

the Ōākura Post

APRIL 2022

Food Exclusion

Are you are doing it for
the right reasons?

THE MIKE CHRISTIANSEN
MEMORIAL LONGBOARD
COMPETITION

INSIGHTS ON
THE ROLE OF
A BEE KEEPER

MAYOR Neil Holdom

COMMENTS ON CLEANING
UP AFTER OURSELVES

Local NEWS

WHAT'S BEEN GOING ON

Cover Photo: Stuart Bennett

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New Plymouth Mayor Neil Holdom, comments shared with the Ōākura Post

We have a duty of care to future generations to clean up after ourselves.

There are multiple contaminated sites in and around New Plymouth but the former Ivan Watkins Dow site at Back Beach is likely one of the most significant, located in close proximity to suburban households and the Ngamotu Marine Reserve.

If current owner Corteva is allowed to sell the site it can legally walk away from its moral and ethical obligation to clean up the highly hazardous substances which have accumulated in the ground over decades of chemical manufacturing, such as substances involved in manufacturing 2,4,5-T, a key ingredient in the Agent Orange defoliant used to clear the bush during the Vietnam War.

We know manufacturing at Corteva's site released dioxin, a substance that has a similar impact on the physiology of people and animals as exposure to radioactive fallout. Dioxin doesn't really break down in the environment and we simply don't know how much is in the ground or how long it will take to find its way into the ground water and out on to our coast.

We've asked the Government for help. Corteva is a US\$35 billion multinational agri chemical corporation with its roots in DowDupont. It closed the Back Beach site last year but still operates in New Zealand. If Corteva is permitted to sell the site it will have a similar impact to AWE's sale of the Tui Oil Field to Tamarind which, due to a regulatory loophole, left taxpayers with an \$800 million clean-up bill.

In the case of the Corteva chemical manufacturing plant, sources familiar with the history of the place have indicated it would likely cost around \$50 million to clean up properly given the level of contamination and depending on how deep it has penetrated the ground beneath the site.

The generally agreed approach to safely disposing of these types of hazardous substances is to run them through a high temperature incinerator, which is exactly what Corteva used to do on-site with their small high temperature incinerator at Back Beach, the only one of its kind in Australasia and now decommissioned. So the advice is the most hazardous materials from the site would need to go to Europe where they have much larger high temperature incinerators capable of dealing with tonnes of contaminated soil.

But unlike the Tamarind mess, the costs to clean up the Back Beach site will not fall on Government if they are not picked up by Corteva as part of its corporate social responsibility. Under the current New Zealand environmental laws, if the property sells all future costs will have to be covered by either the new buyer or Taranaki ratepayers at the regional or district council level.

But here's the thing: despite the fact nobody has undertaken a comprehensive site contamination assessment, the property is considered fully compliant with its resource consents and could essentially slip through the cracks of our environmental protection regime, leaving Taranaki people with a lasting and expensive hazardous headache.

We asked Minister for the Environment David Parker to help us put pressure on Corteva to do the right thing in New Plymouth. Minister Parker has indicated he expects Corteva to do the right thing but the Ministry of Environment does not want to get involved and Corteva isn't talking either. Given the history of what has occurred on site they are likely hoping to slip out quietly and avoid the costs of putting things right.

The reality is we need to have the property assessed this year with drill samples taken across the site at varying depths to determine the extent of the ground contamination and hold Corteva to account to remediate this large area of land surrounded by suburban households and our precious coastal environment.



New Zealand has a history of what are known in environmental circles as 'orphaned sites' being left for communities long after companies have generated millions in profits and simply walked away from their obligations to clean up the land.

We cannot allow this to continue. We have to ensure those who have profited so handsomely from the activity which caused the contamination stick around to cover all associated costs to restore the land to a fit state for future generations.

NPDC is close to completing its clean-up of the toxic lagoon at our waste water treatment plant at Waiwhakahi with help from our Government. We are also making good progress with Land Information New Zealand on their consent to clean up the thousands of cubic metres of contaminated soil at the old Barrett Street hospital site later this year, again partnering with Government to clean up the mess. We have started investigations into 11 former municipal landfills to determine the risks they pose, and potential mitigations we can take to protect our people and environment.

Corteva's Back Beach site must be next.

Neil Holdom, New Plymouth District Mayor



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Kaitake Community Board

While you were reading the last edition of the TOP I think I can quite safely guarantee that never, in your wildest dreams, would you have considered that violent riots on the lawns of our Parliament, and threats of nuclear strikes from Russia during their armed invasion of and all out war with Ukraine would fill news headlines in New Zealand, and around the world.

I also doubt that you would have imagined that more than 20,000 community COVID cases a day in this country would become the norm.

