



Bernie Christian and Raewyn Rooney with ostomy bags.

journey is easier. There are a lot of ostomates out there who don’t know we exist.”

The Privacy Act means hospitals aren’t able to tell them the names of those who have had ostomies, so the Society has to get people to contact them themselves.

Raewyn can be contacted on ph (027) 463-6130 and Bernie on (027) 775-6912.

Raewyn says that while ostomy groups in other parts of the country have struggled financially, the Taranaki Society have been in a better situation thanks to funding

from the Toi Foundation.

The Society has regular coffee mornings and annual meetings with guest speakers who have included a nutritionist and a surgeon. Raewyn says they operate a buddy system.

“We know there are a lot of very settled ostomates out there and we would like them to put their hands up and buddy up.

“We all look the same as everybody else. My life has not changed. My first grandchild was born before I had my ostomy and I follow

him everywhere with his motocross. There is nothing that I’ve done before that I don’t do now.”

Bernie’s Hawera garden has become something of a regular in the Taranaki Fringe Garden Festival and she has had pamphlets available during festival time, where, she says a number of people have stopped to ask her questions.

Bernie and Raewyn both stress the importance of

getting regular health checks.

“Listen to your body,” says Bernie. “If you’re not passing your bowel motion properly or something is wrong, get advice. Don’t be fobbed off. Keep asking questions.”

Raewyn agrees.

“With me all the initial testing was negative, and I knew there was cancer in my family. We want people to be vigilant. Go out there and get testing.”

Bernie says that when somebody is about to have an ostomy they suggest that their partner learn how to

change the bag.

People of any age can have ostomies.

“It’s very hard for children having a bag as typically kids can ridicule them, especially in the teenage years,” says Bernie.

Among the more famous ostomates is Napoleon Bonaparte, perhaps a reason for his iconic hand inside the jacket pose. Others have included President Dwight Eisenhower of the United States and New Zealand shot putter Dame Valerie Adams.

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Where does the man in the moon come from?

Continued from page 10.

“Female faces are by and large evaluated as more positive than male faces, so we see happiness faster on female faces when presented among male faces. We see happiness faster than anger on male faces if we present them alone without female

faces or among faces that are relatively more negative like outgroup faces.”

Taken together, Professor Lipp said these findings suggest that illusory faces confer the same behavioural advantages as human faces.

“We are very primed to see faces. Anything that

resembles a face will trigger the same socio-cognitive processing mechanisms as real faces – even a burnt piece of toast,” he said.

“This knowledge may help us to reduce biases and facilitate positive, productive interactions.”

Queensland University of Technology (QUT)

BMI out-body fat in

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Dawn ceremony marks start of Coastal Walkway extension



Around 50 people gathered at dawn for the planting of a tree in Otupaiia Marine Park in Waitara to mark start of works on the Coastal Walkway extension.

The planting of a tree marked an exciting milestone for the Coastal Walkway extension from Waitara to Mangati/Bell Block..

Manukorihi, Otaraua, Pukerangiora and Puketapu hapū hosted the dawn ceremony at Otupaiia Marine Park in Waitara. The pathway is co-designed by NPDC and ngā hapu, with the support of Te Kotahitanga o Te Atiawa Trust.

“The tree signifies the beginning of the Te Pae o te Rangi project,” says Ngā Hapū representative, Anaru Wilkie.

“The walkway extension will see a lot of activity – people walking, running, biking, skateboarding – and they’ll be connecting with unique stories of the whenua along the pathway.”

New Plymouth Mayor Neil Holdom and representatives from New Plymouth Airport and Waka Kotahi NZ Transport Agency were among dignitaries at the ceremony, also attended by members of the Waitara community and the general public.

Stage one will be built from Otupaiia to the intersection of Brown and Tate roads and is due for completion in the middle of next year. All of the project’s stages are scheduled to be completed by the end of 2027.

“It’s fantastic that after our years of planning, we’ve got to this point: blessing the project right before physical

works begin,” says NPDC Manager Infrastructure Rui Leita.

“Stage one has some lovely features, including native plants, rest areas and some alternative paths that connect with nature, as well as new paths within Otupaiia Marine Park to create a clear link to the Waitara River shared pathway.”

When completed, the 9.7km pathway between Waitara and Mangati will be a great experience for walkers, runners and bike-riders taking in rich historical, natural and culturally important sites, says Rui.

This construction project has been gifted the name Te Pae o te Rangi – The Ledge of the Heavens. It refers to the pathway connecting our land to the water and providing a space for people to rejoin our environment.

The early work of stage one will be in Otupaiia as NPDC builds raised pedestrian crossings on the park’s ring road and makes changes to the car park. Access to the beach and river will be maintained but there will be a short closure of the car park, and people are asked to follow the direction of diversion signs for their safety.

The Coastal Walkway is currently 13.2km long; the project will extend this distance to almost 23km.

Planning for the Coastal Walkway began in 1997. Construction of the first 7km (New Plymouth CBD to Waiwhakaiho River) began in October 1999 and was completed in December 2001, with the most recent section (Ellesmere Avenue to Bell Block Beach) completed in 2014.



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Increased demand for Hawera Budget Service

Things are tightening up out there and the Hawera Budget Advisory Service is seeing this reflected in the numbers of people coming through their door.

They service an area along the Taranaki coast from Waverley to beyond Opunake and inland to Stratford and Midhirst. Now co-ordinator Julie Gaudin says they are seeing a wider range of people than before.

“It’s not just people on benefits,” she says. “We’ve got young families, people who have been self-employed but have had to close down and have to pay off debt. We even have contract milkers, people who normally in the past we wouldn’t have had to deal with.”

There are also Work and Income, hospital and mental health referrals.

”When I first started we rarely saw older people or working families with children,” says Julie.

“For people on super living in rentals it can be horrendous. Food is never the first thing they think about. It gets to be what’s left over after everything else has been paid for, so they’re not eating healthily.



Julie Gaudin and Erica Strand of the Hawera Budget Advisory Service.

If they have assets they just get a base super rate. They might own their own house but have no savings or anything. That’s what we’re pressing with the younger people, get your Kiwisaver and start saving.”

She says it can also be tough for single beneficiaries without children as their benefit does not cover necessary costs any more.

Julie has been co-ordinator since 2007. She says that “years and years ago,” as

a single mother she had gone to the Budget Advice Service where she lived and they had helped her so much that when she shifted to Taranaki she decided she wanted to give something back. When the co-ordinator retired she applied for and got the job.

“When I started here 17 years ago there was just me here once a week,” she says. “We’ve gone from one person paid and volunteers to two full-timers and a part-

timer plus four volunteers, and we are always looking for more.”

She says the job comes

with “a lot more positives than negatives.”

The Hawera Budget Advisory Service works in with other organisations so that the range of services includes a lot more than just budgeting advice. These include helping people access low interest loans and helping people with debt repayment orders. They work in with another Budgeting service that offers Total Money Management where bills are paid and money is placed into a trust account. They also do financial mentoring and have community education programmes as well as carrying out an advocacy role.

“We don’t just do budgets like we used to do,” says Julie.

Universal equation can predict flapping frequency of birds, insects, bats and whales

A single universal equation can closely approximate the frequency of wingbeats and fin strokes made by birds, insects, bats and whales, despite their different body sizes and wing shapes, according to international research. The team found that flying and diving animals beat their

wings or fins at a frequency that is proportional to the square root of their body mass, divided by their wing area. The equation works just as well for predicting fin stroke frequency in penguins and several species of whale, including humpbacks and northern bottlenose whales. Using their equation, the

researchers were also able to estimate the wing beat frequency for an extinct pterosaur (Quetzalcoatlus northropi) which is the largest known flying animal with 10-metre square wings, finding that it had a frequency of 0.7 hertz.

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| Okato | Carthew St. (opp. Sinclair's) | 7.25 | 2.00 |
| Oākura | Oākura Hall | 7.35 | 2.10 |
| New Plymouth | Spotswood College* | 7.50 | 2.25 |
| New Plymouth | Liardet Street | 7.57 | 2.32 |
| New Plymouth | Egmont Street | 8.00 | 2.35 |

| New Plymouth to Ōpunake | | AM | PM |
|-------------------------|----------------------------------|-------|------|
| New Plymouth | Egmont Street | 11.30 | 5.05 |
| New Plymouth | Liardet Street | 11.33 | 5.08 |
| New Plymouth | Spotswood College* | 11.40 | 5.18 |
| Oākura | Oākura Hall | 11.50 | 5.20 |
| Okato | Sinclair Electrical, Carthew St. | 12.00 | 5.30 |
| Pungarehu | Town Hall | 12.10 | 5.40 |
| Rahotu | Four Square | 12.15 | 5.45 |
| Ōpunake | Dreamtime | 12.28 | 5.58 |
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ORAL LANGUAGE AND LITERACY

Oral language forms the foundation of early literacy. Oral language development plays a critical role in early literacy because it provides the foundation for reading and writing. As children acquire more words and learn to use them in meaningful ways, they are better able to understand and use written language. Beyond the foundational role of oral language, early language skills are in fact predictive of later reading comprehension development.

Here at Kindy, we understand that strong oral language foundation is key in any language not just English (depending on their home language). It is a taonga and nurturing the treasure is very important to us. At Kindy:

1. Tamariki experience an environment where Te Tiriti o Waitangi is influential and visible in shaping our approach to promoting strong literacy foundations through oral language learning.

Right: : Leonie, Ria and the tamariki singing and doing the actions for Tutira Mai Nga Iwi.

2. Tamariki partner and participate with kaiako in enhancing their own language learning and the oral language leaning of their peers.

Left:: Jess and Juliet(2) reading Taku Tuatahi Wā Pukapuka Papa.

3. Parents / Whānau and the wider community are aware of how we promote literacy foundations through oral language and contribute to this mahi by making connections with language learning between home and Kindy.

Right: Charlotte B(4) Snapshot; sharing about her learning with Nicola.

4. Kaiako are supporting the cultural and linguistic diversity of all children as part of providing an inclusive environment.

