The Ōakura Post

July 2020

Airs Time

Oscar Robertson, playing for the Taranaki Steelformers Mountainairs



LOCATION HOMES

AFFORDABLE LUXURY

NEW BEGINNINGS

Long term investments are our specialty



TOP Notices

Restore Ōākura

Looking for someone to step up to be a volunteer 'community champion' for Ōākura, to help reinvigorate trapping efforts. It's up to you at what level you want to be involved and can include things like admin of FB page, keeping in touch with reserve trappers, encouraging locals to continue trapping in back yards, seeking collaboration opportunities with other environmental initiatives underway in Ōākura and maybe funding in the future.

Please contact Sam Mortensen groeconz@gmail.com or 027 632 5725

Mail from our Website

From Mary - can you please include...
It's really easy (finally) to generate a
QR code to use with the NZ Covid
Tracer app. It's a 2 minute process now
and just require a driver's license in the
'self serve'. Trying to encourage
everyone to use! www.health.govt.nz

Noticeboard ideas

The Oakura Hall By the bus stop At the library By the toilets Near the Four Square The vege sharing stand

The Ōākura Post

The Ōākura Post is a free monthly publication, delivered each month to all homes in Ōākura.

Do you have a story of local interest that you'd like to share with the readers?

Please contact us with details.

Editor & Advertising: Tracey Lusk 06 752 7875 editor@theoakurapost.co.nz

advertising@theoakurapost.co.nz **Design/Layout:** Charlie Robertson

Story Writer: Suki Bishop

Proof Reader: Elayne Kessler

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Issue: No. 02

Hello from The Editor

"You can either add cosmos to the chaos or chaos to the cosmos" a quote from Madeleine L'Engle.

I am favouring the former. It is obvious there is a world of chaos happening right now, how we respond to that may determine how we live and operate within our own lives. The <code>Oakura</code> Post has been created to share and communicate all that is going well and when things are not going well it is here to find some answers. Often chaos can be inflamed by lack of knowledge and understanding. We as humans are an interesting species and one aspect of our being that interests me the most is that we all read situations and conversations differently. However such is our make up, many times we are unaware that others may have a rather different interpretation than our own. How we have managed to live together this long astounds me. Deborah Tannen is the author of many books on the subject and when I heard her being interviewed on National Radio a couple of years ago, it was an aha moment for me.

We have received questions from readers and we will put on our investigator caps and report back our findings. In the meantime keep sending in your feedback either to me or through our website. Have you checked out the website yet? There is an option to subscribe and get an email notification as each new issue is posted.

Until next month, take care.

PS. I'm at the surf club on Thursday mornings from 10-11 having a coffee and a catch up with the community Morning Talk group. Come and say hi, I'd love to meet you. *Tracey*



TOP Sudoku

Fill in the blank squares so that every row, column and 3 x 3 square contains all the numbers from 1 to 9.

Solution on page 5

	2	8			5	6		
	6	9						7
				3	9		5	
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7						3	6	
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Kaitake Community Board

here will be a good number of local folk who can remember when the Ōākura Pony Club ground was the village rubbish tip and the Matekai Park area was open land, where a couple of the locals used to run a few cattle.

Then forty years ago the park was established with land being purchased to create a 7-hectare reserve. It became the focus of an ongoing community planting programme to establish native and introduced trees, which attract much birdlife.

Now the park is the significant natural area within Ōākura, supporting a vast array of both flora and fauna, and its popular trails make it a very popular link between the village centre and the beachfront. It has been an outstanding success and an absolute credit to all the hard work and many hours put in by community volunteers over the years.

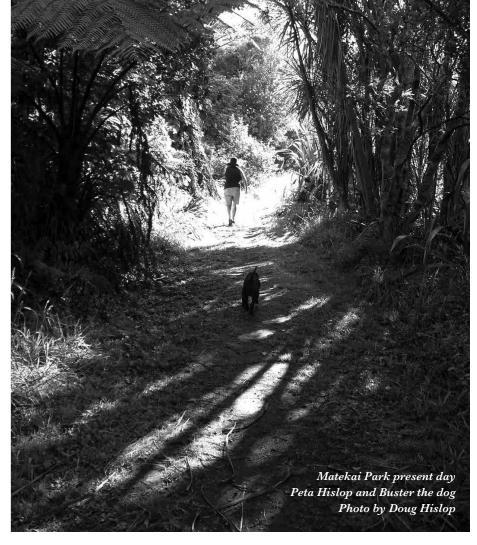
Recently the KCB spent an hour or so with the council Parks team in Matekai discussing current issues and future opportunities, as they set about developing a long term maintenance plan to ensure the park remains in a healthy state. Council efforts will initially be weed control, particularly of the more invasive type such as ginger, tradescantia (wandering willie), canna lilies and palm grass. They will then look at some aborist work and to weatherproof the tracks as their budget allows.

