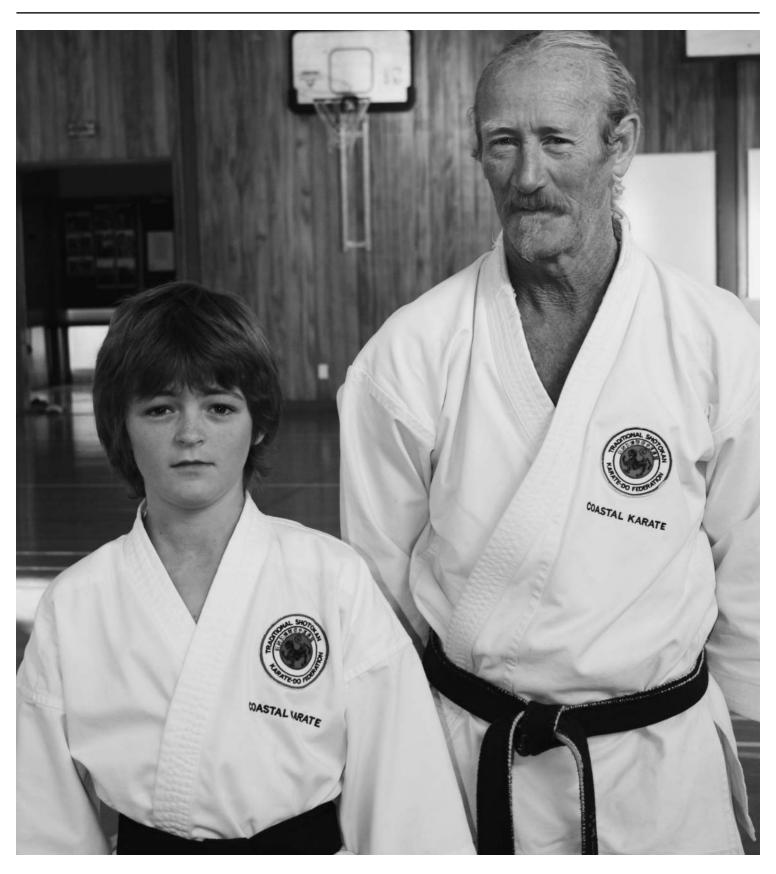
O K A T O

Backing Black

Proud, new black belt, Matt Hooker with Sensei Jim Hoskin.

- story on pages 2 and 3



TAKE ONE MOMENT O K A

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

Kerryn Moffitt 06 752 8095

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

DIT ORIAL \mathbf{E}

Returning to London after service in Europe during the Second World War, one of our local war heroes, George Best, met the eminent and gifted pioneer in plastic and jaw surgery, Sir Archibald McIndoe. Noting that George had a hare lip and cleft palate, Sir Archibald offered him the reconstructive surgery that might have altered the



course of his life. George declined the offer, suggesting that Sir Archibald give his time and skills to someone who needed it more than he did!

On April 25 every year of our lives, ANZAC Day has been celebrated in the cities and villages we have lived in. But as immediate memories of the War Years faded, and the veterans of the Great Wars and the people who had personal associations with them aged and died, turnouts to ceremonies dwindled. For a while, many of us seemed to overlook the selflessness, courage and huge sacrifices that had been made for our country — for us! Happily, there has been a resurgence of interest in celebrating our war heroes over the past few years.

This ANZAC Day let's help remember and honour George and all our local men and women who have been to war by attending the ANZAC Day commemorations. See you there!

Kerry and Milly

TOM dates to remember for May 2012 issue:

Copy and ads -16 April

Distribution from 23 April COVER STORY

Backing Black

Karate first started in Okato in May 2009. This was an extension of Coastal Karate from Oakura, led by Sensei Jim Hoskin.

This year will be a highlight for the Okato Club as it has just seen one of its members gain its first black belt. Tenyear-old Matt Hooker, who originally started in September 2008 in Oakura, has just completed an intensive training programme under Shihan Takahashi from Japan, which helped him reach his goal of black belt in March 2012

TOM speaks to Matt -

TOM: Why did you choose to take up karate and not something more mainstream like rugby or cricket?