Left: Meera, Kyi(4) and Riaan(3) reading 'My First Book of Hindi Words' and 'My First Shona Words'. Together we are learning some Hindi and Shona words.

5. Kaiako are knowledgeable about play-based curriculum and pedagogy and able to conceptualise, plan and enact curriculum that is motivating, enjoyable and accessible for all children in regard to promoting strong literacy foundations through oral language.

Right: Simon, Rueben(4) and Hazel(4) busy digging the mudpit; sensory rich learning experience that involve descriptive language and serve and return kōrero.

KEEPING OURSELVES SAFE

In today's world, children have an increasing need to learn skills, attitudes and knowledge to keep themselves safe in a range of situations involving interactions with other people. The earlier children get personal safety education the more likely they are to develop sensible attitudes to personal safety and to adopt and use personal safety strategies in their lives.

Two of the focuses are as follows:

1. All about me – Tōku āhuatanga whānui
 - Key messages:
 - For children: I am awesome.
 - For whānau: All children are special.
 - We want children to know that they are awesome and whānau to know that all children are special in their own way. Children have been sharing why they are awesome as well as what others are awesome at. This builds children's confidence and self-esteem.

Left: Chloe(3) showing her skills on the monkey bars.

2. My body – Tōku tinana
 - Key messages:

- For children: I'm the boss of my body.
- For whānau: Whānau must respect children's rights to have control of their own bodies.

Right: Faye looking at 'Human Body' book, learning about different body parts.

WONDERFUL WORLD OF WIGGLIES

We are sharing our knowledge about worm farming with the community. At Kindy, our worm bath or worm farm uses the same principles of composting, but it does not generate heat. When the worms eat and excrete the scraps, there are two products: vermicast (also called casts) and worm 'tea'. Both have high levels of nitrogen, phosphorous and potassium (NPK). Casts are valuable for plants' leaf growth, root and stem strength and flower and fruit set. Benefits of worm farming are as follows:

- Fantastic fertilizers for plants.
- A great option for disposing of food waste – takes up less space than a compost bin.
- They are interesting, we get to reduce waste and tamariki enjoy them.



Far left: Auroa School teacher Rachel Cathie (New Entrant), Madison and Deni (students) some students came for a visit at Kindy learning about our worm bath in order to get their worm bath at school working well. Diane was helping them answering questions, while our Worm Warriors; Thomas(3), Brody S(3), Arlo(4) and Toby(3) giving a helping hand and sharing their knowledge too.

Left: Danni, Leonie and the Worm Warriors visited Ōpunake Primary School worm bath. We will be helping them replenish the worm bath and keep it healthy again.

Majestic Maunga



Taken from Brennan Place on Monday.

House hunters ‘in hibernation’ until conditions improve

Frosty economic conditions continue to impede New Zealand Aotearoa’s now ice-cold housing market, causing home values to dip with the temperature in most main centres.

The latest QV House Price Index shows home values decreased by an average of 0.9% nationally over the three months to the end of June 2024 – a slightly larger rate of reduction than the 0.2% quarterly decline for May – with the average home value now sitting at \$916,285. That figure is still 2.8% higher than last year and 13.9% (\$147,480) lower than the market’s peak in late 2021.

Residential property values have lessened across the Taranaki region this quarter at an average rate of 1.6%.

The largest reduction was in Stratford, where the average home value reduced by 5.1% to \$479,919. South Taranaki wasn’t far behind; its average home value dropped 4.4% to \$433,085.

In New Plymouth, home values reduced by a comparatively modest 0.8% on average. The city’s mean average home value is now precisely \$715,681, which is

now just 0.1% higher than at the end of June last year.

We aren’t good at telling an AI voice but our brains know

Researchers presenting at the Federation of European Neuroscience Societies Forum 2024 say that we aren’t very good at distinguishing between a human’s voice and an artificial intelligence (AI) generated voice, but imaging on our brains shows that our noodles react differently to AI. The team played clips of both human and AI-generated voices expressing different emotions to 43 people and found that the participants were only able to correctly identify human and AI voices around half of the time each. Scanning their brains, the researchers saw that human voices more often showed up in the areas of the brain associated with memory and empathy, and the AI voices elicited responses from the error detection and attention regulation areas of the brain.

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In the world of tax, the devil is in the details. At Murphy & Landrigan, we recently had the opportunity to demonstrate how meticulous attention to these details can transform a daunting tax bill into a significant refund for a local Taranaki business.

Our journey with this client began when they came to us seeking a second opinion on their upcoming \$40,000 income tax bill. For perspective, \$40,000 is a substantial amount, especially when compared to the annual gross income of \$27,000 for someone on New Zealand Superannuation.

Recognising the heavy burden this tax bill placed on their financial situation, we dove into their financials and tax returns. Our goal was not only to review their existing tax obligations but also to explore potential areas for optimisation. Through a thorough and detailed review process, we reworked their end-of-year tax returns and financial statements.

Our approach wasn't based on a single, sweeping change. Instead, we focused on a series of smaller, cumulative adjustments that collectively made a substantial impact. One notable strategy was accruing their March wages, paid in the first week of April, which alone resulted in a \$10,000 tax deduction. This, along with other minor adjustments and optimizations, helped us turn their \$20,000 tax bill into a \$21,000 income tax refund.

This transformation wasn't about pulling off a magical trick; it was about leveraging our expertise and attention to detail to find every possible tax-saving opportunity. Each small adjustment contributed to a significant overall reduction in their tax liability.

At Murphy & Landrigan, we believe that you get what you pay for. While our fees might be higher than some, the value we provide in tax savings and financial optimisation more than justifies the cost. In this case, our client not only avoided a hefty tax bill but also walked away with a substantial refund. The savings of \$41,000 in taxes is a testament to the worth of our services.

If you're looking for a firm that will dig deep into your finances, explore every possible tax-saving strategy, and provide exceptional value, look no further than Murphy & Landrigan. We're here to ensure you keep more of what you earn.

Deb Burmeister

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Coastal Gems for Sale

Top Holmes house

by Kathryn Mary Stanley

Stunning sea vistas, sparkling and leading to lush green farms attracts Coastal visitors to the Holmes residence at 3 Ponderosa Place. This double-storey mansion, designed on a grand scale with five bedrooms, three bathrooms, a patios, 2 lounges, and a garage for six plus cars, looks up to the snowy majesty of Maunga. Formerly called Mt Taranaki, this craggy mountain casts welcoming spirits over the Holmes property. Visitors to look at the Holmes property can bring their picnics and surfboards for fun in the sun at Opunake Beach which is the most popular beach camp with its surrounding walks. In the winter, there are beautiful native bush walks and keen trampers can tackle the steeper slopes of Maunga. Cafes, a historic picture theatre, shops, and an excellent library and South Taranaki District Council centre are within walking distance of the Holmes residence. A busy Medical Centre, complete with a pharmacy and helpful staff are permanently in town

to meet everyone's needs. Indeed Opunake is well known for its Opunake High School, one public primary school, St Joseph's Convent, plus the popular Kohanga School. The local kindergarten is a thriving place for youngster to learn and grow up. The play centre in a different location is ideal for parents and their children to build their learning skills together.

Historic beginnings

Indeed, many people have been fascinated with the Holmes property which began as a humble dwelling called Pettigrew House. This was built in 1879-80 by John Pettigrew who took up his hammer to wood and stone. Pettigrew was a tireless worker. He constructed other places in Opunake prior to 1900. This Pettigrew house was made with stones from a local metal pit called a lahar. It was mixed with lime imported from Scotland. Next the mix was poured between rough wooden



One stunning view of the renovated Holmes property.

boxing while big rocks were placed between the walls. The same mixture with the rocks and smaller stones was applied to create a ceiling. Those colonial builders toiled away to make this building last

throughout the generations. Today in 2024, the modern Holmes house shelters the small house of yesteryear. Visitors can see a relatively unchanged Pettigrew House. The only difference has been the replacement of three large windows as well as an archway through one room which gives access to a larger area. It was 1984 when the top storey of the house was completed. Some of this information has been researched from IP Stevenson and Opunake Heritage Working Party.

2015 dawns on Holmes' era

The next chapter in the Holmes residence took place in 2015. This marked the dramatic start of a complete

architectural redesign of the building. The Holmes family purchased the building from the late Ian Stevenson who had developed the historic part on the ground floor with a modern floor upstairs with a lift and bedroom and living areas. The late Michael Holmes spent approximately two years planning and supervising the reconstruction and building of an already stunning two storey home. Michael's wife, Margaret, spent countless hours creating the interior designs, furnishings, and carpeting of all the rooms. Together they created clever, open plan kitchen and lounge areas, picking out vibrant and interesting colours for different rooms in the house. One bathroom demonstrates how the particular choice of a soft, petal white deep bath offsets the richer, warm tones of a champagne beige

colour scheme in the shower and surrounding walls. Sadly both Michael and Margaret Holmes passed away. But their memories linger in this home so their family can take great pride in their achievements. Margaret Holmes' good taste could further be seen in the elegant master bedroom with its walk -in wardrobe. Everywhere there is the same very high standard of fittings and excellent choice of décor designs. Take the kitchen as one example, where there is the most expensive plumbed in fridge. This is a designer kitchen with a really useful butler's pantry where enthusiastic cooks can whip up a gourmet meal while the hungry children can sit on high stools and watch their lunches being prepared. Viv Scott of McDonald Real Estate says that this

Continued page 17





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The original historic Pettigrew House which formed the base of the present home.

Coastal Gems for Sale

home has been created for the large family and visitors who want to relax and enjoy plenty of space in the living areas. “Once you enter the front door you are immediately aware of the friendly ambience,” Viv mentions. The Holmes family were always ready to take their visitors out on the patio where they could relax at the barbecue. While the food was cooking away the Holmes revelled in the wide sweeping views around the Opunake Township and country area. The patio is large enough to provide room for comfortable seating and tables. This is an outstanding home with a breath-taking view from almost every window, such as the upstairs living area. On the same top floor can be seen two bedrooms, a dual bathroom, office and a generous space for storage. Wander round the downstairs and there is an interesting floorplan of two bedrooms, one bathroom, kitchenette, lounge, laundry and a library.



