

TAKE ONE MOMENT

# TOM OAKURA

JUNE 2013

## SILVER ON THE ICE

Nick Henderson of the Ice Blacks helps  
bring home silver for NZ

*More on page 7*



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TAKE ONE MOMENT

# TOM OAKURA

TOM OAKURA is a free, monthly publication, delivered at the beginning of each month to all homes from the city limits to Okato.

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

**Do you have a story of local  
interest that you'd like to  
share with the readers of  
TOM?**

Phone 0800 THE TOM

## EDITORIAL

Every time I sit down to write an editorial for the TOM my hitherto undiagnosed dyslexia comes to the fore and I type in idiotorial. Perhaps this is a sign! If my editorials ever offend just remember "she's an idiot" not the editor!



Something capturing my attention this month is the Tahu murder case of 1979 and the change in the law which has seen Mr Menzies-Haller's previous wife testify against him with a resulting guilty charge. The law changed in 2006 when the spousal compellability was done away with in the Evidence Act. Now either willing or unwilling spouses can be compelled to testify against their partners giving prosecutors more leeway with witnesses. It seems the reason this law existed in the first place was to protect the family unit and the confidences shared between husband and wife. If you go back further into Common Law some held that women did not belong in a courtroom! Another point is that many women and men no longer marry but choose to live in de facto relationships and these relationships needed to be recognised in the law as did gay relationships. It's interesting how changing one law ripples right through the law, i.e. de facto relationships were acknowledged as legal in 1976 but spousal privilege law didn't recognise these

relationships. Now this defence doesn't apply, so what you whisper to your partner can be used against you in a court of law – could make for some interesting television at least!

This month I start a new column called 'Meet the Local . . .'. Over the coming months you will meet some of our prominent and not so prominent locals. What I can assure you of is that there are some very interesting and clever people living in our community. Firstly though to get the ball rolling I will start with myself for the benefit of all the new villagers and because I'll be the most boring!

We welcome Spotswood College to the TOM this month, it will be awesome getting regular updates from the dynamic co-ed high school.

## Coastal Antennas

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# Kaitake Community Board

The community board has been fairly active with putting in submissions to the annual budget, attending all those regular meetings and addressing ward issues as they arrive.

By the time you are reading this the board will have completed its verbal submissions to council on the draft budget. Council received over 300 submissions in total on the draft plan, which is a great level of feedback on what is the foundation document of council activities for the coming financial year. The largest area of concern was the proposed reduction in hours for Puke Ariki library and this attracted the largest number of submissions by far - all supporting that the status quo remain. It is worth noting that the community board submitted last year for an increase in hours for the Oakura library and it was agreed that a review be undertaken in the 2012/13 financial year!

The next important consultation relates to a review of parts of the current bylaws. Bylaws are a useful way to deal with local problems or 'nuisances,' as they focus on those issues which the Council and community deem necessary for local regulation, allowing Council to respond to perceived and actual nuisances and problems in ways that are appropriate and practical for the local community. Under review are: Public Places, Stock Control, Solid Waste, Trade Waste, Trading in Public Places and Traffic.

The board will be submitting on behalf of the community with particular reference to Public Places for obvious local reasons. It is a community conundrum that we have a very large and popular cohort of beach reserves in our district. They attract large numbers of the public who don't live here but at the same time it is the local environment for residents. The bylaw in this instance needs to reasonably balance all the various activities that occur in a way that any nuisance is minimised or mitigated and acceptable levels of public use are maintained. The obvious issue is that different activities are viewed by those carrying them out as having less nuisance levels than perceived by other members of the public. Getting the balance right is the key. Therefore the board would urge all those who use our coastal reserves to make their views known through the consultation process.

The board has been holding talks with Powerco, which is in the process of developing plans to replace the power distribution lines supplying Messenger Terrace and Tasman Parade. Given the amenity value of the beachfront area and the fact that replacement overhead lines have a life of well over 50 years the board views this as a 'one off' opportunity to get these lines undergrounded if at all possible. There are a number of difficulties with this, not the least of which is the cost escalation of undergrounding. However Powerco have indicated it would like to engage with the residents supplied by these lines to gauge their views on potential conversion to underground. Powerco's business is

in lines and pipes and its focus is to ensure its networks are operated safely and reliably through prudent, effective and efficient investments, maintenance and management. It is required by statute to manage and deliver a high quality, reliable supply of electricity and natural gas at the cheapest price to the end consumer. Therefore it will be no easy 'fix' to underground these lines at considerable extra cost but the board will continue exploring every avenue to try and achieve that aim.

Well that's it for this issue. Ka kite ano.

*The next Kaitake Community Board meeting will be held at the NPOB Surf Club on Monday June 10 at 4.30pm.*

*Doug Hislop (752 7324) on behalf of Keith Plummer, Mike Pillette, Teresa Goodin and Deputy Mayor Alex Matheson who is the Council representative on the KCB.*



On the Wednesday 1st May we had our school holiday programme 'Props and 'Taches'.

In keeping with the Swainson/Woods Photographic Memory exhibit currently running at Puke Ariki, we wanted to make photo props and produce our own photographic memories.

The children were given templates of moustaches, eyebrows, bow ties and eye glasses to cut out and decorate. These clever artists were so focused on their creations you could hear a pin drop. That is until we had the group photo!

We have the photos on display at the library and on Puke Ariki's Facebook page.

Here is a sneak peak at some colourful characters!



**Stuart Holdcroft (left) and Jago Robertson.**

We will be hosting Missie Moffat at 12:30 Thursday 30th May for a free lunchtime concert as part of Music Month.