What was a bit sad to see was some neighbours of Matekai using it as a private tip, getting rid of their rubbish by just dumping it over their back fence into the park. This is where a lot of the weeds have actually come from and to have what is really a 'jewel in our crown' and amazing wildlife habitat treated in such a way is saddening.

Many such plants can grow much more vigorously than our native species and Parks staff told us that if these invasive species aren't controlled then they will completely dominate the native species there within a generation. There was also some evidence of bike tracks now being built, which Parks will deal with. Hopefully, the potential bike park we are working on in Shearer Reserve will alleviate this sort of activity happening in the future.

However, we did come away from our catchup with the Parks team feeling really positive and enthusiastic about this special place. Again what has been done here is a credit to all that local effort over the years.

The matter that KCB has at the top of its agenda is the review of the Kaitake Community Plan - a thirty year vision. The plan sets out the visions and aspirations of our three distinct yet



connected communities: Ōākura, Okato and Omata. Each of which has played a pivotal role in the shape and identity of the wider New Plymouth community.

The plan provides the New Plymouth District Council with an insight about the matters that are important to the Kaitake Community Board area, and where investment and action are needed. We have held focus group meetings here and in Okato and Omata, and by the time you are reading this we will have hopefully sent out a survey inviting you to respond to some key questions regarding how you see the future development and growth in our area.

It is proposed that Council Service Managers (and budget holders) will consider the community board plan in formulating their draft proposed work plans and budgets for the 2021/31 Long Term Plan. Here is the link to the plan, we

certainly welcome any feedback you may wish to provide us with.

The Community Notice Board which had been outside the Four Square until John carried out his store upgrade is looking for a new home. The KCB would love feedback from the community for suggestions of where it would be best situated in the village CBD.

Well, that's it for this second issue of TOP. The next meeting of the Kaitake Community Board will be held at Hempton Hall, Okato at 5pm on Monday 10 August.

Ka kite anō au i a kotou.

Doug Hislop (752 7324 and douglashislop@gmail.com) on behalf of Paul Coxhead, Paul Veric, Graham Chard and Amanda Clinton-Gohdes who is the Councillor representative on the KCB

Jonathan Young

MP for New Plymouth
National Party Spokesperson: Energy & Resources
National Party Spokesperson: Regional Economic Development (NI)

With the election campaign in full swing, I wanted to remind you that I am continuing to work as New Plymouth MP right up to the election and am available to help when you need it.

The work of an electorate MP is divided into three categories.

- 1) **Assistance**: Helping people in dealings with government departments such as Work & Income, Inland Revenue and Kāinga Ora (Housing New Zealand). Assisting with immigration, ACC, education and health issues.
- 2) Representation: Taking the views of the local community to Parliament and ensuring politicians understand the impact of law on the communities of the New Plymouth electorate.
- 3) Advocacy: Speaking to Ministers and Government Departments on your behalf. Encouraging and developing local

causes, supporting schools and health facilities and advocating for local and regional infrastructure projects.

4) **Support**: A happier part of the job involves acknowledging people achieving success or celebrating milestones like significant wedding anniversaries. Attending school prizegivings and visiting a myriad of community organisations and sports events; essentially being accessible to our community in as many ways as possible.

If there's something I can help you with, please contact my office 06 7591363, or newplymouthmp@ parliament.govt.nz.

Taranaki's other General Electorate MPs are: Barbara Kuriger (Taranaki-King Country) (06) 756 6032

Harete Hipango (Whanganui) Stratford (06) 765 8464 Hawera

JONATHAN YOUNG

MP for New Plymouth

Corner Gill & Liardet Streets, New Plymouth

Ph. 06 759 1363 • newplymouthmp@parliament.govt.nz





Sky's the Limit

by Suki Bishop

Look out for local homegrown talent Oscar Robertson on Sky Sport this month.

A keen basketball player, Oscar represented New Zealand in 2017 for the U18 National team at the Oceania Championships in Guam where his team placed second. He earned a full basketball scholarship and last year was spent at a college in Denver, Colorado. He returned to Ōākura early due to his college closing, due to Covid-19, and is now playing for the Taranaki Steelformers Mountainairs. It's all change with a brand new format for the Sal's National Basketball League (NBL) season due to the current coronavirus COVID-19 pandemic.

