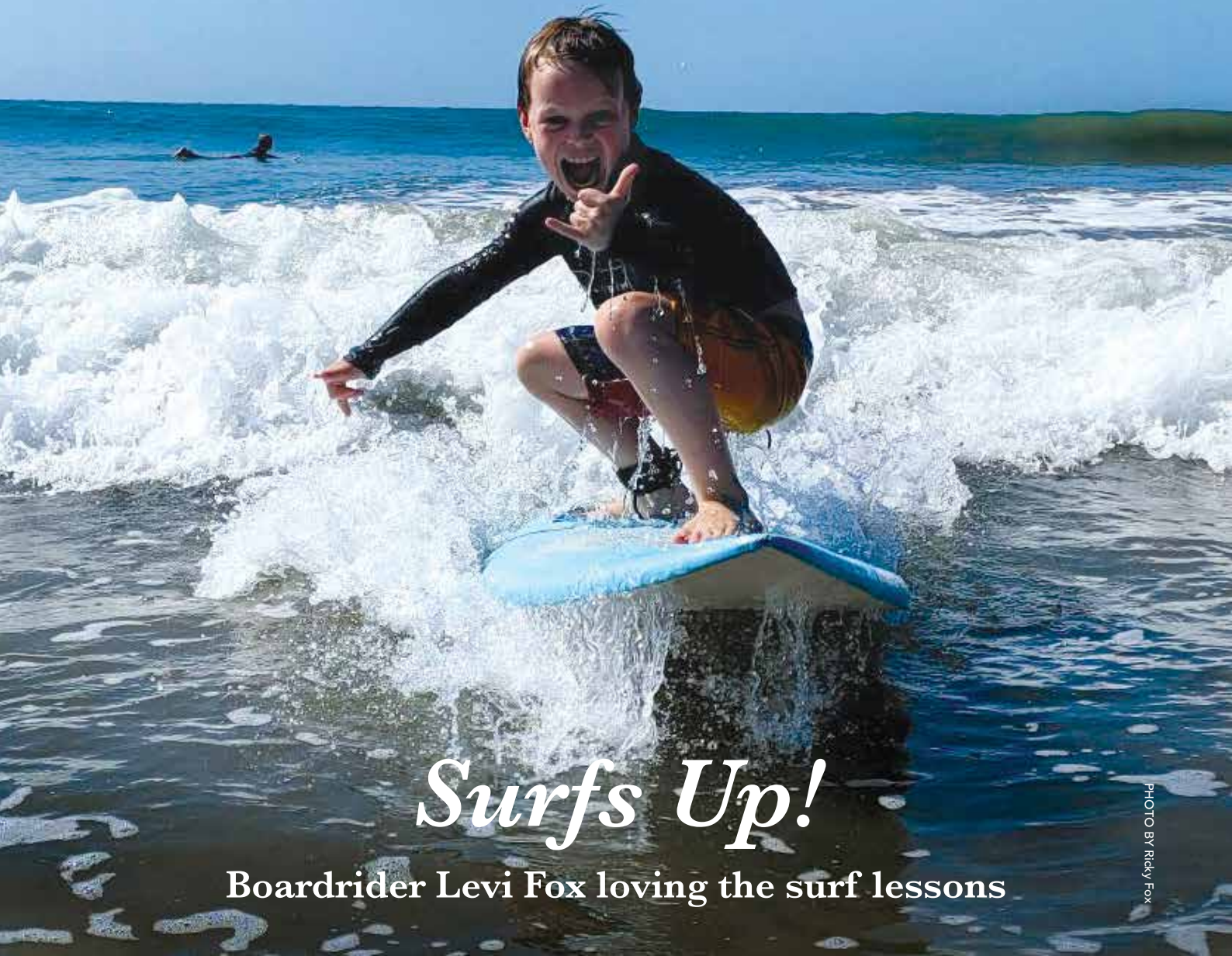


# The Ōākura Post

October 2021



## *Surfs Up!*

Boardrider Levi Fox loving the surf lessons

PHOTO BY RICKY FOX

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**Social distancing rules don't allow us to operate NZ POST Services safely in our environment.**

**We recommend using the NZ POST online services for international post. Once completed online your parcel can be dropped off for collection.**

If you do not wish to use the online services - NZ POST at the Richmond Centre in New Plymouth will be operating.

Domestic Post services in Oakura – pre paid bags can be purchased as normal – they cannot be completed in store, please do this at home and drop back at your convenience. Any other postage required can be added then. (courier /rural tickets etc)

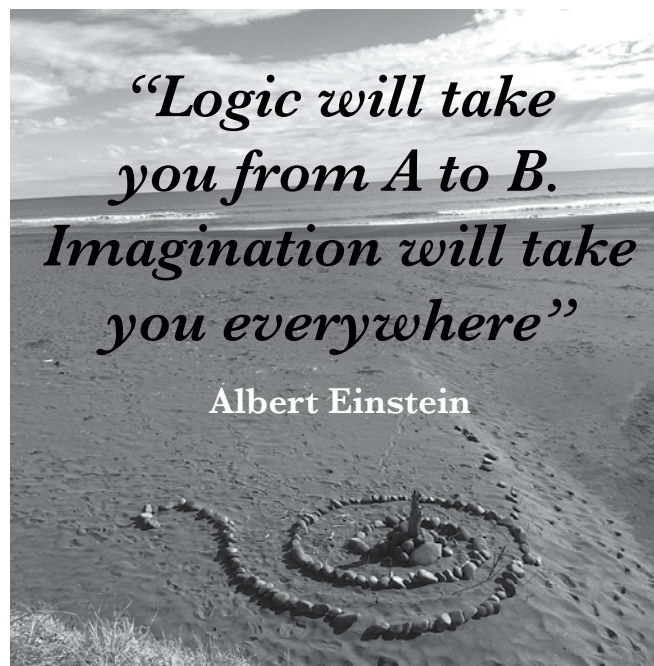


***Expect delays, NZ POST cannot guarantee sending timeframes due to lockdown, both Domestic and International.***

Christmas sending cut off time – international post in Ōākura will be closing on Friday 17 December 2021 and re opening on Monday 10 January 2022.

