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August 2021

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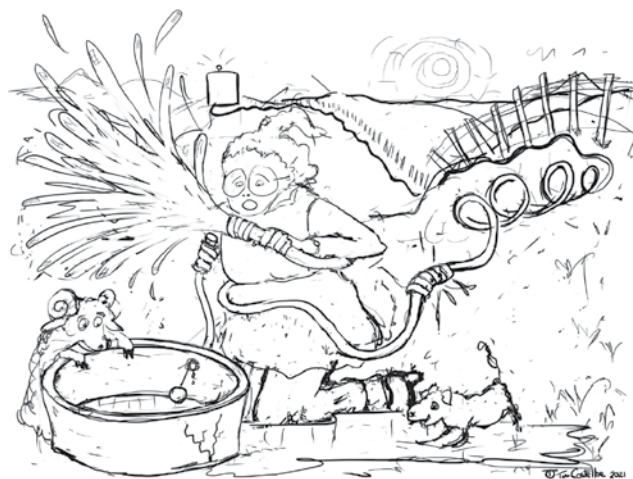
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Blue penguins move between sea and shore under cover of darkness, so you're unlikely to see them, but look for their prints when you walk the beach, especially in the early morning. Penguin tracks head straight for the sea and the lines of footprints are easy to see, most commonly during the breeding season, around July to December.

Read more on Little Blue Penguins on page 9.



Water in the Country

by Farmers Wife

In town when you turn the faucet on, water gushes out,
In the country you're lucky if it barely trickles out

In my daughter's shower in the city, needles prick your skin,
In my shower in the country it gently caresses your skin

The dreaded shout in the country - there's no water in the tap
All work must stop and the break we must find and cap

We check the troughs and all the pipes,
looking for patches of bog

We check the pump and its surrounds, hoping it's only a frog,
A frog we take but rats we hate caught up in our water line

We come back home and compare notes
but nothing we could find,
To stop that precious water flowing along the line.

We can't do the washing, we can't have a shower
We're muddy and dirty from looking so far

Must be an air lock, - a depressing thought
We can mend breaks, remove eels and get the pump on
But an air lock is dreadful - the worst to go wrong

Then triumph at last, the cause has been found.
A break by the creek and right underground.

We love our precious water and treasure it with care
We conserve every drop and waste it we wouldn't dare.

Te Reo Māori Lessons

If you are interested in joining a new beginners class then come along to this hui to find out more. All are welcome.

Day: Wednesday 4th August

Time: 11:30am to find out more.

Where: St James Church Hall, Ōākura

This will determine if we have enough interest to start a new class or not.

The new class if it goes ahead will be on Wednesdays 11:30am - 12:30pm during school term time.

Contact: Toni Peacock:
021 661 912, thowison@hotmail.com

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Kaitake Community Board

Well, here we are over half-way through another year. Events continue to succeed each other with considerable velocity, much like a speeding vehicle overtaking on the Tapuae hill with its driver intent on being first to the Morley Street lights.

It's very easy to miss matters that will affect our community and your lifestyle until it is too late to engage in the process. As I write, the first session of the independent hearing into the proposed NPDC District Plan is underway. The District Plan will establish all the Council policies and regulations for land use and subdivision, and the environmental effects arising from these activities in the district for upwards of the next 30 years.

The next cab off the NPDC rank is the representation review. The Council has to take a fresh look at the structure of its elected membership at least once every six years. This affects the total number of councillors, whether they come from a ward or 'at large' across the district, where the ward boundaries are drawn, and whether or not there are community boards. The review must be publicly notified no later than 31 August.

Shortly councillors will decide which

scenarios they want to go out to the community for consultation. After the consultation period, the councillors will have to stand outside the representation 'rule' under which they were elected and decided if the 'rule' should be re-designed and how.

If a person who makes a submission is not satisfied with the Council's final resolution they can appeal against it. In both 2004 and 2007, there were a number of objections that ultimately led to a Local Government Commission hearing. The Commission has a quasi-judicial role to determine the best representation arrangements for a local authority and takes into account the original Council decisions, the submissions, appeals and objections.

The Commission makes the final, binding decision. In both cases the decision finally arrived at was for the NPDC to have a three ward structure - a North Ward with two councillors and two community boards, a City Ward with ten councillors, and a South West Ward with two councillors and two community boards.

Prior to 2004, the district to the west of New Plymouth was represented by a councillor, but since then Ōākura has been represented by the ten city councillors and the rest has been represented by the two Inglewood councillors. In both

instances, this loss of local representation is due to elections favouring candidates who come from the area where the majority of the population resides. Over the past seven elections, a number of very able local candidates have put their names forward for a seat at the Council table but have never been able to garner enough votes to get elected.

After a long period on the Kaitake Community Board, I have a good understanding of the Council machine and personal opinions about what representation structure is fit for purpose. It is not my brief to persuade anyone which representation scenario will be the best fit for those that live between the outskirts of New Plymouth and the Stoney River.