This is a six week 'Showdown' competition featuring seven professional teams from around New Zealand. All the teams will be staying at the Sky City Hotel for the duration of the competition and will be playing three games a week at The Trusts Arena in Auckland.

At the time of going to press the Airs had won 3 games and only lost one and the team was looking strong!

All the games are on Sky and some are livestreamed on Sky Sport Next (YouTube). In a ground-breaking deal with the US, all 56 games will also be broadcast live on ESPN television. The compeition began on Tuesday 23rd June and the Grand Final will be played on Satur-

Oscar has decided to stay in New Zealand and study at Victoria University, Wellington. His greatest passion outside of basketball is fashion and he'd like to start his own clothing brand in the future. Good luck Oscar!

Ladies!

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Solution for TOP Sudoku

featured on

page 2

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Moving House



Whether it's buying and selling or renting, it is not uncommon for Oakura locals to move from house to house within the village. However Richard and Taryn Kurta and daughters Taya and Summer have instead literally moved the house they have been living in for the last few years around the village.

On 16 June at 5am their house, still fully furnished, was picked up from it's foundations by a house moving company and driven off from Jans Terrace, through the streets of the sleeping village to be nestled into its new location on the Main Road. So well suited in it's new location that it looks like it could have been there forever.

This house has a history of being moved around. Approximately 20 years ago it was transported from New Plymouth to Jans Terrace for Paul and Kathy Lobb to put on their empty section. The house was one of many built at WITT by the building students under the guidance of tutor Graham Rook, also an Oakura local. To add another twist to the story, it was revealed that Richard was an apprentice builder working on this very house.

Now Richard and Taryn, who is Paul and Kathy's daughter, have bought the house and relocated it, leaving Paul and Kathy ready to realise their dream of their future home.





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LITTLE BUSINESS IN THE VILLAGE.
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Recently we learned that Ōākura residents' effort to stop a proposed private plan change (PPC) to rezone the McKie farm on upper Wairau Rd from rural to residential and develop 399 sections (later revised to 144) had been successful.

News of the PPC and the 399 section development surfaced in March 2018 and pretty much stunned most residents. How could the village cope with such a huge increase in residents as far as infrastructure, the school, parking and traffic go, especially as the proposed development would create a major 4 way intersection crossing the state highway?

The community was also confused about the proposal, given that a condition of the earlier McKie Paddocks subdivision consent required that the remaining farmland be retained as rural. Overall the application was seen as a brazen, opportunistic move that caught the village unaware as no prior engagement with the community was made by the applicant. Consultation is not presenting your completed plan to a surprised community, this felt more like an assault!

It was difficult to know how to start opposing this PPC as it is a technical and legal matter. In short, anyone is entitled to seek a PPC, and the council have only certain grounds on which to reject one outright, i.e. before they proceed to a hearing. We submitted to NPDC that these grounds were met, but this was rejected, which meant this was going to a hearing.

The Oakura Community Action Group was then established to oppose the PPC. We knew it would take a massive and coordinated response from the community if we wanted any chance of being heard.

We would also need to understand the legal, engineering, technical planning and land-scape matters as well as lwi, Hapū, cultural and environmental aspects. This required gathering a team of experts in their fields and legal representation to coordinate.

by Richard Shearer

Over the course of a few community meetings, there was wide agreement amongst the village that this PPC was not wanted or supported. Main reasons have always been;

- The previous Paddocks consent was conditional on the balance of the McKie farm remaining rural and was agreed to by the applicant at the time.
- All current and previous Oakura development plans showed residential development occurring on the seaward side of SH45.
- What was the point of district plans if they can be overridden so easily.
- Enough residential zoned land already existed on the seaward side of SH45, and indications were this would be developed.
- The 399 PPC was way out of scale with the existing village. Concerns about the viability of the school, but also all infrastructure and the traffic congestion were huge.
- The roundabout proposed in the PPC was unviable, not enough space for it as indicated, was on a sloping road, and in the PPC wouldn't be constructed until 70% of sections were developed.
- A 1km long 3m high bund wall was planned along Mountain side of SH45, completely changing views of Mountain and ranges.
- The developer reneging on promises made to Paddocks purchasers that the balance farm would remain as farm.