It really makes you appreciate safety, peace, and serenity of this little strip of paradise along State Highway 45 that many of us call home. It has, however, also highlighted the many examples of the good in the world; the way that much of the world has rallied to support the Ukrainian people, the way that New Zealanders have rallied together to help clean up the residue of the protests in the heart of Wellington and the community groups that have mobilised to assist the households of those who have been affected by COVID.

We have been pretty fortunate that most of us have not been personally subject to much of that turmoil, and we have been able to enjoy the pretty stable weather and get about the business of life in the Kaitake rohe.



Photo: Stuart Bennett

Your Community Board has been busy, with the invaluable assistance of the Immediate past board chair Doug Hislop, preparing submissions for the Proposed District Plan hearings.

The District Plan is a blueprint that sets the path, design, shape and structure of the New Plymouth District for the next 10 years, and our part of the submission process is to endeavour to ensure that growth in and around Ōākura is

planned in a way as to protect the safety and wellbeing of our residents, our resources, our environment and our 'culture'.

Planning is underway for a proposed Pump Track to extend the skate park in the Shearer Reserve to cater for skaters, scooters and bikes. This is a very ambitious undertaking and will require significant fundraising in order to make it happen; however once it comes to fruition it will be a huge community asset into the future for users of all ages.

Another job on the construction front is the requirement to restore the washed out foot bridge over the Ahu Ahu Stream following the storms of last month. We will keep an eye on proceedings in an effort to ensure that what is put in place will be fit for purpose and will remain in place this time.

Finally, we are starting to see progress on roading safety projects on Oxford Road in Ōkato and on the Hempton Hall Kitchen, and we will continue to look for projects to benefit and enhance communities within our rohe.

That's me for April, so I will be in touch on these pages next month.

Kia noho haumarua, a tangohia tiaki tātou katoa, Stay safe, and take care everyone.

The next meeting of the Kaitake Community Board will be held on Monday 16 May at the Ōākura Bowling Club at 5pm

Graham Chard (027 220 4549, thechardz@gmail.com) on behalf of Paul Coxhead, Paul Veric, Renee Hohaia and Amanda Clinton-Gohdes (the Councillor representative on the KCB)



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Fergus Robertson keeps bees.

I asked Fergus to share some insights with us on the role of a beekeeper.

How did you get into beekeeping?

I have always wanted to keep bees. When I lived in Greece at the age of 21 I worked with a local Greek guy who kept bees and my interest started from there. I have been keeping bees since October 2018.

How did you find your first bees?

I joined the New Plymouth Bee Club and, after a year of watching and learning, I put my name on the swarm list. At the beginning of the new season I got my first swarm of bees.

How do swarms happen?

Swarms are how bees naturally reproduce. The original queen leaves the hive with about half the population of the forager bees and some drones to find a new home. Before leaving they stop feeding the queen and chase her around the comb so that she loses weight and is able to fly. The bees that are leaving then gorge themselves on honey to help build wax when they find a new nest. The queen only leaves when there is a viable queen cell in the hive.

What does beekeeping involve?

It is dependent on the time of year. In winter time you might only do one inspection, in Spring, Summer and Autumn you would go into the hive on average every 10 days. An inspection involves checking the bees health, stores and how much room they have. Spring is the busiest time as the bee population expands very rapidly and you have to keep a good eye on them.



How do you feel about getting stung?

I wear protective beekeeping clothing – but I don't wear gloves. Not wearing gloves means that the bees are less likely to get squashed while I am inspecting the hive, which means less angry bees. If you are wearing gloves, and not noticing you are being stung, then you won't know the temperament of your bees. I usually get stung at least once or twice.

What do you like about keeping bees?

It's fascinating, there's so much to learn. They are amazing, important creatures and I love honey.

Tell us about your set up

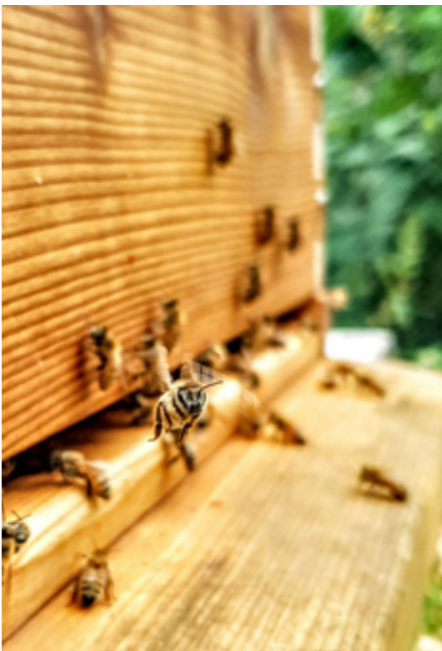
I have two apiaries, one at home and one up Hurford Road.