Matt: My mum did martial arts when she was young and was chosen to represent New Zealand in Tae Kwon Do in the Olympics. We used to talk about it alot and it sounded



Matt receiving some instruction to improve his kata, from Shihan Takahashi of Japan.



like something I would like to try. Karate looked cool and my friend, Ethan, used to travel to Oakura to train until Mum and Sensei Jim started karate in Okato.

TOM: Isn't karate quite a dangerous sport?

Matt: Not really. More people get injured playing rugby or even just running than they do at karate. We practice a lot of self-control, mental as well as physical.

TOM: How many belts does it take to get to a black belt?

Matt: Beginners are white belt and their first grading takes them to a black tip, then to a yellow belt (which I skipped and double graded to orange). After orange is green, blue, purple, then three brown belt gradings before black belt, which you can only go for after attending an extensive weekend training session with national instructors.

TOM: What is your favourite part of karate training?

Matt: Definitely *kumite!* **TOM:** What is that?

Matt: Well, karate is made up of three parts.

Kihon, which is all the basic moves.

Kata, which is the moves put into sequences.

Kumite, which is controlled fighting using the basic moves we have learned.

We train for ages before we are allowed to spar with someone else. We learn defence moves as well as how to attack. We wear full protection and practice on pads before we can try our technique on each other. It's heaps of fun, but it's also quite hard work. We sweat a lot!

TOM: How did you feel before your black belt grading?

Matt: Confident and nervous. But I knew I would do well because we are trained properly. Our Sensei won't let us attempt a grading if he doesn't think we are good enough.

TOM: How did you feel after you had passed and had attained your black belt?

Matt: I felt very proud of myself. I wanted my Sensei to feel proud of me too. And I know my mum is!

TOM: What are some of your achievements so far?

Matt: In 2008 I got the trophy for Most Improved Junior at Coastal Karate Okato. In 2009 I gained second place in the Southern Regional Champs in Wanganui in both kata and kumite. Last year in the Taupo Champs I got second place in kata. This year I am aiming for golds!

TOM: What is your ultimate karate goal?

Matt: I like to know that I can look after myself and my friends if I ever have to. Now that I have my black belt, I would like to be chosen to represent Coastal Karate and even New Zealand in Karate Champs, like some of my other friends at Coastal Karate have.

* * *

Okato Karate is currently extending an invitation to the community to come along and give karate a go. They welcome all people from school age upwards. The first month's training is free so you can decide if it is 'your thing'.

The only expense is gym hire so the club is looking for community sponsorship to help cover this cost. This leaves the club to concentrate on using training fees to get the students into national and international competitions and training seminars.

The club is very grateful to the New Plymouth District

Council for offering wonderful fundraising opportunities last year. They also want to thank Steve and Michelle Adlam of Okato Earthworks for their ongoing support and the Okato Lions Club for previous sponsorship, which aided in getting the club started.

If you can help the club financially, or if you would like to help yourself physically by joining this dynamic art, please contact Nicci Hooker on 06-752 4529 or txt 027-259 6223.

The club meets each Monday and Wednesday evening 6–7.30pm. Why not join them? They would love to see you there.

Coastal Young Farmers

Coastal Young Farmers has got off to a great start for 2012 not only hosting a few BBQs for our members and other Young Farmers from Taranaki (during the wet weather and weather bomb) but also almost becoming the biggest club in Taranaki — current membership stands at 33, with the largest club in 2011 having 35 members.

We have had a great time in the past — hosting the district final, firewood splitting, helping with the Lamb and Calf Day at Coastal Taranaki School and supporting the Lions Club during the Round the Mountain Relay. More recently we visited Hawera for the National Bank Regional Young Farmer Contest. Two of our club members competed in the challenge, which started at 6.30am and did not finish until late that night. We are extremely proud of our two contestants, James and Sam Lawn.

And there is much more in store for the upcoming months! More wood splitting and a farm visit to the Demonstration Farm in Stratford as well as (hopefully) painting the Golf Club. And that is just for March! Other events to look forward to include:

FIRST AID COURSE

Theory Day (including refresher courses on CV preparation, interview procedures, financial processes).

YOUNG FARMER BALL (19 May).

a silver fern farm plant visit.

FIELD DAYS.

We would like to encourage any other people interested in being a part of our club to come along to a meeting. Currently our next meeting on 12 April is at the Okato Bowling Club at 7pm, but that may change for the next month as we are looking for a new base — our old base (Stony River Hotel) is now closed. For more information you can contact Alexandra Lawn (027-6659280) or Anthony Neil (027-7681052).

