

the Ōākura Post

FEBRUARY 2023

Ahu Ahu
FOOTBRIDGE

Ōākura
in 1965

Community
Police officer

John Sole

Felix Griffin 'Flea' competes at the Ōākura Bowl Jam. Photo: Duncan Wilson.

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Kaitake Community Board

Hari tau hou ki a koutou katoa – Happy New Year everyone.

The summer holidays have been a bit of a mixed bag weatherwise, enjoying mostly glorious hot and sunny days but with the odd wet patch thrown in to provide a bit of welcome relief to gardeners, farmers and our water supply level monitors. It was great to see the number of visitors we had to our little patch of paradise over the holiday period, and most seemed to really enjoy their time here (the small blip of having the beach closed for a time between Christmas and New Year notwithstanding).

There is a bit of frustration evident in sectors of the community regarding the apparent lack of progress with restoration of the Ahu Ahu bridge which was recently washed out, and with baseless rumours that appear to be circulating reporting the abandonment of the Weld Road Headland Walkway project.

The Ahu Ahu Bridge is intended to be reinstated. This is the first time that the bridge has been taken out by a storm - and previously the Weld Rd bridge - and as a result of this Council's engineers have recommended that the height of the bridge be raised so that it is more likely to be able to avoid storm damage in the future. Due to both the location adjacent to the stream and the fact that there has been archaeological finds discovered at the base of the bridge, there is a requirement to seek both a resource consent and a Heritage NZ Pouhere Taonga authority prior to reinstating the bridge. All the required documentation is being finalised and the resource consent will be lodged early in the New Year. As soon as that consent is granted, work will commence to reinstate the bridge. Regarding the Headland Walkway, we have been assured work is still progressing on that project and the resource consent will be lodged for that work in the next few weeks.

One body of work that the new Kaitake Community Board is required to undertake over the next five months is a review of the Kaitake Community Plan.

The Kaitake Community Plan identifies the long-term aspirations and evolving issues of represented communities in the Kaitake Community Board area. It enables the KCB to have a say in future planning and infrastructure development in our area, and it ensures we can effectively represent our community's interests with the support of NPDC staff.

The KCB will be engaging with various communities of interest, stakeholders, community groups, etc. in the coming weeks to quantify individual community aspirations and issues in relation to NPDC assets and facilities. We will then prioritise them, and put them to Council for consideration through the long-term planning process. Please have a think about aspirations you may have for your sector of the community, and we will be in touch for you to present them in due course.

Most political, social and economic indicators point towards the next year being an extremely challenging one - particularly in the local body political space. However, every member of your Kaitake Community Board is well and truly up for the challenge, and we are looking forward to providing the best possible representation and advocacy for the interests of our community.

On behalf of Teresa Goodin, Renee Hohaia, Paul Lobb and Anneka Carlson, I'd like to wish you all the best for a great 2023.

The next meeting of the Kaitake Community Board will be held on Monday 20 February at the Ōākura Bowling Club at 5pm

Tae noa ki te wa e whai ake nei – Until next time

Graham Chard - Kaitake Community Board Chair

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In memory of John Sole

John Sole was the man inside and outside The Crafty Fox since 2001 when he and his partner Tony Barnes took on the lease.

John didn't only sell his wares he gave his time to people who either stepped inside the shop door or were walking by and stopped to chat as he sat outside in the sun with a cup of hot drink and often a cigarette.

I was one of those people and whether it was inside or outside we always had an interesting conversation. I often asked how he was getting on with the daily crossword and would quiz him for an answer. I'm sure John once told me he was never going to stop being in the shop, just like his mate Ash Heydon said about being in his petrol station next door. (Ash passed away at age 93 in April 2021) These people are the fabric of our village and our society. They knew stuff and we miss them for that too.

The Reverend Alby Martin once addressed a funeral by saying, "When we hear the news of someone passing we remember the last time we connected with them" I did just that when I heard of John's unexpected passing. I had only been in the shop earlier that week and he helped me with a purchase of a Secret Santa present. What a story that gift had when it was shared.

I will always remember John for the beautiful Ngamamaku garden at the base of Lucy's Gully that he and Tony created. For many years it was part of the Taranaki Garden Festival. It is one of my favourite gardens and I visited it every year during the festival to see its progress and indulge in the peacefulness it offers.

Many people, both local and from far and wide, will have memories of John's generosity. He has left a legacy to value and treasure.



Senior Pennants 2023

GREEN FEES: Non-member green fees are \$25.00 per round.

TARANAKI VETS GOLF

All golfers over the age of 50.