Do you have a fascinating beekeeper fact?

The worker bees are all females. The drones are all male and apart from adding body warmth don't contribute to the hive at all. They are fed by the worker bees and don't help with any duties within the hive. Their sole purpose in life is to mate with the queen, after which they will die with their innards pulled out. Any drones left by the end of Autumn will have their wings chewed off and they get thrown out of the hive.

On average how long do bees live?

Queen bees live for 2-5 years but have been known to live for up to 7 years. Workers, during the summer, have a lifespan of 5-6 weeks but in the winter this extends to 5 months or more. Drone bees live for 8 weeks.



Where do you get your queen bees?

My original queen bees both came from swarms. I then created my own queens from splitting my hives using queen cells made by the colonies.

Do you have problems with the neighbours from bee flight paths?

It's very difficult to control bees when they leave the hive because they fly in all directions. It is possible for bees to fly up to 8 kilometres in distance, but on average 3 - 4 kms.

They are great pollinators so all the neighbours have abundant vegetable patches.

It would be really great to arrange to meet up with other beekeepers in the village once a month. Please give me a call on 027 746 1313 if you are interested.





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Trying food exclusions?

Be clear about why and getting the best result.

In my line of work, I have seen a food reaction to just about any food you can suggest. From the most common, egg, dairy, nuts, to the obscure, oranges, kumara and pork. More than one parent has reported their child reacts to organic chicken but not standard chicken. I might file that but I don't dismiss anything. Clients also report an amazing array of symptoms, the most scary is anaphylaxis. Others include a constant itchy rash, all over body eczema, welts and boils, a tickly mouth, lip swelling or extreme flatulence. Infants can alarm their parents with bloody jelly like poo in their nappy. Symptoms can have other causes so we need to be very clear that food is part of the picture and we are not ignoring something important.

There is a fascinating array of food compounds and chemicals in what we eat and a reaction will be different depending on what compound is the trigger. In dairy products lactose, the milk sugar, could be the trigger or the milk proteins. In wheat it can be a gluten protein reaction, another type of wheat protein allergy or a reaction to the fermentable carbohydrates. It's really important to distinguish which compound is the trigger as some diets need to be complete exclusions, others are dose dependant therefore low doses are not damaging. Some reactions you can grow out of, others are for life.

Dietitians talk exclusion diets for lots of good reasons and see useful results. We understand why people go searching for a food trigger to help a symptom that is bugging them or they are just not feeling right. Our nutrition advice will depend on what condition and symptoms are part of the picture. Many people are vulnerable to opportunist 'experts' touting anti inflammatory diets, anti cancer diets and selling a load of expensive pills and potions with these. We always want to help people find a food solution but unfortunately there is

no convincing evidence linking food exclusion benefits with conditions such as arthritis or other inflammatory conditions. Lots of good nutritious food providing all the healthful healing properties from a wide variety of food is much more important in these conditions than strict exclusions.

Exclusion diets often mean avoiding whole food groups which then means excluding important nutrients. For anyone avoiding dairy, we need to check their protein, B12 and most importantly calcium intake. When excluding grains such as wheat, we look to ensure a person still includes good energy, fibre and B vitamin sources.

If a food exclusion trial is something you have been wondering about trying, be sure you are doing it for the right reasons.

Here are some things to think about:

- If you're not sure a food exclusion is helping but you hope it might be, it probably isn't.
- If the diet feels worse than the symptoms, it probably is.
- If symptoms are mild to moderate and manageable, total exclusions may not be required.
- If you feel like you are being sold an expensive treatment or advice, it's probably just that.
- Don't feel guilty ditching the diet if its not helpful!

Very importantly check the exclusion diet is not masking something that needs other treatments or tests. Are you trialling an exclusion diet for bowel symptoms that should be checked by a gastro enterologist or a skin condition that needs a dermatologist to eyeball. Is your food



exclusion diet masking an eating disorder and a psychologist is the person you need to talk to?

In the assessment process, we establish the most likely triggers. In some conditions tests will indicate the triggers but with many symptoms there are no specific tests and food exclusion followed by a challenge (if safe) is the best way to establish a food reaction. Excluding all likely offenders for four weeks will often be enough to show results. Talk to a nutrition expert for advice on how to go about this and what you can eat to increase nutrients you could be limiting. Find a nutrition expert whose training includes a deep dive into food science and food chemistry, not just basic nutrition knowledge. No one has all the answers, our knowledge around food reactions and allergies is constantly evolving. Often this means there are gaps which can be exploited by someone looking to make money off the vulnerable and desperate. As dietitians, we aim to make sure an exclusion diet does no harm while looking for answers, but also to keep your food and nutrition as flexible and delicious as possible.

