

TAKE ONE MOMENT

TOM OKATO

DECEMBER 2011

JANUARY 2012

Calf and Lamb Day at CTS

Carys Pullar, Ella Aylward and Izzy
Henderson with their lambs.

- more on page 2



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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.

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

EDITORIAL

Yuletide
felicitations
to you all!

Another year has flown by and again we are preparing the turkey for the festive season. Despite our "four seasons in one day" weather winter sports are taking a back-seat to summer activities. Milly recently competed in the Round the Mountain Relay as part of Te Rangimarie Hospice team, which came third in their walking section, taking 18 hours, 57 minutes to complete the 150km course.

The academic year is over and students are enjoying their summer break or seeking employment. Congratulations to all achievers, both academic and sporting.

The election has come and gone. Hope you exercised your democratic right to vote.

Thanks to all our advertisers and contributors to TOM over the year. Without your support our local TOM would not exist. TOM will not have a January issue, therefore your next edition will be in your mailboxes in early February 2012.

Wishing you all a very happy and safe Christmas and New Year.

Kerry and Milly



COVER STORY

Calf and Lamb Day at CTS

Coastal Taranaki School (CTS) held its annual Calf and Lamb day on October 28. The field was laid out with judges' rings, and children busily buzzed about in anticipation of showing off their animal.

The rain clouds hovered but we were lucky enough to stay dry for the day and the children were able to parade with their animals during the morning. Each section was judged, with calves participating in leading, rearing and dairy type, and lambs judged for calling, leading and rearing.

Again this year, children who did not have a lamb or calf had the opportunity to purchase and rear chickens from young pullets. These pullets were available through the school from Ruth and Barry Proffit of Proffits Poultry. Okato Veterinary Group supported this initiative, supplying chicken feed for the young chicks. Raising chicks is not an easy task I can say; it takes a lot of time and effort to raise these wee birds. Boy, they can make a mess when they are in enclosed living quarters! So congratulations to all the children who entered their chicken in the judging section for the day. Each child was asked to make a special house/box for their chicken and there were some very good-looking houses! Certificates were awarded to:

Bailey Watson for his 'Best Decorated Box and Most Loved Chicken';
Docoda Harvey-Smith for the heaviest chicken;
Gemma Milham for 'Best Looking Chicken'.

TOM dates to remember for February 2012
issue:

Copy and ads - 16 January
Distribution - 23 January

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.

All breeds and sizes of dogs are catered for.

We look forward to seeing you and your dog real soon!!



The Richmond Centre Egmont Street New Plymouth
06-759 0190



Some lovely looking calves,.



Seth Goble with his Reserve Champion Calf,

The junior classrooms had exhibits in their classrooms and parents, family and friends were able to wander through the classes and enjoy the creativity shown by many. There were some spectacular exhibits. It is wonderful to see the children having the opportunity to participate in these activities, allowing their individual creativeness and talent. It takes a lot of time and energy from children and teachers alike, not to mention the input of parents as well.

It would be a huge loss to our unique rural school environment if we did not have the volunteers who put in the time and effort to make this day happen. We are all very grateful for the sponsorship and donations from locals, the businesses and the judges who kindly gave their time to judge the animals, and the efforts of parents and students. These all combine to continue to make calf and lamb day such a successful event.

A big thanks to all our sponsors, also thanks to the judges: Kylie Perrett, Ivan Fredrickson, Bruce Sim, Jamie Taylor, Alan Moorby, Neil Lusk, Neil Hadland, Barry and Ruth Proffit.



Recycled creation - it's a dragon? - very impressive.



A Taranaki Proud exhibit, produced by Year 6 student Courtney Goble.

Congratulations to all students for participating and bringing your animals along on the day. The results from the day were:

CALF SECTION

Junior Champion Calf:	Seth Goble
Junior Reserve Champion:	Douglas Jones
Intermediate Champion Calf:	Shalaya Luckin
Intermediate Reserve Champion:	Madison Smyth
Senior Champion Calf:	Courtney Goble
Senior Reserve Champion:	Callum Grayling
Masters Champion Calf:	Mathew Goble
Masters Reserve Champion:	Chloe Jackson
Champion of Champions Calf:	Mathew Goble
Reserve Champion Calf:	Seth Goble
Most Loved Calf:	Emma Gibson

LAMB SECTION

Junior Champion Lamb:	Carl Neilson
Junior Reserve Champion Lamb:	Riley Grylls
Intermediate Champion Lamb:	Cory Neilson
Intermediate Reserve Champion:	Jorja Sole
Senior Champion Lamb:	Kyle Manson
Senior Reserve Champion:	Lachlan Greensill
Masters Champion Lamb:	Carys Pullar
Masters Reserve Champion:	Jamie Gooch
Champion of Champions Lamb:	Cory Neilson
Reserve Champion Lamb:	Jorja Sole
Most Loved Lamb:	Emma Kingi

Photos and story by Milly Carr

Coastal Young Farmers' Club

In early June, we sent flyers around the Okato community to see who would be interested in forming a Young Farmers' Club.