CHIPPERS:

Usually every 2nd Sunday at 9.30am. Chippers ages range from 5 – 12 years.

VOLUNTEERS: We are looking for volunteers to help on the course. Are you retired and looking for something to do. There is always weed eating required, mowing fairways etc. Plenty to do on the course. You do not have to be a golfer so if you are interested please contact the office or our Greenskeeper Dom Squatriti 027 608 3853.

Kaitake Golf Club

We started the year with our very popular Beachcombers with 130 entries.

Congratulations to Liam Harvey for winning 2-Day Danny Lee tournament at Springfield, Roturoa. Jack, Brodie and Liam played in the North Island Under 19 tournament in Taupo.

Jack Van Prehn, Liam Harvey, Brodie Ferguson and Joseph Doyle managed by Chris Ferguson won the Taranaki Senior Pennants for Kaitake Golf Club and the first time in many, many years. Well done to the boys.

LADIES CLUB NEWS

Andrea Jarrold is moving on to her new role as Secretary for Taranaki Women's Golf and has been nominated for a position on the newly formed Taranaki Men's and Women's Golf Executive. She has been on the Women's Committee and the Kaitake Board for many years. Her input and knowledge on our

Kaitake Committees will be missed, but I know her presence and dedication to Kaitake will continue.

With the New Year comes a new Club Captain, Janice Farrant. The Division Convenors for this year remain the same, namely Diane Jones (Mid Week), Mary Pettigrew (Weekend) and Jo Wilson- West (9 Hole).

It was pleasing to see several of our ladies play in the first club event for the year, the Beachcombers Tournament, with four of them placing in the top 10. This was played in very windy conditions.

Opening days for the ladies for this year are:

31 January for the 9 Hole Division

2 February for the 18 Hole Mid Week Players

4 February for the 18 Hole Saturday Players.

Janice Farrant
Ladies Club Captain



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Ahu Ahu Footbridge and Coastal walkway.

BY CLIVE NEESON

Due to a lack of updates on the project status there has been a lot of frustration and concerns in the walking and cycling community about why the Ahu Ahu footbridge over the Whenuariki Stream has taken so long to replace.

After Council approval in February 2021 of the Weld Rd headland boardwalk construction, local engineers provided much voluntary assistance in gathering survey and oceanographic data to boost the design and resource consent process and were kept regularly updated on progress over the following six months. This gave assurance to the local community that the project was on track. However, since then progress updates have not been forthcoming.

NPDC responses to inquiries from frustrated cyclists five months ago revealed that the bridge reinstatement was awaiting resource consent. Responses to inquiries since then seem vague and no different. The lack of detailed formal updates has naturally led to speculation.

Prior to last summer the Ahu Ahu footbridge was badly sagging and lacking maintenance which resulted in its inevitable destruction by waves in early February. Increasing its height to better tie into the pending headland boardwalk construction was a logical advantage but this required extra resource consents and approval from neighbouring landowners.

The current community frustrations evidently stem from the surprisingly long time this has taken and lack of progress reports to the community.

In January a meeting was held amongst long-standing local trail walkers, cyclist and parents who are sorely missing the bridge connection and have had no detailed feedback from the Council on the reasons for this. The attendees expressed their concerns as follows:

The bridge has been a vital link for the outdoor-oriented community for the past twenty years. If it was going to take this long to replace then

another solution such as a temporary rigid Bailey bridge should have been rented and placed on the existing bulldozed earth ramps or alternatively the old bridge reinstated under the original consent and height as a simple maintenance issue rather than as a new build.

Apart from everyone missing out on their walking and cycling pursuits, the major concern now is that the pending autumn window for construction of the boardwalk could be missed, which would delay any bridge replacement for yet another year due to seasonal window constraints of contractor and the TRC.

It appears the frustration and concern by the community comes from past experience when there has been little Council support to progress the development of this walking and cycling trail. Both the Ahu Ahu footbridge and the proposed Weld Rd headland boardwalk form a vital link of the Ōākura Coast Trail to Fort St. George. The residents of Ōākura are mindful that a safe, dry coastal path to Fort St George is not a pipedream. It's a treasured asset that we once had till 2005 and have submitted to the Council on numerous occasions that a reinstatement solution is needed.

After exploring all other options for restoring the link around Weld Rd headland, a boardwalk solution was proposed by KCB and unanimously approved nearly two years ago by the Council who assigned \$500k to its design and construction. At the same meeting where it was approved, there was a formal apology by councillors that the past neglect of the project over the years and lack of funding prioritisation had led to its demise. The clear intention was to remedy that directly.