Article by Rosemary Law
NZ registered dietician

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Morning Talk coffee group is taking a break while covid 19 is spreading throughout the country.
It will resume when it feels right to gather again. Any enquiries can be made through Tracey 752 7875.



Tom Butland, winner of the Mike Christiansen Memorial Longboard Competition

WOW, what an amazing weekend it was...

Firstly, the OBC/Helberg disabled surfing event was another success. The sun, surf and clubs' new boards were perfect and the smiles from both the kids and volunteers were unforgettable. A massive thank you to all volunteers; without you guys this does not work.



It was rewarding to get the following feedback via email from one of the parents.

"This was the second year that we have been in the region and been able to attend. I call it a privilege because the surfers from Ōākura Boardriders who gave up their Saturday morning for us all are so experienced, warm and welcoming that it is easy to forget that for many of them they may not have had much experience with disability. I totally understand how scary it can be trying to work out how to support children with extra needs, but it has never been a problem for your group. In all the photos I have seen, the smiles from the board riders have rivalled the children's, and it's that reciprocal joy that makes the day extra special."

Secondly, The Mike Christiansen Memorial Longboard Competition was held in March



Parafed/Helberg disabled surfing

and again another amazing event. A number of families enjoyed a day at the beach watching some quality longboarding from the 40 or so competitors. Martin won the highly anticipated super heat after a judges' challenge and some free pizza. The final was contested by young and old, with BC and Brent Anderson getting pipped at the end by Connor Anderson and three time champ and 1st placed Tom Butland.

Also what an amazing performance from the clubs' Groms at Piha, Jordie Luke, Kalani Watts and Nate Florence reaching the quarterfinals. Kai Shearer reaching the semifinals. Darcy O'Sullivan reached the finals 4th in U14's and another solid result from Skylar McFetridge 4th in the U16's finals and 3rd overall in the Billabong Groms Series.

A massive congratulations to all our groms for representing our club and pulling some fantastic results.

A massive thanks to our sponsors, as the club success comes from your support.

For details on how to become a member email oakuraboardriders@gmail.com

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Kaitake Golf Club News



From left to right: Diane Jones, Bronny Gower, Mary Pettigrew, Janice Farrant, Kim Woodward.

Our Weekend Team beat Te Ngutu after the first round was rained off and rescheduled in April.

Pennants is an interclub match play competition played over several weeks and full results can be seen on the Taranaki Women's Golf Facebook page and on the Taranaki Golf website under 2022 Women's Pennant Results.

Another successful Quick 6 initiative for new golfers has been running on Wednesday evenings with a great number of players (both men and women) turning out each week. We had one night of coaching by Dominic Barson. The enthusiasm of these new players is contagious.

We have welcomed many new members who have joined Kaitake over the past couple of months. It is fabulous to see so many women out on the course enjoying the game.

Stay safe and stay well.

Kim Woodward, Ladies Club Captain

We have had a lot of rain and high winds resulting in many trees falling down. Once again we will have plenty of firewood for next year.

Please be aware of the COVID19 restrictions. All members and guests must be double vaccinated to enter the Clubrooms. You must have a valid Vaccine Passport which needs to be sighted by the office person or bar person. If you do not have a vaccine pass please be considerate and do not enter.

MENS REPORT:

The Mens Pennants have started with three wins and two losses. They won their game recently with three of the team from the same family. Wins by them all. Well done boys.

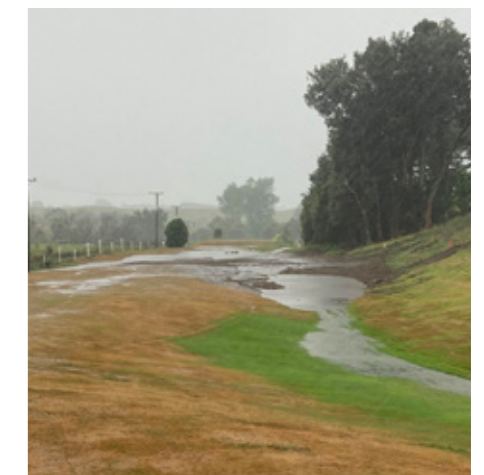
We have had quite a few competitions cancelled due to rain and wind so not much happening at the moment.

Roger Cloke Club Captain

LADIES REPORT:

We began our 2022 season with the weather intervening, causing several postponements. Fortunately settled weather kicked in eventually and some golf has been played in very pleasant conditions.