Due to the long list of negative effects of the PPC, OCAG developed a proforma submission with our experts that covered all issues, and didn't prevent submitters from raising additional issues as the process went forward. When submissions were called, around 450 were made by locals and others, with not a single submission supporting the PPC. Some

supported in part but were all from a specific equestrian based group that commented only on equestrian related issues in the PPC.

Once the Kaitake Community Board had a strong mandate from their community, they drafted an incredibly detailed submission capturing many of the preceding plan reviews, previous decisions and background to how we had got to where we are today as a village.

This was a hugely significant submission and thanks to Doug and KCB representatives. Our expert team could now prepare detailed expert submissions and we have to thank Scott Grieves from RMY, Cam Twigley from BTW and Peter Kensington landscape architect in particular.

Amongst all this, the village had to raise \$50,000 to cover the costs of fighting this PPC, and we were fortunate to just have raised that total in the past few weeks. Thanks to all who donated, you have saved your village!

Against us was the wider New Plymouth community feeling of Nimbyism toward us. Its difficult to shake this view off if you don't know all the facts. I think when it comes to an entire village being opposed, not just an individual, then it is in all our back yards, not just a few.

The village is not opposed to development, but it has consistently stated that development should be on the seaward side of SH45, and be staged in a way so infrastructure can cope. Nothing has changed.

The PPC was eventually heard by commissioners over a full week in mid 2019, then adjourned and a final single day hearing in late 2019. Hundreds of residents submitted. In June 2020 we heard that the commissioners had rejected the PPC outright. A slam dunk, someone commented.

It is a massive victory for the village and for the integrity of the planning process. Growth in our village will occur and so long as it is well planned and the community is consulted over it, we have nothing to fear.



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The Ōākura Post - July 2020

Ōākura Library

We are so happy to be open again and to let you know our regular programming is re-starting too.

Crackerjacks resumes Thursday 2nd July at 10am and continues the first Thursday of every month. Join us for a range of stories, rhymes, crafts and songs. Fun for the tamariki and a great way to meet other parents and caregivers.

We have two school holiday sessions: Jumping Jacks craft session, build a mechanical jumping jack and watch his arms and legs jump and jive! Wed 8th July 2 - 3pm. Come celebrate Matariki in the library with a story and a craft. Wed 15th July 2 -3pm.

We have limited places so booking is essential, pop in and see us or visit the Puke Ariki website to book your place. Children must be accompanied by an adult.

Our writers group will be meeting here at 10am Tuesday 14th July. Come along to share your work within a supportive and inspiring environment.

If there's a book you want and we don't currently have it, you can put in a suggestion for us to buy it. Pop in and see us to find out more or visit the Puke Ariki website.

Every Thursday starting from 2 July there will be a Justice of the Peace service at the library between 10am - 1pm.

Please note our Winter hours:

Monday 11am - 5pm Tuesday 9am - 1pm Wednesday 11am - 5pm Thursday 9am - 1pm Friday 11am - 5pm Saturday 9am - 1pm

If you need to have your signature witnessed, make a declaration, or have original documents or copies certified, a Justice of the Peace will be on hand to help.

As of July 1st, all children and youth (under 18s) library cards will be exempt from overdue charges. This only applies to children and youth cards and doesn't include children and youth books checked out on an adult card, and replacement charges for damaged or lost books still apply. Remember to check your library account for due dates or pop in to see us to sign up for email/text alerts.

Ōākura Library is a public community library, a branch of Puke Ariki and this means that your library card is valid not only at Ōākura but also at Puke Ariki, Bell Block, Inglewood, Waitara and Urenui Libraries as well as the Mobile Library. You can take books out and return them to any of the Puke Ariki Libraries.

Happy reading,

Charlie and Vincenza



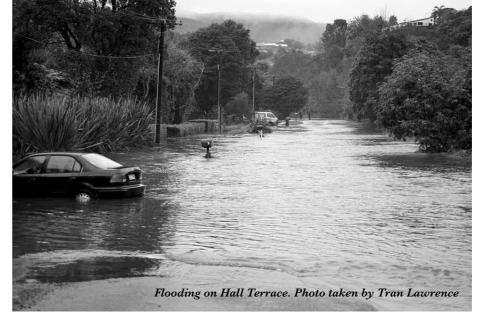
Justice of the Peace

My name is Lynn Murray and I'll be your resident Justice of the Peace on Thursdays from 10am – 1pm at the Oakura Library for the next six months.

