

TOM *okato*

APRIL 2011

The Coast celebrates arrival of TSB Bank Sea Rescue

The colours of Cape Egmont Sea Rescue Trust fly proudly at the top of the flagpole.

continued on page 2

editorial



Our hearts go out to all those people affected by the earthquakes in Christchurch in September and February, and now to the people of Japan, who have been faced with an even more devastating catastrophe. The first shake in Christchurch was disastrous enough, but now with lives lost and much of the city in ruins, we are finding it hard to even comprehend the magnitude of the damage and loss. It reminds us that we are so vulnerable when it comes to the forces of nature and their unpredictability.

Milly's cousin was fortunate to survive the tragedy but she now lives her life in psychological turmoil, as she has lost friends and almost all of her possessions, and she has seen and experienced sights that most of us can't even begin to imagine.

As a nation, New Zealanders are good at getting behind each other to offer support, and we have witnessed this through the TV coverage, which has shown the tremendous response from the nation. We have also been humbled by the international relief that has been given, as we are usually the ones delivering aid.

These recent natural disasters cement the necessity for us to be prepared, and to have our survival kits fully stocked. An article on the following pages informs you about how to be equipped in case disaster strikes you.

Milly & Kerry

cover story TSB Bank Sea Rescue

It was a great day at the Cape on Friday, 10 March as the TSB Bank Sea Rescue was officially blessed and christened. About 250 people were there to celebrate the climax of the three and a half years' hard work that got the serious rescue vessel, which will serve our coastal waters, up and running.

Four flags flew above the imposing black and yellow boat parked adjacent to Cape Egmont Boat Club — the New Zealand Ensign, the New Zealand Red Ensign (New Zealand's maritime flag), the Cape Egmont Boat Club colours and, flying for the first time, the colours of the Cape Egmont Sea Rescue Trust.

Dignitaries, members of the Cape Egmont Sea Rescue Trust and Cape Egmont Boat Club, and invited guests mingled and enjoyed drinks and nibbles prior to a series of speeches. Those were given by Cape Egmont Sea Rescue Trust Chairman, Frank (Frog) Goodin, representatives from the major sponsor TSB Bank, the energy partners (AWE, OMV and Origin) and other dignitaries.

"This is not only a day for the people of Cape Egmont to be proud of, but also a day for all Taranaki to be proud of," said Frog. He adds that without the generosity of the many sponsors and the support of the people of our region, the project would not have been possible.

The speeches were followed by blessings by Reverend Albie Martin and Father Garty. Then, requesting "sailors of old and God to accept her name, help her through her passages, and allow her crew to return safely from all training and rescue calls" Shirley Goodin poured champagne over the vessel's bow and named her TSB Bank Sea Rescue. A barbeque lunch followed and everyone had an opportunity to look over the boat.

Over the weekend, Taranaki Coastguard allowed TSB Bank Sea Rescue the use of the port facility, which enabled about 130 sponsors, friends and members of the public to view the vessel and to go for rides.

Story and picture by Kerry Lilley

TOM dates to remember for May issue
Copy and ads - 22 April
Distribution - 9 May

TOM
OKATO

TOM-OKATO is a free, monthly publication, delivered on the second Wednesday of the month to all homes and post-boxes from Timaru Road to Bayly Road.

THE TEAM

Co-ordinator/Features: Kim Ferens 06 751 1519
kim@thetom.co.nz

Advertising: Kim Ferens 06 751 1519
kim@thetom.co.nz

Writers: Milly Carr 06 752 4425
Kerry Lilley 06 752 4350

Proof reader: Maryanne Rossiter Bennett

Graphics: Ron Stratford
origin@xtra.co.nz

The TOM Group Ltd, 22 Sutton Rd, RD4, New Plymouth
email: *kim@thetom.co.nz*

Phone: 0800 THE TOM www.thetom.co.nz

Points of view expressed in contributed articles are not necessarily the views of TOM

TOPPRINT
DESIGN | PRINT | BIND



18 Saltash Street | New Plymouth
P (06) 753 3497 | E sales@nakiprint.co.nz
www.nakiprint.co.nz

Printers for the TOM Group Publications

Seed Organics: legumes/pulses

Legumes and pulses are more commonly known as beans, peas or lentils. Beans are number two on the list of world food. Traditional societies have used bean and grain dishes for centuries. They are low in fat, high in protein, fibre and carbohydrates, and are a rich source of potassium, calcium, iron and several B vitamins. Sprouted legumes are an excellent source of vitamin C and enzymes. Legumes can be stored for years.