Thirty-five people turned up for the first meeting at the Stony River Hotel in Okato, and since June the Coastal Young Farmers have been busy doing social events within the club, helping out in the community and holding fundraising events.

Examples of social events so far are: ten pin bowling, speed networking in a rotary cowshed, fireworks and bonfire night, and going out for tea at Lahar Café in Okato.

Club members helped out at the Coastal Taranaki School lamb and calf day in late October and helped the Okato Lions Club with marshalling for the Around the Mountain running relay in early November.

Coastal Young Farmers members have been busy chopping up firewood, so if anyone is interested in buying firewood, please contact our chairperson Antony Neil on 027-768 1052 for further information.

Our club is organising the National Bank Young Farmer Contest 2012 and the Taranaki District Final is on 17 December 2011. It is at the Okato Domain on Kaihihi Road in Okato, and the practical day with 15 modules starts at 8.30am in the morning.

Feel free to come along and support our local Young Farmers, and see what the club is all about!

Homesewn

If you were looking for that special something, you would have found it and more at Vision Okato's HOMESEWN market held on November 5. It was a blast, a hub of creativity, style, excitement, community and good food. Wire art, soy candles, monsters, renowned artists, jewellery, recycled creations – the list goes on. The creative talent there was inspiring and it was a great opportunity to browse, sigh with appreciation, spend a few dollars and network with others.

Once again it showed that people's appreciation for home craft is being revitalised, and the wisdom of supporting and buying local is being amplified. The shift from the easy buy of 'Made in China' to sourcing locally made goods is gaining momentum, and looking at all the amazing things that were at HOMESEWN I know where I would rather my money went. These markets have been created to fill what I see as an important need; they provide a space, the connections, and the time for great things to happen.

Our Vision Kitchen was a huge success. A big thank you must go out to all the stallholders who contributed their home baking. An even bigger thank you goes to Hayley and David who, on this occasion as always, provided an amazing service by being in the kitchen and making everybody feel welcome. The Vision Kitchen is a fundraiser for Vision Okato and it certainly achieved that aim at this market.

HOMESEWN wouldn't have been what it was without the stallholders who committed to being there, and everyone who came and supported them. A huge thank you to you all for making the market such a success, and I look forward to seeing you at the next one.

Mel Abbott

The National Bank
Young Farmer
Contest 2012
Taranaki District Final

Hosted by Coastal Young Farmers
at the Okato Domain, Kaihihi Road, Okato

Saturday 17th December 2011

Practical Day 8.30am to 2.30pm
Quiz Night 6.00pm till late

Come along for a great day of fun,
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You must be a 2012 member and you can enter by going to
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PrimoWireless

PrimoWireless is a professional telecommunications company that provides high-speed broadband services spanning the hard to reach areas of Taranaki. It started out as a small network linking two friends to play computer games, but it soon morphed into a business.

“I had a friend who lived 10km out of town and we liked to play online games,” says founder and managing director, Matthew Harrison, of Inglewood. “We’d be playing and he would get disconnected all the time. It was pretty frustrating, so I started looking into wireless technology, which was quite new then (five years ago). We then went halves in a link between us, which worked quite well. His neighbours then found out and they wanted it too, then other people in the area.”

Matt Harrison set up the company four years ago. It’s grown to involve a couple of business partners, Matt’s wife Jasmine, and two contractors. They’re still based in Inglewood and most importantly, still local, but now have over 20 sites around the mountain beaming wireless Internet to their customers. “We’re building a network around the mountain,” says Matt. “We’ve basically put them in areas where Telecom has no infrastructure or no plans to do anything. The sites run off mains electricity if they are close enough to a source. Three sites use solar energy. The system makes fast broadband available to people who may not have even had dial-up. Satellite broadband is often too slow for these clients, or signals can be blocked by trees and hills near their homes.”

The Primo network gives customers up to 5MB of download speed, compared to about 0.5MB with satellite. Kim Ferens from TOM has been using PrimoWireless for a couple of months now and she says it has made a huge difference to her life. Most of the TOM work is done via the Internet so it is extremely important to have a reliable connection. Telecom has never been able to provide a reliable service, with outages occurring for days at a time. PrimoWireless is so much faster — music files, for instance, download in about 10 minutes where previously it was 45 minutes. Another plus is that when you need help you get to talk to real people and quickly, unlike other providers

who first put you in a queue then ring you back then put you on hold...!