The fact that another 23 months has passed explains the current nervousness, frustration and speculation from what seems to be an unreasonably long delay in the bridge reinstatement. Although the bridge spans between public land, it was conjectured that perhaps the stone adze pictured in the large signage beside the bridge might have delayed



Rene, Caitie and Harris Lennox. Tired of having to pull a U-turn 1km into their favourite 10km ride.

the archaeological considerations. But the original finder of the adze confirmed it was actually discovered 1.5km inland whilst playing on the farm 50 years ago. So again, without project updates and information flow, the bridge consent delay remains a mystery.

It was also pointed out at the meeting that the vital Timaru footbridge has sagged due to similar lack of maintenance over 20 years and requires Council attention to avoid a similar delay.

Ōākura has been surveyed as having the least funded recreation facilities per capita of any NPDC area, despite the highest rate take. This coast trail was always pitched to the Council as a very cheap home-grown solution to health, safety and exercise as well an ecological car-free transport between Ōākura and Timaru Rd for school kids and surfers.

The meeting concluded in the decision to work in conjunction with our newly appointed Kaitake Community Board to gain regular detailed status reports on the project and better information exchange of any potential holdups to avert future speculation and community frustration.

Ōākura Coastal Trail Group.



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Reindeer Danel Korb and her mate as Santa

A summer packed full of events



How about our epic summer so far! We have had lashings of days with our favourable SE/E winds and plenty of swell around for everyone to enjoy. You may have even seen Santa and his helpers getting amongst it at

Ōākura Beach early one morning, just before Christmas!

The Ōākura Boardriders have a full calendar this summer with various events including 'Tinnies & Twinnies' vintage twin-fin funtest (18th Feb), OBC/Parafed Disabled surfing (25th Feb) and the Mike Christiansen Memorial Longboard and Club Championships to follow - dates yet to be confirmed. Keep a beady eye on emails and our social media for details.

Also happening this summer, to encourage females in the surf, Ōākura Boardriders, alongside sponsors, are holding 'Wāhine Waves' events.

During these sessions, adult female OBC members will enjoy a surf lesson followed by glasses of bubbles and nibbles - doing it in

style! Also, attendees will receive a Wāhine Waves t-shirt. All for free! Our friends Vertigo are also providing wetsuits for those who don't have their own.

Our generous Wāhine Waves sponsors (Craig Investments Partners, The Virtue, Luna Estate Wines, Wild Ideas Ltd and the Lawn family) are the reason why the events have been able to be free for attendees.

We are currently seeking sponsorship to run more of these events next year, please contact the club if you can help.

The NZ surf Nationals were recently held in Piha, and OBC was represented by Tom Butland, Caden Watts, Kalani Watts, Skylar McFetridge, Dawson Tamati, Chris Luke and Jordie Luke. The crew put in stellar efforts with a few Semi Final finishes.

In other news, Deken Waves is underway this month with Term One after school 'Shred Squads', so reach out asap if you have a keen grom/s as there could be a few spaces left! Email Simon at dekenwaves@gmail.com

Stay Salty and see you at the club for a cold one on Fridays!

OBC



Ōākura TENNIS CLUB

The holiday crowd have been enjoying some court time with the summer weather. While club tennis has been taking a break over the January period the Taranaki Open tournament was held in Stratford between 28-30 December. Locals Len Adamson and Luke Barrett both collected some silverware.

In the B Men's doubles, journeyman Len was able to roll back the years and secure the title in partnership with Brad Dowdle (Okaiawa). They defeated Alastair Murdoch (Okaiawa) and Melbourne son-in-law Dan Micevski 5-7 6-4 11-9, despite Murdoch/Micevski leading the match tiebreak 9-6.

The Tier 3 Taranaki Open Junior events highlighted a Taranaki talent with Luke Barrett (Ōākura) securing the 12U singles and doubles titles.

Earlier in December Luke partnered with Raymond Huang to make it to the under 12 doubles nationals final. They were runners up losing 7-5, 6-3 in a close match.

Blitz tennis is expanding with coaching sessions at Ōmata and Coastal Taranaki School as well as Auroa and St Joseph's in Ōpunake. Holiday programmes over January have also kept coaches Jordan Fleming and Monika busy. Check out the Blitz website for term 1 coaching slots.

Christie cup was contested against Hawke's Bay with coach Jordan Fleming playing number 1 followed by Graeme Mitchell at number 2. There was some close tight matches - Graeme and Blair Crowley had a tight doubles winning 7-5, 7-5, but Hawke's Bay dominated the final score 17-7.