Some people have difficulty digesting legumes. We can improve digestibility by soaking in water for 12 hours or overnight, in 4 parts water to 1 part legume, as a general rule before cooking. Adding a small amount of vinegar during the last half hour can prevent problems with gas. Cook legumes with fennel and cumin and add salt, miso or tamari near the end of cooking.

Adzuki beans, lentils, mung beans and peas digest most easily.

Seed Organics has a range of legumes and pulses and a fantastic wholefoods handbook for sale packed full of recipe ideas and the health benefits of the humble bean and other wholefoods. Only \$10.

Art House

Along with our usual schedule packed with great Arthouse movies, this month we bring you some special events! Read on for more from the Met Opera Series, National Theatre Live and our new School Holiday Movie Programme (gold coin donation!).

Arthouse Cinema and Seasons/Cheapskates are amped to bring you the 2nd Taranaki Surf Film Festival, 22 April–1 May 2011. The Festival includes all the latest award-winning surf movies:

Destination 3 Degrees

In April 2010, Jenny Kalmbach and Morgan Hoesterey, two of the world's elite female stand-up paddleboarders, made their way across each of Hawaii's legendary channels, setting competition aside to chase the ultimate prize: ocean adventure.

Melali: The Drifter Sessions

Filmed across the enormous Indonesian chain of islands, Melali features Rob Machado, one of the most skilled and stylish wave riders of our time.

Castles in the Sky

A visual whirlwind that follows surfers to the outer reaches of the known surf world and beyond. This is a completely new approach to surf filmmaking. Filmed in five countries over three years, the movie delves into the true heart of the locations while the surfers travel through them with open-minded awe.

School Holidays Environmental Movies

Arthouse Cinema is hosting a School Holidays Movie Programme for a gold coin donation only! These special sessions are Mondays, Wednesdays and Fridays at 10am. We want the best of the environmental films we have screened to be available to children, and so we have sourced *Last Paradise*, *The Age of Stupid*, *Nature Propelled*, *Oceans*, and *Queen of the Sun* for you. Each of these films is appropriate for thinking children of all ages, and we encourage you to book with francois@arthousecinema.co.nz or call 06-757 3650 to guarantee your child a seat.

PET essentials

For pets and all your petcare needs

- BIRDS • FISH • PUPPIES • KITTENS, etc
- FRESH MEATS • PET ROLLS
- BIRD SEEDS • PREMIUM FOODS
- ALL ACCESSORIES

The Richmond Centre,
Egmont St New Plymouth
Ph 06-7590190

OPEN 7 DAYS - FREE PARKING

'Its Where Your Pets Would Shop'

Shop with us - it pays!

HANDY FOR COASTAL SHOPPERS

Order your roses now for June delivery -

- ★ *New releases*
- ★ *New varieties*

Call in and view our availability list

garden centre
Cor Mangorei & Junction Roads
New Plymouth

Ph 758 8831

Anne and Mo Donald's English adventure

For the next few issues, we will follow the adventures of Anne and Mo Donald, who are currently in England on a home swap that also involves huge working and lifestyle changes. Used to being Taranaki dairy farm owner-operators they have, for the moment, become live-in caretaker employees on an English farm estate, whose 270 acres equate to a lifestyle block. In an e-mail sent before Christmas, Anne describes their new surroundings and outlines their responsibilities.

"We live at Rofford Manor Cottage in Little Milton, about 30 minutes from Oxford. Rofford Estate is 270 acres and consists of a small farm, where the owners raise stock — sheep, pigs, pheasants and beef — for their restaurants. They used to own a chain of restaurants called "Browns" but they sold them all in later years. Now they have two hotels and three restaurants in Oxford. The Mogfords bought the property in 1983 and have been renovating, planting, building and re-creating ever since.

The estate is divided by a road. On one side there is the house for the Farm Manager and two flats, one for the Garden Assistant called William, and the other built for a previous housekeeper for when she comes to visit!! There are also the farm buildings for the housed animals, etc. On the other side of the road are two very large homes. One, officially named Rofford Hall but unofficially called "The Hall", has six bedrooms with ensuites, formal dining room and lounge, family room, and large kitchen. Plus a games room/party room on the third storey. Outside is a swimming pool (heated in summer), tennis court and beautiful formal gardens. Visitors stay here... mostly the son and daughter and their friends at weekends. This place I clean and look after in the afternoons. Sometimes, it can be up to 15 hours a week.