However, I do urge everyone to take the time to get acquainted with the review information when it becomes available, as the final outcome will certainly have an impact on each of us. I expect the Council to decide on its preferred proposal on 17 August, with submissions opening shortly after that.

Okato, Ōākura and Ōmata are distinct communities, so representation is the key to retaining that important sense of place. I urge you all to engage in the upcoming review to ensure the local 'voice' is heard and reflected on by those who currently represent us.



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**CACAO and CHOCOLATE
MINDFULNESSWORKSHOP**

HOST: Oonagh Browne, The Cacao Ambassador
VENUE: Lemonwood Eatery, Ōākura
DATE: Thursday 26 August
TIME: 7pm - 9pm
PRICE: \$40

BOOKINGS: EVENTBRITE:
bit.ly/cacaomindfulnesslemonwoodeatery

Paige grew up in 'the village' and as a youngster was surfing from 5 years old. She remembers heading to the beach after school with her best mate Anita Crawford. They were so keen, even in winter putting thermals on under wetsuits to keep warm in the water.

Paige's first surf competition was as an under 10 year old in the Oakura Boardriders club competition and at around 10-11 years competed in the national under 12 years event. She enjoyed the NZ competition scene and remembers the competition circuit being way better back then with more competitions for juniors and a separate women's national scene. They were away most weekends at competitions and the events were well supported by sponsors.

We asked her what other sport she was into as a kid, we should have asked her what she didn't do. For the record, she didn't like dancing but would not say no to a spot on "Dancing with the stars". Don't expect her to win though, she's got Dad's dancing skills!

She played soccer from age 5-15 years, often on boys teams and was in the NZ soccer academy. She played basketball for the Taranaki Womens team at 15-16 years and competed in ski racing from age 11-14 years. The NPGHS school cup for the ski slalom has her name on it and she placed first and second in the giant slalom and the slalom in the North Island ski champs.

Surfing was her relaxing fun sport, it was a 'break' from all the other sports she did. In her early teenage years Paige thought football or ski racing may be the sport she made a career of. In fact it was at an 8 week ski racing academy in Wanaka that it first occurred to her she could make surfing a career when she was approached by a surf sponsor and offered a sponsorship deal (and some free stickers).

At 15 years of age she decided to go with the sport she loved the most and 12 years later she is still loving it. After competing in the Ripcurl Grom Search series at age 15-16, she qualified to compete in Australia at the Bells Beach Ripcurl International where she met another rising junior - Sally Fitzgibbons. Paige remembers competing in really good pro junior events for a few years sponsored by Billabong, and com-

Local Surfer

by Jackie Keenan & Rosemary Law

peted at the Junior Worlds as a 17 year old coming 2nd to Sally Fitzgibbons.

Both got a wild card to compete in the Qualifying Series (QS) the next year. She and Sally then qualified for the WSL which was the ASP then. This is the result she is most proud of, right at the beginning when she was 2nd in the world juniors, qualified the next year and got 3rd at Snappers at age 18.

Looking back she realises she took it for granted then and now understands how good that was. Since then Paige has spent up to 10 months a year away at QS and WSL events. The events usually start in Aussie for 1-2 months then on to US events then Europe.

In the Women's Nationals as a teen, her rivals were Airini Mason and Lisa Hurunui. Layne Beachley and Kelly Slater were two of Paige's international heroes at the time. A local surfer who ripped - Heather Dent from California and who had competed on the world tour herself, was also influential in Paige's early years as a mentor and surf coach. She took the school kids during school time for surf lessons! Bet some kids would love that initiative to restart at school.

We were interested to hear what being on tour is like, where she stays, what she does on 'lay' days and what about food.

On the tour Paige was initially sponsored by Billabong who would organise a house for the sponsored riders but since the GFC they have had to find their own accommodation.

She stays at Airbnbs, with friends and sometimes she and other competitors get a house which works well, as they can all cook together. Paige is not overly focused on eating the right food though she admits she always puts on weight in France, the patisseries are too good there, but in other countries they have to be more careful to find 'safe' food.

We're keen to know what the rivalry is like. Paige tells us it used to be worse but is now

much more friendly, the competitors "can leave it in the water". It is hard if you just had a heat with someone and beat them. You need to give them a bit of space and if you lose you don't want to be too negative. As the competitors get to hang out a lot with each other around events, big egos don't work so it's more like a 'big family'.

We ask her about the characters in the surf scene. Kelly Slater is a pretty 'normal' guy who keeps to himself a lot and it's true Carissa Moore is as all round nice as she comes across. So is Jordy Smith the South African.

Some of the Brazilians who might sound to us like they have a reputation for being divas are nice guys and really family oriented. The 'free' surf sessions before the events bring out the worst in the surfers though, when all of the world's best are looking for waves at the same time. Coco and Sage are the worst for dropping in!