Please ensure your items are in the system by 30 November 2021 at the latest.

**POST SERVICES - open 7am - 3pm  
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**NPDC**

### **Have Your Say Representation Review**

New Plymouth District Council is proposing to change how we represent our communities in time for the 2022 triennial election.

The initial proposal is to change the current ward structure and implement a mixed system of voting with nine councillors elected in wards and five councillors elected 'at large'.

As well as retaining the current Kaitake, Inglewood, Clifton and Waitara community boards (with some boundary adjustments), we're proposing to establish a Puketapu Community Board for the Bell Block residential area.

We'd like your views by Saturday 2 October. A consultation document and feedback form are available online under the **Representation Review** tile at [www.newplymouthnz.com](http://www.newplymouthnz.com).

**Contact NPDC**

**P: 06 759 6060 E: [enquiries@npdc.govt.nz](mailto:enquiries@npdc.govt.nz)**

**More information: [www.newplymouthnz.com](http://www.newplymouthnz.com)**



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# Kaitake Community Board

I certainly get an extra spring in my step when I begin seeing the whitebaiters out and about again. For me, it's my personal harbinger of spring and it is soon followed by another, that public pronouncement to put our clocks forward an hour as daylight saving commences.

I, like many others, look forward to the onset of those longer summer evenings brought about by changing our clocks, when we can all get out and enjoy our superb environment. It's a pretty special place and we all want to keep it that way.

With daylight saving the rules for horses and dogs on Ōākura Beach and Corbett Park will have changed from those over the winter months. We have also been contacted by a number of concerned residents about motorbikes on the beach, which is a no-go-zone for motorbikes throughout the year. And a plea to keep your dog on its lead when going through the Beach Camp. When folk bump into one another there and stop for a chat dogs off their leads can wander away and do their business in an unobserved spot, which may well be a tent site the next day.

It is an unfortunate fact that as we become more urbanised we require more restrictive rules to ensure we can all cohabit peacefully in our community. The development and management of those rules rest mainly with our territorial authorities who consider the needs of people currently living here and those who will live here

in the future. Therefore the management of our area's natural and urban environment is always a key focus for the Council and is certainly not an attack on individual freedoms.

The biggest issue facing the Council right now, in fact all of the territorial authorities across the country, is what is known as the government's three waters reform. This is a system-wide reform set up to achieve lasting intergenerational benefits in water use. The bones of the reform will be set out in a Water Services Act to be promulgated later this year.

A dedicated national water services regulator is being set up to administer this new regulatory regime. This will be a Crown entity called Taumata Arowai to provide leadership on the three waters - drinking water, wastewater, and stormwater. It will set the national standards, and monitor and enforce them by holding all water suppliers to account. It will not be responsible for water supply, that responsibility for the delivery of New Zealand's drinking water, wastewater and stormwater services will shift from the 67 councils to four publicly owned Water Service Entities (WSEs).

There are multiple challenges in the proposed package of reforms. It is not difficult to identify issues of local concern such as the Council no longer being a financial shareholder of the major council assets of our three waters. There are far too many variables and unknowns at this point so there will need to be a huge amount of ongoing engagement with the legislators over the next months. The understanding of every facet of the legislation as it is developed

will definitely be a key task of the Council and your elected members.

The Council website has a regularly updated section on the Three Waters Reform for those who wish to follow the reform process as it develops. Here is the link.

<https://www.newplymouthnz.com/Council/About-the-Council/Three-Waters-Reforms>

**If you haven't made a submission on the Council's very important representation review process you still have until 2 October to do so.** Our communities west of New Plymouth do need strong support. After all, we are currently represented by distant councillors making decisions for our communities that will affect those living here but not themselves. The KCB needs to make clear decisions based on meaningful discussion and robust consideration of relevant issues, certainly not back away from the hard ones, and to be taken seriously around the Council table.

All the review information is available on the Council website and you can make a submission online. Here is the link.

<https://www.newplymouthnz.com/Council/Have-Your-Say/Consultations-and-Surveys/Representation-Review>

The male kiwi released on the Kaitake Ranges back in April are egg sitting now. Spencer and Miyagi are close to hatching their eggs, Haimona a month behind. That's great news and a pat on the back for all volunteers running the trap lines.

Ka kite anō au i a koutou.



*The next meeting of the Kaitake Community Board will be held on Monday 18 October at Ōākura Bowling Club at 5pm.*

*Doug Hislop - 752 7324 and [douglashislop@gmail.com](mailto:douglashislop@gmail.com)*

*on behalf of Graham Chard, Paul Coxhead, Paul Veric, and Amanda Clinton-Gohdes (Councillor representative on the KCB)*

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# KP's Beef Jerky

**K**evin Perrier is a man on a mission. For the past 20 years he has set about creating the best homemade beef jerky and now tofu jerky is more than within his sights.

**Kevin, you don't have a kiwi accent, tell me your back story.**

I was born in Medicine Hat, Canada. In 1975, when I was 15, my family moved to Ōākura for my father's work in the oil industry. I since spent many years away from the village, but eight years ago it was time to come back home.