“It’s all done through wireless antennae that link back to our equipment and servers in the Transfield building in the New Plymouth CBD,” says Matthew. He says PrimoWireless is the only Internet service provider (ISP) in Taranaki specialising in wireless technology, although there are others around the country. The company focuses on connecting customers in rural areas, although they provide Internet and phone services to a few businesses in the New Plymouth CBD and Bell Block industrial areas on a case-by-case basis. The company is able to connect people in areas that the big operators class as non-viable.

“The Government is talking about getting rural broadband to people who don’t have it, at a speed of 5MB, and that’s what we are already providing and it’s here now. We’re not part of the Government’s plan, but we are already building the network.”

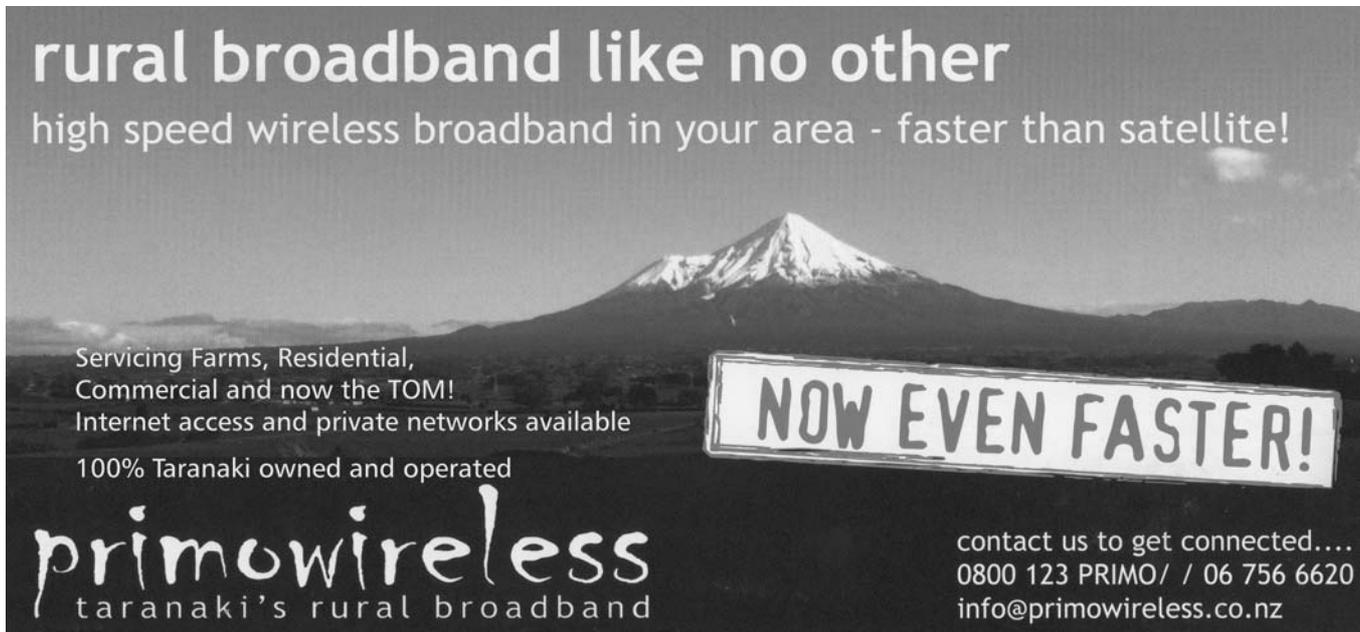
For more information contact PrimoWireless on 06-756 6620 or info@primowireless.co.nz



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SPORT

Okato Squash Club

News

In his speech to members and friends of the Okato Squash Club at the recent annual club dinner and prizegiving, President Pete Gibson said that it had been a great year. It had kicked off late in March with club nights, and the club held business house nights later in the season. A masters' team, a composite team, four men's teams and two women's teams entered Interclub competitions. One of the women's teams acquitted themselves particularly well, making the play-offs in Wanganui. Okato hosted the D-grade teams' eliminations this year, while Okato's Men's C-grade team went to the teams' elimination event in Wanganui. Pete assured the crowd that they had also played squash! As usual, Okato hosted two graded tournaments. There were also social tournaments and several tournaments for Juniors.

Special mention was made of Oker (Matthew Oke), who earned Central Districts C-grade Men's Champion. Pete Morgan, Craig Waite and Jackie Keenan team coached about 25 junior players.