Our Pennant Teams have started the year well. The 9 Hole Team has won its first two rounds against Urenui and Manukorihi. The Midweek Team have had a win against Urenui and a loss against New Plymouth.



CHIPPERS:

Chippers have started. If you are interested please phone the office and we will add your phone number to the group chat informing you of the next chippers meeting. Chippers ages range from 5 - 12 years. New players are always very welcome.

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population 1975 = 5,000; totaltoast.com



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Dr. Ottmar Endershofer, IPCC co-chair of Working Group 3, November 13, 2010 interview (with Dr. Charles Battaglin)

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Ōākura TENNIS CLUB

Lots of exciting tennis action over the last month!



AS AT 10 MARCH

Taranaki reps had a quadrangular tournament between Manawatu, Eastern and Wairapa regions which Daniel Lewis, Luke Barrett and Cooper Ferguson from Ōākura enjoyed in Palmerston North. Daniel won all 3 of his singles games and 2/3 of his doubles games in the 16's age group, with Taranaki 16's winning overall against Manawatu and Wairapa but losing to Eastern 8-4. Cooper played in the under 14's and won the singles and doubles games he played against Eastern, with Taranaki losing to Eastern and Manawatu. Luke played in the under 12's and won all 3 singles and 2/3 doubles. Overall the 12's drew 6-6 with Manawatu and Wairapa and lost to Eastern. The kids enjoy these trips away and the team camaraderie travelling in the vans and staying together. Big thanks to managers and parents who helped cook, drive and manage the teams.

We are getting towards the business end of the season for Saturday competition.

In Soffe Cup competition, a rain off on 5th feb, a bye on 26th Feb and a loss to Rotokare 13-3 has seen Healthspace Ōākura drop from 4th to 5th place with one final game against Inglewood to play. Numbers are short for the women with the team missing Taylor Mitchell, who's enjoying uni life at Canterbury Uni, Rachel Volcani who is out with an elbow injury and Jackie struggling with achilles, so calling in Toni Peacock for singles and team defaulting the 4th women. The matches were a lot closer than the 13-3 scoreline suggests, with Gavin having another 3rd set loss to Luis Silva, Graeme lost in 3 sets to Blair Crowley and Toni had an epic battle with Tania Atkinson losing 6-4, 5-7, 4-6. Josh and Len helped get us on the scoreboard, both winning in 3 sets and doubles pairing of Len and Gavin securing the third win.

The race is on for third and fourth finals spots! Okaiawa is sitting in first place with 145.5 points but they have a bye next week so are likely to be overtaken by Rotokare who are on 143.5 points.

Huatoki is third with 100.5 points and Stratford is fourth with 93 points followed by Ōākura on 92 points, Pukekura on 90 points and Inglewood on 45 points. Ōākura plays Inglewood so has a chance if they can field a full team and don't get rained off! Stratford faces Rotokare and Huatoki plays Pukekura.

The Ōākura fours teams had a local derby which was a family affair for both teams with some tight games. Blacksand Ōākura 2 with the Ferguson trio of Brodie, Miller and Chris managed to clinch 3 singles wins over BP Ōākura 1, Ryan Waite, Anne Bridges and Noah Lash. Brodie and Ryan had a tussle with Brodie coming away with the win 7-5, 6-1. The doubles was close with family pairings being the winner with Brodie and Chris pulling through 5-7, 6-2, 10-2 over Ryan and Noah. Mother son duo Anne and Charlie snuck in 6-4, 7-5 with Blacksands Ōākura 2 winning 4-2 overall against BP Ōākura.

Anne and Mark Bridges are also combining well on the tennis court pulling out some close wins in earlier rounds 6-4 4-6 10-8 and 7-6, 7-5! Hope it's not separate bedrooms if they lose!

Blacksand Ōākura 2 is leading on 47 points with Waiwaka on 40, Pukekura green 39 and BP Ōākura on 35 with one more game before semis and finals.

Wilson Trophy has had 2 teams withdraw so Insure Ōākura now sits in 3rd Place but it's all close between 2-5th placing with Waiwaka on 30.5, Okaiawa on 23.5, Insure Ōākura 22, Rotokare 21 and Pukekura on 18.

Juniors please contact Yifat if you are interested in playing in the club champs which is an opportunity for all kids to play some fun games. Spot prizes are available!

Yifat 022 3237210

Goodluck for the last few games!

Jackie

Oakura Pharmacy

Ōākura Pharmacy became a RAT collection site on 15.03.22

This means people under the eligibility criteria can get their RAT from us free of charge. Requesting RATs to use at home is an easy step-by-step process and RATs can be requested on behalf of someone else.