**How did KP's Beef Jerky come about?**

After a family reunion in Canada, I did a road trip with my cousins across Alberta into British Columbia, through the Rockies, to try every homemade Beef Jerky. I asked a lot of questions from the master Jerky makers I met.

**What makes a 'good' beef jerky**

Beef Jerky is dried meat with heaps of flavour and a hint of chilli, or for the keen ones, with heaps of Chilli. It relies heavily on the quality of the meat, brine ingredients and spice blends. I use local grass-fed beef with no nitrates or GMS. My brine has taken years to perfect, is made fresh for each batch, and never reused. A master spice blender custom



makes our spices 'fresh', nothing out of a packet. I have two flavours, Original and Spicy Piri Piri. In the future I will have a real hot one. **THAT'S IT!** In my opinion other flavours are not real jerky. Jerky is air dried, and that is the real secret to perfection!

**Where is KP's Beef Jerky made?**

We built a commercial kitchen at home. The Jerky factory is state of the art, all new and MPI (Ministry of Primary Industry) approved. We only make 9kg batches to control the exact quantity of every gram of Jerky that goes into our bags. This Jerky is exactly how I make it for myself at home. I've been asked, "How are you going to make it in bulk?" My answer is simply, we're not. To make this grade of Jerky "Home Made



Grade", you can't make in bulk. The quality is more important than the quantity.

**So... tofu jerky? Tell me more.**

When I sell at markets I often get asked if I do non-meat jerky. That got me to making tofu jerky and offering tastings at markets. It proved popular and is currently in the process of MPI testing and approval for sale.

**You can find KP's Beef Jerky at the Seaside and Railway markets in New Plymouth and a variety of outlets including Ōākura Four Square and Butlers bottle shop.**

**For more information go to [www.kpsbeefjerky.nz](http://www.kpsbeefjerky.nz) or give Kev a call 027 960 8383**



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# Predator Free Taranaki

By Sam Haultain

**W**e're excited to share a bit of good news with you – and issue you a challenge.

The great news is it has been five months (at the time of writing) with no possums whatsoever detected in the 990 hectare area from State Highway 45 to the coast, between Timaru Stream and the Ōākura township.

What do we mean by that? Well, we have a camera roughly every 30 hectares and there have been zero possums spotted on those. We also use highly trained detection dogs who go out with their handlers regularly. Again, no sign of a possum in this area.

Yes, there's always the chance one or two are laying low and avoiding detection. Possums are tricky like that.

But it's a hugely positive sign that all the hard work put in over the last few years is paying off. And it brings us even more confidence that eradication is possible – albeit a huge task!

So a huge thank you to the Ōākura - Kaitake community, especially those who have reported possum sightings, those who are trapping



**Sam Haultain: Programme Lead - Towards Predator Free Taranaki**

predators on their own properties and everyone who volunteers on trapping and conservation projects in the region.

Our task now is to keep this area possum-free

while we expand the possum-free zone outwards.

We're focusing on the farmland between the state highway and the Kaitake Range and, in partnership with Taranaki Mounga, the Kaitake Range itself. We're also working hard either side of the Timaru Stream and Ōākura River to prevent incursions.

With all that being said, your challenge is to prove us wrong! If you see, hear or suspect a possum anywhere in Ōākura - Kaitake we want to know. Please report it so we can head straight out and investigate, most likely using the dogs.

To make that nice and easy we've set up a new more user-friendly online form. Simply go to [www.trc.govt.nz/possum](http://www.trc.govt.nz/possum) or scan the QR code on the ad below. You can also call 0800 736 222.

The goal of Towards Predator-Free Taranaki is to restore and protect our native biodiversity. All signs point to the fact the combined regional effort is working – whether it's grey-faced petrels returning to the Ōākura coast or the increase in birds such as tūi and kererū.

There's a long way to go, but every possum, stoat or rat you remove is making a difference. Keep it up!



Taranaki Taku Tūrangā

**Towards  
Predator-Free  
Taranaki**



## Have you seen a possum in Ōākura-Kaitake?


Report it online at

[www.trc.govt.nz/possum](http://www.trc.govt.nz/possum)  
or phone: 0800 736 222

Or scan QR code



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**31 October 2021**  
East End Skating Rink

Tickets on sale at [eventbrite](#)

# Taranaki Pet EXPO



**Sunday, 11am – 4pm**  
**31 October 2021**  
East End Skating Rink

Tickets on sale at [eventbrite](#)

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# Shining our Light in Ōākura

Yoga, in my view, is about transformation. I have been teaching from a little studio on the side of my house in Ōākura for the past five years.

I have loved watching the many people that have come to my classes transform and grow regardless of the reason they originally came.

We have all grown and expanded far more than we ever expected. Our SHiNE yoga community now has more teachers and more students wanting the deep and transforming practice we teach. We have grown so much we no longer fit in our little space and have a permanent waiting list! So, we are moving, and we will be transforming and expanding the practices we offer to suit an even more diverse range of people.

From 18th October 2021 Shine Yoga Studio will move to The Village Mews. The brand-new SHINE STUDIO is large, light and airy and open to everyone.

Most people try yoga because they want to transform something. Maybe they want a supple body back from the tight, achy one that has crept up on them. Some want to quieten their monkey mind to find more peace, and others to find a connection to something greater than themselves.

At SHiNE yoga studio we focus on guiding classes to include the whole person. Using the concept of 'embodiment'. The teaching focuses on the whole person as an embodiment of mind, body and spirit. It's not just about



## By Kate Evans

stretching and getting into a pretzel shape for no reason! It's about fine tuning our awareness to look in on itself, so we can find our way towards a better life of clarity, flexibility, strength, ease and ultimately peace and joy.