Major maintenance projects this year included re-roofing the building and installing a heat pump. Grants of \$5,000 from the Community Trust and \$1,000 from the Okato Lions helped make these possible.

Jackie and Kevin Honeyfield's investiture as Life Members of the club was met with enthusiastic acclaim. Read about their contribution to the club on page 7.



Junior members of the club enjoy the evening.
Back: Thomas Morgan and Emma Gibson.
Front: Robert Morgan and Jacob Hooker.



Les Putt takes the Les Putt Masters Trophy to present to Pete Gibson (seated right).

OKATO SQUASH CLUB 2011 TROPHY RECIPIENTS

Men's and Women's Trophies

Men's Champion	Jordan Linn
Men's B Grade	Jordan Linn
Men's C Grade	Matthew Oke
Men's D Grade	Paul Tippett
Men's E Grade	Craig Scott
Men's F Grade	Nick Greensill
Men's Most Improved & Sportsmanship	Matthew Oke
Women's Champion	Cheryl Honeyfield
Women's B Grade	Meisha Davies
Women's C Grade	Amy Simpson
Women's D Grade	Angela Briscoe
Women's E Grade	Anna Cleland
Men's Most Improved & Sportsmanship	Matthew Oke
Women's Most Improved & Sportsmanship	Brigitte Liddall
Tippett Team Trophy	Women's C Grade Interclub
Supporter of the Year	Daryl Gibson
Les Putt Masters	Pete Gibson

Junior Trophies

Most Dedicated & Improved Junior Boy	Blake Carr
Most Dedicated & Improved Junior Girl	Brittany Carr
Most Improved New Player	Taylor Mitchell
Most Dedicated Player	Gemma Milham
J Grade Girls	Grace Greensill
J Grade Boys	Charlie Waite
Under-19 Boys	Jordan Linn
Under-19 Girls	Meisha Davies
Under-16 Boys	Nick Greensill
Under-16 Girls	Grace Greensill
Primary School Boys	Lachlan Greensill
Primary School Girls	Poppy Mitchell

Story by Kerry Lilley

Okato Squash Club Welcomes New Life Members

Two new life members were announced at Okato Squash Club's annual dinner and prizegiving on the evening of Friday, 25 November. They are Kevin and Jackie Honeyfield.

Kevin and Jackie's involvement with the club goes back 22 years. They were renovating their house and had little spare time, but they had been thinking about options for a sporting outlet. Caroline Charteris, who was a committed club supporter and playing member at that time, had been telling them it was about time they joined the club. Kevin and Jackie had considered golf and bowls, but squash won out in the end because they could have a good, 40-minute workout combined with some social interaction, and they could pick a time to do it that would fit into their busy lifestyle. For Kevin and Jackie, it ticked all the boxes.

At first, Kevin and Jackie played business house squash. Kevin ruefully remembers his very first game; he lost to a grandmother who played with a broken racket. The following week he played Bridget Donald — a wee slip of a girl — and she beat him too. However, Kevin wasn't put off by his inauspicious start and the club became, in time, a second home for him and Jackie, and their four children too.

Over the years, Kevin and Jackie's talents, commitment and enthusiasm have combined to make them a force to be reckoned with. Jackie was Ladies' Club Captain 1994–1996. Kevin and Jackie held the Treasurer's role between them in 1998–2001. Together in 1999, they were instrumental in the club winning the title of New Zealand's Squash Club of the Year. Jackie has performed exceptionally well in the kitchen, they both have managed the bar, and over the years Kevin has been a reliable handyman with an eye for detail. But the couple's proudest achievement, according to Kevin, has been their part in building the third court. In 1998 and 1999 the club was very strong and had 180 members, including two New Zealand age-group champions. It was Kevin who suggested that a third court was needed to cope with demands. Dean McEldowney, who was Club President at the time, came on board with the idea. To its credit, the committee took up the challenge, club members came in behind and the idea became reality. "It was a joint effort," Kevin stresses. The project cost \$200,000 and, as treasurers, Kevin and Jackie guided the club through the process of clearing the debt.

Together with Tinsel and Gill Hurley and Poison and Cass Liddall, Jackie and Kevin represented the club internationally at the Rarotongan Open in 2001. However, Jackie has generally been the more competitive partner on the playing side of things. She has taken teams away to competitions including the D Grade Ladies' Nationals in 2002 and demonstrated her strong playing skills by winning the Women's Club Championship in 2004.

