

TOM *Fitzroy*

High performance coaching for NP Surfriders

Scholastics Team members with Gary Cruickshank from High Performance Coaching Team, Australia.



As we reported in the last TOM the Surfing Taranaki Scholastics Team were to attend a high performance coaching course prior to attending their National Scholastics in Gisborne. Gary Cruickshank from Australia's High Performance Coaching Team spent six days coaching 24 of the best young Taranaki surfers. Mostly the conditions were not great but as Gary said,

"Most international surfing competitions are held in poor surf so if you can surf these conditions you are well on the way to success," Gary also noted that successful competition surfing was "all in the top two inches." Meaning that if a surfer is not mentally prepared then it won't matter how good they think they are, they are unlikely to win. To back up that statement Paige

Hareb took the opportunity for some coaching by Gary, which showed the groms that even if you get onto the World Championship Tour you still need to be constantly improving if you want to win and stay on tour.

more on page 10 ➔



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The countdown is on – the madness that is Christmas is starting to affect everyone's thinking and I have to pinch myself to realise another year is winding up. But at least the weather is being a bit more co-operative with some fine warm rays to warm the skin and pink it up a bit. I know it isn't very pc to get colour on your skin but I love the feel of the sun on my skin. I don't like sunburn but I reckon it is ok to sit in the sun and enjoy it for brief bursts.



It is good to see all the summer activities via our local clubs getting underway again – tennis, surf club and surfing. The winter hibernation is over and it is time to shed the winter coat!

This month TOM pays homage to local youth worker and dedicated charity worker Lou Roebuck. It is through the efforts of people like Lou that our community and many others can be a much more people friendly and inviting place to live. Keeping young people happy and healthy is a great endeavour.

Kim

TOM Fitzroy NOVEMBER

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Strawberry Jam and Child launch new career for aspiring writer

Child and the Strawberry Jam is the first in a series of stories about a mischievous little girl and her friends set a long long time ago in Victorian England.

Child lives in a tall narrow townhouse in the middle of London not far from Regents Park. She is very different to other children – her eyes do not match – her bright yellow hair sticks out in all the wrong places and she calls herself Child. Her real name is a big big secret.

Oh, and by the way, she is very very naughty.

If you listen carefully she just may steal your heart.

Now, are you sitting comfortably? Then I'll begin ...

It all begins at my book launch on Saturday 30 October at Little Theatre, Aubrey Street, New Plymouth from 2pm-4pm. Free entry, complimentary drinks, Paul's Pikelets and Strawberry Jam and fun activities for children.

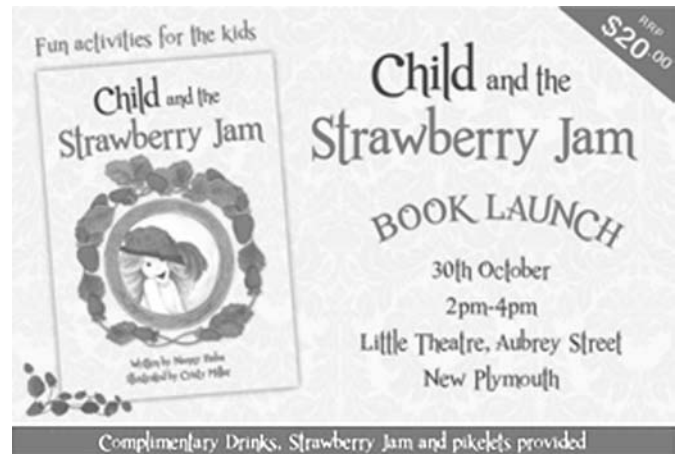
Child and the Strawberry Jam is unique in that it is a picture book designed for older children. The text has been graded at a reading age of ten. However, because of the beautiful illustrations by local artist Cristy Millar it can also be enjoyed by much younger children. Suitable for 6-12 year olds and all grown up children of course!