You will need access to a mobile phone to validate your order.

- **ONLINE:**
requestrats.covid19.health.nz
(external link)
- **OVER THE PHONE:**
0800 222 478, choose option 3
(8am-8pm, 7 days a week)

Once ordered you will be issued an order number via TxT on your phone. The order number is what we need to be able to supply to the family, and you will be able to pick up your RATs. You will receive a box of 5 tests per person in the household. Test on day 1, 3 and 7, plus there are 2 extra tests per person.

For those not eligible for the free RATs, we have some for sale at the pharmacy \$12.99 currently.

Advertise your business in the

the Ōākura Post

Information on sizes and prices are on the website or email us

advertising@theoakurapost.co.nz

"Human activity is the cause of climate warming trends"

Over 99.9% of actively publishing climate scientists

If you would like to learn more try: www.climate.nasa.gov

Sponsored by Rational Humans of Oakura, contact at earthtoscale@gmail.com

Ōākura Bowling & Social Club

CLUB CHAMPIONSHIPS

Ōākura legend and life member Jim Priest won the Senior Singles Championship with an exciting and hard-fought victory over newcomer Pat Walklin. Priest was at his sublime best in the penultimate end when he dragged the jack for 3 shots when Walklin was holding match point. On his first bowl of the last end he landed beside the kitty, ensuring the closest of wins 21 – 20.

Jim Priest continued his winning form and secured a 2nd club Championship in taking out the President Trophy (handicap singles) over a gallant Wayne Robinson. Priest consistently harassed the kitty throughout the tournament and was a well-deserved winner.

The 1st round in the club's Jnr Championship has been completed with Ross Buttimore, Paddy Mullin and Craig Murray qualifying for post sectional play. Well done to the qualifiers and we look forward to some exciting and entertaining games over the coming weeks.

Wayne Robinson, Bruce Jackson and Paddy Mullin won the Triples Championship final over a Jim Priest skipped team of Rod Smith and Roy Phillips. The Robinson team repelled all that was thrown at them by the Priest trio and held their nerve and composure to win convincingly 28 – 9. Congratulations to Paddy Mullin who added the Triples Championship to his Fours title he won earlier in the season.

Congratulations to all Club Champions and the club wishes them success as they represent Ōākura in the Champion of Champions series played over April.

INTERCLUB TOURNAMENTS

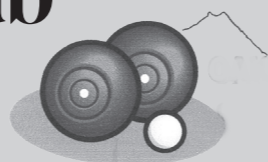
Ōākura finished 2nd and 3rd respectively in the Gilmour and Avery mid-week competitions. Well done to all bowlers who participated and also thanks go to selector Paul Coxhead for orchestrating such excellent results.

CLUB NEWS

Ōākura is proud again to partner up with the Okato Bowling Club for their 2-day tournament played on 9th & 10th of April. Greens at both clubs will be used over the weekend with prize giving along with the 'best feed' in town held at the Okato clubrooms at the finish of play on Sunday.

Special thanks go to Rod Smith, Paul Coxhead and Bruce Jackson for their great work in maintaining the surrounds of the club throughout the year. The surrounds are always presented in fantastic condition and enhance the enjoyment of playing bowls at Ōākura. The club has also received praise from a number of the games' stakeholders relevant to the high quality and good performance of our green. Congratulations go to the greenkeeper Wayne Robinson and his helpers who do a fantastic job every week – rain, hail or shine.

The Underarm Bowler



TRACEY LUSK CLINIC

Tracey Lusk Clinic specialises in permanent hair removal alongside other beauty therapy services. Hours are flexible to suit busy women and their schedules.

Make initial contact by text message to 027 636 8060.

OPERATING SINCE 2018

Find us in the blue house behind the Four Square!

NEW PLYMOUTH PHYSIOTHERAPY

New Plymouth Physiotherapy come to the village and work out of the rooms on selected days each week. The convenience of not having to travel to town for assessments and rehab has been welcomed by locals.

You can easily book online or make an appointment by calling the New Plymouth centre on 757 8800.

OAKURA BARBERSHOP

The popular Ōākura Barbershop cabin is situated within the grounds. For over 15 years Ian, the barber has been looking after men's and boys' styles. Clients can bring a coffee and relax in the outdoor waiting room overlooked by the maunga and Kaitake ranges.

Online booking and messaging is through Oakura Barbershop Facebook page. Walk-ins are always welcome.