Kevin and Jackie have put a tremendous amount into the club, but they and their family have gained a tremendous amount too. There have been opportunities to get to know people they would otherwise never have met, and they have made some very good friends. And through their involvement with the club, their four children have been able to learn about sportsmanship and to gain social skills that will stand them in good stead for life. "It's not all about squash," says Kevin.

Story by Kerry Lilley



Kevin and Jackie enjoy the moment with other life members.

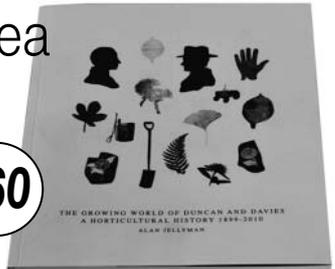
Back (left to right): Kevin, Dave Lilley, Frog (Frank) Goodin. Front: Claude (Sparrow) Riordan, Jackie. Absent: Jack (Steak) Goodin.

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Winchfest 2012

Taranaki festival-goers will only have to step out their back door to experience New Zealand's latest summer carnival when WinchFest 2012 hits Oakura early next year.

The country's top wakeboarders will head to Taranaki on January 28 to compete at the region's only winch park on Surrey Hill Rd, while internationally recognised bands from Aotearoa and across the ditch will complement the on-water action.

Local girl Jane Symons is the mastermind behind WinchFest. She says she has been overwhelmed with the interest the event has attracted so far. "We've got professional rider Brad Smeele coming to MC the winch competition, and we've had interest from British and Australian riders who are keen to come and compete as well."

The park is designed to pull riders over ramps and rails using a 6.5hp engine, a tyre rim and a length of ski rope. So no boat or lake is needed. Instead, three rectangular ponds have been dug out and will be lined, then filled with water. This is all in close proximity to the stage, food stalls and swimming holes. The setting is stunning.

"When you turn the engine on, the rope starts to wind around the rim, pulling you along the pond at the same time," park creator Muzz Symons said.

They are now looking at getting a 2.0 Cable system for the weekend so there is continuous riding. The cable system has a tower at both ends and cable runs overhead.

The event has attracted another local-born artist, award-winning drum'n'bass act MC Tali, who will host on the Saturday. Jane has managed to lure some of New Zealand's top bands to the two-day festival, including Katchafire and Cornerstone Roots, but says there are also up and coming Australian bands who won't disappoint. "We've got The Red Eyes from Melbourne, who are currently touring Australia with Salmonella Dub, and also Tijuana Cartel, who are a class act."

Jane has organised food stalls, graffiti walls and other sporting demonstrations, which will add to the experience for WinchFest-goers. She has also come up with the concept of Tent City: 50 pre-erected tents with air mattresses that will be available for hire over the weekend.



Jane and Muzz, with Winchfest site behind.



The WinchFest site.

Saturday will be R18, says Jane and Sunday will be a relaxed, Kiwi, summer vibe, and families of all ages are welcome to set up a spot by the river and listen to some good Kiwi music.

She says that the beauty of the venue, combined with the sport, art and music, makes WinchFest unique amongst the New Zealand festivals happening at the moment.

For ticket prices and further information go to www.winchfest.co.nz.

Hannah Fleming

THE FM EDGE

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New Face in Oakura:

EMERGE BEAUTY AND WELLBEING

Just recently Ziji Day Spa changed ownership and names: It is now called Emerge Beauty and Wellbeing, and is owned by Paula Holdt and Leah Rowe.

A new name and new owners might mean new faces in Oakura but the same excellent service plus more is on offer.

The two Jennas — Jenna Thomas and Jenna Hartley — are still part of the team and working their magic on their loyal customers. Emerge still offers the wonderful Janesce and Pure Fiji ranges of organic skincare products plus all the same treatments: facials, waxing, spray tans, massages, manicures, pedicures.

In addition Paula and Leah have introduced the Jane Iredale organic mineral skincare make-up range, which includes everything from foundations, primers, powders and blushes to lips and eyes. This range does not contain dyes, chemical preservatives, synthetic fragrances or fillers.

Both women are nail technicians/therapists and specialise in Gelish gel polish. Gelish is a soak off gel polish, which gives up to 21 days of colour with no fading and stays glossy and vibrant. They also are accomplished nail art painters and can design and paint nails in almost any pattern.



Paula and Leah outside their new business in Oakura.

And to top these new services off Emerge is also a wellness centre where both Paula and Leah offer Reiki treatments. They have many more wellness ideas for their new business and their philosophy is that when you visit “You will be the centre of our attention”.

Gift vouchers are available and make wonderful Christmas gifts.

Emerge is open Monday to Friday, and Saturday by appointment. They are open Wednesday and Thursday nights. Over the Christmas holidays Emerge is open up to Christmas Eve then shut until Wednesday, 4 January.