This is the place where magic happens.

In the new studio our teachers will be bringing this magic to class in a new expanded timetable that covers specific segments of our community. We have yoga for the Golden Yogis (60+), for the guys, for the teens and kids.

We have yoga for those that want to move the body and shift energy and those that want to be still. We have beginner courses for those that are new to the studio and SHiNE yoga and we have inquiry classes for those that want to learn the depth of self-understanding that these practices offer.

I really want Shine Yoga studio to be a light-house for the greater community. A place where everyone can come and feel the magic within.

So please join us in our opening week 18th October – 24th October. Our usual timetable will be running.

See Timetable below for more details.

## SHiNE YOGA STUDIO Opening Week 18th to 24th October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.15am - 10.30am Strength and Align <i>drop in anytime</i>	6.00am - 7.00am Rise and Shine with Rosa <i>drop in anytime</i>		6.30am - 7.30am Rise and Shine with Grace <i>drop in anytime</i>		8.00am - 9.15am Flow with Rosa <i>drop in anytime</i>
10.45am - 12.00pm The Golden Yogis (60+) <i>8 week commitment</i>	9.15am - 10.30am Yoga Inquiry with Kate <i>9 week commitment</i>	9.15am - 10.30am Flow with Grace <i>drop in anytime</i>	9.15am - 10.30am Yoga Inquiry with Kate or Sarsha <i>9 week commitment</i>	9.15am - 10.30am Flow with Kate <i>drop in anytime</i>	
5.30pm - 6.30pm Beginners Yoga with Kate <i>6 week commitment</i>	5.30pm - 6.45pm Flow with Grace <i>drop in anytime</i>	4.15pm - 5.15pm Resilient Teens with Julia <i>8 week commitment</i>	4.45pm - 5.30pm Little Yogis (6-10 yrs) with Becky <i>8 week commitment</i>		
7.00pm - 8.15pm Yin Yoga Inquiry with Kate <i>8 week commitment</i>	7.00pm - 8.15pm Yoga Joes with Grace <i>9 week commitment</i>		6.00pm - 7.15pm Flow with Tash <i>drop in anytime</i>	5.30pm - 6.45pm Yin with Rosa <i>drop in anytime</i>	

Opening week special all drop-in classes just \$5  
Go to [shineyoga.co.nz](http://shineyoga.co.nz) to book or email [kate@shineyoga.co.nz](mailto:kate@shineyoga.co.nz)



# Bird Haven Heaven

**M**onday 18 August. A guided visit round Graham Churchill's native bird repopulation work was a treat. The area includes his garden and nearby Matekai Park. Graham's pretty much the unofficial custodian of Matekai.

With others, he's done much work planting, weed clearing, pest control and transforming an old tip, pastureland and swamp to a wonderful walk for visitors.

Matekai means hunger. The focus of restoration is not to create a native plant botanic garden, but more, it's a place to attract and sustain native birds.

Totally astounding were the number of tui, bellbird, kereru, silvereye, fantails in residence, dozens and dozens of them. Tuis and bellbirds were sitting or flying, mate selecting, chasing each other about and all feeding on the banquet of nectar producing flowers or new leaves and buds of trees, amid an absolute orchestra of sound.

Graham's a rare individual, an observer who instinctively understands what he sees. He knows winter's a time for food shortages for native birds.

His plan is to provide foods using flowering trees/shrubs for nectar feeders, and nitrogen fixing, protein building plants (like tree lucerne and kowhai) for leaf and bud eaters. Plants are chosen for their winter productivity.

Red flowering cherry (*P. Campanulata*), red winter flowering gums (*Leucoxydon rosea*), banksia, bottle brush, tree lucerne, kowhai, pacific island pohutukawa, puriri, flaxes, they do this.

The proof is at Matekai Park. Birds urgently seek food at this time of the year to build them up for the demands of breeding, nestling and raising their young before they disperse up into the national park.

Many native birds of Taranaki exhibit a seasonal altitudinal movement cycle such as tui, kereru, bellbird and silvereye. They are geared to spend winter in the climatically benevolent

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**By Murray Crombie**

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lowland ring-plain. Spring triggers up-mountain movement.

They follow plant reproduction upward as daylight and warming increase, creating new growth, flowering, fruiting and seeding. Plants of higher altitudes are stimulated, like rata, rimu, rewarewa and kamahi. Rewarewa flowers early September and tui will be on their way already. Come autumn and breeding finished, adults moult, regrow feathers, then head back to their winter lowland.

Our wildlife once enjoyed a much more benevolent food rich winter lowland before the arrival of colonists, brown and white, with their burning and land development begun many years ago. Now, apart from a few remnants,

the pristine lowland forests of Taranaki, featuring species like kohekohe, puriri, karaka, tawa, pukatea, taupata and kawakawa are gone. The old thickets of manuka/kanuka bracken and tree ferns are gone.

The tangles of bush lawyer, supplejack and clematis gone. Stream edges with fuchsia, wineberry and hebe also gone and much of the flax swamp plant associations drained. Graham's mixture of chosen native and exotic plants replace food supplies the birds once sought.

Graham worries about what will happen to Matekai when he retires. There is evidence of visitors, perhaps with good but misguided intentions, removing and poisoning plants. Discussions have been had with NPDC Reserves Staff over plant choices. NPDC generally operate a planting in reserves policy of using eco-sourced native species.

Matekai is administered under provisions of The Reserves Act 1977. Management is described under NPDC Coastal Reserves Management Plan 2006. The existing uses and functions of Matekai Park conform and are broadly covered under policy sections 5.12.3 and 5.12.4 of that plan. The essential ecological values of the original wetland are unchanged.