On lay days Paige plays golf, which she admits is 'up and down', and makes the most of visiting the places she goes to by getting there a few days earlier or staying longer so she can go sightseeing, often with her parents.

We ask her about the women's and men's



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surfing comps and surf politics, having just watched the doco "Girls Can't Surf", and ask how much has changed. She tells us it has changed a lot. She remembers years ago a guy who said "You can surf but can you cook?".

When she first started competing internationally some of the women on tour told stories about being so short of cash they would sleep in their board bags on the beach the night before the event.

Now the prize money is equal and the guys are supportive of the women's events. She often used to be the only woman in the surf locally at places like Stent road. She feels like the vibe has changed now, it's better and was impressed to see how well the young girls were doing at the Nationals in 4- 6 foot Stent.

Paige's favourite wave at home is Rocky point – it's on her forehead and super consistent, and she also knows most of the rocks there. Snappers in Aussie, Trestles in California and J-Bay in South Africa are among her favourite waves in the world.

Her favourite surf mission is to the Mentawai Islands in Indonesia where one amazing trip included a boat ride 5 km up a river to a remote village where locals were still living their traditional ways.

Her favourite competition location is France, the small surf villages remind her of home.

Her most memorable wave is her first ever 'proper big barrel' at Log Cabins in Hawaii. She is stoked it was in Hawaii as there is such pressure to be able to surf there, a right of passage sort of thing. She tells us surfing Kelly Slater's Wave Ranch is 'surreal'.

She got there a couple of days before the 2018 WSL event, surfing it for a couple of hours by herself as another competitor who was meant to share with her, was too jetlagged.

The way it is set up gives you way more time to think before the wave comes than waves in the ocean, it sounds like an adrenaline rush. Because it is so regular Paige had set moves going right on her back hand and found herself visualising these the night before the event helping her Team World to a win. Great result!

Like the rest of the world, COVID changed everything for Paige. She was home for the Piha Corona Pro event, part of the qualifying series, right before lockdown. This was going to be a big event, a challenger series, ie one of the highest ratings for the QS. Other international competitors were there including Kelly Slater.

When it was cancelled she phoned her parents to ask if fellow competitor Pauline Ado from France, Pauline's husband and a friend could stay. Their family and friends advised them to stay in NZ telling them how bad it was even then in France.

Her Mum asked for how long, she thought 1-2 weeks, it turned into 3 months! The extra company and French lessons made lockdown much more fun even with Pauline getting caught by the police in the surf back when lockdown was serious. Paige was glad she hadn't sneaked out that day.

Events through 2020 were cancelled due to COVID. The Surf sports bodies still take it very seriously. At events, they are required to wear masks and Paige has had her vaccinations. At the recent event in El Salvador, the ISA vaccinated the whole village before the competitors got there and they still wore their masks everywhere.

We are so gutted Paige missed out on a spot in the Olympics that we nearly didn't want to ask about it. Paige was 'devastated' when her Olympic dreams ended and phoned her parents to tell them it was her worst birthday ever. I ask how she missed out considering she must be NZ's top seeded female surfer. She tells us it's a weird qualifying system.

In 2019 she was going for the Oceania spot but in the event came up against at least one person on the champions tour every heat and was knocked out in a heat with two American surfers who supported each other, making it hard for her to catch waves. Other issues include competitors changing the country they are competing for.

Surprisingly she tells us going into quarantine for two weeks helped her process this and she seems to have been able to move on from this faster than we have! Isolation went more quickly than she anticipated and she got to share her bubble with fellow surfer Saffi Vette from Gisborne.

One of the main impressions Paige gives us is that she is a 'glass half full' type of person. Paige is looking forward, still loving surfing on the tour and as long as she is keeping the bank happy she's keen to keep competing. Who knows, surfing at the Olympics in France – where the surfing is going to be at famous Teahupoo is a possibility. Well why not!



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The Garage



Farron, Jo, Jason, Kristy and Frank

Jason and Kristy Strachan have been operating their garage business in Tataraimaka for three years. Originally called JSME (Jason Strachan Mechanical Engineering) it was a home-based business while they were dairy farming.

When land at Tataraimaka came up for sale, it was the perfect place to situate their growing business. It has great access for clients and space for a workshop, office and vehicle parking. The panoramic view of the sea and ranges deserves a mention as well. JSME changed its name to The Garage earlier this year to properly reflect the business. All manner of mechanical and engineering work is done on the premises and one thing Jason loves about his job is the variety he gets each day. There is nothing he won't have a crack at, from organising a warrant of fitness for a car to repairing farm machinery to building a jungle gym. They are all in a days work.

The Garage is like an old school garage, a one stop shop for all your mechanical and engineering needs, where you developed a relationship with the owners, you knew the face behind the name. At The Garage, Jason and Kristy are ably assisted by two full-time mechanics, Frank and Farron, and a part-time receptionist, Jo.

What is your background?