The other large home, Rofford Manor is generally referred to as "The Manor" and is where the Mogfords live. This has seven bedrooms, six en suites, library, formal lounge, office, family room, lovely big kitchen and dining area. Outside are formal gardens, swimming pool (heated in summer), Astroturf tennis court and what they call "The Barn", which used to be the barn many years ago, but is now the formal entertainment room, with catering kitchen and office upstairs. The Manor, the Barn, storage area, gardeners' shed and our cottage create a U-shape around a courtyard. Behind the gardeners' sheds are the formal, very large vege gardens (about the size of a tennis court). All plants are grown from seeds in the glasshouses here and at the head gardener's place (which was also built for him to live on the property). In the outer areas is the orchard, which leads on to the two lakes and many walkways that lead you through lots of trees, many of which are now established enough to have grown together over the grassy paths, providing an avenue effect. In the summer, these paths are all mown. In the winter, the trees are a mix of the last autumn colour and white from frost and/or snow. Beautiful!!! I fell in love with the place as soon as I saw it! In fact every corner you turn, you can soak it up and enjoy. Mo, being the caretaker, does all the odd jobs outside. Cleans the vehicles, delivers meat and wood to the hotels and restaurants, gets wood into the homes here. One fireplace is so big, the wood is stacked on each side of the fire and you can stand up in it easily. Other wood is stacked behind a wall panel and hence a hidden cavity. He sets all the fireplaces in the two big homes — four in The Manor



The avenue of trees.



JSL

Juffermans Surveyors Ltd

- » Site Surveys
- » Subdivisions
- » Resource Consents
- » Boundary Locations
- » Easements

Listen out for
"Music Without Frontiers"
on 100.4FM – The Most.
Sunday mornings
from 10am

t » 06 759 0904

e » info@juffermans.co.nz

and three at The Hall plus two in The Barn. He walks the dogs — two black Labradors, named Hugo and Hector — and this allows us to walk around the estate. He also has to chauffeur Mrs Mogford, and family members, in an up-market, Renault people mover or the latest GTi Golf, which are both very nice. He has used his practical skills and has done some panel beating on the work van, poured concrete for the head gardener, fixed up spouting where vines have grown through them, and a leaking pipe behind the kitchen units. He helps me sometimes at The Hall and has become a dab hand at making beds... professionally.

My job is more boring... just housework to an extremely high standard. How I wish my place was like this all the time. Monday to Friday at The Manor in the mornings and The Hall in the afternoons. Luckily all sheets, including ours, are sent to the laundromat and are washed and pressed and delivered back. The window cleaners come every six weeks and do inside and out of the Manor, the Hall, the Barn and our place. Lucky!!! All other jobs are mine. My job hours have doubled to what I first understood, but am paid extra so that is a big plus.

I miss my girls, family and friends, tennis on a Monday, lunches out and other social get-togethers that I thrived on back home. All the same, I am very content here. We are treated so well by our employers, who are very down to earth people, very nice and polite and so, so trusting of us here who work on the estate! The cottage has two and a half bedrooms (the half being in the attic area but with a bed!), two en suites and three toilets!! All furniture and appliances, etc. are here and we do not want or need anything. How lucky are we!!! And with the snow today and the lower temperatures of the past two weeks — minus seven to five degrees — we are very lucky to have a centrally heated home without having to pay for it. We still pinch ourselves to think we are actually here and so lucky to be in such a great job."

Look out for more of Anne and Mo's adventures in TOM's May edition.



Picture perfect: Hugo and Hector enjoy a roaring fire.



Winter time on the estate.

Opunake Butchery Limited

Taking Bookings for Farm Kill Services - Taranaki Wide

WE SLAUGHTER AND PROCESS

- BEEF - PIGS - SHEEP
- Wild Game
- Approved by M.A.F.
- Offal Removal
- No Mileage Fees
- Clean, Efficient, Professional
- Best Sausages on the Coast
- Beef hung at least 7 days
- Old Fashioned Bacon/Hams

Opunake Butchery Limited

WE AIM TO MEAT YOUR NEEDS

Talk to Haines or Nikki

Phone: 06 761 8115
A/Hours: 027 333 5312

85 Tasman Street, Opunake

Don't suffer from PC rage!

Call

Dave's PC Services

David Skurr

752 1344

Mobile 0275 268 193

davespcservices@xtra.co.nz

HD Hareb Deken Motors IMVDA LMVD

Taranaki's 4 WHEEL DRIVE CENTRE

331 St Aubyn Street New Plymouth Ph/Fax 06 759 9957
Email harebdeken@clear.net.nz www.harebdekenmotors.co.nz

A/Hours Mike Hareb: 06 752 7697
Ton Deken: 06 752 7405 John Kurta: 06 758 1872

Top Print – from Concept to Creation



TOM readers may or may not be familiar with Top Print – printers of the TOM magazine among many other publications. This month we take a tour of the factory floor at our TOM printer.