Check out Emerge’s Facebook page and their soon to be up and running website. Pop in and say hello to Paula and Leah, they will make you welcome and give you professional advice for all your beauty needs.

by Kim Ferens

FROM FOREST:

I would like to express my heartfelt gratitude to all of Ziji Day Spa’s many valued customers. Ziji was a challenge and a phenomenal success and I will always treasure this experience

Congratulations to Paula and Leah. I wish them well on their journey.

Have a beautiful Christmas and a joyous year’s end.

“All we seek is within us.”

Forest (and Jenna & Jenna)

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“Learn to swim lessons” - January 9th - 13th, 5 lessons \$35.
January 23rd - 27th, 5 lessons \$35. Registrations essential.

Aquarobics every Wednesday 5pm – 6pm with Gloria Zimmerman, starting January 11th. 6 classes \$30, or casual \$6.

For ‘What’s on’ and other information, please call 759 6060 for further details

NEW PLYMOUTH DISTRICT COUNCIL
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Dear patients

Please take note of our opening hours for December and January Holiday period.

Should you need medical assistance – please call the emergency numbers:

0800 611 116, or 111.

DECEMBER OPENING HOURS

Friday 23rd December 2011	8.30am – 5pm
Monday 26th December 2011	CLOSED
Tuesday 27th December 2011	CLOSED
Wednesday 28th December 2011	8.30am – 5pm
Thursday 29th December 2011	8.30am – 5pm
Friday 30th December 2011	8.30am – 5pm

JANUARY OPENING HOURS

Monday 2nd January 2012	CLOSED
Tuesday 3rd January 2012	CLOSED
Wednesday 4th January 2012	8.30am – 5pm

We would also like to take this opportunity to wish all our patients a safe and happy holiday.

SOME YUMMY YU

Milly's Decadent Fudge

INGREDIENTS

- 120g butter
- 100g marshmallows (use vanilla ones if using white chocolate)
- 2/3 cup evaporated milk
- 1 ½ cups white sugar

METHOD

Using a Pyrex jug, microwave all ingredients on medium heat for 9 minutes. Stir once during this time and again at the end.

Continue cooking for a further 16 minutes on medium heat, without stirring.

Remove from microwave and add 180g either dark or white chocolate and vanilla essence.

Beat with an electric mixer for approximately 5 minutes until it thickens.

Pour onto a tray covered with greaseproof paper and allow to set in fridge.

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Kerry's Tempting Truffles

Truffles are perennial favourites, especially at Christmas time. Wrapped attractively, they make fabulous gifts but they are also a decadent and delicious addition to morning or afternoon tea or an after-dinner coffee. These ones are smooth textured, not too rich, and so simple to make it feels as though you're cheating! All you need is a packet of biscuits that have a delicious, gooey element (I made two batches, one using Griffins Toffee Pops, the other Arnotts Mint Slices), some cream cheese, and for best results, good quality, dark chocolate.



THIS IS WHAT YOU DO...

In a food processor, smash into crumbs a 200g packet (about 12) biscuits.

Mix in enough softened cream cheese (about 50g) to stick the mixture together and form into 12 balls.

Melt about 100g dark chocolate in a small, deep bowl. I broke the chocolate into squares and zapped it in short bursts in the microwave. Stir with a wooden spoon between each burst. It's easy to go too far, rendering the chocolate dry and lacklustre, so stop when there are still a few, soft lumps in the mixture. Another quick stir will make them disappear.

If you have one of those chocolate dipping coils, now is the time to use it! Immerse the truffles in the chocolate one at a time. Using your chocolate dipper, lift them out, drain off the excess chocolate and turn them onto a foil-covered tray. If you turn them completely upside down, gorgeous, relaxed swirls will be left on the tops by the coil.

Repeat until all of your truffles are coated.

If you have managed decorative swirls on the tops, you can stop there. If not, you may like to decorate your truffles by drizzling them with extra dark, milk or white chocolate.

Box or wrap them for gifts, serve to friends or just eat and enjoy.



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Okato Veterinary Clinic 752 4335

The Elderly Feline Patient

Elderly or geriatric cats are amongst our most common patients. Just like their human counterparts, elderly felines need extra care and it is important that owners are able to recognise clinical signs that may be associated with the common geriatric diseases. A cat is considered to be senior at 11–14 years of age (human equivalent 60–75 years) and geriatric at 15+ years (human equivalent 76+ years).