Check out Blitz tennis website to see what's on offer for term 1 with coaching and tennis teams if it's time to progress the coaching into some actual game experience and playing as part of a team.

The ASB classic and Australian Open are always inspiring to watch and are great motivation for any future tennis stars.

Enjoy the courts and cooling off after in the ocean.

Jackie Keenan

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Glen Bennett – MP for New Plymouth

Reflecting on 2022 we've faced so many challenges as a community, yet we've pulled together and looked out for one another.

As we head towards what's promising to be a bumper summer here in Taranaki with the return of holidaymakers, Cruise ships returning and our favourite community events such as the Festival of Lights, I do also reflect on how things have been - and are still tough for many people here in New Plymouth.

To help ease the pressure and make life a little easier, I am proud of our Government's cost of living support for families in Taranaki while also making progress on some of the other big issues facing our community.

With summer arrival, the return of international tourists has been welcomed by local businesses, and I know New Plymouth is gearing up for a busy season. We have three cruise ships scheduled to dock this summer (January through March) which will contribute to the country's economy with Taranaki's warm welcome and world-class hospitality.

To ensure businesses can get the workers they need for this busy summer and beyond, our Government has streamlined immigration settings and expanded places for working holidaymakers, as well as continuing to upskill Kiwis for jobs. We've now supported 20,000 people into jobs through Flexi-wage and more than 200,000 people through free apprenticeships and trades training.

On a personal note to try slow things down for me, on Facebook I decided to daily post an 'Advent Gratitude' post and it's worked - it



has kept my head in the right space. The posts even ended up taking a whole community of people along with me; it was lovely reading through other people's 'Gratitude' posts.

So in summary, thanks again for what you've done to enable our communities to finish the year well. I hope you're able to take time to rest, reflect and refresh during the festive season.

Ngā mihi

WINNER of The Real Guide to New Zealand by Mark Dannenhauer is Mary Grylls.
Her favourite bird and tree was fantail and Rata. Congratulations Mary

Ōākura Bowling & Social Club



CLUB CHAMPIONSHIPS

Sectional play has concluded in the Championship Pairs with 5 teams qualifying for the next round. The duo of Kerry McGovern and Kevin Fleming will play Allan Bridgeman and Don Hinton in the 1st semi-final while Steve Muller and Murray Crombie will battle it out with Tony McAlevey and Andy Shearer to see who will face Craig Murray and Ray Haslip in the 2nd semi. Good bowling to all qualifiers.

CLUB TOURNAMENTS

The midweek tournaments are well under way with Ōākura currently holding 1st place in both the Gilmour Cup and Avery Shield and running 3rd in the Saturday Shield competition. Well done to mid-week selector Paul Coxhead, all the players who keep turning up each week, the hard-working green keepers and those who assist in smooth running on match day.

The Ōākura Orcas finished a credible 4th in the Summit Refrigeration Saturday Div 1 Pennants competition. Inclement weather washed away the Orcas title aspirations as torrential rain made play impossible for the last two rounds. It was a good effort by the club as they faced strong opposition each week from Taranaki's best bowlers.

CLUB NEWS

Tony McAlevey and Peter Radich have qualified for the quarterfinals of Bowls Taranaki Centre pairs. Tony and Peter are playing some great bowls and the club wishes the boys all the best in the upcoming finals.

Well done to the Ōākura trio of Steve Muller, Jim Priest and Peter Radich who won the Fitzroy Men's Xmas ham triples tournament played in December. 1st prize was a 9-kilo ham each so the guys did not go hungry over Christmas.

The Summit Refrigeration boxing day Bowls3five tournament was a great success with a full green of 16 teams. The event is a real melting pot of social bowlers, club bowlers and family members with a sprinkling of interclub teams enjoying a great day on the green. A Paritutu team skipped by young gun and NZ title holder, Nathan Goodin, took line honours, closely followed by a local team led by the forever young Allan Bridgeman.

The Underarm Bowler



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Roller Disco Rolls into Ōākura

Brightly coloured advertising signs and a caravan full of roller skates came to the Ōākura Hall on a Saturday night in January.

Brigette has been running Skatescool in Northland and Far North for the last 12 years and this time she decided to go on the road and tour the North Island offering Roller Discos in small communities — “to bring a little fun to the town”. Ōākura is the ninth place on this tour, with three more to go.

Brigette's son, Trent, works together with his mum. He grew up skating and he is great at teaching. He works the lights and the little shop and she does the sound and activities. Together they choose communities that have a hall or stadium they can use. Then they advertise on facebook and arrive in town in time to put up signs around the area a few days before the local Roller Disco takes place.