Child and the Strawberry Jam is Part One of a collection of five titles. Do you want to know Child's real name, who does she tell? Follow the mischievous adventures of Child, best friend Lucy Lavender and the Four Little Boys next door. Meet Jeb, The Costmonger and Little Ned, The Rat Catcher's Son. Sit down with Mrs Blodgett in her steamy kitchen and listen to tales about Uncle Edeneye and the Witches of Blofield – all in the forthcoming series soon to be published.

Copies can be obtained either at the book launch, Publish Me www.edwardlouiepublishing.com or shortly from the Nanny Baba website (Edward Louie Publishing).

Please join me in celebrating the launch of my first children's book. There will be matching pottery for sale to mark the occasion designed by local potter/artist Deonne Parkin.

By Barbara Marshall





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Gardening

TOM Garden of the Month

Gardeners in our region have been facing the challenges that this time of the year always seems to bring. As I write about this month's garden most days have seen us getting day after day of torrential rain and we seem to have had one sunny day to seven wet ones. The wind has also been blowing, sometimes to a destructive level so I'm always amazed and full of admiration for gardeners that keep their patch looking beautiful in the midst of these conditions. A large part of their success is owed not only to hard work but clever planting. The TOM garden this month is one such example of a garden looking great in spite of the trying conditions.

Bev and her late husband Bill built their home 50 years ago on land that was Bill's great grandparents' farm. The elevated block with its commanding view of the sea is a fantastic spot but a challenge when establishing a garden that was so exposed to the unforgiving salt laden air. Bev says Bill was the gardener of the couple and he grew hundreds of orchids and palms in glass houses at the rear of the property. Of interest also at the rear boundary of the property is the original farm homestead and Bev says the old milk separator is still there. It's hard to believe that this Nobs Line property in the popular beach suburb of Strandon was once part of a farm.

Bill also created all the rockeries that are the framework for the front garden. This garden steps down steeply with a stretch of lawn on each level, so whilst it looks steep and difficult to manage Bev says it is very easy to maintain. The fact that Bev says she has only been out working in the garden a few times this winter is testament to how well it is planned. I pass this garden regularly and year round it always looks lovely with lots of colour.



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*Bev & Bill's tough, but
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Bev says she admires any plant that is brave enough to grow in this unforgiving environment and with that in mind she has relented in what she lets grow here. As much as she would like a more coordinated colour palette, if it grows it can stay. To this end there is a riot of colour and a wide variety of plants growing in Bev's garden. A favourite is a large stand of 50 year old Bird of Paradise which has huge flowers when it blooms. There are a variety of succulents and several different types of conifer. Flowers that were in bloom in the garden when I visited were lots of different daisies, vireyas, a beautiful yellow azalea as well as cinerarias and pansies. For the first time Bev says she has had to replant the pansies this year. In fact this is the third group she has put in because of the severe weather.

This is a summer garden says Bev, but with the sandy soil conditions it can get very dry. Once the weather warms up Bev will have a mass of petunia planted. When she's in the garden her little canine friend Kip is never far away. Kip loves it when Bev is in the garden and will hide his ball in the next rockery that Bev will work in and once Bev finds the ball she throws it up the hill and then Kip races to hide it again.

As I mentioned earlier gardens that look good in all seasons and in all weather conditions are a product of hard work but also clever gardening and planning and the TOM garden this month is no exception. Instead of fighting the weather and growing conditions, Bev and her late husband Bill have worked around these things and have created a beautiful garden to enjoy year round.

By Jackie Tomlinson



Gardens featured in the TOM Fitzroy receive a Garden Voucher generously donated by Fairfield's Garden Centre



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hot tips from the Fire Brigade

Over the last few months we have visited and been visited by many New Plymouth schools including year one and two pupils from Fitzroy and Mangorei Primary schools.

Our school "Get Firewise" programme teaches the children about the speed of fire and some key messages are: "Get Down, Get Low, Get Out, Fast" which teaches children to crawl out of a fire under the smoke layer. "Smoke Alarms Save Lives" and that matches and lighters are "Tools not Toys" that should be kept out of the reach of small children are also taught.