Jason - I was born and bred in Okato. I did my apprenticeship at Egmont Dairy Factory. I worked at Pungarehu Garage, built race cars for Murray Gordge Engineering, farmed in Inglewood and went on to takeover the family dairy farm on Wiremu Road.

Kristy - I grew up in Inglewood and did an apprenticeship in horticulture. I then worked for 15 years as a professional photographer while at the same time working on our farm and having two children.

How do you relax?

Jason - adventure bike riding and speedway.

Kristy - Horse riding and hunting with the Taranaki Hunt.

Both - tramping on the mountain and the ranges. We have a goal to do the 11 great walks in five years.



Oakura Medical Updates

FAREWELL

Helle has returned home to Denmark to support her family in their endeavours.



Many tears have been spent by patients and staff alike and we thank Helle for her amazing work over the past few years and can't wait to have her back soon. To reassure her local fans she has brought a home in Oakura and has promised to return for the adventure racing seasons each year to give us a fix of Helle before returning permanently to Oakura once she has completed her European to-do list.

WELCOME

In exciting news, we would like to welcome Dr Natalie Reid to the Oakura Medical team.

After biking to work on her first day at Oakura Medical, from Fitzroy, the rest of the team has given up trying to compete with Dr Nat.

An adventure sports enthusiast Nat joins us as a locally trained GP with a special interest in Women's Health and Rural Medicine.

She really enjoys progressing her Te Reo Maori and will be working between Opunake and Oakura Medical Centres.

WELCOMING NEW PATIENTS

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School Lunch Tips

School holidays give parents relief from early mornings, hunting out the 10 different items required to be in the school bag and the endless decision around what to put in the lunch box. For those of us with reluctant lunch eaters, this is more of a monotonous chore than for those who have marvelous eaters.

Here are my tips as a dietitian and a Mum on what to focus on and making it simple.

We hear a lot about 5+ a day, eat a rainbow and all sorts of other well-meaning slogans we might feel obliged to aspire to in our kid's lunch boxes. But the most important thing children need in their lunch box for school is good energy. I don't mean rubbishy sugary energy foods. I mean good solid slow burning starchy carbohydrate foods. Find a good "slow release" carbohydrate food to give your kids the glucose energy their brain needs for learning, their muscles need for play and running around and critically that they will eat.

*Bread based options are traditional in NZ and still a great option:

- Include sandwiches, buns, rolls, wraps, pita pockets or scones
- Fill these with a protein source for extra nutrition: cheese, cold meat slices, hummus or peanut butter.
- If they aren't good at eating a protein filled sandwich, add jam, honey or Nutella to get them to at least eat a sandwich. Add the pro-

by Rosemary Law

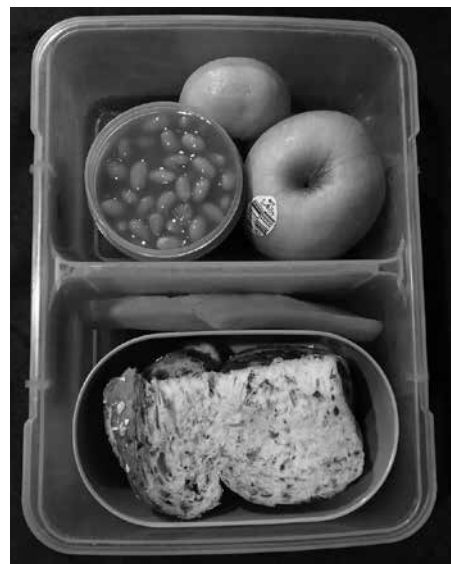
tein separately, a slice of cheese, salami, sausage or a container of baked beans or yoghurt.

*If bread is not your tradition or your kids are not keen on sandwiches, include rice-based meals. Left over risotto, rice and curry, rice balls crumbed and pan fried or if you are really keen, homemade sushi.

*Pasta or potato and kumara based meals are also great. Use the leftovers cooked the night before to make a yummy cooked veggie salad. Include grated cheese, raw carrot or other veggies, ham, mayo or whatever else will encourage your child to eat these good energy foods even if you have to add sauce! These days I see and hear more kids taking food to school that needs a utensil to eat which is great.

*A serving or 2 of fruit and veggies are great to add to the lunch box, these are not high energy but a good dose of vitamins and minerals. Don't stress though if your kids are not keen on eating these at school, after school and dinner is a good time to make it to the 5+ per day. I must admit, I put in extra fruit in the hope my seven year old will be hungry enough to eat it but mostly the mandarins are there to stop the apple rolling around and getting bruised!

Biscuit, bars and baking are nice to have more than need to have. They are still good for extra energy for hungry busy kids but I find if added to the lunch box they can often be the only thing



eaten. Baking is not one of my favourite hobbies so these are an occasional food in our house.

Some foods are low energy and don't contain much nutrition either such as rice crackers, corn puff type snacks and even seaweed snacks. If your child is a wee waif, they aren't getting much energy or other nutrition munching through these.

