

# *the* Ōākura Post

JUNE 2024

## TARANAKI *Rescue Helicopter*

Story on pg 15

## *Daffodil Day*

Hand Crafters Wanted

Daffodil Day - 30 August

## *Village VIBES*

## COASTAL *dippers*

## School *NEWS*

## People in our Community





# Kaitake Community Board

The past few weeks have been busy ones for New Plymouth District Council Elected Members, with the reading of thousands of pages of written submissions and sitting through days of oral submissions regarding Long Term Plan 2024-34.

I found it incredibly encouraging to see the number of New Plymouth district residents who took the time to comment on what has been proposed by Councillors and Council Officers in a published Draft Long Term Plan, or to advocate for their desires for projects to be funded over the next ten years.

There has been a lot of 'talk' over the past few years about the level of apathy and or disillusionment displayed by voters and rate payers regarding anything to do with local body politics, and I don't know whether its because of the turmoil seen in the media around central government politics, if it's what is happening around the world on the international scene, or if it is as a result of economic pressures being felt by many within our various communities. Whatever the reason, from the second tier Community Board Elected Member position, both the quantity and the quality of submissions were something to behold.

In light of the current local economic climate the KCB has been, and is, advocating strongly to keep any rates increases below 10%, and to urge Council to concentrate its spending primarily on the needs of the now rather than the wants of tomorrow. We walked that talk ourselves when we submitted to Council, focussing the bulk of our submission on the health, safety and physical wellbeing of our community, and on ensuring that every member of that community is afforded ready access to Council facilities.

The only exception from these focusses was in relation to the continuation of the Community Board Discretionary Fund, where we included the following in our presentation;

"The 50% or more of this district's population who reside outside of the New Plymouth urban boundary had struggled to get the 'rats and mice' issues that adversely impacted on their community acknowledged, funded and resolved prior to the introduction of the Community Board Discretionary Fund Initiative.

This fund has not only improved the impact and effectiveness of Community Boards, but has also enhanced their mana, and it has rejuvenated a belief in residents of those outlying communities that they actually count for more than just being a funding source for urban projects.

We believe not only is it imperative that this fund continues, but that it be increased from its current level to help overcome the inflationary effects on its value, and that the processes involved with its approval and deployment be improved to expedite its benefit."

In recent weeks we have managed to advance or finalise a number of discretionary funded projects that we believe will benefit our community: a public address sound system is in place and operational in both the Ōākura and the Ōkato Hempton Halls, improving the utility of those facilities; Installation of two of a number of seats and picnic tables that are being built around the Kaitake Ward; finalising the artwork for the SS Gairloch Wreck storyboard notices; and we are in the planning stages for the construction of an outdoor basketball practice court for our rangitahi.

In terms of resolution of issues in the Kaitake Ward, and with finalising of the 2024-34 Long Term Plan, there is still a lot of work to be done over the next few months, so your Community Board will be monitoring the decision-making processes, and will be advocating strongly at every available opportunity, in an attempt to get as many 'right' decisions made as possible.

In the meantime do your best to stay warm and dry, and remember-- if there are any issues that you feel need to be brought to the attention of Council contact myself, or any one of the Kaitake Community Board Members, and we will get on to it on your behalf.

The next meeting of the Kaitake Community Board will be held on at 5pm, Monday, 8 July 2024, at the Kaitake Community Sports Hub, at Corbett Park, Ōākura.

**Graham Chard**  
- Kaitake Community Board Chair  
thechardz@gmail.com 027 2204 549

On behalf of Teresa Goodin, Renee Hohaia, Paul Lobb and Anneka Carlson, Appointed NPDC Councillor.

## David Macleod MP for New Plymouth

The Government's 'phone away for the day' policy came into effect this term to reduce distractions and lift achievements which had been falling alongside attendance rates.

For some schools in the New Plymouth electorate, a phone ban isn't new. Ōpunake and Waitara High Schools had already implemented phone restrictions and reported greater sociability among peers and higher achievement rates. Last year, Waitara High School saw a 15 to 20 per cent improvement in results for students in years 9 to 12.

To target attendance rates, Associate Education Minister David Seymour has launched an online dashboard to show school attendance data, broken down by day and region. More than 330,000 students were not regularly attending school in term 4 of 2023. The Government has set a target of ensuring 80 per cent of students are present for more than 90 per cent of the term by 2030.

It was also announced that lunches in schools aren't going anywhere, rather the Government will be delivering a more efficient Healthy School Lunches Programme and extend it to 10,000 kids in early childhood too. The lunch programme will save taxpayers approximately \$107 million a year, give schools more flexibility on what they provide, and significantly reduce wastage.

Six education priorities, including clearer curriculum, better approach to literacy and numeracy, smarter assessment and reporting, improved teacher training, stronger learning support and greater use of data, will deliver a world-leading education system.

I look forward to connecting with more schools over the coming months to find out how these changes are impacting our learners and educators.

david.macleodmp@parliament.govt.nz  
(06) 759 2580  
37 Gill Street, New Plymouth

Office hours:  
Mon-Thu: 9am-3pm  
Fri: By appointment



Authorised by David MacLeod, Parliament Buildings, Wgtn.