I've been a JP for over ten years. I am accredited, which means I have sat and passed the biennial online test and attended the quarterly education sessions. I am also a member of the Taranaki Justice of the Peace Council.

The service desk is part of an initiative to give members of the public easy access to the services of a Justice of the Peace. I can certify documents, witness signatures, swear or affirm affidavits and take a declaration, among other things. All visits are confidential and free.

I look forward to seeing you.



The Big Red Truck

We hope that you are keeping safe and well. June has been a busy month for the brigade. We are pleased to be assembling again as a full crew and re-establishing our regular training nights on Mondays. Often when we train we need to pretend there is a fire to put out. During the lockdown, we had to pretend there were other crew members to train with, so if you saw a lone firefighter out training but talking to themselves in four different voices that might explain things for you.

We ended June with National Volunteer Week. A recognition of the more than 11,500 volunteers that make up 80% of Fire and Emergency staff. The Oakura brigade has been part of this community for 50 years and we are pleased to say that we have a very full complement of 21 current volunteers.

Speaking of being very full, the Oakura river burst its banks recently due to an untimely combination of a full tide and heavy rain coming off the mountain. It was not as serious as the last flooding in May 2007, around Hall Terrace thank goodness (you may remember the BMW floating down the river to the beach) but enough to give those residents a scare none-theless. We were happy to be there to assess the situation. Often during the winter months,

we spend more time using our pumping equipment to remove or divert water than extinguishing something with it.

Having said that though, the crew attended the rare occurrence of a house fire way up the top of Plymouth Rd the day after the river incident. The crew did an excellent job of minimising the potential damage and extinguishing the fire. Whether dealing with water, fire, weather, chemicals or life, it's of huge importance and pride to us as a crew that we are able to swiftly respond, work to our best abilities as our training allows, and come away from any job knowing that we have minimised any damage, eliminated any potential danger and made somebody's life safer. It's never a task or a chore, but a privilege to help keep our community safe.

Also on that note, if we could ask that you please be aware to drive slowly past any road incidents for the safety of our crew and those involved. Sunstrike is common this time of the year making it even more difficult to see. Every road scene is unpredictable and by keeping your speed down to 20kms approaching and passing the incident makes it safer for everybody involved.

Stay safe and dry!

The crew from the Big Red Truck

Hall Terrace Flooding 9th March 1990, 6pm photos supplied by Darryn Moeller









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R



Kaitake FC vs NP Rangers

Saturday the 13th of June saw both men's teams play at the same venue for the first time at Corbett Park.

Both teams were up against New Plymouth Rangers, very strong opposition and on paper, it was one of the toughest weekends of the season. However, it didn't seem to faze the first team, running out 5-0 victors in what turned out to be a one sided affair.

James Bevington got the team off to the perfect start with a first half hat-trick going in comfortably 3-0 at halftime.

Two second half goals finished the job off 5-0, sending a clear message out to the rest of the league, having won 7-0 the previous week against Motorua FC.

The reserves kicking off at the same time on a 'new-look' joint code pitch got off to the perfect start with Captain Mike Taylor firing home a bullet header in the first five minutes, putting the home team 1-0 up.

A lead which they held onto for over an incredible!



Players Dave Vanstone, Aaron Musker, Paul Cunningham with coach, Billy Charlton

Back with a Bang

hour was unfortunately surrendered after persistent pressure from Rangers' lead to an equalizing goal.

Under the pump Kaitake reserves managed to hold on and the game ended up 1-1.

Overall it was a great day for the club and the support on the day from the locals was

For more information on upcoming fixtures and events please visit the club's Facebook page facebook/kaitakefc

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Mike Maxim - Kaitake FC Chairman





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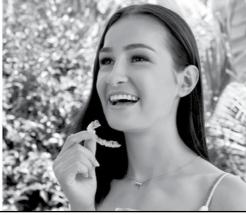
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DENTAL MONITORING



Kaitake Golf Club Kaitake

s we adjust to living and operating in Level 1 of the Covid 19 crisis, **L**regular golf competitions are back underway. Many of the women's national and regional competitions were cancelled by their governing bodies resulting in the Club programmes having to be adjusted. It is exciting to see members making the most of the conditions and getting back out on the course.

On Saturday 6th June, Kim Woodward, the Women's Club Captain, managed the ultimate in golf by having a Hole-in-One on the 7th hole. Kim is the second woman to achieve this in 2020 after Annie Frame earlier in the year. Congratulations Kim.