Top Print is owned and operated by Dwayne and Natalie Avery. They are

extraordinarily proud of the fact that they work in and own the business. As Natalie puts it – “customers deal directly with the people who own the business so we therefore have a vested interest in making sure every job that goes out the door is of a high standard. Our customers become friends she goes on to say, and that is how we like it.”

Ink is in the blood it seems. Dwayne is the fifth generation involved in the printing trade. The printing history goes way back to great, great, great grand dad Thomas of Thomas Avery & Sons Printing business and also Avery’s Bookshop in New Plymouth 130 years ago. As a teenager Dwayne often ‘wagged’ school to work in the printing factory with his Dad. His school attendance was so bad one teacher

remarked that “you will get nowhere in life Mr Avery!” Now Dwayne has proved him wrong by owning and running his own business – no easy feat in this economic environment.

Natalie is a much newer convert to printing, having previously worked in animal welfare as an SPCA inspector. A career move to the printing industry proved invaluable and soon romance blossomed between the budding print machinist and the administration manager - the rest as they say is history.

In 2007 Dwayne and Natalie brought Top Print from Perry Squire. Top Print began business in 1996 as a mainly offset printing business and Dwayne and Natalie have grown and expanded the range of services and options available to their customers since taking over.

Top Print can be summarised in three words: design, print and bind.

Natalie takes care of the design or concept phase of the process. Artwork and graphics can be vague ideas which Natalie will formulate for her clients into whatever



Natalie in control of the digital production.



Dwayne operating one of his beloved Heidelbergs (“a real printing machine”). This is where TOM’s black and white pages get printed.

their needs are, for example business cards, brochures, magazines or flyers. Natalie has the expertise in operating the update software to take a mere idea or concept through to completion. Once the design stage is completed Dwayne and Natalie will work out the best print option for the job.

Offset printing is Dwayne’s domain and he is a master operator of his various (eight to be precise) German printing machines. Dwayne admits his machines are ugly and noisy but they are reliable and they do produce consistently high quality prints endlessly. Offset printing was developed in the 1870’s and is a process of transferring an ‘inked’ image from a template to the print material (paper). This template can be used many times making offset printing a very reliable and cost effective printing method most ideally suited to larger print runs.

Digital printing has only been around since the early 1990’s but has really revolutionised the printing industry. Digital printing is the process of reproducing an image or text onto a surface (paper or card) but without the ink being absorbed into the surface like offset printing, rather forming a layer on the surface. The finished product is of high quality, is fast to produce and these days, very cost effective. Digital Print is mainly suited to small to medium sized print runs or if a client requires fast turnaround. Taking pride of place in the Top Print factory is the newly installed Fuji Xerox 700 digital press and this is Natalie’s domain. An oversized photocopier is what Dwayne likes to call it (once an offset printer, always an offset printer) though he is the first to admit the quality that comes off the machine is second to none. Natalie believes “he’s just upset because I’ve now taken over half his factory with my digital equipment” she laughs as she says she often catches Dwayne ‘checking out’

**Quality is
second to none**



The Fuji Xerox 700. This is the “oversized photocopier” that takes care of TOM’s colour pages and Directory.



Gloria at the collating machine . . .

what's coming off the digital machine and is usually told in no uncertain terms to stop being nosey and get back to his side of the building and concentrate on his own work!!

These two processes, design and print would be nothing without expertise finishing and this is where the 'bind' comes in. Gloria (aka Dwayne's Mum) is the head of the bindery department. Gloria started 'helping out' on the odd occasion becoming such a regular she was soon employed on a part time basis, which has been a great help allowing Natalie time to concentrate on moving forward with the design & digital print process.

Under Gloria's watchful eye the printed work gets sliced, diced and put together to form the finished product.

There's a large programmable guillotine (for chopping things up) and folding machine – capable of folding up to 18000 sheets per hour, collators, booklet makers, stitchers, staplers, a commercial laminator (the comparison to a pouch laminator is worlds apart) wire binding and cloth taping machines. Heading back into Dwaynes domain are letterpress machines capable of die cutting shapes out of the printed material such as presentation folders or business cards with perfectly rounded corners.

Top Print has the capability to print any job big or small from personalised invoice books with logos and special requirements, letterheads, business cards, newsletters, booklets, promotional material, calendars etc.

Dwayne and Natalie are loyal Taranaki supporters who keep their entire work load local unlike some businesses who farm out jobs to other areas so when you support Top



A wide range of quality products produced by the team at Top Print.



. . . and again at the folder (multi-tasking?).

Print you are supporting a local business that cares about the local environment.

When you visit Top Print at the end of the quiet cul de sac of Saltash St you will also encounter another of the Avery's passions – animals (hardly surprising since Natalie was once a SPCA inspector).