In other news, I want to congratulate the growers and makers, many of which are based in Ōākura and surrounding areas, for their part in the success of the Taranaki Farmers Market at the recent OrganicNZ Awards 2024. Similarly, congratulations to Te Māra Hapori o Parihaka for winning Community Garden of the Year.

I'm always interested to hear about the issues that concern you and to learn about some of the world class businesses we have here. Please contact my office, or if you see me around, please do come and say hi.

P.S. I hope the elderly gentleman found a field to fly his radio-controlled plane!

## Ōākura Tennis Club



Ōākura Tennis Club's amazing season has finally wrapped up with the end of Junior Interclub. This year we had more players and managed to enter three Junior Interclub teams who all competed strongly throughout the season, so strongly that all three managed to reach their respective finals. Unfortunately, the weather didn't play its part and the finals were a washout across the region meaning the teams finished in their positions at the end of pool play.

The season saw a lot of close games, filled with super tie breaks and epic rallies. It brought massive smiles and the odd tear, but also an incredible sense of self belief that developed across the season as our players realised they were good enough.

The Division 1 Youth team of Angus Thorpe, Adi Carmi, Ana Shlosberg and Ruby Shearer finished second to a very strong Rotokare team who hadn't lost all season. To balance the books, the Division 2 Youth team (pictured) of Noah Stanley, Aidan Peacock, Marcel Saques and Janick Wipper dominated all season finishing well clear of the second placed Rotokare Team and bringing home another trophy for the club's cabinet. Finally, our Green Grade team of Ziv Carmi, Colin Faragasso, Bode Poulton and Alex Wipper finished second in yet another Ōākura/Rotokare match up.

Given the size of our club this is quite an incredible result, and the amazing coaching from Monika was evident along with a genuine team spirit against often much older opposition. They each represented themselves, our club and our community with levels of skill and determination that they (and we) should



all be proud of and it was a privilege to watch them all on their tennis journey this year.

The club is in a really good space with a bright future... and the need for a bigger trophy cabinet.

Bring on next year!

## Do you enjoy Sewing, Knitting, Crocheting, Cooking?

Want to contribute to Daffodil Day this year by hand crafting items to be sold locally?

The Cancer Society is trailing a new initiative. They have compiled a collection of ideas, patterns and recipes in their Daffodil Day Made with Love ideas book, items that have sold well in the past.

**The thinking being:** for items to be made locally and sold locally ie: In the Ōākura, Taranaki area. If this sounds like something you'd like to be a part of we'd love to hear from you.

**Volunteer Coordinator Contact Details**  
OAKURA DAFFODIL DAY COLLECTION  
@ OAKURA 4 SQUARE  
Glenys Farrant  
Phone: 027 753 0120

TARANAKI  
Tracy Brooke  
Phone: 027 208 0246  
Email: tracy.brooke@cancercd.org.nz



## Love your local rivers and streams?

New targets for our freshwater are coming – come and talk to us and shape the new rules.

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## HYPERBARIC OXYGEN THERAPY

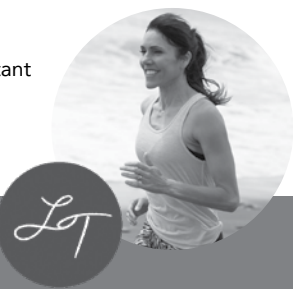
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# Ōākura Bowling & Social Club



### Club Championships

The highly regarded and fiercely contested Collins Trophy competition was won by club life members Jim Priest and Roy Phillips. The duo held off a late challenge by Craig Murray and Bob Anderson to take the title in a dramatic one-end shoot out. The format is a round-robin 2x4x2 pairs competition with each game consisting of 6 ends lasting one hour. Past President Mark Collins originally donated the trophy and it is fantastic to see life member and club patron Roy Phillips, now current champion, continuing Mark's legacy and generously sponsoring this popular tournament.

### Champs of Champs

The 2024 Champ of Champs tournament ended in disappointment for the Ōākura teams as they struggled to make it past the 1st round in most disciplines. However, it is worth noting that the Ōākura club draws their teams from the board for their club champs and often face an uphill battle to successfully compete with the powerful self-picked club champion teams from other Taranaki clubs.

### Club News

Ōākura fielded two teams in the Club of Origin tournament played at Paritutu in early April. The foursome of Eric Foreman, Steve Muller, Bruce

Jackson and Alan Bridgeman finished a gallant second in their section. A great effort from all the boys. The tournament ensures that some of Taranaki's oldest clubs can once again relive their glory days and rekindle old friendships. Thanks to Kevin Gray and the Warea Bowling Club for their continuing sponsorship of this event.

Wayne Robinson, Steve Muller, Pat Walklin and Jim Priest won the Pihama 125th year Jubilee men's fours played at the picturesque Pihama club early May. The quartet was undefeated throughout the day and prevailed with a superior points differential over a strong Rahotu team.

As this will be the last column for 2023/2024 season, thanks to all members that have assisted in the day to day running, green maintenance, bar and administration of the club over the past year. Without the support of volunteers, such as yourselves, the club would not be in the fantastic position it is today. Recognition goes to Wayne Robinson and his green and surrounds maintenance team, headed by the ever energetic Rod Smith, who have excelled in providing the club a world class green and beautiful place to bowl.