The event is aimed at both young and old. The evening starts with lessons for those that want them. Trent takes the beginners and Brigette takes those that can already skate. Then they dim the lights and turn up the music for an hour and a half of fun with lights, sound, dance moves, and actions that are a surprise to all — You can hear “Oooh!” when they have the lights and sound mix just right.

Brigette is originally from Nice in France. She came to NZ for a holiday about 25 years ago and says, “I fell head over heels with New Zealand. I found my place in the world.” Seeing the joy in the Ōākura Hall that night confirms that she has found her place in our world.

Elayne Kessler

Busy days at the surf club with a mixed bag of weather so far.

Regional Guard are on the beach until the end of January, Mon to Fri from midday to 7pm. Throughout February they will be on the beach after school 4.30-7.30pm. Our volunteer weekend guards will be on the beach every weekend through to Taranaki Anniversary Weekend 1-5pm.

As always, a big thanks to all of our lifeguards, giving up their time and helping out over the weekends.

Remember - swim between the flags, check conditions before going in, never swim alone and if in doubt, stay out. Parents, always keep an eye on your kids and within arm's reach. The beach continually changes as with the conditions.

Junior Surf on Sunday mornings is in full swing. It is great to be back to normal this season and not having to accommodate COVID restrictions.

This season Taranaki hosted both Junior and Senior Central Regional Champs at Fitzroy Beach in the beginning of January. The last time Taranaki hosted this carnival our NPOB Juniors won overall. Can they do it again? Hopefully they can give it a good crack.

Because of the timing of Centrals, this year we have been unable to fit in our annual Oceans Camp. It is being substituted with an Oceans Extravaganza, a day event of fun team challenges and racing.

End of January and February are looking pretty busy with lifeguard courses and a lot of carnivals. Taranaki Champs and then Oceans for our Juniors at the Mount, Senior Nationals in Christchurch in March and IRB Nationals in Whangamata in April. Good luck to everyone competing.

Enjoy the rest of the summer!



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Kaitake Ranges Community Trust



Kiekie flowers, a favourite of possums, are a good sign of possum control.



Birds nest fungus is just one of the many fantastic fungi in the Kaitake Ranges.



Aster Danenhauer helping check traps along a trapping line.



Pulling a stoat out of a trap always elicits a smile.

Happy New Year! Trust volunteers have been walking along the public trails and many trapping tracks that crisscross the Kaitake Ranges checking traps and keeping tabs on kiwi throughout 2022. Last year was a good one for the Trust with more kiwi released, several kiwi chicks hatching in the wild, and heaps of bird life.

All of us in the area benefit from the work of Taranaki Mounga Project and the Taranaki Regional Council who have almost eliminated possums from the Kaitake Ranges. All the mahi means that our native species are starting to thrive with many volunteers overwhelmed with the bird song this past spring.

During 2022, the 100 some Trust volunteers caught 2,230 pests in the Kaitake Ranges and checked about 12,500 traps. That is a lot of pests and trap checks! Some of those catches include – 22 cats, 5 ferrets, 12 hedgehogs,

2,110 rats, and 48 stoats. That is a lot more than in 2021 – which saw a total of about 1,900 pests caught and just under 11,000 trap checks.

Big props to Pete Morgan who caught the most pests during 2022. He was followed closely by Trevor Morris, Bryce Vickers, and Keith Coughtrey. Awesome work

The 22 cats caught in 2022 is a big uptick from the 1 cat caught in 2021. A big reason for this is a renewed emphasis on trying to catch cats because lots of cats were seen on cameras in the Kaitake Ranges. Cats are a serious threat to our native species and need to be controlled.

Another big change is the number of stoats that have been caught. In 2021 only 21 stoats were caught. That total increased to 48 in 2022 (but 19 of them were caught this last December!). So far during 8 days in 2023 there

have already been 22 stoats caught, 5 of which were pulled out in one day by Carlos. Over the past month and a half there have been about 40 stoats caught! This is the time of year when juvenile stoats are dispersing and it's common to see and catch a lot now.

Summer is here, which means that this is the primo time of year to get out and explore the Kaitake Ranges. The trails are dry, which means that it's possible to go fast and cover a lot of ground in a short amount of time. Take an hour, couple hours, or all day to explore the magnificent native bush we have in our backyards. Don't just go fast though, be sure to stop and soak up the beauty of the bush.