Hope to see you soon,  
*Charlie and Vincenza*

**G.S. Lindsay**  
(GRIMBO)  
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# Our Communities Need Great School Boards to Help Build Great Schools

When my parents received my school report I waited in trepidation for them to read it. It seemed that no matter how hard I worked, there was often a "could do better" remark somewhere in a report which I considered to be totally unjustified. In those days, parents might have sought the advice of a teacher if they had a concern over their child's attainments, generally they accepted the information contained in the reports. Apart from perhaps being on a school committee parents had less involvement in the direction of the school that their children attended.

I think every parent believes education is the best investment they can make in their child's future. We want our children to leave school with the skills they need to reach their potential in the modern economy.

The campaign for school board of trustee's election has begun. Trustees have an important role supporting strong professional leadership and effective teaching for all students through informed governance.

I encourage people with a mix of skills and experience to come forward and become a board member at their local school. If you are creative, can crunch numbers, like to work as a team and are eager to put students at the heart of every decision you make, then your school needs you to step up.

We need our parents and wider community to know they have a say in education. You don't need to be parent or have children at the school. We want to reflect the community – parents, families, whānau, aiga, caregivers, hapū and local iwi. We want to encourage people with a genuine interest to go ahead and join a board.


School boards hold overall responsibility for the governance of a school, setting goals, determining strategic direction, monitoring their school's performance and raising the achievement of each and every student.

The school trustee elections are the largest democratic event in the country involving the election of a board of trustees for almost 2,500 state and state-integrated schools every three years. More than 15,000 people are needed to form these boards.

Elections will be held around 30 May 2013, so I encourage people to consider participating whether you are a parent voting or a community member stepping forward for a board role, we want communities committed to success for all our children.

I want to thank parents, students, principals, teachers and board of trustee member for the great work they continually do to support our quest to raise achievement for all our children.

*By Jonathan Young*



## Jonathan Young

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# Update from the Big Red Truck

Greetings from all at the Big Red Truck,

## RURAL PROPERTIES AND ACCESS

Rural residents face a higher risk of losing more property from fire than their urban counterparts because fires are not noticed as quickly in sparsely populated areas.

Response in rural areas can often take a longer time. Most rural areas in New Zealand are serviced by volunteer brigades. Although this is an excellent service, the time taken to respond to a fire emergency can be longer. Large areas served, imperfect road conditions especially during winter months, and lack of adequate water supply can delay quick intervention. Many rural dwellers' livelihoods, eg farming, would be seriously at threat if key buildings such as the milking shed, shearing shed or the family home were destroyed by fire.

There are special things rural dwellers need to remember in order to make their properties safer.

These include:

*Signposting your property.* Rural property numbers are invaluable for a quick response by emergency vehicles.

Do emergency vehicles have easy access?

Is there an adequate water supply for use by emergency services?

Can portable pumps be positioned within seven metres of open water supplies?

Is your firewood stacked away from the house?

*Around the fire or heater.* If a child is wearing high fire danger nightwear they should stay far away from the fire or heater. But even a 'low danger' label doesn't mean there is no danger. Nightwear labelled 'low fire danger' can still catch fire if the child is too close.

If there are young children in the house, parents should put safety guards around the heater or fire. Parents should teach children the 'metre from the heater' rule and watch that children don't sit or walk closer than a metre to the heater or fire.

*Electric Blankets.* Worn and old electric blankets can cause electric shock, fire and possibly even death.

Have your electric blanket tested annually by a qualified electrician.

Turn off the electric blanket power when you get into bed.

Do not place heavy objects on the bed while the electric blanket is turned on.

Ensure electric blanket controls are not twisted or caught between the mattress and base.

Make sure the electric blanket is tightly secured and laid flat on the bed.

When not in use, store your electric blanket rolled up, NOT folded.

Electric blankets are not recommended for use by babies or young children as "bed-wetting" may occur.

Take Care & Stay safe

Mel Breeze

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# TOM Sports



## Kaitake Golf Club News

### MEN'S RESULTS

The President's Trophy Match play was won by Geoff Andrews with Sandy Mitchell runner-up.

Top Dog is the next competition to be played over the next few weeks. 32 members have qualified to form four sections with eight players in each.

The Kaitake #1 Pennant team lost to Waverley in a close battle in the semi-finals. The teams were all square after all matches had been completed forcing a play-off. Waverley went on to win the 2013 Taranaki Mens Pennants

### WOMEN'S DIVISION

#### *Mid week Women's Results*

The Midweek Women have been busy completing a number of competition rounds.

The Nancy McCormick Foursomes was won by Lyn Regan and Helen Whyte.

Silver Division 27 Hole Nett was won by Robyn Robins and Lyn Regan won the Bronze Division.

Silver Division 36 Hole Stroke Play Gross was won by Fay Rowe with Robyn Robins winning the 36 Hole Nett.

Bronze Division 36 Hole Gross was won by Maureen Nielsen with Joy Greenlees winning the 36 Hole Nett.

Grandmothers Trophy Stableford was won by Betty Adamson.

#### *Weekend Women's results*

After two Saturdays when golf was 'rained off' the Nancy McCormick Foursomes was played on 4th May. The winners were Lois Agnew and Sheryl Richardson.

The Weekend Pennants team is still doing well with a win over Hawera in Round 3. They are currently first equal with Westown. The next match is against Inglewood at New Plymouth.

Congratulations to all the competition winners and to the pennant teams who represent Kaitake so well.