My last message is to teach your child not to comment on others lunch boxes please! It doesn't take much for some kids to decide they can't eat something any more because a friend said "euu do you have eggs sandwiches" or something like that.

Finally, if the lunch box contains the same good energy food every day with only a couple of different choices but your child eats plenty of those regularly, you've cracked it!

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Secret Life of Taranaki Kororā

Kororā are one of Taranaki's best kept secrets when it comes to our local wildlife. They have been an indigenous taonga species in Taranaki for hundreds of years, yet so many Taranaki residents are not aware that we share our coastal and marine spaces with the vulnerable bird.

Under the Wildlife Protection Act, Kororā, also known as little blue penguins, blue penguins and fairy penguins in Australia, have full legal protection.

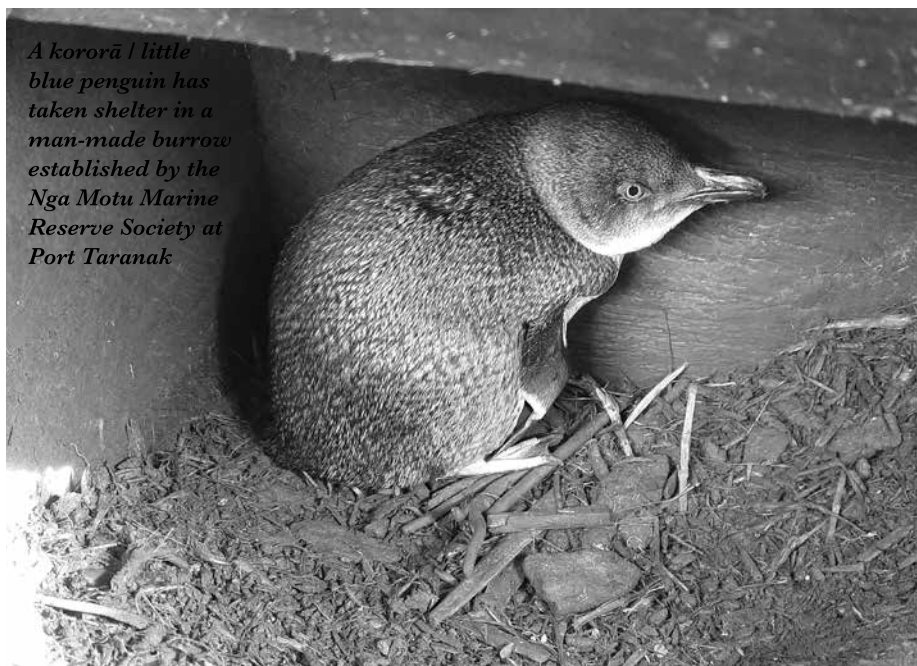
Local penguin monitoring volunteers are worried that kororā are not doing too well, with various threats to their homes, overfishing in penguin feeding grounds and particularly attacks from dogs and other predators. It is worth noting that in places like Oamaru and Greymouth where communities have pulled together to protect the penguins with signage and dog prohibitions near wildlife colonies, penguin populations have stayed stable.

The Nga Motu Marine Reserve Society (NMMRS) has been working with the national Penguin Initiative monitoring team based in Dunedin and would like to know more about our local penguins.

If anybody sees penguins or their footprints in the sand, NMMRS encourages people to upload their sightings to the iNaturalist.nz website or app. "Bird footprints are fun to identify, and it is easy to add the app to your phone and find out about our local wildlife," says NMMRS committee member Elise Smith.

If you live near the sea, and have a wooden or concrete penguin burrow in your section, NMMRS is mapping these and would like to know if penguins are using them. You can help them to get records of your penguins by emailing them at seasense@seasense.org.nz or contact the Finding Little Blue facebook page.

Unfortunately, 20% of reported penguins so far in Taranaki have been found dead. While the breeding and moulting season from winter through summer brings an annual wave of kororā deaths, only a fraction of sightings and



A kororā / little blue penguin has taken shelter in a man-made burrow established by the Nga Motu Marine Reserve Society at Port Taranak

by Elvisa Van Der Leden

deaths are reported to the Department of Conservation which means many more deaths are unaccounted for.

For every adult death, a chick or two may starve to death in their burrow or be left vulnerable to rat and stoat predation. Each failed breeding season means another year of population decline.

But there is hope for the feisty Taranaki kororā. There has recently been a resurgence of penguin sightings reported to DOC and the Nga Motu Marine Reserve Society in areas such as Ōākura. Penguins were once prolific in this area but seemed to all but completely vanish, leaving only kororā tales with long term residents who once shared their porch with the little creatures.

There are still seemingly healthy populations further north of Ngāmotu / New Plymouth such as Urenui where there is a dog prohibition at the campgrounds, Wai Iti and Tongaporutu. As

for Ngāmotu, New Plymouth, the local marine reserve society has worked hard over the last 20 years to monitor and protect the remaining populations at Port Taranaki, implementing signs at Breakwater Bay, collaborating with Chaddy's Charters with a live penguin cam and implementing the Curious Minds funded Finding Little Blue penguin monitoring and education platform.