You will be greeted at the door by a little scamp called Scruff, a Bishon x Shitzu who will lick you to death. Next you will be distracted by Grumble the gorgeous Alexandrian parrot and possibly even a menagerie of baby or teenage birds in various stages of their development. Dwayne and Natalie definitely believe in 'bring a pet to work day' – every day. Natalie says they have 30 'odd' birds at home, we're the Avery's Avairies, then there's the dog, a rabbit, a guinea pig, two cats and some fish – "I love me birds!" Dwayne says and they love them. Son Caleb rates up there too, he is starting school shortly so won't be helping out in the factory as often. It is wonderful that Natalie and Dwayne bring their passion to work and their work is their passion so it truly does feel like you are one of their friends when you pop in and from my personal experience I have never found that any job is ever a bother or too big or too small or I am too cheeky – they just get cheeky back!

By Kim Ferens

Then there's the menagerie!



After all the hard work, happy TOM editor, Kim Ferens piles the TOMs into her car to take to the distributors.





Okato Veterinary Clinic 752 4335

Fleas

This year is an especially bad year for fleas, resulting in almost daily discussions with clients, often concerned that the flea control products they are using are not working. This is extremely unlikely if you are using proven products such as Frontline or Advocate.

To understand apparent breakdowns in flea control it is important to understand the flea lifecycle — a topic too complex to cover fully in this short space but some points to note are:

- The adult fleas you see on your cats and dogs are only 5% of the flea population — the rest are in the environment waiting for the host to pass by.
- ALL cats and dogs on your property need to be treated ALL YEAR ROUND to help prevent environmental build-ups.
- When pets go out of your house it is possible for them to pick up fleas in the environment — if a suitable flea product has been used these fleas will die after being on the pet for a short time and any eggs laid by these fleas will not be able to hatch.

If you have been using a product for flea control and are having issues with fleas on your pet, feel free to come and talk to one of the staff members at Okato Veterinary Clinic.

Okato Earthworks Ltd

20 TONNE DIGGER

available for

Agricultural Earthworks
and Drainage

Phone Steve 0274 524 022

A/h 06 752 4284

Okato Yoga Classes



*Comprehensive classical yoga
from beginners through to more
experienced, all ages and
conditions*

Venue: **Hempton Hall**
opp Four Square, Okato

Date: **Every Tuesday**

Time: **5.15pm - 6.45pm**

\$10 per class (10% discount for block bookings)

Phone: Janice 022 018 9268

or email: janicecarruthers@gmail.com



Exceptional service when you need it most

Phone 759 0912 at anytime

- Member FDANZ gives you added assurance
- Modern chapel with adjacent catering lounge
- Prearranged funeral plans at no charge

Exceptional service... when you need it most

At Vospers, we show we care by attending to every little detail to make the service everything you'd like it to be. And we don't stop caring when the funeral is over, because at Vospers, nothing is too much trouble.

Vospers funeral directors Bruce Hanrahan (Manager), Kirsty Mehrrens & Andrew King.



257 Devon St East, New Plymouth | www.vospers.co.nz

YOUR LOCAL ELECTRICIAN



ALEX RODGER - REGISTERED ELECTRICIAN

ph : (06) 752 4494 or 027 524 4004

Oakura, Okato and Omata Property Specialist



Nicki Procter

M: 027 276 2613

a/h: 752 7960

bus: 759 8084

e: nicki.p@remax.net.nz

RE/MAX

Team Realty GVM Ltd
Licensed Real Estate Agent (REAA 2008)

EACH OFFICE INDEPENDENTLY OWNED AND OPERATED



Whale stranding at Stent Road

On Saturday 26 February, a pilot whale beached at the end of Stent Road, just north of the Waiweranui Stream. About 50 people worked to save it, but large swells and its location above the high tide mark on a steep, rocky beach meant Department of Conservation (DOC) staff had no choice but to euthanase the animal.

Bryan Williams, who as Marine Supervisor for DOC Taranaki, has had over 20 years' experience dealing with marine mammals, said that the five-metre, long-finned pilot whale was only the second live whale known to have been washed ashore in Taranaki over the past 22 years. "This whale would have come in on the high tide at around 5 o'clock on Saturday morning, and it was found by beachgoers at 1.30pm. They all did a great job keeping him comfortable with wet towels and relaying buckets of water to pour over him," Bryan said.