Alexandra Lawn



Okato Weddings

JOCK CHISNALL AND LIZZY MCNAUGHT

Jock and I (Lizzy) and were set up by my mum (Annie McNaught) and her friend two years ago and it was definitely love at first sight — as cheesy as that sounds! We are now living in Hawera, where Jock is from, and he works as a builder and I am an insurance consultant.

Our wedding on the 3rd March was supposed to be held at the Lower Pitone Road beach but, lo and behold, the weather bomb hit!!! We ended up having the whole ceremony in the Tataraimaka Hall and after all of the power cuts, no water, and outrageous winds and rain we all had the best night of our lives!! Everything that could go wrong did and it was totally amazing that everywhere we looked our friends and family were laughing and smiling, and all came together for an unforgettable day!

We had people come from all over the country as well as the USA, Australia and the UK. The love filled the room and we are sure that no one will forget it. We can comfortably say that if we can survive a wedding in the biggest storm of the year during summer, then we can survive anything! Haha! Then we took off for a fun filled honeymoon on Australia's Sunshine Coast.

Dog Grooming @ the Pet Parlour

Pet Essentials are proud to now have a full dog grooming service available. The room is purpose built, so that it can easily be cleaned and disinfected, and customers are able to watch the grooming process through the glass door and window. Safety of your dog is particularly important to us and all dogs must have their vaccinations up to date.

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MATT MUGGERIDGE AND DIANE SHARPE

Matt Muggeridge and Diane Sharpe were married on the 4th February 2012 — 1977 days after they first met through friends at The Mill; a bit of a pick-up line and they agreed to go on their first date.

The wedding ceremony was at Maria and Hugo Van der Poel's garden on Ruakere Road, Warea. Despite the rain in the morning, it turned out to be the perfect location to get

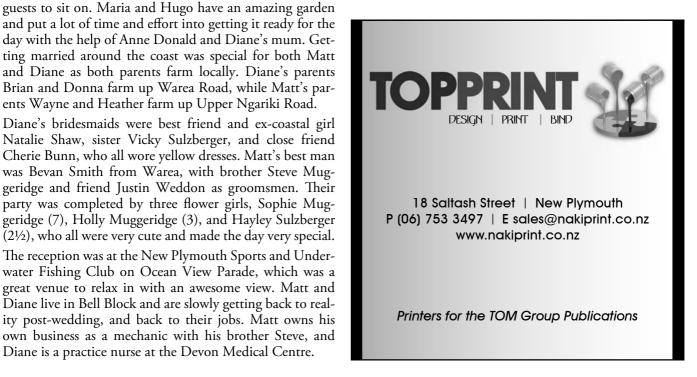


Matt and Diane with their wedding party.

married as the weather cleared, with warm hay bales for guests to sit on. Maria and Hugo have an amazing garden and put a lot of time and effort into getting it ready for the day with the help of Anne Donald and Diane's mum. Getting married around the coast was special for both Matt and Diane as both parents farm locally. Diane's parents Brian and Donna farm up Warea Road, while Matt's parents Wayne and Heather farm up Upper Ngariki Road.

Diane's bridesmaids were best friend and ex-coastal girl Natalie Shaw, sister Vicky Sulzberger, and close friend Cherie Bunn, who all wore yellow dresses. Matt's best man was Bevan Smith from Warea, with brother Steve Muggeridge and friend Justin Weddon as groomsmen. Their party was completed by three flower girls, Sophie Muggeridge (7), Holly Muggeridge (3), and Hayley Sulzberger (2½), who all were very cute and made the day very special. The reception was at the New Plymouth Sports and Underwater Fishing Club on Ocean View Parade, which was a great venue to relax in with an awesome view. Matt and Diane live in Bell Block and are slowly getting back to real-

own business as a mechanic with his brother Steve, and Diane is a practice nurse at the Devon Medical Centre.



Okato Tennis Club

The Okato Tennis season is coming to an end and it has been a busy one.

The three midweek ladies teams have had mixed results but have enjoyed the challenges and variety that tennis brings. We had the opportunity to be coached by an instructor from Iconz Sports, Mr Randall Croon, who spent Friday afternoons with keen attendees. The lessons aided in enhancing our skills and technique. We thoroughly enjoyed our lessons, with lots of laughs along the way. We thank Sue Henderson for organising this.