The Men's Strokeplay competition has been completed with winners being 1st Div - Chris Ferguson, 2nd Div - Raymond Lewis, 3rd Div -James Crighton & 4th Div - Martin Neild. Also they have played The Foreman Trophy winners being 1st Div – Reece Hannam, 2nd Div – Raymond Lewis, 3rd Div Stephen Ruddleden, 4th Div - Martin Nield. Well done to them all. The Men are now starting their Matchplay which is over 3 rounds.

We have introduced a new Flexi Membership. This is a special 3 month membership for only \$200. You can choose the 3 months you wish to play. This has been a request, as many players find the Summer membership months not to their convenience. So if anyone is interested please contact the office for more information

The 18 Hole women have played their 27 hole Strokeplay competition and the winner was Jenny Ross. Other competitions are still to be completed with further rounds to play.

The Women's Committee has a 2-day tournament planned for later in October and is currently deciding on the format. The dates coincide with the start of the Taranaki Garden Festival and we are hoping this will encourage golfers from outside Taranaki to come and eniov the splendor.

Several new women golfers have come back from the Covid lockdown period determined to get their golf back on track. Craig Owens, a New Plymouth Golf Professional, has been helping with coaching. If any readers would like to come and try golf or join the Club please contact Denise in the Office for more details

Kaitake hosted their first Open Tournament on Sunday 21st June. Couples played a mixed Ambrose on a beautiful winter's day. The winners were Chris Ferguson & Janet Dingle, well done

to them. We had a great turnout and was attended by a few other clubs which was wonderful to see the support. Our Chippers meet every second

> at 9.00am. The Chippers are enjoying being back on the course too. Chippers cater for kids 5 - 12 years. Clubs and balls are available as well as a fun coaching program. New members are always welcome and information can be gathered

Sunday and our first since lock-

down was Sunday 28th June 2020

Kim Woodward holding the Hole-in-One Trophy

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Ōākura Tennis Club

Ladies 8s or as it was called in the early days Elite 16s, is tennis played during the off season. Like so many sports here in New Zealand with the housewife returning to the work force, tennis has taken a hit with numbers of woman interested or able to play tennis dropping. The 8s unlike the Saturday competition tennis which requires a dedicated player who is free Saturdays for 8 weeks over summer or the committed midweek ladies tennis, again weekly during summer months, ladies 8s has 6 games a year. One game per school term during school hours.

In Oakura we have a fabulous team of women with very mixed abilities from the strong base shots of Chris Davies, the quick feet of Ana Spurdle, the power shots of Milou Barrett or the vole of Rachel Volcani. There is also the laughter and fun that Sarah Ashworth, Karley Maetzig and Abigail Poole bring to the court that make for a great morning of tennis.

And of course there's the lunch that follows all ladies tennis matches. You may be lucky enough to sample the delicious homemade baking of Jackie Keenan and Leanne Ferguson, the rustic quiche of Anne Bridges or the savoury delights of Toni Peacock. There is always plenty of food, tea and coffee to share with our town opponents.

Ladies 8s started with the town clubs Pukekura, Rotokare, Huatoki and Waitara. Unfortunately Waitara struggled to fill a team and so in 2016 Ōākura was asked if they would like to play and so it started from there. We have managed to win the trophy twice and are aiming for a third time this year. It's a great way to meet a diverse group of women and nothing beats a little competition.

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Richie Patterson

On the 23rd of June, the year 3-7 students were lucky enough to have a New Zealand Olympian, Richie Patterson, come in to talk about his journey as an athlete. June 23 is actually National Olympic Day. Richie talked about the pros and cons of being a New Zealand weightlifter and he shared his story with us about how he started as a normal kid and then ended up being a Gold Medalist at the Commonwealth Games.

When he was younger, he wrote down on a piece of paper that he was going to go to the Olympics, so that made him determined to become a New Zealand Olympian. He explained that you should always believe you will succeed. One of his strong messages was about how it is important to fail, and that this is an important part of the journey to being successful in anything.

Richie also told us that being mentally ready for competition, and having a positive mindset and self belief was more important than being physically ready. He was very inspiring.

All young and upcoming Olympians should aspire to be like Richie Patterson because he is such an amazing role model and he had such a great story. It was nice to have such a successful Olympian come and talk to us. It was a great experience for all of us.