The situation was assessed during the afternoon and the decision to euthanase was made in consultation with several marine mammal experts, including Anton van Helden, Collection Manager of Marine Mammals at Te Papa, and the local hapu, Nga Mahanga-a-Tairi. At 5pm — 12 hours after the stranding — hapu member Sue Taingahue recited a karakia prior to the euthanasia. Should they so choose, Nga Mahanga-a-Tairi will be able to access cultural materials, such as bones and teeth, at a later date. Pilot whales can weigh 3.5 tonnes and their sheer weight, even when beached on flat sand, can result in serious internal injuries. "This approximately 3 tonne animal had been washed onto large boulders and then been tumbled round quite a bit, so would certainly have had significant injuries," said Callum Lilley, Marine Ranger/Technical Support for DOC.

In addition, possibilities for re-floating the animal had been ruled out. According to Callum, returning the whale to the water from the rocks with a 2–3m swell pounding in would have been difficult and dangerous, and would inevitably have caused the whale further injuries. Once back in the water, he would have needed to be held and rocked gently for half an hour to allow him to re-orientate, exposing him to additional injuries and his helpers to injuries or even drowning.

Pilot whales normally travel in groups. Group strandings are common and are thought to be due to navigational errors. Individuals who are stranded are often sick or suffering from pre-existing injuries. When the whale was lifted for burial soon after it died, it became evident that he was very thin.

"It was extremely upsetting for everyone there who had done their very best to save him," said Bryan Williams.

What to do if you find a beached whale:

Beached whales often die due to dehydration, collapse of the body under its own weight, or drowning when high tide covers the blowhole. You won't be able to change its location, but you should keep the creature wet, protect it from the sun and avoid getting water in its blowhole. Contact DOC as soon as possible. Their personnel will contact the local hapu/iwi. DOC has responsibility for marine mammals, maintains a Marine Mammal Stranding Contingency Plan that covers the range of stranding scenarios, and has the expertise and expert contacts to help assess and manage these situations.

Story by Kerry Lilley



Members of the local community rally round to help the whale. Photo by Callum Lilley.

WINTER ESSENTIALS

We stock an arsenal of high quality, natural products from **Good Health**, to provide

immune support and help you fight those winter ills and chills, specially formulated for adults and children.

Have a chat to us and we will recommend the correct product for you and your needs.



Congest x™
Natural congestion support. A blend of key herbs and nutrients to soothe and clear respiratory passages and support the body's natural response to seasonal allergies.



Echimax™
Chewable immune support containing a combination of key ingredients for optimal winter wellness. Ideal for both adults and children.



Viralex® chews
Children's winter wellness. Yummy tropical flavour with no artificial sweeteners or colours. Support for children's immunity.



Oakura Pharmacy

Ph 752 7557 1132 Surf Highway 45, Oakura
Fax: 752 7561 Philip Robertson (B.Pharm)

@ Oakura Village Pharmacy where your well being is our priority

How prepared are you?

Would you know how to "get thru" if a natural disaster was upon us?

Being prepared is the key ingredient when it comes to surviving one of the many catastrophes that seem to be very prevalent at the moment. The fact that we live under a dormant volcano with earthquakes a constant threat should give us all cause for concern about how we would cope if essential infrastructure were destroyed.

With this in mind, it is worthwhile checking out the Civil Defence website, which informs us about what we need to do if we are faced with a disaster. "Get Ready Get Thru" is the focus of this programme. Being ready means lessening the loss of life and property by identifying potential risks (both natural and man-made) and having a plan in place for how you will deal with them well before it happens. Be prepared for disasters, and know how to look after yourself and your loved ones in the immediate aftermath of a disaster. Are you able to cope for up to 3 days or more until help arrives? This will reduce the impact that a disaster has on life and property and recovery will be quicker.

There is an emergency checklist we should all have in our homes. The essential items are listed on the Civil Defence website as:

Emergency Survival Items

- Torch with spare batteries
- Radio with spare batteries
(check all batteries every 3 months)
- First aid kit and essential medicines
- Blankets or sleeping bags
- Pet supplies
- Emergency toilet and toilet paper
- Wind and water proof clothing
- Large rubbish bags
- Sun hats
- Strong outdoor shoes
- Face and dust masks
- Food and Water for 3+ Days
- Non-perishable food (canned or dried)
- Food, formula, drinks for babies and small children
- Water for drinking (at least 3 litres per person, per day)
- Water for washing and cooking
- A primus or gas barbeque for cooking
- A can opener

Consider stocking a 2-week supply of food and water for prolonged emergencies such as a pandemic.

Check and replace food and water every 12 months.



Coast ELECTRICAL

Mobile: 027 27 27 017
Ph/Fax: (06) 752 7730
tirimoanaokura@yahoo.co.uk

Glen McDonald
REGISTERED ELECTRICIAN

How To Store Water: Wash bottles thoroughly in hot water. Fill each bottle with tap water until it overflows. Add five drops of household bleach per litre of water (or half a teaspoon per 10 litres).