The AGM for the Ōākura Bowling and Social Club will take place at 1.30pm on Sunday 30th of June. Club awards will follow the AGM along with prize giving, club acknowledgements and refreshments.

Everyone is welcome to come on down and enjoy the hospitality of the club on Friday evenings from 4.30pm to 7pm throughout the winter months. There is lucky membership draw at 6.30pm and who knows, we may even tempt you to take up this great game.

*The underarm bowler*

# Ōākura Indoor Bowls

Our first competition, the Jamieson Cup, has been completed. This was played over three nights, with one game each night of 21 ends. This is a real test in resilience and consistency for all the teams, with the lead able to change many times during the game. On the final night it came down to two teams, Marvin Clough (skip), Nev Jans, Andy Marshall and Pat Cunningham vs Greg Jans (skip), Rod Smith, Paul Bishop, and Nick Edwards. The game started slowly with both teams trading one or two shots each end. Then into the second half of the game Marvin's team proved a little bit more consistent scoring a number of threes and fours, running out comfortable winners 25-11.

We also completed the championship fours with a round robin section play. On the final round the two positions for the final were wide open with any one of the teams able to make it through. After a couple of solid wins, two teams emerged for the final: Marvin Clough (Skip), Rod Smith, Val Bridgeman and Pat Cunningham along with Greg Jans (Skip), Neville Jans, Steve Muller and Paul Bishop. The 12 end final was a close affair with neither team getting ahead by 1 or 2 shots, the score being 2 all, 4 all, 6 all and then going into the last end 9 all. The game came down to the last few bowls with Greg playing a good run shot to wrestle back the shot, and Marvin with his last bowl couldn't quite grab the victory. Congratulations to Greg and team, and we look forward to the rest of the club championships over the coming months.

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## Ever Feel Like your Coworkers are Speaking a Different Language?

By Shakti Naidoo

With diverse personalities and work styles in the workplace, communication can sometimes go off the rails.

Picture this: you are leading a team of individuals who have different communication styles and approaches to their work. Figuring out how to decode those differences and tapping into each person's unique strengths can be game-changing for a business! Whether you are trying to get a diverse group to actually collaborate or just want smoother interactions between departments, the insights from using a personality profiling tool like DiSC has real value.

So, what exactly is DiSC? It breaks down individual behaviour styles into four categories: Dominance, Influence, Steadiness, and Conscientiousness. Each one has its own communication preferences and work approach. Knowing these styles is like having a secret decoder tool for your colleagues.

Using DiSC at work can bring notable change. For starters, it seriously upgrades communication. When you understand someone's natural style, you can speak their language instead of talking past each other. The bold "D" preference will need you to be direct, while the accommodating "S" preference appreciates taking it slow.

Using DiSC profiling also boosts teamwork. Playing to each person's strengths makes assigning roles and responsibilities easier. The attention-to-detail "C" preference loves being quality control, and the persuasive "I" preference is perfect for rallying the troops. Teams with all the DiSC styles tend to be more creative too!



Another huge reward is improving leadership. Good managers don't use a one-size-fits-all approach – they adapt based on what motivates each employee. Your "D" preference team might crave a new challenge, while your "S" preferences want responsibilities they can own long-term. Knowing what inspires people allows you to bring out their best.

DiSC profiling can help resolve conflicts before they happen by getting to the "why" behind clashes. You can reframe situations from multiple perspectives. And on a personal level, it is incredibly useful for self-awareness and growth.

Of course, DISC doesn't put people into perfect little boxes, but the insights are invaluable for building relationships and creating a great workplace culture. At the end of the day, making the most of your team's diverse superpowers is what DiSC profiling is all about.

Reach out to the People and Culture team at Baker Tilly Staples Rodway if you want to know more about DiSC profiles and how it can add value to you and your workplace.

Email: Shakti.naidoo@bakertillysr.nz

### NOTICES

Hi, I am an older gentleman who lives in Ōākura and I'm looking for the occasional use of a large open rural area clear of trees, power lines, goal posts etc close to Ōākura and suitable for occasional use on calm days (approx an hour a day), to practice flying a small (1.2 metre) electric (quiet) radio controlled plane. Grass would need to be reasonably short, or for myself to be able to mow a small strip for takeoff and landing.

If you think you may be able to oblige, please call or message me. Chris - 021 254 9464



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Sue Baudet, Linda McFetridge, Michelle Hepburn, Wayne Caskie



# The Coastal Dippers

At 7am one April morning four women and one man stood on the beach. They were ready to shed their towels and take a quick dip in the sea.

7.02 they head to the sea

7.04 they were splashing and diving in the waves, and laughing the whole time

7.08 everyone was out

On invitation I went to see these Coastal Dippers in action prior to catching up with them for their story. The sun had barely come up and it was a typical April day — not overly cold nor warm either at that hour. On this particular morning, post dip they made their way to a mobile sauna parked in Shearer Reserve, The Sauna Project.

## Their Story

I talked with Kama Clark and Sue Baudet, two locals who are regular Coastal Dippers. It was Kama's idea to start the group. She had a cancer diagnosis last year and that made her think about what was most important in life. "If this is going to get me, what haven't I done yet?" She knew she wanted to spend more time outdoors and also be part of a group that shared nature, looked after their bodies and had fun.