Kohen Hareb-Hine (age 11)



Whānau Lunch

There have been many cool things happening at Ōākura School as we slowly resume to our normal school environment. We have had a whānau lunch where our families came to school and saw our school work in our classrooms, the year 8s went to Spotswood College to see what high school life is like, and the Year 3 - 7 students enjoyed a visit from an Olympian, Richie Patterson. It's great to be inviting people back into our school and having our students starting to participate in learning outside of our school.

On Friday 19 June, we had a whānau lunch. Many of our families came to school. Students enjoyed showing their families their work and their classrooms and FOOS (Friends of Ōākura School) provided yummy BBQ sausages and ice creams. Parents appreciated being able to

look at their children's work and see how well they were doing and what they had been up to since returning to school.

The parents we spoke to told us that they love the idea that they could come during the day when other parents were there, that they could enjoy some food and talk to some of their friends.

Some parents with younger children loved seeing them work so well at school. People like the idea that the school could fundraise by having food sales. We were walking around and we noticed a lot of very happy people and there was a great atmosphere. Thanks to the many parents that helped with the lunch.

Aiden Hocking and Lincoln Phillips-Lim (aged 12)

Visit to Spotswood College

On Tuesday 23 June the year 8s of Oakura School went to Spotswood College to see how it was and how the school operates. Year 8s will have the opportunity to visit New Plymouth Girls' High School and New Plymouth Boys' High School in Term 4. At Spotswood College there were also students from Highlands Intermediate, Devon Intermediate, Puketapu School and Bell Block School.

Our Year 8 students all really enjoyed the Spotswood College trip and loved the learning they took part in. They enjoyed doing things that they don't get the chance to do at a primary school. They loved participating in sports in the gymnasium, doing art on tablets and using clay for sculpture, problem solving and games in maths. The music rooms were interesting and we learnt what it would be like to be a DJ and what it would be like working in a radio station.

We spoke to some of our old friends that are now at Spotswood College. They said that they really enjoy the new curriculum and school environment. They liked the options that are provided for in their learning.

Aiden Hocking and Lincoln Phillips-Lim (aged 12)

VARICOSE VEINS

INFORMATION

What are Varicose Veins?

Varicose veins are enlarged (dilated) sections of veins which are located just under the surface of the skin - usually affecting the legs. This condition affects 10-30% of the population over our lives. Varicose veins occur due to failure of the valves within the veins that connect the shallow (superficial) veins to the deep veins. With these valves not working abnormal blood flow causes the thin-walled superficial veins to dilate and become tortuous as time progresses. This affects the supply of oxygen and nutrients to the

surrounding tissues such as the skin giving rise to symptoms such as heavy legs, swollen ankles, cramps, eczema (dermatitis) and staining pigmentation of the skin. More advanced disease leads to ulceration and fatty tissue breakdown which can be very painful and debilitating. Causes of Varicose veins are generally hereditary (family related factors) or pregnancy-related but prolonged standing, obesity and deep vein thrombosis (clots in the deep veins of the legs) also contribute. Spider veins and Reticular veins are similar conditions but occur on a smaller scale and can be associated with underlying varicose veins.

What can be done?

With new techniques and technologies Varicose veins can be treated with limited downtime and discomfort. From Laser therapy with our Medical Grade laser to Ultrasound-Guided sclerotherapy and Endovascular ablation, there is a solution for you available at Skin on Forty-Five.

The earlier the veins are treated the fewer complications occur and the more effective the treatment is. Although we think of veins as just a cosmetic issue that is a myth, it can lead to serious health consequences especially later in life if they are not treated.

If you or someone you know has Varicose veins or Spider veins and would like to have them sorted in time for summer Skin on Forty-Five offer free vein assessments to see what option will suit you best.

We provide private or insurance options and also have Ezypay available. Abnormalities of veins are very common but don't need to impact our day to day lives. From the small "Spider Veins" through to larger "Varicose veins" we now have treatment options that are effective and easy to access through Skin on Forty-Five.

Contact Skin on Forty-Five on **06 927 3491** to book an appointment.



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The Ōākura Post - July 2020

It's Astronomical

The rich topic at Omata this term is called Astronomical, Astronomical is a learning project based around planet Earth and the universe beyond us. We interviewed some students and teachers from all over our school to find their views on this learning topic.

Louis Hickson from Room 6 explained how room six has taken on the 'lost in space' learning. Room six have been asking inquiry questions about different areas of space.

Jai Thompson has been researching conspiracy theories about space. He has found out information about dark matter. He said that dark matter is a random material that takes up 25% of the universe. Scientists know about it because of the gravitational tune of the universe. "Apparently scientists can't actually figure out what the dark matter is made out of!" he explained.