Children from the district also had the opportunity to be coached by Yvonne Chamberlain, a Registered Tennis Coach from New Plymouth. This proved to be very successful, even though we had to reschedule some of our lessons due to the wet weather. We saw some budding tennis players showing off their new skills on the courts.



The aim of these lessons was to teach some basic skills and gain confidence. From this we hope to get more children into playing interclub tennis, which usually takes place on a Friday afternoon during the tennis season.

Over the winter months the courts will continue to be open. We would like to remind everybody that we have a donation box on the side of the clubhouse (just inside the gate), as these days nothing comes for free, so we appreciate your support in regards to this. We would also like to remind everyone that we have a No Wheels Policy to protect and maintain our courts, as this area is for tennis only.

Last, but not least, we would like to thank the neighbouring properties for allowing us to enter their sections to retrieve balls; it is much appreciated.

Look out in future TOM issues for updates on the season ahead. The season will recommence in October.

Milly Carr



Fish Tales

During the national fishing contest held in February a slightly unusual fish was caught. A kingfish weighing a modest 10.8kg was landed after a bit of bother with the berley rope and another fishing line. After bringing the fish aboard, my brother-in-law, Pete, noticed a Ministry of Fisheries (MAF) tag hanging off its side. Cath Corbett, from the Cape Egmont Boat Club, started the ball rolling to find more information about the origins of the fish by contacting MAF on my behalf.

Correspondence with MAF revealed a couple of interesting facts about this particular kingfish. It turns out this fish was tagged and released at Motiti Island off Tauranga on 10 January 2009. At the time of release it was estimated to be some 800mm in length and an estimated weight of 7kg. On recapture over three years later it was 980mm long. It has come a long way in the space of three years, a minimum of some 550 nautical miles, in fact. One of the unusual points that MAF noted about this recapture was the fact that the fish had travelled from the east coast to the west coast.

Sandy Gaskell from MAF also provided some further information about kingfish habits, telling us that the last tagged kingfish caught off the Cape in October 2010 had been released off Christchurch. She said that only four tagged kingfish have been caught off the Cape since the tagging

programme was implemented and went on to say that the majority of recaptured kingfish on the west coast have been tagged around the Raglan area and are generally recaptured between Port Waikato and New Plymouth. So this catch was a little out of the ordinary.

The reputation these magnificent fish have as game fish is well deserved, and the information gleaned from the tagging programme is invaluable for MAF in setting policies for management of our fish stocks well into the future.

By Richard Carr



Rich with his tagged kingfish.

Okato Pony Club

Okato Pony Club held its Junior Sports Day on Saturday, 18 February. The weather was great, which encouraged good entry numbers on the day. A fun day was had by all.

The programme included flat classes, games, show jumping, show cross and an obstacle course. As this is the club's main fundraiser of the season it was great to get such a good turnout.

We would especially like to thank the Okato Young Farmers, who provided some manpower on the day, and our generous neighbour Mr Will Fleming for the use of a field for parking. Also a huge thank you to Coastal Meat Processors and Oakura Four Square for their generous contributions towards the BBQ.



Georgia Strachan on Danny during the Show Cross.





Julia Brophy on Gentle Mist during the Show Cross.





COASTAL TARANAKI SCHOOL LIBRARY:

Star Wars

It all started with a display of the wall – the Star Wars idea came about because we have some many students interested in the books that we have the library. Once the display was up, we realised that there is a huge interest still around about Star Wars. The kids were so keen on the idea of dressing up that we 'had' to organise an event. It was very successful & fun lunchtime activity.

Delwyn Pearce

Library Manager, CTS Community Library, Okato











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rjmills@clear.net.nz or enquiries to Mary - Phone 06 758 9990

Proceeds from this Breakfast to the St Mary's After School Care Project and UN Women



Changing of the **Guard at FOCTS**

Su Hammond has been a member of Friends of Coastal Taranaki School (FOCTS) since its inception and took on the role of president 2½ years ago. At the March AGM Su is stepping down from this role, but is staying in FOCTS for another year as she still wants to help out until her youngest child leaves school.