People removing plants, however good their intentions could be overlooking the obvious. Many of us keenly participate in the 'Towards Predator-free Taranaki' programme; it's for the birds. But, if cosseted 'native plant species only' lowland winter habitats can't sustain increased inhabitants, what's the point? The job is only half done.

Sometimes 'the means meets the end'. It may not matter if a mixture of exotics/natives are used. Graham says: "Enjoy Matekai Park for what it is, a refuge for native wildlife."

Anybody keen on birds take a walk now through Matekai Park. See what you could do for the birds in your section. Check out this reference - 10 plants that will attract birds to your garden, stuff.co.nz. but, ask the expert about animal toxicity and heavy reseeding varieties. So get growing - whangaia nga manu (feed the birds).



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We are happy to say that it has been a relatively quiet September for the crew. We are thankful to you all for maintaining your respective bubbles and keeping our call outs to a minimum.

With little activity to report on we thought that we would just share with you a helpful mnemonic that everyone should be familiar with should you come across a person that requires CPR. If you have kids in the house this would be a good one to share.

**Dr's ABC-** yes it's now common to add DRs to the beginning as this helps you think about your own safety as well.

**D - Dangers.** Check for dangers to both yourself and the patient. This could be electrical wires, the smell of gas or fumes, or traffic. If you are safely able to move a patient and yourself to a safer place, do it.

**R - Response.** Is the patient responsive? If so, they are alive and won't need CPR. Try by voice, tap their collar bone or rub the sternum with your knuckles to get a response.

**S- Send for help.** This is an important one. It's easy to get fixated on saving the patient and then wonder why the ambulance hasn't arrived. Ask someone to dial 111 for an ambulance straight away.

**A - Airways.** Tilt the head back and lift the chin to open up the airway of the patient. Check for any obstruction in the mouth.

**B - Breathing.** Place your ear above their mouth to feel any breath and look down to the chest to see if you can see it rise and fall. Take 10 seconds to be sure if the patient is breathing or not. If they are, that's great, they do not require CPR.

**C- CPR.** If the patient is not breathing, commence CPR. The golden rule is 30 to 2



# Ōākura Fire Brigade

no matter who. That is 30 compressions to 2 breaths. If you do not wish to perform mouth to mouth the compressions will be sufficient to keep the blood moving. Once you start compressions do not stop unless instructed by an ambulance crew or a doctor. If there are others with you, take turns.

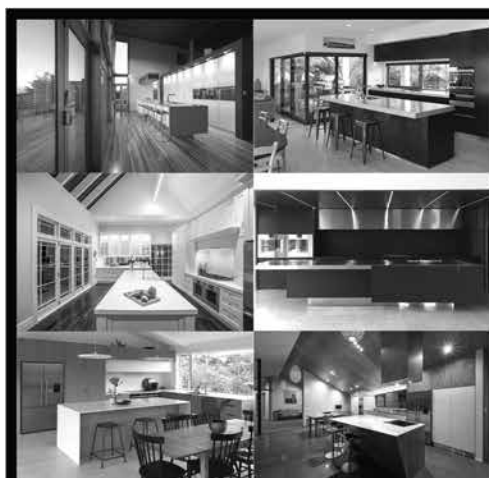
You may sometimes see a D added to the end of this mnemonic, that stands for defibrillator. These machines radically increase the chances

of survival when combined with CPR.

There are defibrillators available at the Ōākura 4 Square, the Fire Station, NPOB Surf Club, the Bowling Club, Ōākura School and Ōākura Holiday Park. You can check locations of defibrillators (or AEDs) at this website: <https://aedlocations.co.nz/>

Stay safe!

**The crew from the Big Red Truck**



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# Ōākura Library

Hello All , tena koutou katoa. During COVID alert level 3 we resumed our contactless book delivery to our older patrons. A worthwhile and valued service, which saw over 150 deliveries across the greater New Plymouth district. Many of you also explored and enjoyed digital e-books, e-audio books, films and online learning sessions during lockdown. All at your fingertips and free with your library card and PIN.

As we are now at alert level 2, we are adhering to COVID guidelines. If you are visiting us, please wear a mask, scan or sign in, social distance and please bring your library card. All library programming including Justice of the Peace, has been cancelled until we resume alert level 1. Please don't worry about overdue books over lockdown as all book expiry dates were extended.

If you haven't already, why not try some of our online offerings. You can read e-magazines through the Libby app, access newspapers from around the world using PressReader. Head to ancestry through our website and research your family tree or download an e-audio book from Borrowbox to listen too whilst doing the gardening. There are also hundreds of free online courses where you can learn new skills through LinkedIn. All free with your library card and PIN through the Puke Ariki website - digital library.

If you can't remember your PIN number, contact us to reset it for you. Please refer to puke-ariki.com website for the most up to date information, email oakuralibrary@npdc.govt.nz or call 06 759 6060.

**Happy reading,  
Charlie and Vincenza**

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Pickleball Oakura invites children 7+ years to start school holidays off with a fun morning playing pickleball. Monday 4th October, drop in anytime between 10.30 - 12.00 at the Oakura Hall. New players as well as those who have played before are welcome. All equipment will be provided. A gold coin is suggested to go towards rental of the Hall. Young children must be accompanied by an adult.