If you are keen to get involved with the Trust and want to help protect our native species, please get in touch with President Pete Morgan at morgpt@xtra.co.nz



Take part in Neighbours Aotearoa by sharing with your neighbours

1 - 31 March 2023

Introducing 'Neighbours Aotearoa'

The kaupapa of Neighbours Aotearoa is to encourage people to get to know each other. Neighbours Aotearoa has a vision of everyone in Aotearoa being connected and joined-up in place—in their neighbourhoods and communities.

You will see and hear more about Neighbours Aotearoa over the next weeks as we promote March as Neighbours Aotearoa month. I have the role of 'Connector' for Taranaki and will be talking to groups around the region starting with Thursday 2nd February when I'll be joining the 'Morning Talk - coffee group' at the NPOB Surf Club. Facebook: www.facebook.com/NeighboursAotearoa

Elayne Kessler



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Pictured Karley and Manaka. Photo Credit: Michelle Hepburn / Shepherdess magazine

These girls are on fire

The brigade is proud of our crew and this month we are delighted that two of our female members were profiled in a short documentary by shepherdess.co.nz. If you have ever considered volunteering and wanted a more in depth and honest look into the emotional effort and empowerment that becoming a firefighter can give you, then be sure to check out this article on Manaka and Karley at <https://www.shepherdess.co.nz/journal/manaka-and-karley>

View the short film on youtube
<https://youtu.be/ElrjePk4us4>

Ōākura Whānau Run

This Waitangi Day (9am 6 Feb) bring your kids to jog, run or walk a lap (or four!) of Matekai Park. Free and no need to register.

More info at tempofit.org/whanau-ru

Seven Steps for Getting into Running in 2023

BY HAYDEN SHEARMAN

Running is probably the most common New Year's resolution out there, but sadly it's probably also the most given up on! So, here are some tips to keep you in the running game long enough for your body to start craving to go for a run and for those elusive runners' highs to start making the odd appearance.

1. Start slow

Running fitness takes three weeks minimum to arrive and doesn't really become a habit until three months, so despite any New Year's eagerness you might have at your disposal, channel that motivation into aiming for consistency rather than the epicness of any single run. This means runs should be slightly slower than you think and only increase your long runs by 1k or 10% max.

2. Mix it up with some fast

You don't want to be just a single speed runner. This limits both your potential as a runner and your ability to get the most in terms of fitness and enjoyment out of your workouts. Instead, choose one day a week where you play with speed. This might be doing some short controlled sprints at the park (with plenty of recovery) or doing a workout like 1min jog, 1min fast, 1min walk (five times over).

3. Gradually go long

As soon as you decide to be a runner, you're making a decision to be an athlete and that means you need to prioritise all-round fitness as well as clocking up the Ks. So keep to that 10% further each week rule and make a commitment to do strength and mobility work

4. Make it social & scenic

For lasting change, exercise has to be fun. So, keep the pace conversational most of the time, run with friends or pop on your favourite podcast or tunes, and run somewhere stunning



(we have plenty of options in Taranaki!). Oh and finish with coffee at your favourite café!

5. Strengthen & lengthen

Your legs experience 2-3x your bodyweight every stride when you run. And you take three strides a second. That's a lot going on! This is where a gradual build-up of squats, deadlifts, clamshells and skipping can go a long way to making your running smoother and less injury prone. And a regular stretch/yoga/mobility routine will help prevent the dreaded runner's hamies!

6. Recover as hard as you train

Fitness doesn't arrive in the workout itself, but the recovery after the workout. Prioritise good nutritional fuel with plenty of protein, a little more sleep than usual, plus some intentional chilling out of the sympathetic (fight-or-flight) nervous system, like mindfulness or breathing exercises.

7. Set clear goals

If you're just starting out, set a measurable goal of running your first 5k by a certain date (six weeks is usually appropriate for a walk-jog approach). And if you've been running a while, why not extend yourself a little by booking in for your first half or full marathon (allow at least 6 or 9 months build up respectively), entering a trail event or improving your 5k best?

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Ōākura School



Ngā mihi Hawaiki

2022 End of Year Celebrations

It was great to be able to be back at Ōākura Hall to acknowledge our Year 8 leavers last year, sharing and celebrating the rangatahi (young people) with whānau, friends and kaiako of the kura.

We were able to reflect on and appreciate the leadership roles that the year 8s took throughout the year, celebrate the recipients of Excellence Badges and Awards, and acknowledge students that had been awarded with cups earlier in the year.