ABOVE
A view of Taranaki's iconic maunga from the main living area.



A separate building with a multitude of uses.
Ahoy boat shed or man's den

The man in the family would find his own peace and quiet in this 114 square metre building with its 3.3m height. Many men, both young and old want their own space where they can have an office or a room for crafts or inviting their mates around for a beer after a sports game. The building is complete with a shower and toilet.

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“Changing lives through great architecture & design”. That is the mission of Imagine Architecture. Since 2002, we have sought to infuse that mission into every project. Our designs are for high performance buildings that change lives. To achieve this, we combine aesthetics & energy efficiency with comfort & architectural appeal, function & use of space with quality interaction with the

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to this point in time, and form our design in relationship to that. For example, we have sculpted designs to the land, rather than the land to the design. Nature has brought us those spaces, so we strive to design structures to be harmonious with that nature. As custodians we seek to protect the environment through diligent stewardship and utilisation of the best high performance technology.

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Coastal Gems for Sale

Top Holmes house



The light, bright entrance way.to the house.

Continued from page 17

the driveway off Whitcombe Road. The future owners would have peace of mind knowing their home, their occupants and visitors are safe and protected.

Purchase price of this stunning property is By Negotiation
Contact Viv Scott or Tara Gibson at McDonald Real Estate in Opunake. Further details in the McDonald Real Estate Advertisement on page 16 or visit www.eieio.co.nz/listing/OP00991.

Do you know of any interesting properties, large or small on The Coast which are for sale. Please contact the Opunake & Coastal News

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The library, a perfect hangout for bookworms.

Library for cosy bookworms

This a fascinating mix of the very quirky and the more traditional, cosy section of the library. Anyone who loves reading could spend hours and hours tucked away browsing and reading books and magazines. The Holmes family loved their books and the next owner has just the right corner for bookworms and their friends. This is a source of discovery for youngsters who could pick out their favourite title and they could read to their heart's content. The calm serenity in this library would lure away all ages from television screens and computers.

It would be a super and cards on raining spot to introduce games days in school holidays.

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Ag Assist launches in Taranaki connecting farmers and local workers

Ag Assist is thrilled to announce its launch in Taranaki, introducing a new community-driven platform designed to seamlessly connect farmers with local workers. This innovative tool addresses critical staffing challenges within rural communities by providing farmers direct access to a diverse pool of skilled individuals ready to contribute flexibly to agricultural operations through the platform, accessible at www.agassist.co.nz.

“Ag Assist is more than just a platform for connecting farmers and workers; it’s a testament to our commitment to the farming community’s well-being. We empower farmers by providing access to a reliable and skilled local workforce, enabling them to optimise their operations according to specific needs and schedules,” said Beck Riordan, Customer Success Manager at Ag Assist.

The platform offers a user-friendly way for farmers to find pre-approved workers, ensuring the creation of reliable workforces. Tailored to the needs of New

Zealand farmers, Ag Assist efficiently connects a variety of workers, spanning short-term and long-term roles. This includes retired farmers seeking occasional work, full-time workers looking for extra income, skilled university students in search of holiday employment, and seasoned professionals pursuing their next season’s job opportunity. By connecting farmers with this diverse pool of skilled individuals, Ag Assist not only addresses immediate labour shortages but also secures qualified personnel for long-term success on the farm.

As part of its commitment to supporting local communities, Ag Assist has launched a nomination initiative for rural schools in Taranaki to receive high visibility vests. These vests aim to enhance safety and visibility for students during outdoor activities. Nominations can be submitted online at www.agassist.co.nz/nominateyourschool.

Ag Assist also encourages local workers who may require additional income with flexible schedules to



Ag Assist is helping farmers find the right people for their farms.

sign up today. Whether you are seeking part-time work, temporary assignments, or ongoing opportunities in agriculture, Ag Assist provides a platform where you can connect with farmers in need of your skills

and availability. Farmers and workers in Taranaki are encouraged to visit www.agassist.co.nz to sign up and start benefiting from Ag Assist. Whether you are a farmer seeking reliable help or a worker looking

to contribute to local farms, Ag Assist provides the tools to connect and collaborate effectively.

Ag Assist is a pioneering platform dedicated to transforming agricultural labor management

by connecting farmers with local workers. It aims to support the sustainability and growth of rural communities across Taranaki.

What’s new about the bird flu strain infecting cattle in the United States?

The H5N1 bird flu virus that spread to 69 cattle herds in the US earlier this year shows signs of potentially spreading between mammals more easily than previous strains, according to international researchers. This was the first documented outbreak in cattle of an avian influenza known to be highly infectious, the researchers say, so they took a sample of

the virus from an infected cow’s milk to test how it worked in ferrets and mice. The team says this virus can spread to the mammary glands of the two mammals and some lactating mice passed the virus on to their pups. They say this virus can also bind to acids found in human upper airways in a way older H5N1 viruses may not have been able to, which,

among other features they saw, could mean this virus is better at infecting and transmitting in mammals.

Nature

The next issue of the Opunake and Coastal News comes out on July 25.

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Ag Assist

Connecting people to the land

TRC hail feedback from Taranaki communities

Around 550 people have attended Taranaki Regional Council’s freshwater drop-in sessions at the 16 events held around the region.

The drop-in sessions, which ran from 17 June to 1 July and covered the main urban centres as well as smaller rural locations, were a chance for communities to chat with Council staff about the future of freshwater.

The focus now shifts to online community conversations with a Zoom meeting held on 3 July and surveys around key freshwater issues including E. coli, sediment, nutrients, farm practices, water allocation and earthworks available at www.trc.govt.nz/helpshapetherules

TRC chair Charlotte Littlewood praised the high quality, informed and forthright feedback provided by visitors to the drop-in sessions which will be invaluable when the Council sets out targets and limits in a new Land and Freshwater Plan for Taranaki.

“We’ve been absolutely delighted with the terrific turnout at the drop-in events around the maunga,” said Mrs Littlewood.

“It’s not just about the quantity though. Those attending have really engaged with our staff and had open and honest discussions about their concerns and hopes for our rivers and streams.

“We held these sessions to be able to listen to communities, farmers, environmental groups, tamariki, business people and everyone who cares about our waterways, and they have provided vital feedback that will shape



TRC staff, from left, at the Stratford drop-in session: community engagement adviser Denise Rowland, land and soils scientist Brian Levine, communications and engagement Manager Jose Reader, policy analysts Adelaide Campbell and Bridget Mestrom, water quantity scientist Fiona Jansma, water quality scientist Angela Collins, regional planning lead Grace Marcroft and strategy lead Finbar Kiddle.

Hall.

The drop-in sessions were held far and wide including events in rural communities such as Kaponga, Urenui, Uruti, Waitōtara, Tarata and Te Wera as well as in the main centres including Hāwera, Stratford, Waitara, Inglewood and two events in New Plymouth.

“I’d like to say a huge thanks to all those who came along and made these events such a success,” said Mrs Littlewood.

“This once again shows that our communities are invested in improving Taranaki’s environment. A huge amount of fantastic work has already been done and we know people want to join us on the journey to achieving positive environmental outcomes in the future.”

The online community conversation runs until 2 August.

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the rules around freshwater management.”

The first event, in Ōkato on 17 June, saw people queuing outside the door before the session had started and was the most well attended with more than 60 people packing Hempton

Another award for Alton farming couple

A farming couple from Alton have picked up the Guardianship (Kaitiakitanga) Award at the Primary Industry New Zealand Summit Awards.

Damian and Jane Roper who have a 300 ha dairy farm bordering on to Whanganui National Park have built up their riparian planting programme to around 12,000 plants a year, restored an entire wetland, and have constructed a unique plant nursery with the input of local iwi.

At the same time, the Ropers have managed to reduce stocking numbers by about a fifth while growing per-cow production from



Continued page 21. Jane and Damian Roper.

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Farming stimulating at so many levels

Ten years ago Leedom Gibbs decided that maybe farming was the life for her, and in November last year she was elected President of Taranaki Federated Farmers.

She had grown up on her parents' dairy farm which overlooks the sea on Sutherland Road near Manaia. Back then she did not think about going farming. After High School she went on to Canterbury University to study accountancy and law, before studying history instead. She embarked on an MA thesis on the origins of Mt Egmont National Park which she researched but never completed.

Not completing her thesis led Leedom to think that maybe she was more practically inclined than she previously thought. She says this is something she now appreciates about farming.

"Farming is stimulating at so many levels. It's intellectually stimulating, but it's practical in real life, and you're forced to understand the practical application of ideas. You learn about the real inter-relationship between what it's like to be alive on this planet and living on the land. It's quite incredible."

She went back to Taranaki, was a single mother and worked in hospitality. When she was 35 years old her father Grant asked her if she could take over the running of the family's two farms. As well as the farm where she grew up on Sutherland Road there also was a farm at Waitara. Her grandfather, well known Hawera doctor Alistair Buist had bought this as a retirement farm and had done a lot of riparian planting.

"This came out of left field, I didn't consider that I would ever become a farmer," she said.

Both farms had sharemilkers and she now looks after them on behalf of herself, her sisters and their children.

In 2018 off her own bat she nominated her and her parents Grant and Dinny for the Ballance Farm Environmental Awards, which they ended up winning.

"I entered the Ballance Awards as they were the only ones I could enter," she said. "I couldn't enter Share Farmer of the Year as I wasn't a share farmer."

She says her parents had not considered entering before.

"Like a lot of farmers they don't like to put up their hands and be seen, and they were quite terrified that we won, but it's nice to be recognised for the work that we do."

"We could only win because of the earlier work my parents had been doing in their 40 years of farming and 35 years on that piece of land. I really rode on their shoulders."



Taranaki Federated Farmers president Leedom Gibbs.

Winning Ballance was also her first introduction to Federated Farmers which led to her election as president last year.

In her new role she says she has come to appreciate the challenges and issues facing different types of farming.

"What I love about being president of Federated Farmers is it gives you a greater perspective. It gets you off your own farm and you understand how your neighbours and people in the next town are affected."

To those who say that farming is the problem when it comes to the environment

she says.