4TH OFFICE SPACE AVAILABLE NOW

If you think you and your business would fit well in this set up and you'd like to know more you can make contact with Tracey at robertaw@xtra.co.nz

Kura School, can also mean to be red, scarlet, red feather

Karawhina Go for it! / Give it heaps! / Give it everything

Kia pai te ra Have a good day

Haere mai ki te kai Come and eat

Awa River

Maunga Mountain

Moana Sea

Kaiako Teacher

Maranga Mai Get up / Rise and shine

Te Reo Māori words



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Big Red Truck

Kia ora everyone.

Although the year so far has seemed pretty quiet (excluding a certain flooding and wind event) the crew did get some great rural firefighting experience lately when a burn out on a local farm got out of hand.

The incident involved both urban and rural crew as well as a helicopter with a monsoon

bucket. Being a semi rural area, access to water is always one of the first things we need to think about. To see a chopper come over the horizon with a bucket load was a great relief!

We also want to wish QFF's Duncan, Bennett, Robertson and Pritchard good luck as they head off for their week long Senior Firefighter training in Palmerston North. It's great to see the experience in the brigade growing.

Take care.

The crew in the big red truck.



How long has New Plymouth Physiotherapy been in the Oakura community?

NP Physiotherapy has been part of the Oakura community for 4 years. We have been working out of 4 Butlers lane and love being in the village.

What is the most enjoyable aspect of having a clinic in Oakura?

Being able to make the service more accessible to people in the wider community and meeting lots of different people makes having a clinic in Oakura more enjoyable. A walk down to the beach at lunch time and a coffee from High Tide certainly are a bonus too!



What do you love most about being a physiotherapist?

We love being able to help people achieve a variety of different goals- from small short term goals to bigger to more long term goals. Helping and supporting people to get back to doing the things they love is really rewarding. There is great variety within the job too which is good, so no two days are ever the same.

What services do you provide?

We offer a range of physiotherapy services;
- Acute and chronic musculoskeletal injuries
- Return to work/sport plans
- Pre and post-op physiotherapy
- Pelvic health (incontinence management, anti and post-natal physiotherapy, endometriosis and prolapse management)
All private, gradual process and ACC patients are welcomed.

Do I need a referral from my GP to come to physio?

No, you do not need a referral from your GP. You can self-refer to our services. We see a mixture of referrals everyday from self-referrals to GP referral to specialist referrals.



npphysio.co.nz
06-757 8800

What is your top tip for getting back into exercise?

GET BACK INTO EXERCISE GRADUALLY.
Exercise is such an important part of keeping yourself healthy and we know that it helps to reduce the risk of some chronic health issues. If you have had a break from exercise, whether because of injury or not, it is important to ease yourself back into that activity. Every sport and type of exercise will vary. Having a baseline level of fitness for a particular type of exercise will make it easier and quicker to return to that activity versus starting a new type of exercise. Gradually returning to exercise is important to get your muscles and tendons familiar with that pattern of loading again. The World Health Organization has set out minimum exercise guidelines for the general population to work towards.



How do I book an appointment?

You can book an appointment by phoning our reception on 06-7578800 or book online at www.npphysio.co.nz, select Oakura as your preferred location for your appointment at a time that suits you



| EVENTS | |
|---|--|
| Optimistically we hope these events might be able to proceed. May be subject to cancellations or postponements. | |
| APRIL | |
| 5 | INTER SCHOOL SWIMMING Competition Y6-8 Bell Block Pool |
| 6 | WEETBIX TRYATHLON |
| 13 | ANZAC SERVICE 2pm |
| 14 | TERM 1 ENDS |
| MAY | |
| 2 | TERM 2 BEGINS |



Introducing our Lead Ambassadors for 2022

From the top: Blake Hill, Millie Stonier, Ella Phillips and Olivia Prestidge

Summer Swimming

At Ōmata we are lucky enough to have a school pool. There, children have been doing swimming lessons every year for as long as anyone can remember. Each class gets a chance to swim every day during the summer, whilst the Ruru class has visited Ōpunake pool this year for their deep water extension swimming programme.

The lessons that all classes take part in include; ocean safety, water survival skills, floating whilst on your front and back, dolphin dives, as well as traditional swimming strokes.

We asked several children about their experiences of learning to swim in our school pool.

Willow (5) told us, "My favourite thing is the XYI swimming. I feel very happy and a great swimmer. I don't feel better with or without the

flutter boards on my back and I love floating on my front."

Evie (5) said, "My favourite thing is floating on our backs with a flutter board. I feel very excited going swimming, I'm good at floating on my back with a flutter board, I feel like I'm not going to go underwater."

Daniel (5) responded, "Dolphin dives are so fun! I love swimming here. It's so much fun and I feel so much better at swimming. I feel so safe when I do swim lessons, I love it."