Congratulations to the following recipients of our end of year cups:

Citizenship Cup:	Scarlet Aitken
O'Rourke Cup for Sporting Achievement:	Vivi Hale
John and Cathy Ardern Music Trophy:	Bodhi Danenhauer
Novak Cup for the Arts:	Jessica Field
Wiki Keenan Trophy for leadership in Kapa Haka:	Scarlet Aitken
Samantha Woods Trophy for Diligence:	Jessica Field
Cunningham Cup for Academic Excellence:	Bodhi Danenhauer

We also held another very special assembly at school in the last week to farewell our kaiako and wish Lynne all the best for her secondment to the Ministry of Education for 2023. Lynne was gifted a korowai/cloak which had feathers written on by all students in the school, wishing her luck for 2023 and acknowledging all that she does for our school and community.

Hawaiki Tamati, our kaiarahi/teacher of te reo Māori, was also thanked at this assembly. It has been great to have Hawaiki join our school whānau and bring her passion and skill to kaiako and ākonga in learning te reo Māori. Hawaiki also recognised two students for their dedication and skill in te reo Māori. **Rhema Shearman and Eddie Thorpe** were awarded with a taonga/treasure to celebrate their learning and commitment to te reo Māori.

We farewelled and thanked these kaiako for all their mahi, dedication and care of our students whilst they were teaching at Ōākura School; Becky Gooch, Lexi Harcourt, Kelly Ridgway, Janine Williamson, Lynley Stringer and Jodie Cunningham. It's great to have so many of these people living in our community and continuing to be part of our school. We wish all the best for those kaiako that have taken up new positions, here or overseas, or have had a change in career.

Natasha Jackson

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Responsibility - Campbell Fraser

Academic Excellence - Millie Stonier

Sport - Jack Widdicombe

Environmental Action - Jenaya Collett

Leadership - Millie Stonier

Arts & Cultural - Amelia Prestidge / Olivia Prestidge



Names from left: Jack, Millie, Amelia, Olivia, Campbell and Jenaya

Community Police Officer – *Constable Matt Stone*

Kia Ora Koutou,

I am Constable Matt Stone, your local community Police Officer. My station is based in Ōkato but I police the Ōākura and Ōkato villages, as well as the surrounding rural areas.

I have been your local officer for over three years now so I will have met many of you. I plan to write an article each month in the Ōākura Post to connect with you as a community. This should keep you notified of any information or give advice with respect to what matters I may be dealing with in the area.

The reason for the extra networking is that it's becoming increasingly evident that there is less and less connection between the Police and its communities. This is for many reasons and I don't specifically blame anyone. However, I hope that this is another platform so I am able to connect with as many of you as I can.

I have attached my email address below, should anyone wish to contact me with respect to Police matters. I do encourage that if you have an emergency to ring 111 and if you have an offence to report (if the offender is not present) then report this via 105. The file will make its way to me for investigation. I will mention that I have a high work load, like everyone, and I do need to prioritise matters. Some minor matters may take a little longer to follow up than expected. I appreciate your patience.

I do hope you all had a safe and rejuvenating holiday period.

I look forward to connecting again soon.

Nga Mihi

Matt
matthew.stone@police.govt.nz



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What was Ōākura like in 1965?

It was a toll call to ring New Plymouth and you had to go through an operator. David Jennings, now 87 years old, has many memories of how things once were.

He moved his young family from Awakino to Ōākura in 1965 for a job as a stock agent. There were a lot fewer houses in Ōākura at the time. David and his wife, Jennifer, rented a bach on Jans Terrace. They bought a bare block of land overlooking the sea just past what is now the golf course for £4,500. There were quite a few other 1/2 acre sections available around Ōākura selling for £800 each.

The Jennings shifted to Ōākura when their oldest son was turning 5 and starting school. There were only four classrooms and a very good headmaster, John Parkinson. He was interested in not only the education of the students, but also outdoor activities for them. Those boys won the McLeod Shield, which is still contested by all primary schools in Taranaki. When they left Ōākura School most of the children went to Spotswood College, thought of as a very good school.

In the mid 1960s Ōākura people had tremendous community spirit. Everyone helped out; there was no trouble getting people to fill a position on a committee such as the Ōākura School Committee. Jennifer Jennings was Secretary of the School Committee and also worked in the school office (because she was a shorthand typist). At that time you could have "liquor" at dances and the Hall would be decorated with lily flowers from Telford's farm. The Hall was owned by the local people then and the locals had to look after it. The day after a cabaret there would be a working bee to clean it all up. Those were big nights at the Hall and a good means of fundraising. Everyone supported it. David says, "I reckon 150 people would come."