"That's very blinkered and a limited way to look at things. We live in our 21st Century society as a result of the fact that we farmed the land. I see the way we farm the land gives the opportunity for better outcomes. We can

only have better outcomes from a strong society and the bedrock of a strong society is through an economic basis, and in Taranaki that comes through farming, and that's where the solutions lie."

She says she is concerned when she sees productive farming land lost to tree planting.

She also realises the unpredictable nature of the economic climate which farmers face, like when a recent string of good global dairy trade auctions was broken by a 6.9 per cent fall.

"As farmers I feel like we're walking on a razor's edge as to which way we're going to fall when it comes to making money," she says.

Federated Farmers recently called for an inquiry into the banking sector and Leedom says she is pleased that the government has taken this on board.

"We're very pleased that the government has picked up on our call for a banking inquiry and we will be working closely with the primary production select committee so that the terms of reference tick all the boxes and covers off everything that needs to happen."

She says she is enjoying her time with Federated Farmers and would encourage others to join.

"There are incredible leadership opportunities and a number of rural leaders have come up through Feds."

Another award for Alton farming couple

Continued from page 20.

400kgs of milk solids to 620kgs, and increasing profitability by 20%.

They bought their Alton dairy farm in 2006 and then bought another block in 2008, merging the two into one operation.

At the 2019 New Zealand

Dairy Industry Awards they were winners of the Responsible Dairying Award, being the first to pick up the John Wilson Memorial Trophy.

In 2021 working with local iwi Ngati Ruanui they created a traditional pa stockade to protect their gardens and native tree seedling

nurseries, propagating and growing native trees such as tawa, pukatea, swamp maire, hinau, manuka and rata.

They have worked with Taranaki Regional Council to restore a damaged bush block, which is protected under a QEII Trust covenant. The Ropers have regenerated a 2.5ha lake and

water quality on the farm is checked by an independent ecologist. Surveys have shown an explosion in water boatman.

They have also worked with the Taranaki Kiwi Trust to restore kiwi to the Tarere Conservation Park.

Damian is also a DairyNZ Dairy Environment leader.

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A new club in town

Theres a new club in town...the Opunake Outdoors & Fishing Club. Initially formed by members that wanted everyone to feel comfortable enough to get out there. It quickly developed into an outdoors club where people from every single walk of life are welcomed. Those who don't do so well in social events. The parents who want to take their children fishing but aren't sure where to start. The adults who want to learn but feel intimidated by their lack of knowledge. The mentally challenged. The people with broken bodies. The kids who are sick of looking at technology all day. This is your club. OOF Club, which is heavily

supported and sponsored by Opunake Outdoors & Service, has big plans. Just some of the upcoming events include free workshops for anyone in the community. Workshops ranging from how to set up a fishing rod to how to fillet and cook your fish. Legal hunting workshops, teaching archery and safe weapon handling. How to look after your gear to make it last longer. How to land a fish, how to build a fire or set up a camp. The list goes on. There will be camping, fishing, and hunting weekends for members only including the broken bodied.....OOF will get them there. Broken-body days where the Club will take a couple of keen fisher-people with body restrictions

(wheelchair, dialysis, missing limbs, diabetics, RA) fishing for the day with everything supplied thanks to Taranaki Disabilities. There will be more of the Teach a Kid to Fish and the Family Fun Days. A once yearly event where the club camps out for a weekend in a beach paddock somewhere along the Opunake Coast. These camps will include nothing but fishing, camping and a ton of family fun with maybe a little rabbit hunting too. Fortnightly club fishing days where we meet at various spots and just have a bloody good time helping each other, sharing tips and tricks. And a once a year outside comp where anyone can enter but club members

will have free entry. For those that are struggling financially.... they've got you too. PM the club confidentially. They will sort out your membership and even set you up with a basic package to get started. See, they've got you. Yes, the main sport of this club is fishing but the camping and hunting will be involved as much as possible. This club is for those that are interested in sharing knowledge, having good times with no social pressure and absolutely no judgement regardless of your background, knowledge or skill set. This last one is a very strong focal point for OOF Club. The club doesn't care about your background. They don't care if you're stone-cold broke or own a holiday mansion in Canterbury. They don't care if you have been fishing for 60 years or if you've never touched a fish in your life and most importantly, they don't care if you're mentally or physically challenged. Just that you have a passion like they do and a bloody good attitude. Whilst the club will be using funding to run the free workshops and supply gear, they will also be running fundraisers whenever the committee can, starting this month. The Club is running a sausage sizzle at the Secondary Schools Under 15s game on July 27. These boys have been playing hard

all season and have improved on a huge scale. We want to show them our support by getting as many supporters there as we can. Kick-off is at 10am at the High School sports field. Please come along, buy a sausage and scream your hearts out for our up and coming. If you're a Facebook user, you can find their page under Opunake Outdoors & Fishing Club. To find out more, pop into Opunake Outdoors & Service (formerly Collins Sports), email oos@outlook.co.nz, or PM the club on Facebook. If you would prefer to talk to a real-life human, call Bronny on 022 340 4384 and she'll sort you out.



Arlo Stanley with his fish. Get along to the OHS Under 15 Rugby game on the 27th July at 10am and buy a \$3 sausage to support the new fishing club and cheer on the boys.

Jaree to play basketball in Iowa

Another local boy is off to The United States to play basketball. Jaree Summerfield has been given the opportunity of a lifetime to play basketball for Luther College Decorah in Iowa. He is set to leave early September in time for the Winter semester. Jaree got his start in Basketball at Opunake High School at 14, which is considered fairly "late," given he is just 19 years old. But his height and talent didn't go unnoticed, and soon his High School mentor, Angelo Hill motivated Jaree to consider playing the sport more seriously. "Angelo has been my biggest motivator, he made me feel like I can go somewhere with Basketball." Jaree has proved to be a gifted baller, he has played

in the Opunake High School Senior Mens A team, OBA Men's A league, and he has recently been in Christchurch representing the Taranaki under 20s Men's team. With the help of Angelo, Jaree was able to get in touch with Stevie Cozens, a basketball scout agent based in Wellington, who asked for a few training and game videos of Jaree, and the rest is history. Following in similar footsteps as his friend, and local Cameron Quinnett, Jaree has signed a four-year contract with Luther College, and will start his degree in Exercise Science - majoring in Kinesiology. However, this opportunity doesn't come for free, yearly tuition fees at Luther College is over \$NZ25k. "I'm currently employed at Farmsource, and I'm trying to pick up extra shifts too. Ideally I would have liked to go to the meatworks or Fonterra, but I still have

to train 4-5 times a week to maintain my fitness and game. I'm excited and really fortunate to be given this opportunity." Jaree has been saving as much as he can. He has asked the Opunake Lions Club, and St Pauls Op Shop for support as well. "As well as asking for local support, I've also started a Give a Little Page, every little bit helps, and I'm really grateful for any donation"- <https://givealittle.co.nz/cause/american-endavours> "My family and I will also be holding a few local fundraisers, so get in touch with me or my mum, Tammy Marshall for more info".



Jaree Summerfield.

Taranaki Indoor Bowls

Challenge Trophy 2024 is here. It feels like yesterday we just played it. Hutt Valley, Upper Hutt Valley, North Taranaki and Taranaki will face one another to see who will win the trophy, which is held at Belt Road Hall New Plymouth on July 13-14. Trevor can't wait to play the Challenge this year where he has spent a lot of time sorting the dream team combinations. Not much has changed from the Manawatu Challenge but bringing in a few of the younger generation. They are our future Bourne says. Taranaki's teams as follows - Paul Midgley(sk), Sue Bourne, Stephen Vince and Daniel Shepherd. Rodney Morris(sk), Neil Vince, Rose Ratahi and Kim Mahupuku. Martin Harding(sk), Chris Reed, Win Finlay and Brittany Vince. Trevor Bourne(sk), Andrea berry, Ella Smailes and Allan Ducker.

Taranaki Indoor Bowls

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Stratford Park Motorsport Development underway

Thanks to the generosity of the Taranaki Electricity Trust (TET) work will begin in the Motorsports Component of Stratford Park.

The project, that eventually will cover 99 hectares is a joint venture between the Taranaki Motorsport Facility Trust and the Stratford A&P Association.

Chairman of the Project Steering Committee, Philip Macey says “We are fortunate to have secured a grant through TET to initiate the development of the Motorsport area and take a huge step forward, the grant will be used to install power, create an entrance way, car park, ablution block, and offices allowing easier access to the land enabling the land to be utilised for a variety of Motorsport activities”.

The Motorsport Trust in conjunction with the Taranaki and South Taranaki Car Clubs has also set up a gravel sprint area that has been used several times already.

“We are in talks at the

moment with groups wishing to set up driver training and other businesses on site, and the installation of services will enable those discussions to progress further,” project manager, Tracey Blake says.

“Stratford Park cannot thank TET enough for their support of this segment as we are thrilled to look positively towards the project taking another step forward,” she said.

“This legacy project is for the people of Taranaki. Be it as a spectator or participant,” Macey adds. Split into three main areas of Motorsports, Equestrian and Agriculture and Pastoral all managed by individual Charitable Trusts, the broader governance is covered by the Stratford Board made up of several key people throughout Taranaki or with connections to the province.

Board Chairman, Tony Ewens, is joined by Allie Hemara-Wahanui, Hemi Haddon, Sam Tamarapa, Jon Holmes, Kim Sharpe, Philip Daly, Arun Chaudhari, Philip Macey and Tracey Blake.

Oscar Goodman



114

FINAL

94





30 JUNE 2024 | NEW ZEALAND VS TURKEY



Taranaki’s own Oscar Goodman from Opunake really made a mark at the FIBA Under 17 World Cup in Turkey last week being named in the All Star 5. This is a massive achievement and reflects his outstanding contribution to the New Zealand team. Congratulations to Oscar and his teammates on a fantastic fourth place at the tournament. You have done NZ proud.

Coastal Dressage results

The Coastal Adult Riding Club held its annual Winter Dressage in the TSB Indoor arena at Hawera Egmont A&P show grounds on Sunday 30 June.