Here are some things you can do to help protect Taranaki kororā / little blues so they can thrive:

- Keep dogs on leads when walking on the beach and keep them away from dunes with vegetation where there might be burrows.
- Actively trap in your backyard or neighbourhood to reduce predator numbers.
- Call 0800 DOC HOT if you find an injured penguin or if one is on the beach during the day, otherwise leave it alone.
- Add any photos of footprints or sightings to the Little Blue Penguin Monitoring project in iNaturalist.nz



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Ōākura Fire Brigade

Happy mid winter everyone. The year is progressing fast and along with it, the crew members of our bri-gade. We are really pleased to see that the dedication of our recruits has paid off with each of them flying through their first fully intensive 7-day firefighting course at the National Training Centre in Rotorua. The 7-day course puts all recruits through many intensive scenarios, from live firefighting, blind search and rescue and first aid.

Karley Maetzig, Andrew Butterworth and James Page have rid themselves of their rookie status and can now attend incidents as trained firefighters.

Congratulations to those drills, fire science and most importantly not calling a line a rope, not calling a cylinder a tank and not calling their Mums because it all got a bit too much.

To add to the flurry of those Firefighters we can also acknowledge Nick Manning's progression to Senior Firefighter. Nick's 5-day course focuses on maintaining control of a crew and the incident ground, an incredibly important role and one where you need a level head, a keen eye for detail and, at times, special undies.

Stay warm, and everyone and remember the 'metre from the heater' rule.



The crew from the Big Red Truck

Andrew Butterworth, Karley Maetzig and James Page are now trained firefighters



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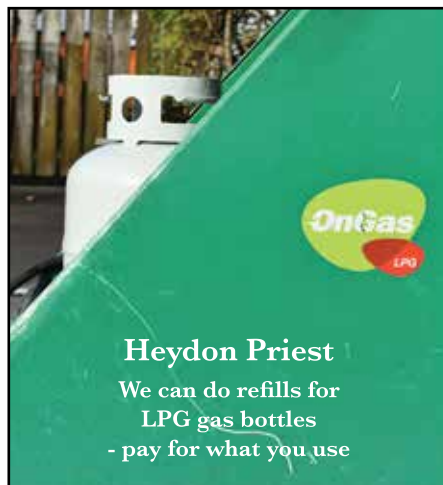
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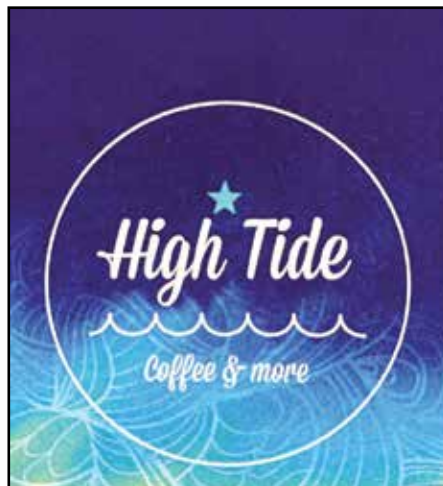
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Lemonwood

Catch a cup of coffee with us at
Lemonwood Eatery when we
reopen on August 18th!

There has been a lot of activity happening on the golf course lately. We are very proud of our new bridge on the 16th Hole that has been built by our amazing volunteers. We rely on the support and enthusiasm of our volunteers, and much of the work that happens at Kaitake wouldn't be accomplished without their help.

Men's News

Men have finished the Club Championships.

Winners: Seniors - Liam Harvey who played Brodie Ferguson. Intermediates - Raymond Lewis (Tubs) against Grant Hildred (Grunter). Juniors - Alan Bennett against Colin Woodward and the Limits - Barry Upson against Ralph Ellicock. It was a beautiful sunny day and it was great to watch these players, especially the young boys who took it right to the 16th tee after 34 holes. Awesome boys!

We have TOP DOG competition in August which is a very popular event and we are taking names now for that.

Women's Results

Kaitake Ladies had a successful year in the 2021 Pennants Competition. The Weekend Ladies finished 2nd behind Manukorihi. The 9 Hole Ladies finished 3rd. This was an exciting result, especially for the 18 hole women after a lean few years. The 9 hole women continue their success at Taranaki Pennants.

Kaitake was well represented by four teams of four players entered in the Taranaki Teams and Over 50's event in Inglewood. While the



Kaitake Golf Club

teams missed a placing there were players who did well in their individual event.

Results

Nancy McCormack winners - Kim Woodward and Janet Dingle, with Joy Greenlees and Jenny Ross runners up

The Saturday 27 hole competition Silver Division winner - Bronny Gower. Bronze division winner Kim Woodward.