## Oakura Medical

**COVID-19 VACCINATION PROGRAM**

**Oakura Medical will be providing Covid-19 vaccinations starting in the next couple of weeks pending DHB supply.**

- We will be following the Ministry of Health Vaccination Program. This means those patients with the highest need will be offered vaccination first. To start with we will be inviting those in Group 3 who haven't been vaccinated to receive their vaccination before moving onto group 4.
- Invitations will be by email, text or phone call - So please don't call to book just yet unless you are invited or feel you should have been.
- If you have booked your vaccinations with someone else, that's great. Continue with those bookings.
- Each appointment will take about an hour, and there will be a cup of tea available. All whanau and support people are welcome.

**Unite against COVID-19**

### WELCOME

Johanna Candice

**We would like to introduce Candice and Johanna to the team.**

Candice comes with a wealth of Nursing knowledge from sunny Northland, and Johanna has made Oakura home from the UK.

**WELCOMING NEW PATIENTS**

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## Ōākura Arts Trail artist supports kindergarten

Ōākura Arts Trail is fast approaching. The end of October and the beginning of November is a very busy time for the Taranaki region with plenty of art and gardens to see. Once again Ōākura artists will be opening their studio's for visitors. With 15 local artists you will be spoilt for choice. With Covid restrictions Kris White wasn't able to do her once yearly creativity with the the Kaitake Kindergarten children. Kris has painted a surfboard to sell with all proceeds going to the kindergarten. The surfboard will be on display at her studio over the trail.



## Lavender Shortbread

½ cup buckwheat flour  
 ½ cup brown rice flour  
 1 cup cornflour  
 1 cup potato starch (flour)  
 2 tsps guar gum  
 Lavender flowers dried - about 2 Tbsp  
 ¾ cup olivani  
 ½ cup coconut oil  
 2 Tbsp vanilla essence  
 ½ tsp Salt  
 ¾ cup icing sugar

Put everything into the food processor and blend till it comes together

Tip onto the bench and knead to make it smooth if necessary.

Divide into 2 and shape into 5cm squareish profile logs. Wrap and chill until firm. Leave to stand at room temperature for about ½ hour so you can slice them without crumbling

Slice into 1cm slices and place onto a greased tray about 12 to a tray. Impress with a heart cutter but not quite right through.

Hot Tip: if you put the trays into the oven for 5 minutes then take them out and press the heart shape into them, the cutter comes out more cleanly and you don't risk breaking the shortbread. Return them to the oven.

Bake at 160C for about 30 minutes until tinged with gold. Don't cook them for any less time or they won't be 'short' and crisp.



Another delicious  
 Lemonwood recipe for you.  
 Of course if you can't be  
 bothered – or don't have the  
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 come to Lemonwood and  
 eat ours! With a fragrant  
 cup of tea - or pie!

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Visit studios of 15 local artists.

**Oct 30/31**  
**Nov 6/7**

10am - 4 pm

Look for the blue and orange flags!

Get a trail map from the Oakura Arts stand  
outside the pharmacy or find it online at:  
[www.oakuraarts.co.nz](http://www.oakuraarts.co.nz)

**OPEN STUDIO WEEKENDS**

# New Surf Coach at Boardriders

Hello! Hoping all you ocean fiends have immersed yourselves back into the waves after another testing lockdown! The golden summer season is fast approaching, and we have some super fun opportunities back on the horizon.

Over the last four years Casey Stevens has been an awesome surf coach for the kids of Ōākura, however the time has now come for her to step down to focus on her new role of becoming a school teacher... and hopefully scoring more surf time for herself!

All is not lost as we have a new local surfing coach! Simon Deken is moving into this space with 'Deken Waves Coaching', a similar after school summer surfing programme kicking off at the start of Term Four, 18th October.

A word from Simon:

*"This is Surf coaching, fitness and fun for school kids who have never surfed before through to those with a few 'fully barrelled' summers in the salty stuff already.*

*We will be learning the basic fundamentals through to improving technique, ocean knowledge and water safety. Essentially your grommy will be joining the 'Shred Squad' to gain surfing skills, have fun and build confidence to best equip them for what I hope will be a life-long fun-affinity and respect for the ocean.*

*I am also keen to run smaller groups of two or*

*Simon Deken showing his surfing moves*



*three, one on ones with older kids and those moving onto more competitive realms.*

*If the parents are tired of the kids having all the fun I can arrange coaching for them also!"*

We are stoked to hear Simon will be continuing the larger group sessions on Friday evenings. After the surf session everyone is welcome back to the Boardriders Club where the bar is open and bbq fired up.

Simon is looking forward to setting up his squads. Do note that numbers are limited so if you have a surfer keen we recommend contacting him asap for more information: e: dekenwaves@gmail.com or 021 122 9525.

**DEKEN WAVES**  
*Surf Coaching*

Note the Boardriders Club subsidises members with \$50 off the 10 week coaching term with Deken Waves.

If you are new to the area with kids keen on surfing we welcome you to join the club! For sign up fees and details email oakuraboardriders@gmail.com

Here's to more good swells and enjoying our awesome community.