There was a really good attendance, with some riders having to go on the waiting list for a chance to compete. Judges for the day were Kay Bloomfield of Eltham and Claire Norton from Normanby, with a large number of volunteers helping to run this day successfully.

Results-

Introductory NZPCA test BG 1. Rachael Phelps (NSH Rebellion) 2. Joni Reynolds (Pilgrim). 3. Claire Dawson (Karla). 4. Nikki Spedding (LV Saint Nicholas).

Class 2 Training NZPCA Test J 7. 1. Pip Parker (Signo Vines). 2. Anna Kissell (Rosaline). 3. Nikki Spedding (LV Saint Nicholas). 4. Kim Howarth (Grey Goose).

Class 3. Training level NZRC test 2A. 1. Anna Kissell (Rosaline) 2. Millie Stonier (Wilma) and Jeanie Attrill (Kiana). 4. Pip Parker (Signo Vines).

Class 4. Prelim level NZRC test 2 B. 1. Sheree McDonald (Pablo) 2 Tracey O’Rorke (Ollie) 3= Vanessa Hopgood (She’s right Tui) 3= Dale Mosely (Bugs)

Class 5 Prelim level NZRC test 2 C. 1. Sheree McDonald (Pablo). 2. Dale Mosely (Bugs) and Tracey O’Rorke (Ollie). 3. Vanessa Hopgood (She’s right Tui).

Class 6 Novice level NZRC test 4. A. 1. Tania Smith (LSH Constellation). 2. Kiri Fletcher (Tiraumea Bola). 3. Michelle Nelley (Rikki). 4. Hannah Brown (Feivel RS).

Class 7 Novice level NZRC test 4 C. 1. Tania Smith (LSH Constellation). 2. Michelle Nelley (Rikki). 3. Kiri Fletcher (Tiraumea Bola). 4. Hannah Brown (Feivel RS).

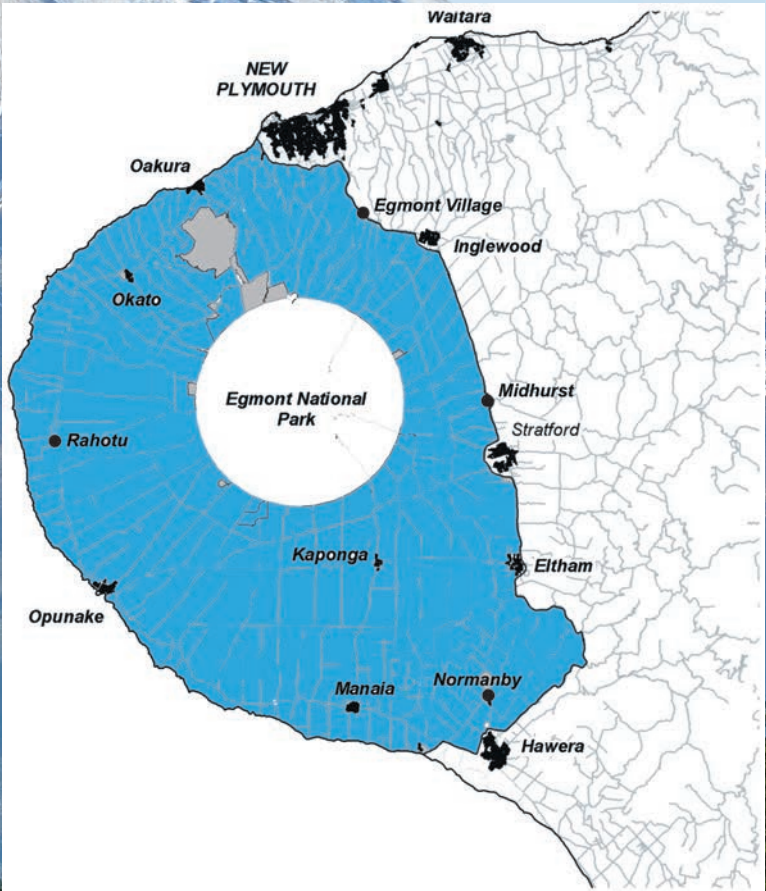
Trophies were awarded to Coastal Riding Club members based on their placings.

Introductory - Nikki Spedding (LV Saint Nicholas). Training - Pip Parker (Signo Vines) Preliminary – Sheree McDonald (Pablo) Novice - Tania Smith (LSH Constellation.)



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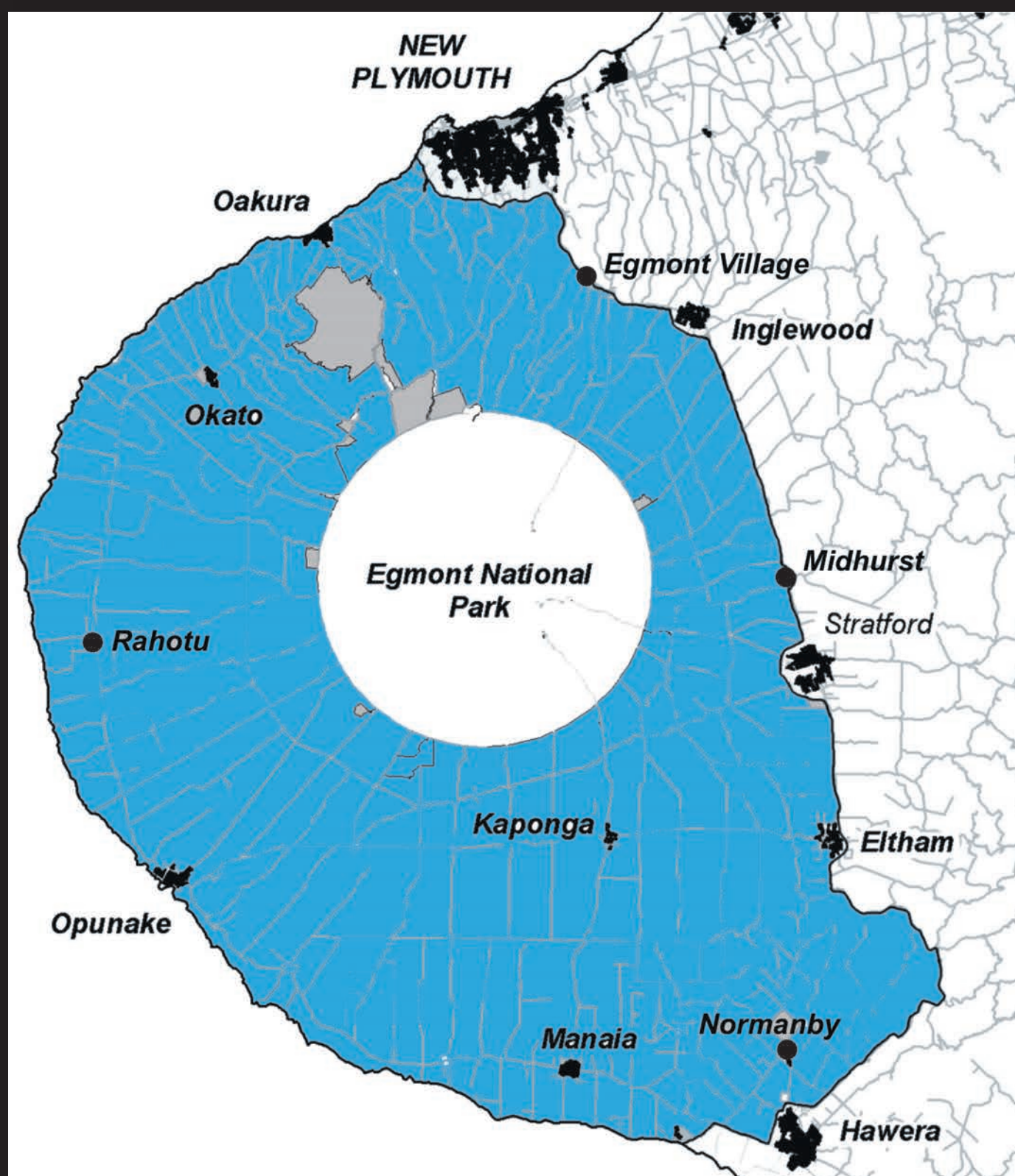
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Jersey Boys - Oh What a Night!

Review by Virginia Winder
Oh those Jersey Boys... they won me over with their accents, simmering passions and so many songs etched deep into vinyl memories.

I gotta be honest, I'm a tough cookie when it comes to dialectal deliveries, especially the nuances of New Jersey, because I have a sort-of uncle from there.

So, when a band of New Zealand actors stepped from the shores of New Plymouth to New Jersey (or vice versa), my ears were on high alert – and then soothed, as the whole cast of Jersey Boys talked and sang us through a musical history with attitude and soaring sounds.

Appropriately, for such an American tale, opening night of the TSB Operatic Society Show was on July 4. It runs until July 20.

This Star Is Born-kind of show is about a boy band that began in 1960 and we, the audience, are taken through the story of Frankie Valli & The Four Seasons by members of the group who act as narrators.

Callum Stuart as Tommy DeVito leads us through “spring” and is as wound up as one. The co-founder of The Four Seasons was an action-man of simmering



fury with a gambling addiction that led him into contact with The Mob. This was an outstanding performance by Stuart, who was scarily authentic in his portrayal of the forthright vocalist and lead guitarist. He could have been in TV show The Sopranos.

The “summer” of Jersey Boys is narrated by Cameron McHugh, who plays genius songwriter, keyboardist and vocalist Bob Gaudio. McHugh, the production’s understudy for Frankie Valli, has a commanding presence on stage as he plays a personality as bright

vocalist Nick Massi. He’s the one easy to imagine in a Francis Ford Coppola movie, or hanging out with Frank Sinatra and the Rat Pack.

South Islander Max Beal, who plays lead singer Frankie Valli, has the final word with “winter”. Like the star from the Garden State, Beal hits those famous falsetto notes with clarity, strength and ease. All four band members excel in their parts, but for me, Beal is the star, because he is Valli. A movie role for Beal – playing Valli in Grease, just like the living legend.