The Nell Dickie Round1 winner - Dianne Jones, runner up Joan Gerrard.

The 9 hole division competition - Jo Wilson-West was the winner of the Putting 4, Lorraine Parthemore runner up.

Raewyn Bishop and Margaret Mills won LGU 4.

Round 1 of the 3-Day Eclectic winners were Jean Keegan and Jo Wilson-West. Pat Wilcox and Ngaire Grundy won Round 2 while Raewyn Bishop and Jo Wilson-West took out Round 3.

Super 9 Round 2 winner was Jo Wilson-West with Coraleen La Breton close behind.

Winter 1 starter goes to Margaret Mills with Raewyn Bishop one shot behind

CHIPPERS: Next Chippers Day will be Sunday 9th August 2021

FIREWOOD: Dry firewood for sale, call Denise 06 7527665.



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A Sad Farewell



For the past 27 years, every time you open the door to Ruma Kiwi, you would meet up with Mrs Norris. She has been the teacher of this class for almost three decades, and every student has been able to recount amazing stories from their time in her class.

From the proud face ready to greet you after you finished cross country, the caring hand guiding you to places that you may fear, the interest in her eyes as she watched you present your favourite toy at show and tell, the 'tidy up time' song at the end of the day, and teaching us the shapes of the alphabet using the famous 'mat man'.

Mrs Norris once won the Teacher of the Year award, and even though she was excited about the box of stationary supplies, she used her creative skills to make a playhouse out of the box, creating hours of fun for us from the simple cardboard.

Mrs Norris is really creative with all her teaching. She invented learning keys, which we carried so proudly home each day so that we could learn the important words and then find them on her reading road.

We remembered to use full stops because if we forgot she would run out of breath and fall off her chair when she was reading our story out loud.

We will miss her special way of getting our attention with just a few words, and the way she could make us want to learn by gently pointing us in the right direction.

We wish her the very best in her future endeavours, and hope she comes back to visit- happy retirement, Mrs Norris.

Campbell Fraser and Jenaya Collett
Ngā mihi nui

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Ōākura School

All Ōākura School students have been involved in a science inquiry unit about Wai (water) over the past term. The big idea of the learning across the school has been 'Water is a vital resource for life and is a cyclic system that we have an impact on'.

Students have been exploring this concept through a number of different learning experiences. It has culminated in working with Tāne Manu, Ngāti Tairi, to complete analysis and water surveys of our local awa - Ōakuramatapu Awa and Timaru Awa.

The juniors have been learning how to use the SHMAK (Stream Health Monitoring and Assessment Kit). One of the tests in the SHMAK kit is a water clarity assessment. The tube is filled with water from the river or lake and then a magnet is placed inside the tube, attracted to an identical magnet on the outside of the tube.

To use this you must look through the end and determine how clear the water is by moving the magnet so you can see it. If you can see it when it is first placed in the tube, at the opposite end, the water is healthy and clean. If you need to keep moving the magnet forward because you can not see it clearly, the water is likely contaminated and in need of care.

Miss Buick, the year 4-6 team leader, explained that students have been learning about how water is essential to all living things and that we need to save water as much as we can. It is important to pass on the message about keeping our water clean and drinkable.

The year 5&6s have gone on an educational trip to Pukeiti Scenic Gardens to test the water quality closer to the source of the awa, and then will compare it with the results from the river mouth. They have also been doing fun experiments with water and learning about the



Ōākura pupils water conductivity testing

human impact on water and what we can do to help.

A three week rotation of classes has just finished for the year 7&8s, with each teacher teaching a different aspect of water science. Room 9, with Mr Smith, learnt about testing the water quality and conducted a range of assessments of Matekai Stream where it passes through our EnviroCentre.

Room 10, with Mrs Mills, did a week of learning about the tides and different ocean life and threats. In Room 11 with Miss Moore, students studied the water cycle and how to create your own aquifer to represent the water cycle.

This has been an amazing learning experience and after it I am sure we are all going to save water as much as we can, if we aren't already, and work extra hard to keep our rivers and oceans clean and healthy.

Ella Kitson (age 12)

The Brave Jedi

One dark, rainy day there lived a brave jedi knight called Master Jadon.

He has a double bladed lightsaber, one side is green, the other side blue. They can disconnect to make two single bladed lightsabers and connect again. MASTER Jadon has a black robe.

He also has a small pocket inside his robes for his lightsaber.

Darth Plaguies

Darth Plaguies has two single bladed lightsabers. He's got red and black patterns on his skin because he's a type of species called Zadrak. Plus instead of hair, his hair has spikes. He is a bad guy. His lightsabers look like this: the first one is a cylinder with lines as the grip. There is also a red button. The other one looks the same.

Now the story begins...

I (Master Jadon), met Darth Plaguies under a palace. I ignited my double bladed lightsaber but only on one side. Darth Plaguies ignited his two single-bladed lightsabers. I got so tired, so I put one on the other side to make a saberstaff. The next moment I saw his lightsaber. He hooked me with his foot. I fell down and it never ended for I kept on falling, wondering how to escape.