In **Room 4**, the students had an hypothesis on what was in space and the alignment of the planets. Then they researched and discovered the exact order of planets. They also learnt about day and night.

Room 3 has been investigating different parts of the universe and made paper maché planets. Student Jessica Sedgwick exclaimed that she enjoyed learning about Mars and the Sun. Jess, Ben and Annie enjoyed making their paper maché planets and learning about galaxies together. Paige Henderson said that she learnt a lot about Saturn whilst making the posters about space and her planet. Paige and Lila both enjoyed experiencing space and learning about Pluto as well as other planets.

The **Room 2** teacher, Mr Bennett spoke about how they have been learning about the differing phases of the moon; about the



full moon and the crescents. They have been doing artwork showing the phases the moon goes through to get around the full circle of the Earth, taking the tides with it.

In Room 1, Ms Alyward and Blake Williams said that they had been studying the Māori names for the planets in our solar system, and they also learnt the order of which the planets go in, learning a sentence to remind them what order the planets went in. The sentence was "My Very Enthusiastic Mother Just Served Us Noodles!" They also investigated a little about the phases of the moon.

> By Amelie Henderson and Haruna Saito - Room 6



In June we had a surprise and very special visit from 91 year old Mrs Sylvia Haldane (nee Taylor). Sylvia was Ōmata School Dux back in 1942 and is the very first name on the Honours Board in the hall. Sylvia has very vivid memories of her time at both the Hurford Road School and later Ōmata School.

Sylvia remembered the very strong girls' Basketball teams (now called netball) we had back then. How proud she is to have her great grandchildren, Luke and Amber Haldane, currently attend the school, the fifth generation to do so. It was a real privilege to meet Sylvia and we look forward to sharing more stories from Ōmata's past.

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Movement Madness

Due to the Covid-19 pandemic and the subsequent lockdown, the annual Movement Madness with Ōakura School was cancelled this year, much to the disappointment of our junior students. Our Year 7 and 8 students decided to host their own tabloid sports with a number of fun activities.

Because of the recent poor weather and a variety of other activities on at school, we decided that we would hold the tabloid sports on Tuesday the 23rd of June, while our Year 8 students spent the day at Spotswood College.

The task of organising and leading the event fell onto the Year 7 students who all saw this as a really awesome opportunity to encourage and support our younger students throughout all of the activities. The juniors had a blast, and so did the seniors. We look forward to being able to have another movement madness in the future.

By Natalie Withers and Jaimee Bloor - Room 6

Coming Events July

- 20 Term 3 begins
- 27 Scholastic Book Fair Begins
- 28 Dress up as a Book Character Day
- 29 3D Conferences 1-7pm school finishes early
- 30 3D Conferences 1-7pm school finishes early



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TOP Activities

5 Elements Fitness

Barney 027 752 7076 www.5fitness.com

Dancing in the Dark

Glenys Farrant 027 753 0120

Inferno 45- fitness

Graeme 021 536 990

Indoor Bowls

Marvin Clough 752 7531

JKA Karate

Jim Hostin 752 7337

Kaitake Netball

Toni Peacock thowison@hotmail.com

Kaitake Rangers Conservation Trust

Pete Morgan 027 372 5182

Morning Talk - coffee group

Tracey Lusk 752 7875

Move It or Lose It-fitness

Gloria 752 7442

Oakura Bowling and Social Club

Steve Muller 757 4399

Oakura Meditation Group

Kate Evans 027 203 7215

Oakura Playcentre

Kate Garner 021 254 4769

Oakura Pony Club

Marlies Butland Delfos 027 459 5962

Oakura Pool Club

Sheree 027 3444 723

Oakura Sunday School

stjamesoakura@gmail.com

Oakura Tennis Club

Jackie Keenan 027 673 2900

Oakura Yoga

Kate Evans 027 203 7215

Okato and District Historical Society

Meg Cardiff 752 4566

Okato Lions Club

John Hislop 757 9696

Okato Squash

okatosquash1@gmail.com

Omata Playgroup

751 2308

Pickleball Oakura

Elayne Kessler 027 937 7173

Probus Club

Brenda Ryan 751 1633

St James Church, Oakura

stjamesoakura@gmail.com

Tai Chi Classes

Judi 027 268 2601

Te Reo Māori Lessons

Toni Peacock thowison@hotmail.com

Val Deakin Dance School

752 7743

Please make contact with the organisations for info on dates and times