### JUNIOR GOLF

Twenty juniors enjoyed a morning of coaching with Dominic Barson before playing 6 holes of Ambrose golf during the second week of the school holidays. With this level of interest we will look at organising a game on a monthly basis. Meanwhile Taranaki Junior Golf have a 6 and 9 hole tournament organised at Kaitake on the 26th May.

### FIREWOOD

With winter approaching now is the time to gather firewood. Kaitake Golf Club is selling firewood now. An average trailer load, (6 x4) is \$80 and can be delivered for \$20 extra. Please phone the office to order.

### SPONSORSHIP

Kaitake Golf Club appreciates the generous support sponsorship brings to the club. Anyone who may be interested in becoming a sponsor can contact Stuart Skene on 7510355 or Andrea Jarrold on 7514234.

More information on Kaitake Golf Club can be found on the website [www.kaitakegolf.co.nz](http://www.kaitakegolf.co.nz).

*Andrea Jarrold, Club President*



## Surfcasters Fishing Report

The fishing is still very good when the weather lets us get out. The FCO Snapper Hunt held this month was a great success despite thunder storms, and heavy rain. 40 keen anglers made the effort and some great fish were caught. The winning fish was a 9kg snapper caught by Blair Haase.

The fishing season finishes at the end of May and the club AGM and prize giving is at Butlers Reef on the 20th June. If you are keen to join a club that is a lot of fun you would like to join in some of our fishing adventures come along as everyone is welcome.

*Garry Harrison*



Blair Haase with a 9kg snapper.

## Oakura's Young Dressage Riders Continue to Shine

Catherine West from Oakura who is now at university in Palmerston North has come 1st and 4th in Section 4 of the Fibre-Fresh Pony & Young Rider Dressage Performance Awards 2013.

Section 4 is for young riders who compete at Level 2 and above. These awards are presented to those who have accumulated the most points over the competition season. This is an outstanding result in a very competitive field.

# Silver for Oakura's Ice Black Player

Last month TOM featured a story on Nick Henderson, our local Ice Black player. Here is an update on how the team got on in Turkey. Nick says "My experience of the trip was a real eye-opener. The passion, organisation and attitudes of all those involved gave me an insight into what is needed to compete at international level. This allowed me to perform on the ice and enjoy the opportunity to see a bit of Europe without, basically, having to worry about anything else. I plan on playing for the top team for as long as I am physically able to."

The Ice Blacks won the silver medal after a "come from behind, score in the final 30 seconds" win 6-5 over China in their last game at the 2013 IIHF Division 2B World Championships.

The Ice Blacks defeated Turkey 2-1 in their symbolic ANZAC day clash at the 2013 IIHF Division 2B World Championships. In other games Israel defeated Bulgaria and thus secured the gold medal. The Ice Blacks last game was against China and they needed a win to secure the silver.

The Ice Blacks' quest for gold took a downturn when they were defeated 2-3 in a close game against Israel. Up till then the Ice Blacks were unbeaten, defeating Mexico 4-2 in their second game at the 2013 IIHF Division 2B World Championships.

Goaltender Rick Parry (also from Taranaki) was awarded game MVP for New Zealand.

The Ice Blacks opened their account at the Division 2B World Championships with a 10-5 and first ever win over Bulgaria.

## GAME RESULTS

Ice Blacks 10 - Bulgaria 5

Ice Blacks 4 - Mexico 2

Ice Blacks 2 - Israel 3

Ice Blacks 2 - Turkey 1

Ice Blacks 6 - China 5

By Kim Ferens



# Oakura Boardriders

April saw a visit to Oakura by the North Wai Boardriders from Christchurch for a long weekend of socialising and an inter club contest. A trophy was supplied by North Wai and made from some significant pieces of material from the earthquake remnants. There is quite a story to it I am told and it is on display in our clubrooms so pop in and see it. Friday nights being a good chance as the club and bar are open Friday evenings.

There was in excess of 30 North Wai members who travelled to Oakura and they were serious about taking the trophy back with them. The contest was held at the beach with some marginal conditions at times and midway through the contest it looked like they may have been successful. In the end though some of Oakura's senior members shone through securing the inaugural win and ensuring Oakura Boardrider's has its name on the trophy first. Just imagine if we had had a full strength team making the effort to compete!

Big thanks to all those that's helped out with cooking and hosting duties, you all made this a memorable weekend.

Mid April also saw a band night with 'Nite Shift' playing. This was another great night although a few more making the effort to get out and support the evening would have really packed the clubrooms and helped with its success. The committee is always getting accosted with people saying there are not enough social events. So please support events when they are run!

Below, some news on events and don't forget the clubhouse is open on Fridays from 5.30pm and the Oakura Boardriders' Facebook page has ongoing news posted.

- 1(a)** SUP clinic with Daniel Kereopa, On flat water for beginners and racers held on 18 May
- 1(b)** SUP clinic with Daniel Kereopa, Surfing Waves, etc held on 18 May.
- 2** Long and short competition (a knee board fundraiser), 1st June, 8am start. SUPs, long boards 9ft plus and knee boards, \$20 entry fee. Enquiries to Chip at Beach St Surf Shop. Ph 758 0400.
- 3** Taranaki Interclub champs held on 25th May. Team comprises of 4 open men, 1 woman, 1 U 16, 1 long board, 1 over 40, Plus the team relay (there will be a team event trophy separate from the relay trophy).
- 4** Taranaki champs, 22 June (23 June back up day). Individuals only, 2 divisions -Open men, Open women
- 5** Bogworks Big Wave comp. The window is still open and could be called at anytime. Keep an eye on the swell.
- 6** NZ Scholastics Champs will be at Piha this year, dates to be advised as yet.
- 7** NZ primary School Champs, Surfing Taranaki Considering running this again.