PHOTO BY Suzi Hurley



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# Dates for your Calendar

- |                                                                                 |                                                                                                                    |                                                                                                                                   |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 1. Taranaki Lifeguard Camp – 16th/17th October and 23rd/24th October            | 7. East End Stan Bridger Senior Carnival – Sun 28th November, East End – Time TBC                                  | - Taranaki IRB Champs – 6th February, Fitzroy Beach, Time TBC                                                                     |
| 2. IRB Maintenance Workshop – Date TBC                                          | 8. Bronze LG Examination – 3rd/4th December                                                                        | 12. Bronze LG Examination – 11th/12th February                                                                                    |
| 3. Patrol Captain Course – Saturday 6th November @ The Red Shed                 | 9. Ōpūnake Double Carnival – Sunday 19th December, Ōpūnake Beach<br>- Juniors start 10:00am<br>- IRBs start 1:30pm | 13. Taranaki Junior Champs – 13th February, East End Beach, Time TBC<br>- Junior Champs Twilight, Friday 18th Feb at NPOB, 5:30pm |
| 4. Junior Surf starts – Sunday 7th November @ 10am                              | 10. Fitzroy Junior Carnival – 23rd January, Fitzroy Beach – Time TBC                                               | 14. Senior Twilight – 4th March at NPOB – Time TBC                                                                                |
| 5. NPOB Junior Carnival Sunday 21st November, Ōākura Beach - Time TBC           | 11. Taranaki Senior Champs – 5th and 6th of February, Fitzroy Beach, Time TBC                                      | 15. Senior End of Season Carnival – March 20th, East End Beach - Time TBC                                                         |
| 6. East End Long Distance Senior Event – Friday 26th November, East End, 5:15pm |                                                                                                                    |                                                                                                                                   |



## NPOB Surf Life Saving Club

**N**ot long now before hopefully another great summer is upon us. Pull your togs out from the back of the drawer, only a couple of months to go.

Our lifeguards are in the process of getting refreshed to be ready for volunteer patrol which will start end of November and continue every Saturday and Sunday thereafter until Taranaki Anniversary Weekend.

The beach will be patrolled from 1-5pm. We are always looking for extra lifeguards, if you can help in anyway please contact us. Regional Guard (mid-week patrol) will start the week prior to Christmas and run through to end of January. Junior Surf will start this season Sunday 7 November, 10am and thereafter every Sunday 10am to midday. Sessions start at 10am sharp with a briefing in front of the Surf Club (beach side). Please ensure you arrive 15 minutes prior to get organised so you are ready to go by 10am. In the meantime keep up the swimming (or start) and get out, on and in the water when you can.

Follow us on Facebook to stay in the loop with what is happening - NPOB Surf Club. Membership enquiries please email [npobsurfclub@xtra.co.nz](mailto:npobsurfclub@xtra.co.nz)



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🌍 Earth to scale.

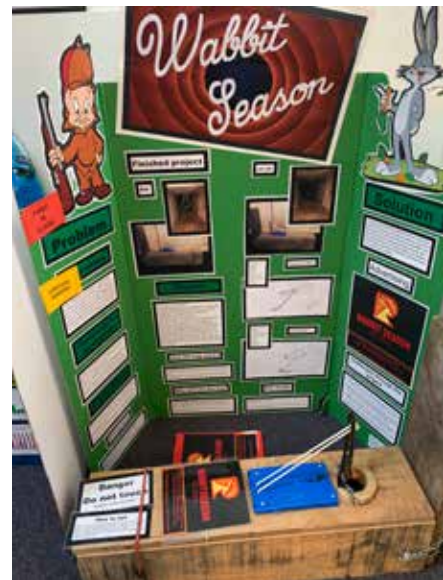
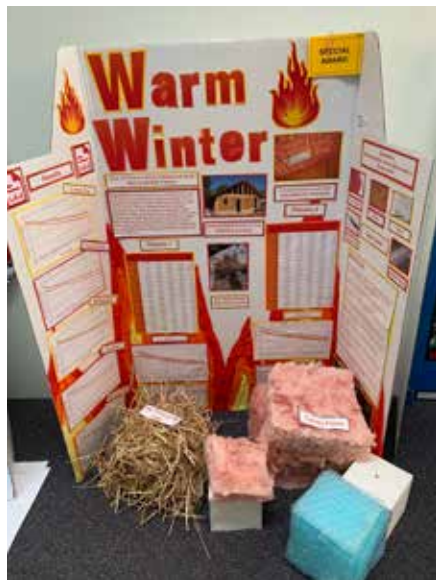
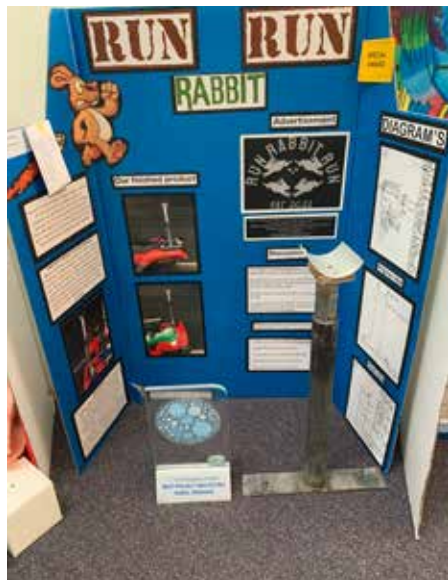


Sponsored by Law West, New Plymouth. Let's be rational.

# Science & Technology

We were delighted with the Ōmata entries from our Year 7/8 students for the WITT Taranaki Science and Technology Fair 2021. This year, we built on the success of previous years, with 21 students being awarded prizes at the prize giving held at NPBHS. Well done to all who entered.