The story around Valli, DeVito, Gaudio and Massi is a slow-burn, one that doesn’t ignite into overnight fame,

but smoulders on and on. And still does – at age 90, Valli is still performing.

His official website says: “Sure, the majority of the 71 chart hits of Frankie Valli and The Four Seasons (including 40 in the Top 40, 19 in the Top 10 and eight No 1s) came during the 1960s, but the music didn’t just disappear.”

It has stayed with us, so during the two-act production of Jersey Boys you’ll find yourself toe tapping, hand clapping and singing happily (maybe loudly) to tunes that have seeped into the soundtrack of your life, sometimes without you knowing it.

“It’s amazing how many songs we know all the words

too, isn’t it,” a long-time friend says at halftime on the opening night at the TSB Showplace.

The show is a mixture of character acting by the men of many suits and smattering of women – notably Laura-Lee Schutte as the loud-talking Mary Delgado (Valli’s first wife), Krysta Leuthard as Lorraine, a slightly sycophantic journalist who becomes Valli’s girlfriend and Justin Clinton-Gohdes as the gregarious songwriting record producer Bob Crewe. Sometimes you love him and sometimes you don’t, but you always admire his captivating on-stage performance.

Accolades must also go to director Carolyn Murphy for creating another engaging NPOS show of high-flying standards, supported by a simple two-level stage and ever-changing projected backdrops.

Musical director Christopher Luke is the behind-the-sounds star who, with his team, brings the songs alive and Alannah Murphy does a fine choreography job.

The sweet harmonies and moves by members of The Four Seasons appear effortless, which equals hours of rehearsals and, possibly, practice before bathroom mirrors and lounge floors at home.

Intertwined with this are about 35 songs from Frankie Valli & The Four Seasons, some snippets, some full performances.

What a discography. What a story.

Oh, what a night! thanks Jersey Boys




as the season he portrays and with a gorgeous voice. Easy to imagine McHugh performing in a movie alongside renowned actor Joe Pesci. Pesci has a role in Jersey Boys with Keegan Pulman embodying this young Tigger-like man of hope and persistence.

Playing the “autumn” of the band, Taranaki artist and musician Jordan Barnes is understated and down-right cool as bass guitarist and



All images courtesy of New Plymouth Operatic Society.





Opunake Outdoors & Fishing Club are having a sausage sizzle at the Secondary School’s Under 15’s game on July 27.

We want to show them our support by getting as many supporters there as possible. Kick off is 10am on the High School field.

Please come along and buy a sausage for \$3 and scream your hearts out for our up and coming.



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Stratford Camera Club at The Village Gallery

The Stratford Camera Club exhibition is called “Shutterbugs” and will be on show from July 3-27, Wednesdays to Saturdays at The Village Gallery Eltham. Club members will exhibit three framed images each. Four digital images per club member will be projected on a TV screen. There are thirty framed images and eighty digital images to view. The images will cover a very diverse range of topics travel (both in New Zealand and overseas), nature (bird photography, wild nature and detailed tiny insects) and things that would be considered “day to day” - but with their own particular charm or quirkiness.

The Camera Club has an active membership and takes part in Field Trips. This year the highlight has been a visit to the Cape Kidnappers Gannet Colony. The Club maintains a really strong



element of support for new members. Many people join the Club to benefit from the more experienced photographers in the Club. Photography knowledge is freely shared and time is taken to explain the finer points of photo composition and camera settings.

The Stratford Camera Club meets at the Baptist Church Hall, Stratford at 7.00 pm on the fourth Tuesday of each month. They start the meeting with a social half hour and then the entered images are viewed on a big screen. These are assessed in a positive manner with feedback shared with the photographer.

Left: The Stratford Camera Club’s Shutterbugs exhibition is on now at the Village Gallery, Eltham.

Ma Wai Ke Atu exhibition

Embark on a visual journey with Mā Wai Kē Atu, a collaborative project featuring artwork by rangatahi from Ōpunake High School, Waitara High School, and Te Kura o Ngaruahinerangi.

Meaningful Reflections: Explore the powerful paintings that prompt us to ponder our connection to Papatūānuku (Earth). Mā Wai Kē Atu challenges us to take responsibility for safeguarding our environment and ensuring

a flourishing future for generations to come.

Symbolic Seeds of Hope: Discover a symbolic tapestry of hope, encouraging a collective effort to restore balance within Te Tai Ao (environment). This bold and engaging exhibition invites us to shape a brighter future together.

Join the Conversation: Experience the depth of Mā Wai Kē Atu at Puke Ariki. Reflect on the question it poses – “Who shall take responsibility?” – and join the dialogue on nurturing our Earth for the well-being of all

Left: Artwork on display at the Ma Wai Ke Atu project. See it at Puke Ariki in New Plymouth.

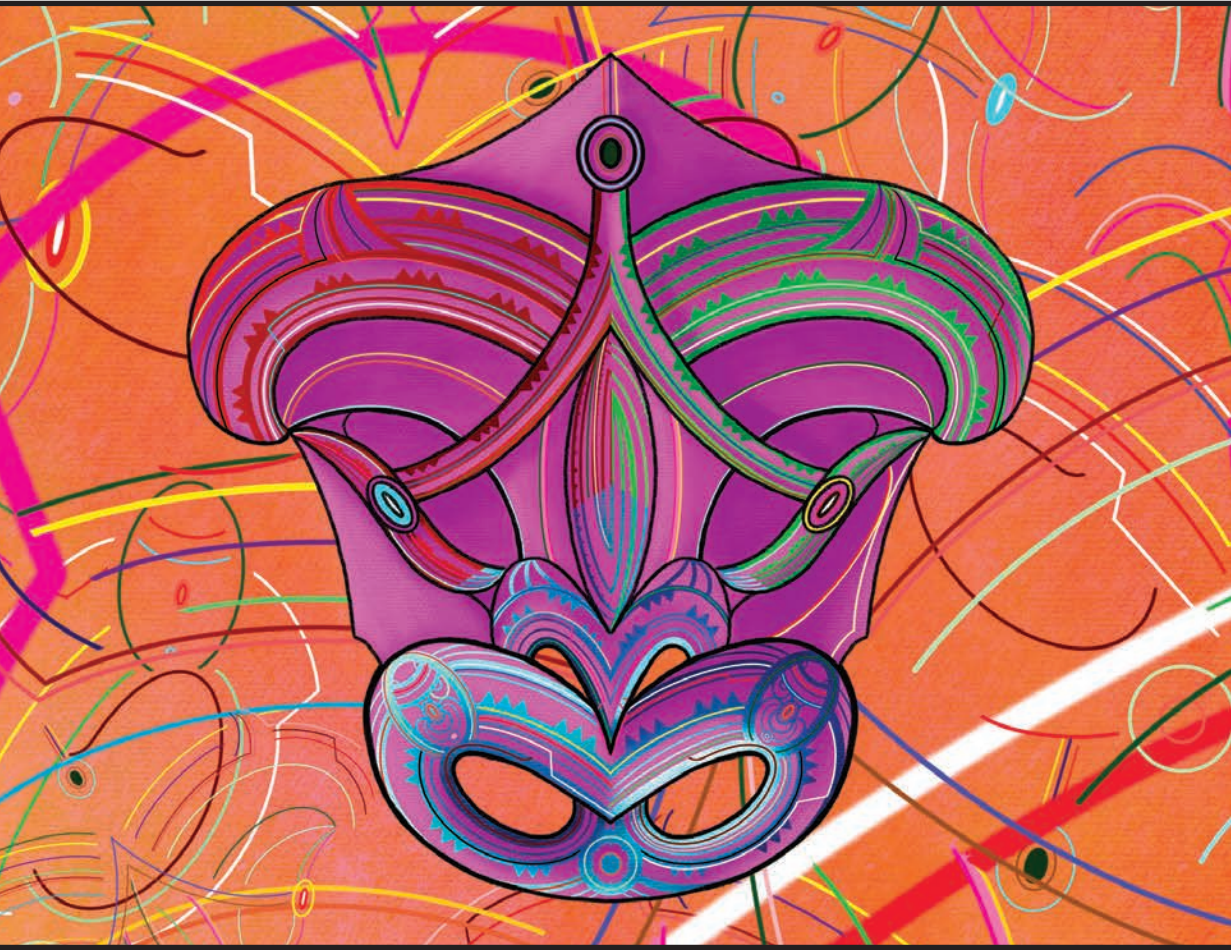
Stratford Camera Club presents

‘SHUTTERBUGS’

An exhibition of images from their members

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MĀ WAI KĒ ATU

"WHO SHALL TAKE RESPONSIBILITY FOR SAFEGUARDING OUR EARTH MOTHER PAPATŪĀNUKU AND HER RESOURCES WHEN OUR RESPECTED ELDERS LEAVE THIS WORLD?"

Explore the creative collaboration of rangatahi from Taranaki Schools: Ōpunake High School, Waitara High School and Te Kura Kaupapa Māori O Ngaruahinerangi.

On show 18 November 2023 – 13 October 2024, Wall Gallery, Puke Ariki Museum

A collaborative project facilitated by arts practitioner Haoro Hond

Opunake Cup promises great day of racing



A free bus will be running to the racetrack leaving from Opunake.

10.15 Club Hotel, Opunake
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10.40 Silver Snapper Okato
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The Sinclair Electrical & Refrigeration Opunake Cup to be run at New Plymouth Raceway on Saturday July 22 again promises to be one of the best winter fields in New Zealand.

The \$100,000 event will be spearheaded by a powerful local contingent.

A popular part of the day is the Intertrack Investor competition with a first prize of \$4,000.

Strong corporate support has seen these privileges snapped up and sold out. General admission will be available with the public stand providing great viewing.

The first race is scheduled for 12.30pm.

Gates Open: 11.00am
Bar Open: 11.00am
Totes Open: 11.30am
First Race: 12.30pm
Last Race: 4.40pm
General Admission \$10

This year the cup is worth a whopping \$100,000. A popular part of the day is the Intertrack Investor competition with a first prize of \$4,000

DJ Wrecklyss will play after the last confirmed race.