She had read about the benefits of cold water swimming and about people who swim throughout the year. "I want to do it...I'm going to do it," she told herself.

This past January, when Kama was well again, she placed a post on Facebook to introduce Coastal Dippers. There was an immediate positive response and 30 people signed up right away. Sue had been thinking about doing something like this for a long time. When she saw Kama's post she was one of the first to sign up.

On the first morning of the Coastal Dippers in January Kama was there alone. "I wasn't put off. I loved it. We had to just keep going."

On the second day, Sue was there with Kama. "There was nothing like that exhilaration and boost I got that morning. I just powered through my day. I was hooked."

While there are 105 people who have signed up for the group, usually only a handful show up on any one day. It's an inclusive group, men

and women of all shapes and sizes, ages and abilities. It's a 'community' that is playful in the water and laughs a lot. You wouldn't call what they do actual swimming, thus the group name has "Dippers" as part of it. Regulars are able to see the subtle differences in nature through the year - the changes in light, the course of the river and the banks that build up.

There are no rules for the group, no pressure to come regularly. It's a 'do whatever suits you' philosophy, working around the needs of family or a job. To let others know that you're coming on a particular day, you're encouraged to put a swimming emoji on the facebook page.

They want to increase the numbers who show up at the beach to ensure it continues.

Clearly people are interested. It doesn't take a huge amount of time and it's FREE. Sue combines it with her morning dog walk. We want more people to know about it and come; we want other people to feel as good as we feel after a dip.

Sue says, "I can't overstate the benefits, physical and emotional. I'm always pleased I've done it, and never wish I'd stayed in bed." While our locals rave about the experience, there are actual studies that have documented the benefits:

- It boosts your immune and cardiovascular systems
- It gives you a natural high (activates endorphins)
- It improves your circulation and speeds up your metabolic rate
- It reduces stress; you become calmer and more relaxed
- It's a great way of socialising and making new friends.

The Coastal Dipper schedule is 7.00am Mon - Fri and 8.00am Sat & Sun. They're easy to spot on the sand in front of the Surf Club. You can just show up. A sauna is sometimes available afterwards if the Sauna Project schedule is a match.

**Elayne Kessler**

Check out the fb page The Coastal Dippers or contact Kama 027 769 1101 for queries or information.



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**Puanga Me Matariki:**

A lovely singalong book in Te reo and English.

### FOR ADULTS

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by Lucy Clarke:

An atmospheric thriller set in Norway.

**I Know It's You**

by Susan Lewis:

For fans of thrillers with twists.

**The Wake-Up Call**

by Beth O'Leary:

Feel good, romantic fiction.

**Sanctuary**

by Gary Disher:

His latest novel, Australian crime fiction.

**The Covenant of Water**

by Abraham Verghese:

A huge tome that takes you on quite a journey.

**The Ōākura Library**

## People in our Community

This is the story of a family who moved to Ōākura so their son could attend the Green School and discovered even more of what is great about living here.

Dave Morett and his then wife Lisa were living in Goldens Bridge, NY, a small town about an hour from New York City and home to many rich and well-known celebrities. Their neighbours, for instance, were Ralph Lauren, Chevy Chase and Martha Stewart to name a few. Dave says, "I was living that American way and it had bothered me for many years. What I saw around me was the drive to make more money, have a bigger house and a better car. Each day I took a train 1 1/2 hours to work in New York City and another 1 1/2 hours to get home - three hours allocated just getting to and from work."

When their son Lucas was born in July 2010, Dave wanted to be a full time dad, not a part time dad. As a self-employed financial tax accountant he had the flexibility to move his office closer to home and no longer do that long, daily train commute. "It still distressed me to see how my son's peers at 10 years of age were already being pressured by their parents to be a success by their 20s."

One of Dave's tax clients was Cynthia Hardy who, with her husband John Hardy, started the Green School in Bali around 2006. He had been hearing a lot about it from Cynthia and thought it would be a good school for Lucas.

When Lucas was 4 years old the family went to Bali to visit the Green School. Dave and Lisa's marriage was falling apart around then and they decided it just wasn't a good time for them to make a move to Indonesia. They returned to New York, and remained on the school's mailing list, though gave up the idea of Lucas becoming a student there. Eventually the marriage formally ended, but Dave and Lisa were able to become good friends and to work amicably as co-parents.

In 2019, out of the blue from that old Bali Green School mailing list, Dave received an email that announced the beginnings of a Green School in NZ. He and Lisa immediately had a resurgence of a plan they had given up on. Dave bought three round trip tickets for the three of them to visit NZ in May 2020. We all know what happened then. COVID shut the world down and their trip was cancelled, with airfare held as a credit. During that COVID period Lucas struggled, as did many children, trying to learn while sitting in front of a computer.

When the borders re-opened they got one-way tickets this time and came to NZ sight unseen. Lucas has an international student visa and Dave and Lisa have guardian visas. When they arrived in Auckland December 2022 to start this journey, Lisa had just broken her ankle and was wheelchair bound for several months. They were determined as a family though and persevered. They finally arrived in Ōākura on January 1, 2023, a wonderful way to start a new year.