Finally I knew. I saw a switch on the wall and grabbed it with the force to pull myself up. I did a backflip and cut Darth Plaguies in half and now it was his turn to fall, a never ending fall, in two pieces!

So I battled siths all along and survived, I felt relieved.

By Jadon Gaarkeuken, Yr 3 (age 7)

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TOP Activities

Ōākura

Bowling and Social Club

Bowling tournaments September through to April. Both mid-week and weekend games. Steve Muller 757 4399

Dancing in the Dark

Glenys Farrant 027 7530120

Golf

Practice net. Non members welcome. Clubs and balls can be supplied. \$5.00 WEDNESDAYS. Casual competition for non-members. 8am to 1pm open to everyone. Denise 752 7665

Inferno 45- 4 X Bootcamp fitness

Mon and Wed 6am, Fri 9am. BoxFit Friday 6am. All 1 hour sessions. Ōākura Hall. Graeme 021 536 990

Indoor Bowls

Enquiries to Marvin Clough 752 7531

Silver and Enamel Jewellery Making Classes with Sally Laing

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sally@sallylaing.co.nz/ 0276643511

JKA Karate

Jim Hoskin 752 7337

Justice of the Peace. Lynn Murray.

Ōākura Library Thursdays 10am-12.30pm.

Kaitake Ranges Conservation Trust

Pete Morgan 027 372 5182
morgpt@xtra.co.nz

Morning Talk - coffee group

Thursdays 10-11am at NPOB Surf Club. Free tea/coffee. Tracey Lusk 752 7875

'Move it or Lose it' Strength and Balance Fitness Classes

Ōākura Hall, Wednesdays and Fridays 9.30am. Contact Gloria Zimmerman 027 284 9111

Meditation Group

Kate Evans 027 203 7215

Music Group, Mini Groovers

All parents welcome with babies/under 5's. Every Tues during term time 10-11am at the Church Hall. Gold coin donation.

Ōākura Yoga

Kate Evans 027 203 7215

Pickleball Ōākura

Ōākura Hall - Wed 7.30pm, Thurs 9.15am. All skill levels welcome and equipment is provided. Elayne Kessler 027 937 7173

Playcentre

14 Donnelly St. Sessions run Mondays, Wednesdays and Fridays 9am - noon during school terms. Visitors welcome. oakura@playcentre.org.nz

Pony Club

Tracey Mackenzie 027 319 0238
traceymackkyle@gmail.com

Pool Club

Meets every Wednesday night 7pm over winter commencing April at Butlers Reef. All welcome. For more info call Margaret 027 232 1899

Probus Club

Meets once a month at Ōākura Bowling club rooms on the 3rd Friday of every month 10-11.30am. Contact Brenda Ryan 757 3537 or 027 748 9698

Te Reo Māori Lessons

Toni Peacock 021 661 912
thowison@hotmail.com

St James Church

Sunday Worship every 2nd and 4th Sun 10am stjamesoakura@gmail.com

Sunday School - St James Church

Every 2nd and 4th Sunday 10am. stjamesoakura@gmail.com

Tennis Club Winter Coaching

Junior coaching Mon-Fri before or after school, check www.blitztennis.nz. Adults Wed 9-10.30am advanced, Fri 9-10am adult returner/improver, 10-11am adult beginner, contact Jackie 027 673 2900

Tai Chi Classes

Every Monday 9-10am at Ōākura Hall. Judi 027 268 2601. Just come along or contact: taranakitaichichuan@gmail.com

Val Deakin Dance School

Ōākura Hall Friday afternoon - Pre-school dance classes at 2:45, ballet for 5+ 3:15 to 4:15. val@valdeakindance.org.nz 752 7743 or text 027 694 0933

Ōākura Hall Bookings

Vicky Jury 027 215 2465

Tataraimaka

5 Elements Fitness Bootcamps and Kickboxing Fitness classes

Mon to Thurs 5-6 pm, Tataraimaka Hall. Barney 027 752 7076 barney@5efitness.com or visit www.5efitness.com

Gymnastics Group for children age 5-7 years.

Tuesdays after school at the Tataraimaka Hall for basic level gymnastics sessions. Rose at rosem@realfoodnutrition.co.nz

Okato

Okato and District Historical Society

Meg Cardiff 752 4566

Okato Lions Club

John Hislop 757 9696

Okato Squash Club

Monday nights from 6.30pm. Everyone welcome okatosquash1@gmail.com. Ladies morning every Friday 9.30 - 11am. All levels welcome. Rachel 0204 092 5243

Ōmata

Zumba

Ōmata Hall - Tues 6.30pm. \$5pp. Contact Elsa Nordin via Messenger or Facebook 'Zumba Omata with Elsa - Team Azucar'

TOP Information

The Ōākura Post

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