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OPUNAKE & COASTAL NEWS



Above: Last year's winner Justaskme with Bruce Sharrock, left, and co-owner and trainer, Allan Sharrock. Strapper Brenna Tait kept the champion of the turf on a short lead.

Left: Part of the huge crowd from the 2023 Cup Day.

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Hilda’s Yard a great night out

A great script, fine acting and splendid directing and what do you get, a highly entertaining evening.

Hilda’s Yard which is currently running at New Plymouth’s Little Theatre is such a play.

Written by Norm Foster, a Canadian playwright and directed by Sharren Read, the comedy centres on Hilda Fluck, her husband and two adult children and is set in 1956 when men went out to work and women kept house.

Their thirty something children having finally flown the nest, the middle-aged couple look forward to their child free future and

rekindling the romantic days of their youth. However, it is not to be.

Their son, who has just been fired from his job, literally alights in the back yard a man to whom he owes money in hot pursuit. Their vegetarian daughter who has left her husband after 6 months of marriage because she objects to doing housework and wants to get a job also arrives soon after.

Then what transpires is full of surprises as various dramas unfold with the indefatigable Hilda (Nicola Bleasel) at the fore narrating her concerns to her “neighbour” Mrs Lindstrom.

Transported back to the 1950s helped by an authentic set right down to the wooden clothes pegs -Hilda seems to be interminably hanging out washing - I was engrossed from the start.

The beautifully drawn characters were wonderfully cast and gave flawless performances.

They included in addition to Hilda, the genial Sam (John Lawson) Hilda’s husband, their 30 year old son Gary (Corey Prewett) with his crazy get rich schemes and his sassy American girlfriend Bobbi



From left Mike Bugbee (Beverley), Kaila Le Maitre (Janey), Nicola Bleasel (Hilda), John Lawson (Sam), Corey Prewett (Gary) and Maddy Klever (Bobbi).

(Maddy Klever). Their daughter Janey (Kaila Le Maitre) desperate to live a different life to her mother and the suave Beverley (Mike Bugbee) complete the cast.

On the cusp of the social revolution of the 1960s, the parents uncomprehending attempts to reconcile their children’s aspirations with their own makes for some amusing and unpredictable moments. Despite their differences there is great affection between them all as they each navigate their own paths.

it was a lovely play and

so well done. The director and the cast have pulled off a perfect play and all involved in its production deserve to be congratulated.

Hilda’s yard continues its run at New Plymouths Little Theatre till July 20.

B McKellar

An intriguing tale with Coastal connections

An interesting episode of the television tear jerker David Lomas Investigates (TV3) where David Lomas reconciles people with their birth families had an episode recently which had connections with Opunake and Rahotu.

The man, now 57, who contacted the programme was left as a baby in a phone box in Palmerston North.

Via DNA analysis he was found to have two full brothers with the parents

of the three siblings traced to a dairy farm in South Taranaki.

The connection to South Taranaki and the names got one curious journalist from the Opunake & Coastal News doing a bit if their own sleuthing.

The parents of the three siblings were an uncle and his niece and when their relationship was discovered the couple were kicked off the family farm and went to settle in the central North Island.

Their first child was adopted out (the mother just 15), the second was the baby left in the telephone booth. The third child they raised themselves.

Investigations revealed the parents of the uncle and grandparents of the niece were both married in Opunake and farmed in Ngariki Road, Rahotu. The uncle was born in Opunake.

It was an intriguing tale as their complicated parentage

was revealed to the middle and elder siblings, there followed a reunion between the two brothers, both delighted to discover they had a full brother. (The eldest child has yet to make contact and may still be unaware he has two brothers).


In fact a relationship between an uncle and niece was not deemed illegal they were clearly not aware of this at the time.

The best friend of the mother – both parents are now deceased – also featured on the programme and in whom the mother had confided (and had sworn to secrecy) met the 57 year old left in the phone box. She confirmed that the parents clearly loved the son and waited round the corner till he was picked up.

In a bizarre twist he, as an adult some years ago, met the policeman who found him as a baby (in general conversation he told him he’d been found in a phone box) proving that truth is indeed stranger than fiction.

The next issue of the Opunake & Coastal News is on July 25.

Events advertised in the What’s On are also entitled to complimentary editorial.



CHURCH NOTICES

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

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

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

Other areas
Sacred Heart, Manaia - Temporarily closed - No Masses
St Joseph's, Hawera - Every Sat at 5pm; Every Sun at 9am
St Patrick's, Patea - 4th Sunday of month; 11.00am
St Francis de Sales, Waverley - 2nd Sunday of month; 11.00am

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.
Sunday Mass 8.45am.
Thursday Mass 10.00am (subject to change).

St Patricks Catholic Church, Okato
Saturday Vigil 6.00pm - weekly

The Wave
Pentecostal Church 64 Domett St, Opunake
Sunday Services 10.30am
Women's Group 10am Tuesday
Men's Group 7pm Wednesday
Come along or contact
Belinda Philp
027 935 6191

St. Barnabas Anglican Church
141 Tasman St, Opunake
Sunday Services 10am
Communion 2nd, 3rd & 4th Sunday
Prayer & Praise 1st Sunday
Every 5th Sunday all 4 churches gather for a Combined Service

Okato Community Church
Meets 10.30am Sunday at Hempton Hall.
Everyone welcome

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

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

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

St. Andrew's Presbyterian Church
90 Regan St., Stratford,
9:00am Sunday: Breakfast and Study
10:30am: Breakfast is followed by "Coming Together Worship Service"
Thursday: Study Group at 2 pm at 96b Brecon Rd., Stratford.
Contact Rev. John Mattock 027 2039799

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MIND MATTERS

Things you might like in your mediated agreement

This is the third article in MIND MATTERS that concerns mediation when parents separate. I was amazed with the interest shown in the first two articles. A major law firm in the South Island circulated them to their staff and now they have them on hand in case they want to send them to their clients. The first article was “Be kind to parents who separate” (13 June 2024) and the second was “Mediation is cheap or free” (27 June 2024).

One of the questions I am asked is “what should be in a mediated agreement?”. There is of course no golden list, however over the years I have built up a list of things which I suggest to parents. Most, but not all, say “yes” to each topic which I suggest. In the bad old days, mediators used to follow the parents and deal only with what they suggested. In this MIND MATTERS, I will make some notes about key items.

If a mediation is ahead of you, you might find these thoughts helpful. Incidentally, it is always a good idea to write down what it is that you want from the mediation. People who arrive at their mediation and say they want to hear what s/he wants and to react to that are bound to go away unhappy.

It is sensible to benefit as much as possible from your mediation. “Do it once and do it right.” To make the most of your opportunity to mediate think as far ahead as you can and settle as much as you can. Here is a checklist of the usual items:

(1) Begin with a statement that you both love your children and want to provide for them all that they need to become mature and competent adults. This



DR. ROBERT SHAW

sets the tone for the whole agreement, indicates its purpose, and brings the focus onto the children. It also has another, very important, role. Your children are, from time-to-time, going to read this document. It will be the definitive statement about what the parents thought of the children and how the parents were able to work together. For the child, it will be the document that defines an important time in their childhood. They will read this document as they mature. Hence, they will read it with the understanding of a 10-year-old, and then years later with the understanding of (say) a 15-year-old. It will eventually be read with an adult’s understanding. You want your child to feel good about your document and themselves. Sometimes I shudder when I read court papers that say they want to put the interests of the child first and then they do not give any thought to the impact of their document on the children.

(2) Say what pre-school facility and what school each child will attend. In a previous MIND MATTERS, I said why this is important and will not repeat myself.

(3) A statement of principle about the overall approach can be helpful. Something like “The parents intend that Hemi will benefit from

all that his parents can offer and hence they want to share equally their responsibility for Hemi, as far as that is practicable.” This means they share the time when they are responsible for Hemi, the financial burden of Hemi, the logistic challenges, and so on. As I sometimes say to a parent: “If the child wears two socks, you buy one and s/he buys the other one”.

(4) You may need a statement that relates to the parents’ behaviour. A parent should not say anything about the other parent, ever again.

(5) Generally, the parents only communicate by electronic means and only using brief statements which refer just to the children.

(6) In some cases, a statement about ensuring the safety of the children is sensible. I wrote about this in a previous MIND MATTERS and will not repeat myself.

(7) There must be an unambiguous statement about when each parent is responsible for each child. We want parents to be responsible. The law still uses the unhelpful term “day-to-day care” and the horrid word “access.” The times of responsibility will ideally be roughly equal for school days, weekends and holiday periods. Of course this cannot be achieved in a simple way and compromises are needed.

(8) There must be something about the changeover mechanism, and it is best before or after school, so the parents do not both have to be present.

(9) You should organise all holiday periods and Christmas.

(10) The statement about finances is in several parts. It is ideal if the compulsory (invoiced) costs of schooling are shared equally. The

extra-curricular costs (sports, school trips, art materials, etc) should be shared but each parent must agree to pay in advance for every specific event. Finally, it is best that the Inland Revenue Department decides if there is to be any flow of money to a parent, after the IRD review the agreement.

(11) A statement that ensures that both parents have copies of all documents that relate to the child (school, medical, sports clubs). This is not just for occasional practical reasons: it is important that each parent feels a part of the children’s lives. To have this feeling they need to be informed and involved.

(12) A mechanism to ensure that day-by-day communications work easily (e.g. for when a child is sick) and another mechanism that enables the parents to agree changes to their agreement by email. A parenting order cannot be set in stone, children’s needs and circumstances change and you need a way to refresh the document without paying money to lawyers or mediators.

(13) A statement about the conditions under which a child may travel outside of Aotearoa. Parents are often anxious when their child is overseas.

(14) The final statement may be that the parents

wish the terms of the mediated agreement to be made into a court order, which makes enforcement easier. (Sometimes it is necessary that the agreement recognises an existing parenting order made by a court and specifically seeks that it be altered.)

A final comment: do not include anything that enables one parent to set the rules in the house of the other or say what a child will do in the other’s time of responsibility. Such bids for control will never work.