If you are interested in any of the above and cannot find any information contact Craig Williamson at [surfingtaranaki@xtra.co.nz](mailto:surfingtaranaki@xtra.co.nz) or Mike Hareb [harebdeken@xtra.co.nz](mailto:harebdeken@xtra.co.nz)

Brent Anderson, Oakura Boardriders.  
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# Meet the Local . . .

TOM MAGAZINE EDITOR KIM FERENS



**Where do you live?** I live at Omata on a two acre lifestyle block, one acre being native forest with various fruit trees and native specimens planted around. It is an awesome location overlooking the Tasman Sea, Sugar Loaf Islands and the city. I have three beautiful alpacas who come running when I call out “boys”. I also love my four chooks who keep my family and some of my friends in fresh eggs. I don’t garden very often these days but keep a small veggie patch going with greens for me and the chooks. I have one other animal – a very rowdy miniature schnauzer called Rosie. She is only rowdy when people knock on the door or ring the doorbell, otherwise you find her sleeping!

**Family?** I’m married to Dave and we have been together 27 years (phew!). We have three gorgeous children – Alex (23), Sarah-Jane (21) and Louis (17). All three attended Omata School. Alex and Sarah-Jane are currently in Wellington and Louis goes to NPBHS. I grew up in Opunake so I haven’t ventured far! But a long way in my mind!

**What is your association with Oakura/Omata?** When Dave’s grandmother moved into a rest home when she was in her 90’s we bought the property and have lived here ever since (22 years). Our house started out as a little cottage and we have done it up over the years to suit our growing family. As a child my family often came to Oakura Beach for swimming, fish and chips and occasionally staying at the beach camp. When I was a child I thought Oakura was a place where hippies and surfies hung out. I remember an old store in Omata and also a sawmill.

**What is your job?** As editor and owner of the TOM Group Ltd, I work part time on bringing the community’s news to locals. I have a Diploma in Business Studies and a Graduate Diploma in Journalism Studies. Basically I answer the phone, send out emails, interview people and write up stories, gather advertising material and keep my ear to the ground for interesting tid bits!

**What do you love about your job?** Meeting interesting people and writing articles about them – there are so many talented and vibrant people in Oakura!

**What is something you hate about your job?** Sometimes I hate working by myself – it would be nice to have a bigger team and I hate asking people for money!

**Favourite past time?** Reading books on my iPad – especially crime novels.

**Two things on your bucket list?** Go to Morocco on a cooking tour with Peta Mathias and buy a Mustang – the faster the better!

NEXT MONTH WE PROFILE RICH CORRY OUR LOCAL CONSTABLE.

## Horse Trails in Matekai Park?

The local group, Friends of Matekai Park, feels that the unique ecological, educational and recreational features of the Matekai Reserve wetland would be put at risk if horse trails were allowed in the reserve. The group, which has played a major part in the development of the wetland for more than twenty years, made the following points at their recent meeting.

The Matekai Reserve wetland was identified as ‘an area of national importance’ by the Department of Conservation as part of a 1990 coastal resource inventory. It is the only protected habitat of its type in the area.

The Taranaki Regional Council has called Matekai Park a key native ecosystem. The Park is known to hold threatened species such as the gold stripe gecko, the endangered Australasian bittern or matuku, and the threatened large galaxiids or kokopu, says the Taranaki Regional Council.

The Matekai Reserve is home to ground-nesting birds like the pukeko.

Livestock intrusion into this vital habitat is unthinkable.

Educationally, the park provides local children with a unique resource. For example, students from Oakura Primary School were involved in recent planting in the park.

The park provides a much used looped walking trail around the wetland. Runners, walkers, family groups and the elderly are regularly seen making their way around the park. Horses would be a danger to these users.

The park is an important pedestrian link between Oakura beach and the camping ground, and the Oakura shops. Combined pedestrian trails and horse trails are not an acceptable mix.

The tranquillity of the park, which is interrupted only by the sound of birds, would be destroyed if horse riding was allowed in the reserve.

- Horse trails in the park would result in fouling of the walking tracks.
- The walking of dogs on a leash is permitted and this activity is not compatible with horse riding.
- Currently, horse riding is prohibited in the wetland reserve and this prohibition should remain.
- The Matekai Reserve is a unique local treasure and it must be protected.

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# Natural Fertility

Fertility problems are increasing with more than one in six couples who want a family experiencing a problem. A couple is considered infertile if conception has not occurred within 12 months of unprotected intercourse, at which point many couples turn to Assisted Reproductive Technology (ART). The rapid development and expansion of assisted conception programmes in the last two decades is immense and has helped many people have their own child, but with success rates at just 5-20% it is certainly not a panacea and the physical, emotional and financial stresses should not be overlooked.

Laura Bowers of Essence Health Naturopathy is a Natural Fertility Specialist. She offers a natural solution for couples with infertility issues who are looking for an alternative to ART or looking for additional support to increase their chances of success with ART. She also supports couples simply wanting to provide the best possible start for their offspring. Laura initiated her practitioner specialisation through Foresight, the British Association for the Promotion of Pre-conceptual Care. Foresight has conducted a number of studies on the outcomes of their natural preconception programme and has a proven success rate of more than 81% live births.