That was the beginning of transformations for all of us. Dave says, "In contrast to the quiet boy who was just a number in a large school outside of New York City, Lucas is now a strong, well-adjusted 13 year old with a



voice of his own. Much of that change is due to the support he's received from this community and at school. He knows there's a whole team that cares about him in addition to his parents. He has the necessary encouragement to be himself."

Dave has changed also. Since coming to NZ he's had to re-programme old ways of thinking. Letting Lucas walk to a store or play with other kids at a playground without adult supervision might previously have been looked upon as parental negligence. "When I saw all those kids at WOMAD running around having a good time with their friends, I was filled with joy remembering how it was a time long ago in the USA. It's taking me a while to realise how much simpler things are here. I can allow Lucas to be a 13 year old who can walk to the 4 Square for chicken and chips. I'm empowered to let him go and do that."

Dave gets emotional telling their story, showing tears of what he calls gratitude. "We are an immigrant family seeking a better life, and we found it living here in Ōākura with our son thriving.

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Moss and Franklin showing their paper mache kiwi half way through the process.



Pirikahu looking at the kiwi.



Pirikahu and his Dad taking the kiwi to be released.

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kids menu

Seems this edition had a bit in it for every age. Ian Johnson with his wee grandson Remy Johnson, who was 7 months old. "We are Ōākura locals, albeit newbies, enjoying our retirement."

## Kaitake Kindergarten

Kaitake Kindergarten was very lucky to be invited by Te Ara Taiao to attend a kiwi release at Egmont Camp House on the 2nd May. At kindergarten, tamariki and Kaiako have been busy learning about the history and interconnectedness of the environment around the Kaitake Ranges.

The Kindergarten was lucky to have Jane Bowden-Dobson from Te Ara Taiao visit to run a session of learning around the kiwi. This included a game where the children could pick a piece of kai that the kiwi would enjoy, and showing a map of where they live in the Kaitake Ranges.

At kindergarten tamariki have been busy making paper mache kiwi, and then covering them with fabric and feathers. We have a

display of these and a kiwi burrow that the children made at kindergarten.

Unfortunately weather conditions stopped some of us from attending, though some families were very lucky and still got to go to this special occasion with their whānau. The Kingi whānau went and Pirikahu was asked to officially name a kiwi, which he called 'Nukutuku' – this is quite fitting as nuku means to move and tuku to release.

## Disneyland for Firefighters

There's a magical place for Firefighters hidden on the outskirts of Rotorua. FENZ's National Training Centre is a concrete kingdom where any scenario imaginable (and unimaginable) can be set up and set alight. Two of the brigade's crew recently returned from their Station Officers training course that was held at its Disneyland for Firefighters. Senior Firefighters Ross Bennett and Roger Duncan are now Station Officer qualified, giving them added responsibilities for incident ground management.

This was something they got to hone their skills at with 17 scenarios over three days in Rotorua, with anything from simulated train crashes, hazardous substance events, house fires and bulk flammable liquid spills that just also happened to involve a car crash into flaming LPG cylinders next to leaking petrol pumps. Ross and Roger certainly felt tested but came out unscathed.

We look forward to honouring their progression with some shiny new red helmets (without the mouse ears).



Ross Bennett (left) and Roger Duncan (right).

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**Dawn is Coming** Lucky Ōākura to keep its cute little church and have it converted into a Café and Bar! Local Seth and his partner Rosie plan to open soon as a daytime café serving coffee and cabinet food. Evenings will be introduced once they get established, so a couple of nights a week you will be able to get a wine or craft beer and a platter or light snack.

The couple have made every effort to retain the church's original features by shifting a container on site to house the kitchen. Solid wood furniture completes the natural vibe.

**Womens Refuge Fundraiser** Donations of quality pre-loved Men's and Women's clothing can be **dropped at the Ōākura Medical Centre** for this year's Pop-Up Shop fundraiser 11-20 October.

**High Tide** High Tide have extended out to the space next door to include an art gallery where artists can exhibit and hopefully sell their work. The current exhibition is called 'Out of the Blue' by Linda McFetridge and runs until 9th June..pop in and have a look.



**Butlers Reef Donate** It was great to hear that Will and Myken, and the team at Butlers Reef generously donated a pre-packed 'mountain' of bacon and pasta salad to the 'On the House' crew, who fed around 126 households on a Monday afternoon recently. The feedback they got was how good it was to have pre-cooked food to feed those who might be homeless or have no place to cook for themselves. On the House is a community group where volunteers serve surplus food two afternoons a week to anyone who can make good use of it, and thus reduces food waste that would have gone to the landfill.



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## Living out of boxes to save money - six months on.

I'm back with Jessica and Travis, the couple who used to rent a house in Ōākura and decided to go house sitting full time (see story in the November 2023 POST, www.theoakurapost.co.nz ). They said if they were ever to save enough money to buy their own house they would have to stop paying rent. In November they were one month into their house sitting adventure and I said I would check back with them in six months to see how it's going.

Well, it's been six months. How is it going?

We're on our 11th house sit. We started out in Ōākura, have stayed in Ōkato, New Plymouth, and Ōmata and now we're back house sitting in Ōākura. We view house sitting as an interweaving of the needs of people, pets and plants. It brings us joy when it aligns and is mutually beneficial.