Dr Robert Shaw
Registered Psychotherapist
opunake@mail.com

Celebrating the power of community this Mental Health Awareness Week

The Mental Health Foundation (the MHF) has revealed the theme for this year’s Mental Health Awareness Week (September 23-29): “Community is.... what we create together.”

There’s no denying the past few years have been difficult for all of Aotearoa, with many of us going through or recovering from extreme weather events, bearing the brunt of inflation and high cost of living, and feeling our society is becoming more politically divided.

In the wake of Cyclone Gabrielle, Auckland Anniversary Weekend floods and other North Island weather events, the MHF commissioned wellbeing research through its disaster response and recovery campaign All Sorts. After surveying and talking to over 1,500 people from affected regions, a clear theme emerged: the number



one thing helping people get through these challenging times was their community.

“Coming together as one and staying connected to one another are powerful ways to protect our mental health and wellbeing,” MHF chief executive Shaun Robinson says.

“Being part of a community can provide us with a sense of belonging, purpose and connectedness – all factors that boost wellbeing. The research shows this too – people who reported high levels of life satisfaction and good health had greater social connections than those dissatisfied with life or in poor health.”

According to the same research, four out of ten New Zealanders surveyed felt lonely at least some of the time in the past two weeks! Loneliness is far from being a New Zealand-specific issue – in November 2023, the World Health Organisation (WHO) declared loneliness a global health concern.

“Now more than ever, we could all use a reminder to connect with our community, whatever that looks like for us,” Mr Robinson says.

“Reach out to someone who you know might need a listening ear. Take time to connect with people in your local area. Community is... what we create together.”

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

| | |
|---|---|
| The Garfield Movie 1hr 41mins G Thu 11 Jul 1PM | The Road to Patagonia 1hr 31mins E Thu 11 Jul 7PM |
| Despicable Me 4 1hr 34mins PG Fri 12 Jul 1PM Thu 18 Jul 1PM | Inside Out 2 1hr 36mins PG Fri 12 Jul 7PM Sat 13 Jul 1PM Fri 19 Jul 1PM |
| The Bikeriders 1hr 56mins R13 Sat 13 Jul 7PM Fri 19 Jul 7PM | The Promised Land 2hr 7mins R16 Sun 14 Jul 1PM |
| The Mountain 1hr 29mins PG Sun 14 Jul 7PM | A Quiet Place: Day One 1hr 40mins M Thu 18 Jul 7PM |
| Panda Bear in Africa 1hr 29mins G Sat 20 Jul 1PM | Fly Me to the Moon 2hr 12mins M Sat 20 Jul 7PM |
| Horizon: An American Saga - Chapter 1 3hr 1mins M Sun 21 Jul 1PM Thu 25 Jul 7PM | Ka Whawhai Tonu - Struggle Without End 1hr 55mins M Sun 21 Jul 7PM |

Some of the regular services we currently have running are:

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LISA KEEN AUDIOLOGY
Every Wednesday

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MOTHER HENS

I've got to fetch Kate from her judo class in an hour




oh does she do judo?

then I'm shunting her off to visual expression




Oliver adores it... it's given him so much confidence!

well, they can't do everything I suppose




I've found a marvellous woman who's just started an amazing physical interaction class

what do they learn exactly?




oh, God knows... she's always had talent but now it's channelled

it's important to channel it




On Wednesdays mine goes to French lunch... they give you lunch and you have to speak French, a Frenchwoman runs it

another language is such an asset for a child




I heard about this creativity workshop in Covent Garden run by an ex-RCA man

if you find the address let me know




the thing to do is to keep them occupied

I can take Oliver riding with Kate on Sunday morning if you like




oh that would help me a lot

he'll adore it, it'll make him feel so independent




and for Kate's ninth birthday I'm sending her to a drainage course... that's two weeks at least

oh super!

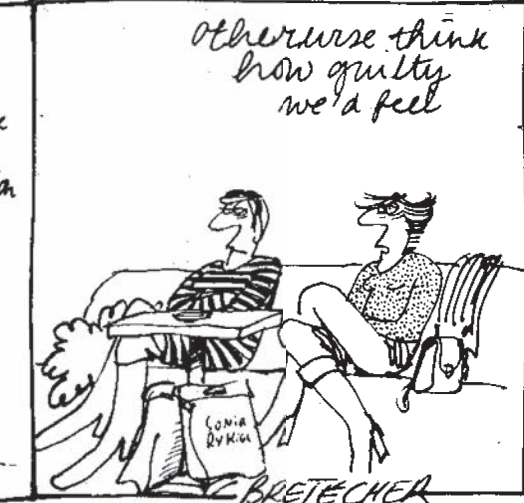


we must sound as though we're trying to get rid of them

oh of course not, it's for their education



otherwise think how guilty we'd feel



What's On Listings

ONGOING
Movies at Everybodys Theatre in Opunake: Playing several days and nights each week. Refer timetable in newspaper.
MONDAYS: The Barnabas Centre - St Barnabas Church Hall, 141 Tasman Street Opunake: Each Monday 10 am - 12:30 pm. Information call Jenny 7618080 or Glenys 6558025.
Hawera 4 day old Calf Sales: At A&P Showgrounds. 12pm.
TUESDAYS
Opunake Walking Group: Every Tuesday 10am. Meet outside Club Hotel on Havelock St. Phone Margaret 027 477 5600 for more info if needed, or just turn up.
Pungarehu Golf Club Twilight: Tee-off between 4.30 & 6.30pm.
Opunake District RSA: Meet 1st Tuesday of every month at 5.30pm at the Opunake Fire Station. Financial Members are welcome to attend.
WEDNESDAYS
Coastal Young Farmers: Meet 2nd Wednesday of every month at 7pm at Butlers Reef Bar & Cafe, Oakura.
Lisa Keen Audiology at Coastal Care, Opunake: Wednesdays 9am - 5pm, for an appointment call 027 591 4222 - 0800 555 676
Okato & District Historical Society open every Wednesday: At the Okato Community Trust Hall, 47 Cumming St, Okato. phone Meg on 06 752 4566.
Opunake Embroiders Guild: Meet 2nd and 4th Wednesdays of the month, 10.30am-3pm at the Opunake Business Centre, Napier St, Opunake. Just come along or phone Sheryl 06 761 8769.
Okato Market: In Hempton Hall, Okato 4pm to 5.30pm.
Free singing experience with Taranaki Harmony Chorus: Meet every Wednesday at Inglewood Mamaku Centre, 7-9.30 pm Phone Helen 021 296 0700.
THURSDAYS
Egmont Euchre Club: Every Thursday 1pm at the Opunake Bowling Club. Inquiries, 06 761 8337 or 06 761 8607.
Taranaki Country Music Hall of Fame, Manaia: Running every Thursday night from 7.30pm, 11 Surf Highway, South Road, Manaia. Contact Helen Braithwaite 0274 825 108.
FRIDAYS
Eltham Business Association Friday Markets: 9:30am to 1pm, Carpark of Touch Point, High Street, Eltham.
Singer Songwriters, New Plymouth: Last Friday of the month at Little Theatre, 29 Aubrey St, NP from 7-11pm.
AT THE CLUB HOTEL THIS WEEK:
Monday: Burger special \$15, Happy Hours 3pm- 6pm; **Tuesday:** Pork ribs \$20, Pool Tournament 7pm; **Wednesday:** Pizza night 2 for \$24, Poker night \$30 buy in; **Thursday:** Steak night for \$20, Poker Night \$27 buy in; **Friday:** Pensioners lunch \$15, Lamb Shank \$20; **Saturday:** Chicken Schnitzel \$20; **Sunday:** Roast night \$20 Complimentary dessert for dine in customers.

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JULY 3 TO 27
Shutterbugs - An exhibition by the members of the Stratford Camera Club: Village Gallery, Eltham.

JULY 10-20
Hilda's Yard - A comedy: New Plymouth Little Theatre

JULY 16
Opunake Pony Club Open Day: Mouries Meadow, Whitcombe Road, Opunake. 10.30am.

JULY 17
Opunake Beach Carnival Committee meeting: Sinclairs Event Centre, Opunake, 7pm. All welcome

JULY 18
Taranaki Volcanoes & Natural Disasters - An address by Professor Jonathan Procter: Sinclairs Event Centre, 7.30pm.


JULY 20
Opunake Cup Day: At the New Plymouth Raceway. Gates open 11am.

JULY 27
Sausage Sizzle: At the Opunake High School sportsgrounds. 10am.

JULY 28
Cape Egmont Sea Rescue Trust AGM: At the Cape Egmont Boat Club, Warea. 12pm.

AUGUST 28
Applications close for annual, programme & event or capital grants from the TOI Foundation. info@toifoundation.org.nz or 0800 7699 471.

PUBLIC NOTICES



Opunake-Rahotu Veterinary Trust
PO Box 117, Opunake - Phone: 021 729 471 - Email: ORVTrust@gmail.com

Applications are now open for tertiary students to apply to the

Opunake Rahotu Veterinary Trust

for financial assistance.

To qualify for this grant you must be currently studying or in an apprenticeship and have a relationship to the Taranaki Coastal Farming Community (Oke to-Kapunga -Oeo)

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The forms can then be emailed back or delivered to Coastal Care, Opunake

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The next issue of the
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HAPPY BIRTHDAY BRYAN
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Have a great birthday and year.

The public is invited to an address on


TARANAKI VOLCANOES & NATURAL DISASTERS

by **Professor Jonathan Procter**
Group Leader Earth Science
Professor in Natural Hazards

**Sinclairs Event Centre, Opunake
July 18, 7.30pm**

Contact Ian Armstrong
ian@armstrongfarms.nz

Ad kindly sponsored by Opunake Lions Club



PETER WILSON
The Opunake & Coastal News was saddened to hear of the passing of Peter. Always friendly and kind it was a pleasure to do business with him at Superior Cars. We share with his many friends in conveying our condolences to his family. You will be much missed. From us all at the Opunake & Coastal News

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NEWS**

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FLATMATE WANTED. \$300 per week, power and wifi inclusive Wilson Road Opunake, with an adult female Christian in her late thirties. Contact Lynette on 027 761 8287.

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