Store in a cool dark place and replace the water every 12 months.

Getaway Kits

Everyone in the house should have a packed getaway kit in an easily accessible place, which includes:

- Torch and radio with spare batteries
- Hearing aids and spare batteries
- Glasses or mobility aids
- Emergency water
- Food rations (easy to carry)
- Extra supplies of special dietary items
- First aid kit and essential medicines
- Formula, food, nappies for infants or young children
- Change of clothes (wind/waterproof clothing and strong outdoor shoes)
- Toiletries (towel, soap, toothbrush, sanitary items, toilet paper)
- Blankets or sleeping bags
- Face and dust masks
- Pet supplies

Important documents: Identification (birth and marriage certificates, drivers licences, passports); financial (insurance policies, mortgage documents); precious family photos.

If We Have to Evacuate We Will:

- Take our Getaway Kit
- Turn off electricity and water
- Turn off gas only if we suspect a leak or if asked to do so by the authorities
- Take our pets with us

With these basic preparations you will give you and your family a better chance to cope if the unthinkable occurs. The old adage "An ounce of prevention is worth a pound of cure" fits the bill nicely.

Information retrieved from www.civildefence.govt.nz

By Milly Carr

TOM Baby

Luca Ellison-Bowers

Congratulations to Laura and Tom on the birth of their baby son, Luca Jack Ellison-Bowers, born on 7 January 2011. Pictured here at just three weeks old, I loved all the little facial expressions he made — I could have watched him for hours! Congratulations, he is absolutely gorgeous.

by Rosie Moyes



Okato Playcentre

Remember that extremely wet weekend in March? Unfortunately, that was the weekend of our Playcentre camping trip to Mimi Beach. It was absolutely bucketing down on the Friday morning and several texts later our numbers for the trip had halved. Luckily, this meant the remaining few were all able to squeeze into the rustic old beach bach there. The ongoing rain saw to it that not a single tent made it out of our car boots over the whole weekend.

And so, it turned from a camping trip into a beach bach holiday! The kids still got to use their sleeping bags, and they discovered bunks are fun to dive off. Being resourceful Playcentre mums, we had packed a few toys, games and books in case of rain. One mum got ribbed for lugging a large load of ingredients for making playdough into the bach, but later on was quite highly regarded for her ingenious idea (good one, Rachel, no wonder you're the President). Playdough really does keep lots of kids busy for a long time! A couple of portable DVD players for the kids, and some flash coffee for the parents also helped us survive the long hours cooped indoors.

Thankfully the rain let up each afternoon and we got to hit the beach for some real fun. A lack of sunshine didn't bother the hardy Coastal kids. They stuck their togs on and swam in the cold stream and jumped in the waves. We made dams, sandcastles and driftwood huts. Of course, no camping trip is complete without several BBQ meals, and some toasted marshmallows. The whole weekend was a truly fantastic experience for the kids, who loved spending so much time with their mates and having their parents just chilling out and playing with them.

The Extending Summer Holidays theme continues at Playcentre. We have juiced summer fruit and turned some into iceblocks. We erected a tent on the lawn to play camping — lots of fun filling it with squabs and blankets and pretending to snore! We have had a picnic and a bush walk followed by a swim at Okato Pool. The kids have made a massive beach collage with our beachcombing treasure — stepping in paint and making 'sand footprints' was a highlight of this.

Summer athletics activities are next on our plan. We will then wind up our term doing some autumn gardening with our in-house expert, Jocelyn, who has some good tips for keeping pukekos out of your vege garden.

Come and join us for the last of the summer fun. We have play sessions for 0-6 year olds from 9.30am to 12.30pm on Tuesdays and Thursdays during the school term. Just pop on in. Call Kerry on 06-752 8095 with enquiries.



Kahn makes 'sand footprints' with painted feet.



Chloe helps juice the fruit.



Toby & Miley practice being under canvas.



Finn loves doing a bit of carpentry.



Making a beach collage.



Ph/Fax (06) 752 4432

Steve Gibson Mobile 0274 752 006
Gibbo Mobile 0272 451 052




TRUCKS / BULLDOZERS / DIGGERS AVAILABLE
GENERAL EARTHMOVING & DRAINAGE

TOM CLASSIFIEDS

HOLISTIC COUNSELLING & THERAPY

GENERAL life issues, including anxiety, depression, emotional issues, illness. Safe, confidential, effective. Meegan Care Dip. Psychosynthesis Counselling.
Further information contact Meegan, info@meegancare.co.nz, phone 752 4826, www.meegancare.co.nz

TO LET

VERY nice 2 bedroom house in Warea. 5 mins south of Okato. Infinity gas, fully fenced, pets welcome. \$250 p/week. Ph 06 752 8282 or 027 373 5089.