Without the pressure of coming up with rent and associated expenses, we are able to take more time off from work and have more fun. We're now out of debt, have paid our taxes, our office has been updated — and we're saving. House sitting is only as lucrative as we are disciplined at putting the money aside for the future.



Finding stuff when you need it can be tricky. Having our possessions in more than one place can sometimes feel scattering. A friend generously loans us a storage shed and that's helpful. We're continually getting used to new houses and animal routines. We have to keep adjusting our own routines to suit the needs of the household. That can be a good thing and it can be a challenge. It shows us that we are adaptable and are able to do that quickly.

Getting attached to the animals and having to leave them can be difficult. We are pleased that people trust us to take care of their pets and plants.

How do you manage the house sitting schedule?

We put everything on an excel sheet to keep it all straight and colour coding our Google calendar helps also.

Typically a message comes in with a homeowner's situation, where they are located, the dates they'll be away, and any animals that will need care. If we're not already booked we see if we can make it work — 'jigsaw jiggle time'. If it's a possibility we meet the people and animals and see the house.

You've gained somewhat of a celebrity status doing this, first the story in The Ōākura Post and then appearing on TV1 Breakfast, 7 Sharp, and in Stuff. How was that?

A woman from the news station found us online and called to see if we wanted to be on TV to talk about our alternative way of living. We've gotten inquiries that we otherwise wouldn't have gotten without the TV exposure. Sometimes people we don't know recognise us. It's a privilege to make something better known that has actually been around a long time, and also to encourage others to try it.

How much longer to you expect to 'live out of boxes to save money'?

We'll do it for as long as it's working for us, when the cons start to outweigh the pros — or until we have saved enough money to buy our own place, whichever comes first.

**Elayne Kessler**



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Ōākura School Disco Divas



Harry, Jude and Seth rock their Disco costumes

# Ōākura School



Kia ora e te whanau, Marley and Bellah here.

## It's been all go since the start of term two at Ōākura School!

The first two weeks have seen us welcome our new principal, Mr. Dave Smith, to our school community, where we held a Powhiri for him and his family. Our kapa haka leaders did a great job and we would like to thank all the adults who supported us!

### Mr. Smith

Mr. Smith has been getting to know our whanau, staff and students. We have asked Mr. Smith a few questions so that we can all get to know him a little better!

#### What do you enjoy at our school?

I enjoy playing with students at morning tea and lunchtime, the staff are so welcoming and kind and I am very pleased with the manners at Ōākura School.

#### Do you enjoy being principal at Ōākura School?

Absolutely, I love seeing growth and progress. I also like to help teachers to be their best selves.

#### What are your plans for the future here in Ōākura School?

Continuing the hard work that has been done here before me, to keep supporting the learning and wellbeing and to make the children feel proud to be at Ōākura School.

#### What do you like about the community?

I love spending time at the beach, I love to do fun activities with my family and friends, I like the nature and the feeling of being part of the community.

#### Have you lived anywhere else?

I am originally from Stratford, England.

#### Where did you teach before coming here?

At St. Joseph's School, which is a great school and I really enjoyed working there!

Thank you Mr. Smith for bringing smiles to faces and answering our questions.

## School disco

The school had a dress up as your favourite movie character themed disco.

The event was hosted at the community hall from 4:30-5:30 and 6:30-7:30. We saw lots of amazing costumes and lots of smiles, everybody was dancing and singing, laughing and jumping. The snacks were yummy and the decorations were amazing. The night was such fun! We had a dance off between classes and the winner was room Tawa.

Thank you to FOOS for organising the disco!



## Spotswood sports

In term 1 and 2 Spotswood School has been sending their amazing sports leaders to our school to run sessions with Years 7 and 8. They coach us in rugby, football, netball and volleyball. We have enjoyed their sessions so much! They are all excellent leaders who we respect and we hope their school is proud of them! Thank you Spotswood!

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## Life lessons every age can learn from.

By Daisy Denton Giles (Year 8)

Each year Ōmata is visited by The Life Education bus. At the start of this term Harold and Megan shared some very valuable life lessons with our class. It might be important to share these tips with the wider community so that everyone can be mindful and make their best decisions.

**1. Practice when it's easy, so that it is easy when it's hard.**

We need to practice for everything in life. Tricky decisions, complicated situations and of course sports. We will be presented with lots of difficult things in life so if we can come up with a plan whilst we are calm that will make it easier when things are stressful.

**2. Ha ki roto, Ha ki waho - Breathe in, Breathe out.**

Breathing calms our brainstem and allows us to make better decisions in stressful situations. If things are tough, we need to breathe in and out and then move forward.

**3. Consider information, influences and consequences.**

To make the best choice, we need to consider all of the information available to us. We need to decide what we let influence us and what the consequences of each decision will be.