Mrs Griffiths has been teaching swimming at Ōmata for four years now. She said, "I think by the end of the swimming lesson time they are so confident in the water and they are eager to get back in!"

By Blake Hill & Olivia Prestidge



Ōākura School



Pupil because she really wanted the opportunity to grow and develop her leadership skills. Holly has been inspired by her Mum because she taught her to do her best and strive towards goals. Holly is hoping for the best 2022!

Bodhi Danenhauer has always looked up to the Head Pupils and is inspired by David Attenborough because he had a dream and he followed it. As a Head Pupil this year Bodhi is looking forward to all the fun opportunities and developing Passion Time as a learning opportunity for older students.

Our fourth Head Pupil is Chili Kearns-Grieve. Chili is inspired by Brendon McCullum because he is a great leader and Chili looks up to him as a role model. This year Chili is looking forward to running assemblies and Ōākura Idol. Chili wanted to become a Head Pupil because he has always looked up to our Head Pupils in the past.



Camp Vertical Horizons

The year 5&6 team recently went to camp at Vertical Horizons! This is usually the highlight of the year and creates awesome memories.

Lyla Termath said her favourite thing on camp was the flying kiwi and Lyla was very proud of herself for finishing the multivine.

Ruby Peacock said her biggest challenge was building a raft but she was very proud of herself when she was finished. Ruby's favourite activity was also the flying kiwi!

Brennan Leach said that he was very proud of himself for accomplishing the catwalk (a wooden pole suspended in the air) and his biggest challenge was the mud run. The flying Kiwi was Brennan's favourite activity!

Bella Roubos's favourite activity was (again) the flying kiwi!! Her biggest challenge was the raft building and she is most proud of finishing the multivine.

Head Pupils

This year we have four new Head Pupils, Scarlet-Rose Aitken, Holly Robertson, Bodhi Danenhauer and Chili Kearns-Grieve. We interviewed the Head Pupils to see what they have planned for the year and how they wish to have a positive impact on our kura.

One of this year's Head Pupils is Scarlet-Rose Aitken. Scarlet has always wanted to be a Head Pupil because her buddy reader when she was a junior student was a Head Pupil and inspired Scarlet. She has always wanted to give back to the school for all the amazing things the school has done for her. Scarlet is looking forward to being able to get involved in as many activities as possible as well as being able to help out around the school. Scarlet's parents motivate her because they help her strive towards her best self and have made her the person she is today.

This year Holly Robertson is looking forward to hosting Ōākura Idol and participating in new and exciting events. Holly wanted to be a Head

Junior Triathlon

On Thursday 4 March, the students from Rooms Penguin, 1, 2 and 3 participated in a triathlon. They showed perseverance by running, biking across the top field and then swimming one lap across the pool before finishing with happy smiles on their faces. With the help from our amazing kaiako and their organisation and Sports Leaders, the triathlon was a success. Everyone had a go and joined in even if they found it difficult.

Miri Sandbrook and Hannah Stanley (age 12)



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TOP Activities

Ōākura

Ōākura Hall Bookings

Vicky Jury 027 215 2465

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 027 753 0120

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 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

Mini Groovers - Music Group

All parents welcome with babies/under 5's. Every Tues during term time 10-11am at the Church Hall. Visit their Facebook page: Mini Groovers - Ōākura. Fe Scott: 027 228 9113

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. 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 021 661 912 thowison@hotmail.com

St James Church

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

Sunday School - St James Church Every 2nd and 4th Sunday 10am. stjamesoakura@gmail.com

Surf Lessons

Deken Waves Surf Coaching. Group & Private sessions available. Contact Simon: 021 122 9525 dekenwaves@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+ 3:30 to 4:15. val@valdeakindance.org.nz 752 7743 or text 027 694 0933

Tataraimaka

5 Elements Fitness Bootcamps and Kickboxing Fitness classes

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

Gymnastics Group for children - 5-7 yrs.

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. Ladies morning Friday 9.30 -11am. All levels welcome. Rachel 0204 092 5243

St James Church

Sunday Worship every 1st and 3rd Sunday, 10am. Evensong, 2nd and 4th Tues each month, 5pm. okatocp@gmail.com

Ōmata

Yoga Classes

For info - Annalisa 027 444 8345

TOP Information

The Ōākura Post

Editor & Advertising: Tracey Lusk

06 752 7875 / 027 636 8060
editor@theoakurapost.co.nz
advertising@theoakurapost.co.nz

Design/Layout: Emily Bennett

Proof Reader: Elayne Kessler

Founded in Ōākura, NZ - 1st June 2020

Issue: No. 22

May Issue

Delivered and online from 30th April.

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

www.theoakurapost.co.nz | editor@theoakurapost.co.nz

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