Common health issues in senior cats include kidney disease, overactive thyroid glands, diabetes, high blood pressure, arthritis, cardiovascular disease, cancer and deterioration in mental state. Obviously, the clinical signs in each of these conditions will vary but most commonly will include:

- a change of appetite (increase or decrease)
- a change of weight (increase or decrease)
- increased/excessive thirst
- increased/abnormal urination or bowel motions
- a change in daily routine (becoming less active or more active).

If you do notice any of the above signs in your cat, a visit to the vet is strongly recommended. At this visit, the cat will have a thorough clinical examination and, depending on the findings, blood samples and possibly a urine sample may be taken.

Senior cats should have a health check every six months, even if they appear healthy. This will allow even subtle changes to be identified. Routine blood tests are also a good idea to give a baseline for future testing. They can identify any slight changes that indicate that treatment should be initiated, ensuring the best outcome for the patient. Early detection of the diseases described above is important. Although many of these diseases cannot be cured, the aim in looking after an elderly cat is to improve its quality and, if possible, its length of life. Important factors with regard to quality of life include:

- adequate food intake
- normal daily routine e.g. following the sun around the house, greeting the owner
- being able to reach food and water bowls, toilet sites and rest areas
- good days outweighing the bad
- freedom from pain
- normal digestion and toileting.

While old age is inevitable, it is the owners' responsibility to ensure that their cat's twilight years are as comfortable as possible. If you have any worries regarding your senior cat, please contact the Okato Vet Clinic.

Coastal Energise

Coastal Energise is a programme with three parts — to improve the aquatic, fundamental and surfing skills of students at Coastal Taranaki School.

PART ONE: To improve the aquatic skills of all 5–14 year olds.

There are 280 students involved in the programme. All students will be given structured swimming lessons throughout the year to improve their technique and swimming abilities. Qualified swimming teacher, Fiona Lacey, is coaching the students. She has close links to the Okato Swimming Club and our students can participate further through this community club. Years 0–10 swim twice a week. Gifted and talented swimmers have the opportunity to have two additional hours of swimming tuition a week.

Our teachers have also been upskilled and received training in the classroom and on poolside with Cecillie Elliot, who is the Kiwi Swimsafe co-ordinator and instructor. The Kiwisport funding is paying for the tuition of each class for Term 4 2011 and Term 1 2012.

PART TWO: To develop the fundamental skills of all 5–12 year olds.

Each class will be taught the 12 fundamental skills for one hour a week. Each skill will be taught in a structured PE lesson through modules of physical activities to help improve and develop these skills. The 12 skills will be run, hop, roll, horizontal jump, skip, two-handed strike, stationary bounce, catch, kick, one-handed overhead throw, two-handed large ball throw, one-handed strike. Each skill has a video resource and poster to help develop skills. All skills will be videoed and recorded to show improvement, and this will be reported to parents, students and the class teacher. There will be 240 students involved. Julie Nielson has been running this programme since the beginning of Term 2 and this will run until April 2012. All students have shown significant improvement in all fundamental skills.

PART THREE: To develop surfing skills for 5–14 year olds.

Coastal Energise Surf enhances key movement skills for surfing and improves aquatic swimming skills at the same time. Students are having two 3-hour sessions of surf lessons in Term 4 2011 with Mr Luke, Sports Academy surfing students, and the support of the Coastal Boardriders Club. Forty students will be chosen to continue surf tuition and join the junior branch of the Sports Academy in Term 1 2012. All classes enjoyed their first taster days and are looking forward to improving their skills in the next few weeks.

Aquatics will be monitored and recorded through video diaries and through participation in the Swim for Life and Swimsafe programmes once skills have improved. The Energise Co-ordinator will organise all monitoring. Energise is an “evolution not a revolution”

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programme. Rather than add another curriculum programme to the full school programme, the Project Energise co-ordinator, aquatic and surf instructors help the students at Coastal Taranaki School to change what they do, and how they do it. The Energise programme is gradual, not a “big bang”. Starting with a school stocktake, the Energise staff help identify opportunities for change, provide resources where needed, and support the change process.





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The Energise programme is for the children involved, and over time, their families and communities. We will be promoting a series of key messages related to aquatic and physical skills. The messages will reinforce activity of all kinds in order to improve overall health and wellbeing. It is important that the messages and the Energise programme actions are consistent with each other. The focus will be on encouragement to change small things gradually over time, to achieve great changes in small steps.

Karla Ralph
 Deputy Principal, Coastal Taranaki School



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Okato Playcentre

Our theme for Term four is “Celebrations”. Obviously, this includes Christmas, and planning a float for the Okato Christmas Parade. We hope to see you there, as we glide down the street in fabulous festive glory! This year we’ve also incorporated Thanksgiving, with its timely opportunity (before the onslaught of commercialism hits) to think about what we are thankful for. Here’s what some of the children are grateful for:

Orlando: “Playing with my friends. And cuddles, and jumping on my dad.”