## Coming up

June

- 3 King's Birthday
- 4 Teacher Only Day
- 7 NZ Playhouse Y1-6 'The Reluctant Dragon'
- 13 Y5/6 Interschool vs Spotswood
- 20 Puanga Celebration 6:30am
- 27 Y7/8 Interschool volleyball tournament
- 28 Matariki Holiday

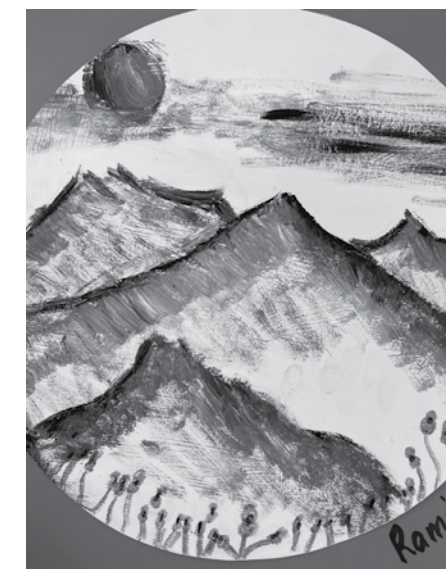
### ANZAC Day

In April each year Ōmata commemorates the ANZAC contribution and remembers the sacrifices made. You may have seen the wreath made by our senior students at the Ōmata war cenotaph as you drove past. Children from Korimako dove deeper into the atmosphere at Gallipoli, creating art and poetry.

### ANZAC

a poem by Jacob Cadle (Year 6)

Anzac Day we listen  
Haunting sounds  
The last post  
Blood-struck poppies  
Moments of silence  
Gunshots  
Soliders die  
We will always remember them



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## Tataraimaka Gymnastics

Come to a group, set up your own or rent the gear for a gym party!

If your children, teenagers or even the adults are looking for a way to spend some energy using your body in a fun, bouncy way, consider joining our gym group.

We are three parents who run a gymnastics group for primary school age children, two sessions per week at the Tataraimaka Hall. The sessions are on Tuesday after school with the first group for age 8-12 year olds at 3.15 pm and 5-7 year olds at 4 pm. A preschool group meets one morning a week, at this stage on Tuesday.

Since starting the group in 2019 we now have more equipment enhancing the fun for children but it is also now suitable for teens and adults to bring out their bounce! Sarah, our super keen coach, is starting a group for adults as we have lots of mums bringing their children, looking jealous and wanting to have a go themselves. We have also talked about setting up a group for teens and would love to hear from anyone who would like to do a Parkour type session and we would welcome any group who would like to set up a session for those starting with the basics.

We have a great bunch of parents helping take the gear out and put it away but are keen to hear from anyone who would like to run a session.

Our group runs on donations and we would really like to see the equipment used more so are also looking at renting it all out for party hire.

If you are interested, please make contact with us via Facebook - Tataraimaka Gymnastics.



Roy Phillips and Marjorie Richards.

## The Ōākura Probus Club

Probus is a group of retired people who come together to provide regular opportunities for members to meet others with similar interests.

The Ōākura Probus Club has been going for 30 years, so on Friday 17th May we all celebrated with a morning tea before our guest speaker arrived. Our beautiful cake was made by New Plymouth New World and was cut by our only original member, Roy Phillips, and our oldest member, Marjorie Richards, who turned 98 on the same day. What an amazing lady she is.

We meet once a month and have some very interesting speakers. We also go on a number of bus trips which the committee arranges, some being mystery trips to add to the fun. We have a mid Christmas luncheon where we go to different venues which are always enjoyed by our members. Also at a Christmas function we have music and caterers at our local hall. Always a fun event!!

Unfortunately we have lost quite a few members of late, however we have also gained some new ones which is great, so we still have a good membership. However if anyone would like to join we would love to welcome you.

**Our President is Brenda Ryan**  
Phone 06 757 3537

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## Stories of Ōmata

AN INSIDE VIEW OF OUR TARANAKI HELICOPTER RESCUE SERVICE. WITH ŌMATA FLAVOUR!

### Calling 111, What Happens Now?

So you've found yourself in a tricky situation or had a medical event that requires time sensitive care. Your first action (other than offering immediate medical assistance of course!) is to call 111.

When that call takes place, you'll be directed through to the appropriate service, based on the description of your call. In the event that you've had a high acuity event, or you've got yourself in a particularly bad spot! (think mountains, valleys, water), then the Taranaki Rescue Helicopter and its crew may be tasked to respond. Your crew comprises a Pilot, Crewman (that's me) and a CCFP (Critical Care Flight Paramedic). All staff are employed on a permanent basis, offering the region (and sometimes beyond) 24/7 capability. Our crew backgrounds vary, but all of us bring a wealth of experience to the role. This enables us to make time critical decisions, whilst ensuring aircraft safety and ensuring we remain patient outcome focussed.

My background stems from my 16 year career in the Royal New Zealand Navy. After leaving Stratford High School as an 18 year old, I was heading straight to join the Defence Force to serve my country and see the world. Upon joining, I initially trained as a hydrographer, mapping out the New Zealand seascapes and providing data to LINZ (Land Information New Zealand). Once trained in that role, I moved to the frigate HMNZS Te Kaha and was in sole charge of maintaining the ships primary navigational charts in good order under the guidance of the then Navigator (who happened to be another New Plymouth local!). Whilst deployed on HMNZS Te Kaha and out exploring the South Pacific and Asia, I developed an interest in the Aircraft operations taking place from the back of the boat. I was immediately drawn to the excitement, the challenge and the autonomy of the role. I thoroughly enjoy working in close-knit teams that are mission focussed, so applied to change trades not too long after that.