YOGA IN OKATO

44A Carthew St,
Mon: 9am
10.30am, &
7pm-8.30pm.
Tues & Wed:
9am-10.30am, &
7pm-8.30pm.
Thurs: 7pm-
8.30pm. Sat:
9am-10.30pm;
Phone Darren on
029 427 2627.
Beginners
welcome.

Get fit, tone & lose the flab!



"Dance Fitness that works!!"
Groove with us!
Live class with caring instructor and supportive participants!

Okato in June!!! register now

Oakura Town Hall
Weds 9.30am (1hr)

Opunake Sandfords Event Centre
Thurs 7.30pm (1hr)

5 or 10 Zumba classes: \$45 or \$80

Get fit & happy today! Call Rosalina: 759 1739

CHRISTIAN SERVICES

Do you
sometimes wonder
what the purpose of life is?

In this world that's changing so rapidly,
the Word of God IS something secure & everlasting.

We welcome you to a series of 1 hour gospel meetings in which we share from the Bible the good news that Jesus lived & taught.

**Oakura Hall
Wednesdays 7:30 pm**

**Devon Int. School Hall
(Devon St West)**

Sundays 7:00 pm

ALL WELCOME

Need a ride? Call for a visit?
Phone 021 210 5099

Conducted by: Tim Hamilton & Eldon Donaldson

okato clubs & groups

Bellydance Group Okato - St Lukes Church Hall,
Tuesdays 7pm to 8pm. Contact Rosalina 06 759 1739.

Care and Craft

Get together Thursday fortnight at St Luke's lounge. 10.30am - 2.30pm. Contact Thea Fisher 752 4290.

Coastal Garden Circle

Meet every third Monday of the month. Contact Rae Hooker 752 4086.

Highway 45 Craft

Meet weekly on Monday mornings 10am - 12noon at members' houses. Contact Iris Putt 752 4182.

Historical Society

Meets quarterly in the Community Trust Hall. Contact Iris Putt 752 4182.

JKA Karate, Okato

Monday and Wednesday 6pm - 7.30pm in Coastal Taranaki School Gymnasium. Contact Nicci 752 4529 or 027 259 6223.

Kaitake Community Board

Teresa Goodin, ph 7528186 or teresagoodin@xtra.co.nz

New Zeal Church

Service 10.30am, Sundays at St Luke's Hall. Contact Angela and Kevin McFetridge 752 4993.

Okato Bowling Club

Club day held every Sunday at 9.30am onwards. President Bruce Peacock 752 4538, Secretary Fiona Liddall 752 4509, Contact women's section Lauren Bright ph 752 4874.

Okato Co-operating Parish Women's Fellowship

Meet bi-monthly, first Wednesday of the month in St Luke's lounge, 1pm. Lorraine Whittle 752 4359. Harvey 752 4568.

Okato Fire Brigade

Weekly. Monday night trainings, 7pm - 9pm. Contact Barry.

Okato Lions

Contact Merv Hooker, ph 752 4086.

Playcentre

Main Road, Okato (over the Stony Bridge). Tuesday and Thursday, 9.30 - 12.30pm. Contact Rachel 752 4463.

Playgroup

St Luke's Hall, Main Road Okato. Wednesday morning, 10am - 12 noon. Contact Julie Moore 752 4277 or Danelle 752 4916.

Plunket

Meet bi-monthly at St Paul's Church Hall. Jaclyn 752 4872.

Pony Club

Contact Carey Brophy, 752 4458.

Probus

Meet every third Friday at the Oakura Golf Club. Contact Margaret Hodges 752 1371.

Squash Club

Monday evening club night. Contact Steve Kelly 027 2333 229.

St Patrick's Church, Okato

Daily mass 8.30am. Saturday evening mass 7pm.
Inquiries to Steak Goodin 752 8160 or Nora Fox 752 4062.

St Paul's Church

10am services. Congregate first and third Sunday of the month. Contact Jan Putt 752 4188.

St Peter's Guild

Meet 4th Friday of each month. Angela Montgomery 752 7738.

Tennis Club

Contact Maree Moffitt 752 8107 or Raewyn Lawn 752 4466.

Tumahu Golf Club

Roly Harvey 752 4314. Sunday: Mens golf day, Tuesday: womens golf day. Every 2nd Wednesday of the month: mixed golf.

Tumahu Rural Women

Meet every second Wednesday of the month, 1pm at alternate members' houses. Contact Joyce Downes 753 4122.

Warea Tennis Club

Contact Jan Brophy 06 763 8666.

Please contact Milly 752 4425 for any additional listings or amendments.