Thomas: “Getting a nice family. That we got a farm. That I’ve got a good daddy.”

Eli: “My chickens.”

Amelie: “That I’ve got lots of books.”

Riley: “My mummy.”

Jorja: “Apples. And my birthday, then I get lots of presents.”

Emma: “Flowers and butterflies and hearts.”



Millah Barron takes in a different view of the world.



Ella with some pretty impressive artwork.

Another celebration that we’ve chosen to recognise is Graduation. With two of our four year olds off to school after the summer holidays, we decided to acknowledge Tim and Millah’s time at Playcentre by holding a Graduation Ceremony for them.

Here’s what Millah said about Playcentre: “I like playing in the family corner and playing dress ups! And I can drill wood with my mummy.”

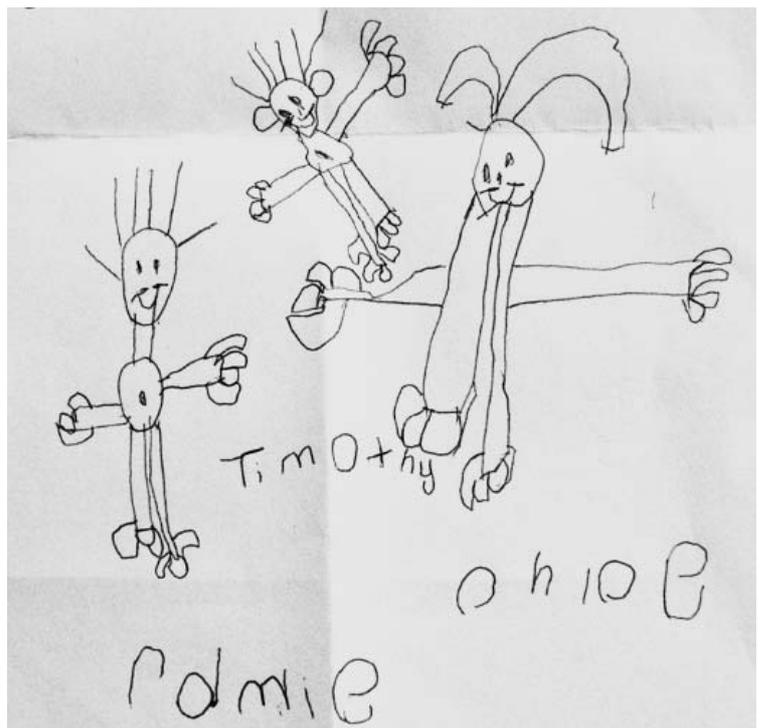
Tim shared this story: “I’m Tim Muggeridge and I’m nearly 5. I have been coming to Okato Playcentre since I was 2 and it’s one of my favourite places. The best bits have been playing in the sandpit with the hoses on, playing with Zack, and when Hayley’s dad put the hose on the top of the slide and we slipped down in our togs. Sometimes Emily plays the ukulele and that’s cool, too. I am excited about going to Coastal Taranaki School but I will miss Playcentre, especially morning tea.”

Over on the grown-up side of things, we recently held our AGM. True to our policy of emergent leadership, we managed to refresh our parent co-operative by replacing most of our office holders as people took on different roles. Here at Playcentre, we strongly encourage and support our members to take on new positions. It’s a great opportunity for

all of us to gain new skills, and it also means that instead of bemoaning the loss of an exceptional president, we can look forward to the skills and talents that another individual will bring to the team. It avoids the familiar scenario within volunteer organisations whereby a core group dominates the decisions or carries the workload, and it keeps us stimulated and invigorated as a group.

Not that we’re lacking stimulation. Throughout each Playcentre session, the children keep us busy and entertained. Just today, Lucinda was busy making playdough “noodles” to feed to her pet cat, while Emma crafted a glittery flower at the collage table. Riley and Amelie were witches, hunting for lizards to add to the cauldron, as Thomas and Orlando made their own stew of “stink bombs, underpants and sausages”.

Fortunately, the year is not over yet, and our doors are still open if you feel like a visit — it’s loads of fun! Sessions run Tuesdays and Thursdays from 9.30am to 12.30pm, for 0–6 year olds. Our final session for the year is on Wednesday, 15 December. Call or text Renee on 027-3265479.



Timothy Muggeridge’s drawing.

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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 Cheryl 06-752 4097.

Playcentre

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 8666.

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