When congratulated on her accomplishments as president, Su is quick to point out that it is the FOCTS team that is deserving of praise, not herself personally! However, Coastal Taranaki School Principal Allan Miles has tons of praise for Su. Allan says that as president Su has been very businesslike but very warm. "Su is very driven and very clear on FOCTS' purpose of providing things for the school and children that otherwise couldn't be provided. She is very giving of her own time and highly respected by her team." Allan says Su encourages FOCTS to be generous but focussed with its funds and ensures there is a clear process so it's equitable and transparent.



Su Hammond with Allan Miles.

Just what is FOCTS? The main function of FOCTS is to give the parent body of the school an opportunity to be involved in supporting the school with its learning, through both co-curricula and extra-curricula activities. In Su's time as president they have done a variety of fundraising activities, such as phonebook deliveries, hosting the Olex Fun Run, organising bobby calf donations and ice pack orders, assisting with the Round the Mountain Cycle Race, and doing BBQs and catering jobs. The funds from these have been used to purchase extra activities and resources for classrooms, resources and maintenance for the playground, sports equipment, First Aid Kits, Whanau Day resources, and library books. Funds have also been used to support or subsidise projects, such as lifeguards for school swimming lessons, Mathletics (online maths activity programme), the school production, entry to the Science Fair, school trips, and special needs support.

The FOCTS group annually elects people to the roles of

president, secretary, treasurer, and someone to oversee fundraising activities, but all members of the group contribute and everyone enjoys the social aspect of it all. Currently a small but dedicated bunch of parents, a staff rep, and Principal Miles attend the FOCTS' meetings. Su would like to encourage others to join FOCTS as she is passionate about what they are able to achieve for the school, and thinks they could do so much more with more hands to share the work. Su says, "FOCTS provides a forum to hold parent-based discussions and to give a parents' voice within our school. Anyone can join FOCTS as we are all friends of Coastal Taranaki School. This includes parents, caregivers, grandparents, members of our community — everyone who wants to improve the opportunities and education at CTS. Coming to the meetings gives everyone an opportunity to have their say on how we can raise funds and also how we spend them."

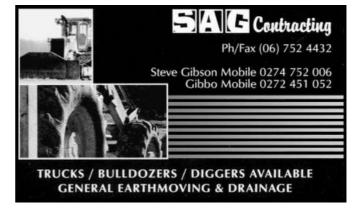
FOCTS meetings are held on the third Wednesday of every month at 7pm in the school staffroom.

Okato Fire Brigade

On the evening of Monday,19 December the Okato Volunteer Fire Brigade, along with the local Community Constable Richard Corry, held a house-to-house collection in support of the Food Bank. With sirens wailing the police and fire service vehicles drove around the streets of Okato collecting the donated goods.

Okato's Chief Fire Officer John Nicholls said he was absolutely blown away by the generosity and support of the Okato community. The staff at the food bank also expressed their most sincere appreciation for the donated goods.





Okato Playcentre

Another busy month has flown by. We have focussed on "Big and Little" as our learning theme; we found out how tall we all are, and we made a big and little photo story. We have also been practising dramatisations of The 3 Billy Goats Gruff and The 3 Little Pigs ready to perform to an audience at the school. We have discovered some pretty talented actors amongst us!

Playcentre Awareness Week is in March, so we took over Lahar Cafe's garden area for a morning and shouted mums a coffee while entertaining their children with fun Playcentre activities (thanks Laurent!). Anyway, instead of us telling you what our Playcentre is all about, here are two testimonies by local families about their first Playcentre visit.

"Declan and I were blown away by our first visit to Okato Playcentre. The parents were so welcoming and the children were so busy having fun trying out all the different activities. While Declan spent a lot of time enjoying the child height washbasin, he also tried painting for the first time, and we both had a hoot zooming down the slide! Great kai and a nice cuppa topped it off. Thanks for making our first visit such a success!" - Amy Julian

"Louis was 'born into Playcentre'. We previously attended New Plymouth Playcentre for four years with Louis' older sister, Alex. So it was a pleasure after a year's hiatus to see how comfortable Louis felt to explore the new environment of Okato Playcentre. Naturally for Louis, he was drawn to the sandpit where he was delighted by the plethora of tractors and other heavy machinery. And of course, the hoses! The fort too is awesome; it has a steering wheel inside. Louis found the box of railway tracks and the woodwork bench perfect. The session was punctuated by a shared morning tea where the wonders of the soap dispenser and a very thorough washing of the hands were a prerequisite. He also indulged in a spot of serious painting. All in all, Louis' first Playcentre session at Okato was super, ticking heaps of his favourite boy boxes. So thank you Okato, we are looking forward to many more sessions to come." — Rachel Edwards

All families are welcome to visit any Tuesday or Thursday from 9.30am to 12.30pm, just over the Stony River Bridge.