Laura builds a tailored programme of detoxification, natural remedies, herbs and nutrients based on an in depth clinical analysis of each case to create greater reproductive health; empowering couples to make clear and informed choices as they develop an understanding of their health, hormones and biorhythmic cycles. Natural fertility awareness and preconception care can be used with great success to achieve or avoid pregnancy and even sway sex preference as well as helping overcome issues with infertility, low sperm count and miscarriage. At the heart of reproductive care is the principle that upon successful conception the genetic material is encoded for the life of the offspring so, healthy parents and healthy reproductive systems equal healthy babies!

If you are trying to conceive call Laura 027 454 9526 or email [laura@essencehealth.co.nz](mailto:laura@essencehealth.co.nz).



## Trying to conceive?

### Natural Fertility Information Evening.

Wednesday 3rd July, 6pm. The Parents Centre, Buller St.

Book NOW! - 027 454 9526  
[laura@essencehealth.co.nz](mailto:laura@essencehealth.co.nz)



Laura Jane Bowers

BSc(Hons) Health Sci, ND, Dip NZNFE, Cert Adult Ed, Bowen, HbT & NFP

Registered Naturopath & Educator

Natural Fertility Specialist

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Wednesday - Saturday 11am - late

### To Start

Garlic Bread .....	\$9.50
Slowly Smoked Field Mushrooms w Melted Brie, served w Onion Jam and Petite Salad .....	\$15
Oven-Baked Eggplant Cannelloni, Stuffed with Pan-Fried Haloumi Cheese atop Mediterranean Vegetables .....	\$15
Goats Cheese and Roasted Beetroot Tartlet drizzled w Spiced Honey .....	\$15
Cold Smoked Duck Breast w Duck Liver Pate and Red Current Sauce .....	\$17
Open King Prawn Lasagne w Pea Puree and Parmesan Wafer .....	\$17

### The Main Event

Home Made Vitello Beef Bratwurst( German Style Sausage) w Mashed Potatoes and Onion Gravy .....	\$22
Fish and Chips, Beer Battered Fresh Fish w Homemade Chips and Salad ...	\$22
Roasted Butternut Risotto w Toasted Cashew Nuts and Wilted Greens .....	\$22
Steak Frites, Med Rare Vitello Beef Steak w Homemade Chips, Salad and Hollandaise .....	\$28
South Island Venison Shank and Guinness Ragout served with Pappardelle Pasta .....	\$29
Vitello Beef Bourguignon w Shallots, Button Mushrooms and Potato Gnocchi .....	\$29
Fresh Fish of the Day, Lemon and Almond Butter, Wilted Greens w Israeli Cous-Cous .....	\$30
Cassoulet w Duck Confit, Free Range Pork, Haricot Beans and Vegetable ...	\$30
Free Range Pork Belly w Roasted Apples, Wilted Greens, Creamed Potatoes, Jus and Cracking .....	\$30

### To Finish

Sticky Toffee Pudding w Crème Fraiche Ice Cream and Praline .....	\$14
Pecan and Pumpkin Pie w Whipped Cream and Maple Syrup .....	\$14
Caramel Chocolate Fondant w Vanilla Bean Ice Cream .....	\$14
Apple and Feijoa Crumble (Gluten Free) w Blackberry Sorbet .....	\$14
Kikorangi Blue, Port Wine Cheddar, Special Reserve Brie .....	\$14

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# Make our Oakura Children the Healthiest in Taranaki

The number of unfit kids has jumped visibly – why and what can we do about it?

Inactive and overweight kids are in the high risk categories for diabetes, heart disease, high blood pressure, high cholesterol and stress. These children may have self esteem and self confidence issues. Research has shown that these children have more social interaction disorders and more problems concentrating at school. How does this happen?

The eating habits, exercise habits and lifestyle choices of the parents are passed on to their children. If the parents are inactive, often the children have the same negative attitude towards exercise. If the food we serve at home is high in fat, high in sugar and low in fibre and nutrients - that is what our children will be eating. Computers, computer games, the internet, TV, email, remote controls, labour saving devices, lifts and escalators, junk food, busy lifestyles, poor food choices and a general lack of movement and regular exercise are the reasons why we are all getting fatter - including our kids!!!! We really need to make a conscious and consistent effort to move more, eat more real food, eat less junk food, eat more fruit and vegetables, drink more water and exercise regularly - and we need to encourage our kids to do the same. We can't talk about the importance of exercise and then find an excuse not to do it ourselves!!

Are you setting an example you would be proud or ashamed of for your kids to follow? Set a great example, move more and do it with your kids and let's make Oakura kids the happiest healthiest kids in the province.

By Estelle Williams

# HEALTH &

**THERE'S A NUMBER OF LADIES IN OAKURA WHO HAVE . . .**

**HIGH ENERGY LEVELS,  
ARE LOSING WEIGHT,  
GETTING FITTER & HEALTHIER**

**Do YOU want to join them and also . . .**

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**STOP your thighs rubbing together?**

**And see your fitness level SOAR??????**

*ENJOY SOME INDIVIDUAL ATTENTION OR JOIN A SMALL  
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## Ah... So Relaxing ... at Positive Outlook

One wet miserable day I had the very fortunate experience of an aromatherapy massage with Jules Collier of Positive Outlook. Jules has aptly named her business because her massage definitely gives one a positive outlook when finished! And to top it all off I had the best sleep ever, the sort of sleep you wake up from and say to yourself "wow that was a great night's sleep!"