Roy West did a tremendous amount for the Ōākura community. Not only was he Chairman of the School Committee but also Chief Fireman and Scout Chairman. It was a very strong Scout group and when Roy left David took over as its Chairman, which he did for



David Jennings, now 87 years old

a number of years. They had "bottle drives" to raise funds. Beer came in crates of large quart bottles and everyone put their bottles out for collection. The Scouts made money and provided a good service by cleaning up bottles. They also had newspaper drives and collected papers to be sent to a paper mill for recycling. The third fundraising activity was collecting bailing twine from all the farms. That got sent off to be recycled and become the backing for carpets. There were great teams - someone would always put their hand up when something was needed. Children would be running alongside the trucks picking the stuff up. It was a family thing.

The Surf Club used to have yearly Ōākura Beach horse races on the beach. They were held on a day when the tide was right and the horses raced from one end of the beach to the other. You put your money on a horse, with proceeds going to the Surf Club. These were held for many years in the 1950s and made good profit for the Club. The annual New Years Day Carnival was also a successful event for many years, the final one held only a few years ago.

The Golf Club operated on Harvey's Farm on the corner of Weld Road. We could only play in the winter when the cows were drying off and not milking. Two or three keen committee members meant the Club was then able to put a 9-hole course on the Tapuae property owned by the Berridge family. There was an old house on the property that was converted to a

clubhouse - with 600 Club members! That was the time of discovery of oil and gas and lots of overseas people had come to New Plymouth to build the power station and the Maui pipeline from Oaonui to the Huntly Power Station. With that big influx of skilled workers a 9-hole course was too small. The existing course was bought from Duncan Kitchen in the 1970s - \$60,000 for the house and entire farm. Stalwarts like Mike Jans, Burt Seamark and Tom Priest were the driving forces behind the Club's growth.

Corbett Park was named after E.B. Corbett who was Minister of Maori Affairs and Minister of Lands. All of that area was a swamp. An old established rugby club was no longer operating and a group of hardworking locals and farmers decided to turn that land into a rugby field. Roy West came to help again and levelled it with his big bulldozer. Trevor Kingsley worked for a firm that drained land and on the weekend laid the drain pipes. All of this was done with volunteer labour. People were quite happy to roll up their sleeves and do the work so the costs could be kept down.

David was President of the Rugby Club and coached the "Midgets", boys 8-9 years, with help from Allan Madgwick. Once the Club was developed, more and more teams started playing. Corbett Park became a major resource for the community. Cricket and soccer are now played at Corbett Park in addition to rugby.

There weren't any houses on many of the streets we now know. Mike Jans subdivided his land and asked David to run an auction for the sections. They all sold for about \$5000 each. Mike named the streets after his children: Linda Street, Prudence Place, Russell Drive.

The commercial part of Ōākura was small: Butlers Reef Hotel, Heydon- Priest garage and petrol station, Nigel Newton's Butcher Shop, Peter and Fay Newton's Fish and Chips. The Four Square had two pumps that sold petrol; there was a dairy where the Four Square is currently; and the Post Office was where McDonald's Real Estate office is.

Such a lot of change over the years.

Elayne Kessler

If you have a recollection you think others would be interested in hearing about, send a note to the Ōākura Post and we'll contact you to get the details.

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Glenys Farrant 027 753 0120

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Kaitake Ranges Conservation Trust

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Morning Talk - coffee group

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9.30am. Contact Gloria Zimmerman
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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

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All skill levels welcome and equipment is
provided. Elayne 027 937 7173 or Vincenza
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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

Ōākura – St James Church

Sunday Service every 2nd and 4th Sunday
of each month, 10.00am

Sunday School - St James Church

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

Surf Lessons

Deken Waves Surf Coaching. Group &
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021 122 9525 dekenwaves@gmail.com

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Tennis Club

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go to www.blitztennis.nz
All other enquiries contact
Jackie 027 673 2900

Tai Chi Classes

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

Val Deakin Dance School

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Okato

Okato Community Church meeting

At Hempton Hall on Sunday mornings
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Contact Nicky 027 497 3764

Okato and District Historical Society

Meg Cardiff 752 4566

Okato Lions Club

John Hislop 757 9696

Okato Squash Club

Monday nights from 6.30pm. All welcome.
Ladies morning Friday 9.30 - 11am.
Rachel 020 4092 5243

Okato – St. Paul's

Sunday Service every 1st and 3rd Sunday
of each month, 10.00am

Mid-week Service – Pew for You, every 3rd
Thursday of each month, 4.30pm-6.00pm
okatocp@gmail.com

TOP Information

The Ōākura Post

Editor & Advertising: Tracey Lusk
06 752 7875 / 027 636 8060
editor@theoakurapost.co.nz
advertising@theoakurapost.co.nz

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