The prizes handed out were as follows:



From left to right - Winning entries from Mason Timanus and Dylan Miller, Millie Stonier, Noah Glasgow

## Advertising Poster

Lucas Alford - Year 7 - 2nd prize  
 Millie Stonier - Year 7 - 3rd prize  
 Amelia Prestidge - Year 7 - Merit  
 Amber Baxter - Year 8 - Merit  
 Ella James - Year 8 - Merit

## Scientific Journalism

Olivia Prestidge - Year 7 - 1st prize  
 Campbell Fraser - Year 7 - Merit  
 Ella Phillips - Year 7 - Merit  
 Isaac Butler - Year 8 - Merit  
 Aidan Sedgwick - Year 8 - Merit

## Scientific Photography

Olivia Prestidge - Year 7 - Merit  
 Noah Glasgow - Year 8 - Merit  
 Ella James - Year 8 - Merit  
 Emma Marchant - Year 8 - Merit  
 Natalie Withers - Year 8 - Merit

## Scientific Investigation

Keshia Fever & Olivia Prestidge - Year 7 - Merit  
 Reuben Kung - Year 7 - Merit  
 Callum Matheson & Jack Widdicombe - Year 7 - Merit  
 Isaac Butler & Amber Baxter - Year 8 - Merit

## Technological Development

Noah Glasgow - Year 7/8 - 1st prize  
 Lucas Alford & Yuta Saito - 2nd prize

## Special Prizes

(Open to all Year 7 - 13 students)

Millie Stonier - First Gas Award for the best project related to new energy technologies  
 Millie Stonier - Ara Ake prize for best project on Creative Uses of Energy  
 Millie Stonier - NZ Statistical Association

prize for the best statistics related exhibits

Millie Stonier - Todd Energy prize for the best project about reducing CO2 emissions

Lucas Alford & Yuta Saito - Ara Ake prize for best project on Creative Uses of Energy

Lucas Alford & Yuta Saito - Todd Energy prize for the best project about reducing CO2 emissions

Noah Glasgow - Curious Minds prize for the best research idea in Science and Technology that is relevant to the local community - 2nd prize

Noah Glasgow - Taranaki Regional Council prize for the best project demonstrating some aspect of environmental science - 3rd prize

Mason Timanus & Dylan Miller - Fonterra Trophy for the best Year 7&8 project reflecting Rural Taranaki

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\*See article in September issue, pg. 13\*







# Oākura School

# Learning during Lockdown

For many of us, 'Lockdown' is not our favourite thing, but some people find that there are many advantages.

As we move in and out of levels, there are quite a few restrictions on our travel outside of our own neighbourhoods, but at least we can exercise close to home.

Lockdown means that we are expected to continue online learning by attending google meets and doing classwork via the computer, which can be difficult for many people, but it also means more family time and more time to do what you like. A couple of students and teachers have answered my questions about what their recent lockdown experience has been like and what they have learned.

First up, Mr Smith from Room 9 discussed the highs and lows of distance learning. He believed that room 9 students have enjoyed the fun elements of online learning, such as playing Kahoots. Mr Smith finds it difficult teaching in lockdown as you don't have the immediacy of working with the children in the physical classroom.

He says it is also much harder to have the same relationship that you have in the physical classroom. Eating and drinking during a class hui is now a favourite thing to do in Rm 9 as they are now allowed to as they are in their own home.

A year 8 student in room 9 would rate lockdown 9/10, saying that he missed his friends a lot during lockdown but that it had given him more time to work on his drawing skills and different techniques.

He also appreciated the opportunity to eat and drink hot beverages during 'class time'. Another student in Mr Smith's class took part in an amazing race with his family. He stated that he loves online learning as it is not so stressful as your family can always help you. The students have also enjoyed any opportunity to dress-up for their morning class hui.

Miss Buick, the team leader for the yr 4, 5 and 6s loves online learning as the google meets in the mornings with room Tawa have been really fun because the students enjoy seeing each other and sharing news of what they have been doing over lockdown.

In Miss Buick's opinion, lockdown is beneficial because the pace and pressure is eased off compared to being at school and that is beneficial for everyone. It allows us all to focus on different areas in our lives and spend quality time with our whānau.

A year 5 student in Miss Buick's class loved all of the exercise that came with lockdown online learning; she also had the opportunity to learn skills such as baking, speech making and building which she wouldn't usually have learned in ordinary school time.

In the junior part of the school, Miss Goble who teaches Room 3, said that she found lockdown relatively easy although she knows she could be making a lot more difference face to face with the children. The highlights of her classes during lockdown have definitely been the daily class meets as she and the children are always very excited to see each other.

The students have been hit the hardest with this lockdown because it was very unexpected and they had to adjust to online classes very quickly. Luckily, they have all found activities and exercises to learn new things.

They have enjoyed spending time with their family and most of them find online learning much easier and less stressful as they can choose when to work, when to play and when to eat and relax. Endless thanks to all of our teachers for continuing their excellent work unflinchingly throughout the lockdown learning process and sustaining each class's needs and even each individual student's needs.



*Caleb van der Merwe lockdown art*

**Ella Kitson (age 12)**



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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

Options for adults and children, scheduled or customised to suit! [www.sallylaing.co.nz](http://www.sallylaing.co.nz) [sally@sallylaing.co.nz](mailto: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](mailto: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](http://oakura@playcentre.org.nz)

### Pony Club

Tracey Mackenzie 027 319 0238 [traceymackkyle@gmail.com](mailto: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](mailto:thowison@hotmail.com)

### St James Church

Sunday Worship every 2nd and 4th Sun 10am [stjamesoakura@gmail.com](mailto:stjamesoakura@gmail.com)

### Sunday School - St James Church

Every 2nd and 4th Sunday 10am. [stjamesoakura@gmail.com](mailto:stjamesoakura@gmail.com)

### Tennis Club Winter Coaching

Junior coaching Mon-Fri before or after school, check [www.blitztennis.nz](http://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](mailto: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](mailto: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](mailto:barney@5efitness.com) or visit [www.5efitness.com](http://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](mailto: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. Ladies morning Fri 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'

### Yoga Classes

For info - Annalisa 027 444 8345

# TOP Information

## The Ōākura Post

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*Views expressed in The Ōākura Post are not necessarily those of the The Ōākura Post*

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