Jules has set up a beautiful massage room with a soft warm massage table, soft lighting and candles and relaxing music. Before you get to enjoy this, Jules asks a few questions about the state of your mind and body so she can blend a specific recipe of essential oils. This blend can invigorate you, relax you, and relieve symptoms of stress, aches, pains and imbalances. Different blends may be applied to different parts of the body. The aroma is divine, mine was peppery and herby. Jules applies the essential oils through Swedish massage techniques and deep tissue massage and you feel the tensions and aches melt away. Jules will massage muscles to an intensity that goes deep or she will use a much gentler technique depending on what each person likes or needs. I personally like to get all the knots and scar tissue massaged out.

Jules has been a practising massage therapist for 10 years and did her training in Brighton, England before relocating to Oakura. The couple had discovered Oakura on a previous visit to New Zealand, now son Fynn and husband Steve are firmly settled here.

Jules has much to offer the locals of Oakura whether it be a relaxing and soothing experience you are after or a specific remedy for a headache, back ache, neck ache, legs, arms or hormonal imbalance. Maybe you may even want to give someone a treat – a voucher from Positive Outlook will make anyone's day.

Jules is offering a bottle of essential oils especially blended for the individual. This offer (normally priced at \$20) is free to all new and existing clients for one visit during the months of June and July. Offer is for one bottle per client only when you mention TOM-Oakura.

By Kim Ferens

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- \* Aids relaxation and sleep
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julespositiveoutlook@gmail.com

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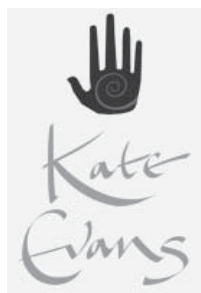
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I work in both Oakura and Central New Plymouth.  
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**Call Kate 027 203 7215 or 752 7251**

# Invitation to the Oakura Community

Oakura School won a Tremendous School Makeover Competition and we are about to put our plans into action! We have designed an outdoor environmental area including:

- a range of native trees for our pupils and community to enjoy;
- a small orchard;
- plants to attract native birds and wildlife;
- riparian planting and much more!

The Oakura Community are warmly invited to attend the planting day on Sunday June 16th at 9am.

Come to the school back field and follow the signs to our new Enviro Centre on the section that slopes off the bottom football field.

Bring a spade and gumboots!

(Morning tea and BBQ lunch provided)

Come along and be part of this historical event - Put it in your diary now!

## Activity Week

On the 15th – 19th April, Taranaki Outdoor Adventures-TOA provided the Oakura year 7 and 8 students with a fun packed activity week which included dam dropping, Mokau canoeing, mountain biking and a mud run. Here is a bit about our week.

### DAM DROPPING

Year 7 and 8 students from Oakura went down to Normanby to go dam dropping off the Normanby dam. This is a nine metre high concrete dam which the students went over in plastic kayaks and foam boogie boards. Groups of two to five children went down together in the kayaks either forwards or backwards, then at the bottom the kayaks were hauled out and dragged up a muddy bank to go down again. All of us loved the dam dropping and a lot of us conquered our fears and enjoyed ourselves.



**Ben Giltrap, Reef Raumati and Kimberley Lewis take on the Normanby Dam.**

### MOKAU CANOEING

Students also went to the Mokau river to go canoeing in large Canadian canoes. Thankfully the weather turned out well on both days, if only a little windy. A surprise happened on the second day as there were some communication errors, which led to a canoe sinking... and by sinking; we mean the canoe was literally underwater. Fortunately no one was injured whilst they jumped out, and there was no damage apart from a soaked school camera! By the end of the day, everyone was drenched in water, thanks to the rivalling canoe teams.



**One of the three room 11 canoe teams paddling its way up the Mokau river.**

### MOUNTAIN BIKING

Another one of the four activities was mountain biking which both room 10 & 11 did at Lake Mangamahoe. Unfortunately, the weather did not agree with us as this day was very rainy. However, that didn't stop us from trying our hardest and giving everything a go. We were split into three groups according to our level of expertise. Group one consisted of the very confident cyclists and groups two and three consisted of the confident cyclists (groups two and three rode together). Due to the very muddy tracks, we left Lake Mangamahoe earlier than expected. If only the weather had been a bit better.



**Lilli Regan rides down one of the muddy mountain tracks.**

### MUD RUN

The final activity of activity week was at The Meeting of the Waters (Waiwakaiho River) and that was the much anticipated mud run. Luckily, the weather was fine after the bad weather for mountain biking. We had to run through the bush, walk along a stream (splash everyone), climb a bank and run through a paddock to reach the mud. The mud was so smelly! Everyone (including the parents and teachers) had fun drenching everybody in mud and some people were so covered that you couldn't even tell who they were! After about 10 minutes of full on throwing, we carried on into the bush and swam through some streams to wash off the mud.

Thank you to all the parents, TOA instructors and teachers who helped make this awesome week possible!

*By Tessa Keenan, Ellie Whitehead and Sian Tran-Lawrence (all aged 12)*



## COMING EVENTS

### June

- 19 Y7/8 BP Technology Challenge.  
Show in hall 'And the Winner is . . .' please note change of dates.
- 22 ALL BLACK TEST.
- 25 Y6 Gymnastics at Coastal Taranaki School.
- 27 Rei Hendry, Art Specialist Teacher in this week for fabric printing.

### July

- 12 Music Assembly.  
End of Term 2.
- 29 Term 3 begins.



## Movement Madness

Omata hosted the annual Year 1-4 Movement Madness afternoons with Oakura School on the 7th and 8th of May. We were fortunate to have brilliant weather. The children enjoyed mixing up and playing some fun physical games and activities.