After conducting my initial helicopter crewman course on the UH-1H Iroquois at RNZAF No.3 Squadron, I then spent the next 12 years operating on the RNZN Seasprite Helicopters. I took part in multiple overseas deployments, including operations with Singapore, Malaysia, The Royal Navy, Australia, Chile and even the United States Navy at RIMPAC 2012 and 2014. My career in the RNZN was something I'll always look fondly back on, as it has provided me with the skillset and traits to perform my duties on our community helicopter, a place which I am thrilled to have landed at. My husband Alex and I, with our two young daughters, moved to Ōmata in 2022 and happily act as the custodians of a small block of land which we wish to see thrive over the coming years.

Anecdote of a rescue.

One of my first missions in this role was a search for an overdue farmer conducting spraying on a farm located in the hills behind Whanganui. We were activated at circa 0300 to search and locate the overdue farmer, with the high likelihood of a winch extraction due

to the terrain. On entering the search area, fog begun to form and we were forced to remain above it, conducting what we could in terms of a search. Just as we saw the headlights of a vehicle flashing to alert us we'd located the patient, the fog set thicker and forced us to abandon any potential rescue. The farmer had unfortunately rolled his mule ATV on a hairpin turn and ended up on the bottom of the gully floor.

We headed to Whanganui airport for fuel, then returned to Taranaki Base, aware the fog would take some time to clear.

By 0830 the fog had begun to lift, and the farmer now had medical support with him as well as police assistance on scene. We were re-tasked to the rescue and managed a landing in a nook on the hill, not too far from our patient. Due to the location of the patient and his injuries sustained, a stretcher winch was going to be required. After a short period of time getting him packaged and the support teams briefed for the extraction, a 100' stretcher winch was conducted to bring him out of the gully. Once safely onboard the aircraft, the patient was in hospital within 15 minutes flight time. This is a drive that would've been approximately 2 hours for an ambulance and a lot less comfortable for the patient.

If I could offer a piece of advice to anyone that operates autonomously in remote spaces, be it farmers, trappers or adventurers alike, it is to carry a PLB. A Personal Locator Beacon doesn't require cellular coverage and is a small device which can expedite your potential rescue. Carried on your person, it offers you assurance that no matter where you are off the beaten track, you can send for help quickly, potentially saving yours or another person's life.

If you wish to support the work we do on the rescue helicopter, please see [www.taranakirescue.org.nz](http://www.taranakirescue.org.nz) for details.

*Tiffany Yule*



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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 021 169 5863

### 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 - Bootcamp fitness

Mon and Wed 6am. All 1 hour sessions. Ōākura Hall. Graeme 021 536 990

### Indoor Bowls

Enquiries to Marvin Clough 752 7531

### JKA Karate

Jim Hoskin 752 7337

### Justice of the Peace

**Estella, Anne and Lynn**

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 Ōākura Hall. Visit their Facebook page: Mini Groovers - Ōākura.

### Be U Mind Body Spirit - BeYOUnd Physical

class. Exercise for the energy systems. Low impact, for all levels of fitness. Mon & Wed 6.30pm. Thurs 9.30 am. 021 274 8822

### Ōākura Maimoa Club - after school care

Monday to Thursday 3pm to 5.30pm  
Bookings essential through Facebook @oakuramaimoaclub or by text to 022 323 7210

### 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 027 937 7173 or Vincenza 027 739 6574

### 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

### Oakura - 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 & Private sessions available. Contact Simon: 021 122 9525 dekenwaves@gmail.com

### Running for Kids

TempoFit Kids - get fitter and faster and have a blast along the way! Fridays at Corbett Park. 3:25pm 8-11yrs, 4:10pm 11-14yrs. Hayden Shearman 027 483 5942  
tempofit.org/tempofit-kids

### Tennis Club

Coaching for all ages and levels. All other enquiries - Jackie 027 673 2900

**The Coastal Dippers** - Mon-Fri 7.00am, Sat & Sun 8.00am. Turn up in front of the Surf Club for a quick sea dip. Facebook or Kama 027 769 1101

### 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

Tuesday afternoon - Pre-school dance classes at 2:45, ballet for 5+ 3:30 to 4:15. Adult classes, Fridays 10.30am. val@valdeakindance.org.nz  
752 7743 or text 027 694 0933

## Tataraimaka Hall

### 5 Elements Fitness Bootcamps and Kickboxing Fitness classes

Monday to Thursday 5-6 pm, 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 Community Church meeting

At Hempton Hall on Sunday mornings 10.30am - all welcome.  
Contact Nicky 027 497 3764

### Okato and District Historical Society

Meg Cardiff 752 4566

**Okato Lions Club** - Contact Colin Tyler 027 5421853 - Meet at Hempton Hall first Wed of the month.

**Okato Squash Club** - Monday nights from 6.30pm. All welcome. Ladies morning begins Term 2 - Wednesdays 10.00 - 11am. Rachel 020 4092 5243

**Okato St. Paul's** - Sunday Service every 1st and 3rd Sunday of each month, 10.00am

**Mid-week open church** - Pew for You, every 3rd Wednesday of each month, 4.30pm-6.00pm, okatocp@gmail.com

**Te Ruru Market** - crafters, growers and makers. Wednesdays, Hempton Hall, Okato, 4-5:30pm

# TOP Information

## The Ōākura Post

**Editor:** Tracey Lusk

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