Jorja, Mac and Toby fly the plane kindly donated by Okato Vets from their Christmas Parade float.



Riley and Amelie enjoy a dip at Okato Pools.



Emma walks tall as she prepares to head to school next month.



Americarna Grandstand, Playcentre style!

Welcome, Plunket Nurse Goodreds!

Marlene Goodreds is the new Plunket Nurse on the Coast, taking over from Megan Collins who has moved on to Waitara. Marlene says that she has always been interested in family health. "I enjoy supporting people in their role as parents, and love working out in the community. It's such an important time in people's lives, it's great to be able to be a part of that and helping in some way."

Plunket's role is to support parents and their families, to help them to identify their needs as parents, and to link them to community and other services. Plunket promotes and provides health education so parents have the skills and knowledge to respond to their children's needs at different stages of their development. It also provides health protection and clinical assessment to assess children's growth and development and to offer reassurance. Plunket also discusses immunisations and safety of children. Babies from 6 weeks to 3 years old are given seven Well Child Checks, with more visits if needed.

Marlene started at Plunket on 21 February and covers the area from Omata to Opunake. She is based in the Okato Clinic on Tuesdays, Opunake on Fridays and Oakura on some Wednesdays. She also does home visits, especially for the first few visits with newborn babies.

The Okato Clinic recently relocated to a room in the St Paul's Church grounds, between the school and the Fire Station, at 80 Carthew Street. Marlene is available by phone on Tuesdays, Wednesdays and Fridays on 027-218 8124.





Okato Veterinary Clinic 752 4335

The One-eyed Pet

The vet clinic has had a run of eye conditions recently that have warranted the removal of entire globes from four pets. We are happy to report they are all doing well following surgery. Pets seem to adjust quickly to removal of an eye and become much happier once the pain of the condition has been removed.

One pet dog had been hit by a car and arrived at the clinic unconscious with severe facial injuries, including a ruptured eyeball. We administered emergency treatment, treated superficial wounds and stabilised her. Due to the extensive nature of the eye injury the globe was removed.

Gina referred the second dog to Palmerston North eye specialist, Dr Craig Irving. He diagnosed a small melanoma in the globe and recommended removal of the eye. It was removed at our clinic and sent to a laboratory for histology. This showed that the melanoma was restricted to the globe and is highly unlikely to have spread further. This dog seems much more comfortable now and is back to her old self.

In the third case, two kittens had contracted feline herpes virus or cat flu. This virus causes fever, coughing, sneezing, nasal discharge and conjunctivitis. It can also attack the cornea, the part of the eye we see through. Antibiotics applied into the eye and supportive treatment normally clears it up in 4–7 days. However, the virus in these kittens had caused severe ulceration and rupture of a globe in each. Both kittens are doing very well post-surgery.

Feline herpes virus or cat flu is in the standard cat vaccinations offered at Okato Vet Clinic. Although the vaccine does not offer 100% protection, it will certainly reduce the severity of the disease. Eye removal is not pleasant and we would much prefer to vaccinate to protect against this disease. We strongly recommend the vaccination of cats at this time.

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OKATO CLUBS & GROUPS

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.

GymSports Oakura

Gymnastics for youngsters from 5 to 9 years old at Oakura Hall every Wednesday afternoon during the school term, 4–5pm. For further information phone NP GymSports on 06-758 8277 or 027-341 4200.

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 (027) 454 3585 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 Laureen 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.

Okato Lions

Contact Merv Hooker, ph 752 4086.

Okato Squash Club

Club nights on Mondays from 7pm. Everyone welcome. Phone Darryl Gibson, Ph 06 752 4804.

Plavcentre

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

Playgroup

St Lukes Hall, Main Road, Okato. Wednesday morning 10am-12 noon. Contact Danelle 752 4916 or Angie 752 4445

Plunket

Meetings held every second Thursday of the month. Jaclyn 752 4872.

Pony Club

Contact Michelle Beekman on 7527056.

Probus

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

St Patrick's Church, Okato

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.

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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

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