### BOARD OF TRUSTEES UPDATE

Congratulations to Andrew Crawshaw, Bridget Eldershaw, Joss Hobson, Hamish Logan and Tracey Wagstaff who have been elected for another term onto the Board and to Stuart Bennett who joins the Board as staff representative. Our sincere thanks go to Mr Pat Murphy who stood down after seven years as the staff representative.

### MESSAGE FROM THE CHAIR

As the cooler weather approaches its time to look back at what was a wonderful summer term full of activities and opportunities for our students to showcase their talents. With swimming displays, athletics and year 5-8 camp to mention a few. The swimming display reinforced the success of the swim programme that has been running for four years. The importance of early introduction to the water is vital and is reflected in the very high standard of swimming right throughout the school. Thank you to Kris Gilmour and his team of volunteers for running the pool.

Year 5-8 overnight camp was a great success, with students developing new skills that can't always be taught in the classroom. Thanks to staff and parents that make this possible.

Viv Norris presented the Arts Curriculum report at our last board meeting and outlined the benefits of having Rei Hendry and Jan Aiello as professional development for staff, along with their in-class teaching skills for the children.

Novopay issues are ongoing, not just for us but all teachers and support staff across the country. I thank, not just our staff, but also all teachers for the manner in which they are dealing with the issues. The fact that they continue to put the students first in front of the issues that are at hand is exemplary. Many other sectors would not have put up with the ongoing problems in such a selfless way.

*Hamish Logan*



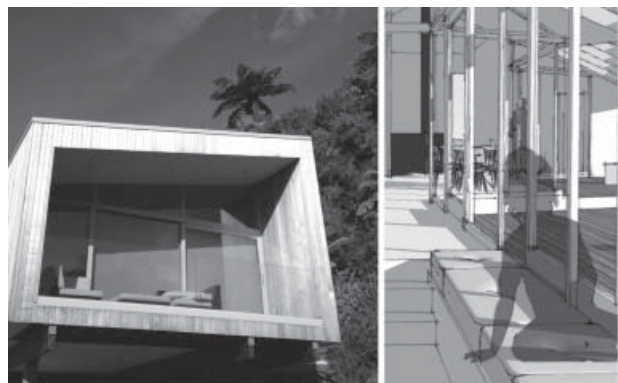
**Movement Madness.**



### WANTED

Donations of books, puzzles, games and DVDs for the room 6 camp fundraiser. Please drop into the school office. Book Sale coming up. Watch this space. Phone Tracey Lusk 7527875 if you would like your donations picked up.

*Karen Brisco*



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# Spotswood College

## NEWS AND EVENTS

The term one holiday break provided an opportunity to reflect upon the learning, achievements and activities that students have been involved in during an action packed first term.

2013 began with a very well attended powhiri to welcome new students and their families to Spotswood College.

Year 9 students have quickly settled into the routines of college life and are taking every opportunity to get involved in their school.

Sophie Willis, who was the Head Girl at Oakura Primary School last year, has written about her first term experiences at her new school.

"Everybody stood waiting silently as Mr Bowden welcomed us into the school. The powhiri was a great way to start the year, welcoming us as visitors but then changing our status to full blown Spotty students.

I only knew two other people when I started here at Spotswood College but now I have so many great friends who will probably be with me for a long long time.

My first class was with the peer support group. There was no way they could of made us feel more welcome. We played games, learnt names and by the end of the period everybody had a friend; we knew where to go and how our timetable worked.

During my third week at High School our Dean, other teachers and our peer support class took us on an awesome trip to Oakura Marae. It was an amazing experience. The girls learnt a song and the boys learnt the haka, then we had to perform it to one another. In the afternoon we all went swimming in the river. Everybody had heaps of fun and got to know each other. Each morning when the bell goes everybody heads to their whanau class. Whanau class is

SPOTSWOOD COLLEGE



a class in which there are people from every year group. When we get there our teacher calls the roll and reads the daily notices, then everybody gets a chance to mingle. At 9.05am the bell goes and we all move to our first class.

I have never really taken to maths – it has always been my hardest subject, but with some help from my maths teacher things seem to be a breeze. I'm doing Digital Technology and Spanish this half of the year. I am really enjoying these subjects.

I love Spotswood College and I can't wait for the years ahead. Spotswood is definitely the school for me."



**Sophia Smolenski – printmaking top student in New Zealand.**

In the Senior School, Sophia Smolenski writes about her Printmaking Art folio which gained her the top mark in New Zealand! Her work depicts her family's involvement in the New Zealand Army across three generations.

"At the beginning of the year my initial concept for my investigation was the soldiers who took part in the wars that New Zealanders were part of such as World War I and World War II. This was from a realistic point of view rather than what some may consider an idealistic one. Therefore, I intended to portray the grim psychological reality of war, rather than any glorified aspects. I wanted to try to portray the pain, despair, danger and futility on a personal level. The attraction to choosing this topic is definitely influenced by my father, brother Vincent and Grandfather who have all been part of the infantry both here in New Zealand and in Europe".



**The WOMAD Cook Off team.**



Other term one activities and events included:

Celebrating significantly better NCEA results from 2012: eight scholarships and Sophia Smolenski getting the top mark in New Zealand for Printmaking.

Having Richie McCaw visit our school to share a BBQ supplied by the New Plymouth Rotary Club.

A community function and a student run assembly to farewell Miss Andrews who retired after 44 years teaching at our school.

IDP Meetings to plan goals and next step learning targets for Year 11 and 12 students.

Winning First Place and a Gold Medal for our Senior A Girls Volleyball Team at the New Zealand Secondary Schools Volleyball Championships. Our Boys A Team gained a very credible 4th place.

Senior Food & Nutrition students involved in the WOMAD Cook-off.

Term two will be another busy term focusing on learning and achievement but punctuated by winter sport and the school Gala.

The Parent Teacher Association are in full flight organising their second Winter Gala to be held on Sunday June 23rd – watch for advertisements and check-out the school's website for details [www.spotswoodcollege.school.nz](http://www.spotswoodcollege.school.nz)

*Mark Bowden, Principal*



## New Plymouth Boys' High School

We celebrate the success of the following boys:

New Zealand Inline Hockey Teams:

18 and under junior men: Tim Craig

16 and under: Tim Craig and Pedro Valentine-Robertson

14 and under: Joshua Gulliver

Taranaki Secondary Schools' Duathlon:

Senior boys: 1st Max Hardie-Boys; 5th Chris Kelly

Junior boys: 1st Nick Wilson; 2nd Josh Turner; 3rd Ben McCallum; 6th Max McCallum

Taranaki Secondary Schools' Swimming:

Swim team won 12 of the 16 available titles, coming first and second in all senior boys' events.

New records in the senior boys' freestyle relay and medley relay go to:

Julian Weir: 3 titles - senior freestyle (new record), senior backstroke and senior butterfly.

Tennis: Ajeet Rai is to be a member of Tennis NZ's 2013 Junior Europe Tour in June and July.

Badminton: Pun Thepkunhanimit won the Australian under 17 singles championship and is the top ranked player in Australasia in that age group.

Golf: Fletcher Broderick won the South Taranaki Stroke play Championship.

Archery: Jeffrey Martin scored 659 to achieve his division's grade in his first senior tournament.

Cross Country - School Championships:

Junior: 1st Drew Farnsworth; 2nd Alex Sturmer; 3rd Callum Sutherland.

Intermediate: 1st Angus White; 2nd Ross Stembridge; 3rd Riley Rigen.

Senior: 1st Max Hardie-Boys; 2nd Orin Burmester; 3rd Hamish Sturmer.

Adventure Racing - Go 4 12 (North Island Secondary Schools Championships):

Senior: 1st Matt Furze, Hamish Sturmer, Thomas Lawley, and Liam Hawley.

3rd Tom Spencer, William Adlam, Ieuan McLeod, and Steven Mead.

Junior: 1st Sam Evans, Matthew Roodbeen, Nick Trowbridge, and Callum Sutherland.

Cultural

Sheilah Winn Shakespeare Festival:

Presenting scenes from The Comedy of Errors: Richard Gottlieb, Josh Ritchie, Teague Harvey, Sam Morgan, Sebastian Molloy, Cameron Tippet, Nick Park, and William Challacombe-King.

Presenting Act 1, Scene 2 from Henry IV, Part 1: Anthony Easthope, Fergus Thomson, and Nick Park.

*Michael McMenamin, Headmaster*



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### Hurford - Omata - Oakura Rural Women

Meet 2nd Wednesday each month at 1.00pm. New members welcome. Contact Jean Kurth 751 2274.

### Indoor Bowls

Mondays 7.30pm at Oakura Hall.  
Ring Mike Vickers 752 7881.

### JKA Karate

Tuesdays at Oakura Hall 5.30-6.30pm.  
Thursdays at Oakura Hall 6.00-7.00pm.  
Contact Jim Hoskin 752 7337.

### Mini Groovers

Tuesday mornings 10.00am, Oakura Hall. Gold coin donation.

**Move It or Lose It - fitness classes**, Oakura Hall, Wednesdays & Fridays, 9.30am, Contact Gloria 752 7442.

### NP Toastmasters Club

Meet every 1st, 3rd and 5th Thursday of the month, 5.30pm at Bellringer Pavillion. Everyone welcome.

### Oakura Pool Club

Meets every Wednesday evening 7pm @ Butlers Reef over winter. Phone Chip 027 621 4999 or 752 1004.

### Okato Squash

Club nights on Mondays from 7pm, everyone welcome, phone Darryl Gibson, Ph 06-752 4804.

### Omata Playgroup

Every 2nd Thursday, 9.00am at the Omata Community Hall.  
Ring 751 2308 for next session date. All parents and pre-schoolers welcome.

### Playcentre

Playcentre, Donnelly Street.  
Monday, Wednesday and Friday 9am to noon.  
Visitors welcome by appointment. Ph Bridget on 06-752 7223.

### Probus Club

Meets once month at Kaitake Golf Club rooms on the 3rd Friday of every month at 10am - 11.30am. Contact Barry Goble 752 7254, or Betty West 752 7816.

### St James Church, Oakura

Morning worship 10.00am, 2nd and 4th Sundays of the month.

### St John's, Omata

Morning worship 10.00am, 2nd Sunday of the month.

### Val Deakin Dance School

Pre-school dance class on Saturday morning from 9am to 9:30am. Beginners' ballet/dance class from 9:30am to 10:15am. Oakura Hall. Ph Val Deakin, or Jane Roseman on 06 752 7743.

### Volkswagen Club

Events range from car rallies, the YMCA climbing wall, camping, BBQ get togethers and sharing good family times and knowledge. Contact President: Huw Griffiths - huw@taranakivw.co.nz or Secretary: Julie Salisbury - julie@taranakivw.co.nz

### Yoga Classes

Oakura hall 7.30 - 9.00pm. Running during the school terms - Tuesday nights. Some gear available - beginners welcome. Ten classes \$120 Casual \$14. M. 027 715 6188. P. 75 27 050. E. keithplummer@clear.net.nz

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