We showed the children around the Fire Station, the fire appliances, uniforms, breathing apparatus and the fire pole which can give us a quick trip from the third to the ground floor when we are called to an incident. Obviously the quicker we can get to the incident the better our chances to save lives and property, which is the reason we are here.

One of the things that can affect our response times is the behavior of other drivers on the road. Road user rules state that you must make way for emergency vehicles displaying blue or red beacons, by pulling over and stopping if necessary as soon as you safely can. This may not necessarily mean pulling to the left, as for example on the one way system of Leach and Courtenay Streets our appliances may travel down the centreline - aided by the left lane traffic pulling left and the right lane traffic pulling right. Regardless of the situation the rules are clear - pull over and stop if necessary to allow emergency vehicles past. Failure to follow these rules can result in infringement notices and fines.

Poor hearing, loud music, iPods and other distractions may make it difficult for drivers to hear emergency vehicle sirens. Remember to check your rear vision mirrors frequently for flashing headlights and sirens and be aware that there will usually be more than one vehicle travelling to the same incident. Check that the way is clear before pulling back onto the road.

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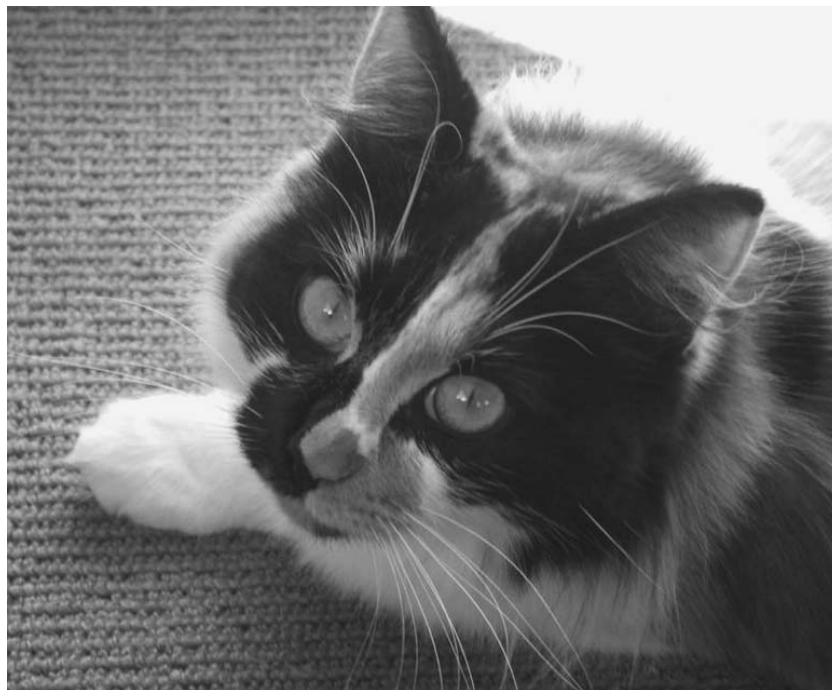
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net of the month

Tom Pet of the Month



Name: Her official name is 'Lottie' but she is called 'Kitten' by everyone and that's what she answers to.

Breed: Tortoiseshell cat.

Age: Ten months.

Personality: She has a quirky, naughty personality with a few strange habits. She's very petite but this pocket rocket is always into mischief. Her favourite chew toy is 'wires.' Mobile phone chargers are a particular favourite and she has chewed through three of these while they were charging and four headphone wires.

She has a favourite family member whose lap is the only one she will sit on and if she's not on his lap she will sit on his clothes or in a chair he has just vacated.

Kitten was born at Omaha north of Auckland at the home of an ex All Black where her Taranaki owners were holidaying. One of a litter of seven kittens, she was the last to find a new home when this Fitzroy family fell in love with the cute little bag of mischief and gave her a home in the Naki.

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New Plymouth rollersports - fists full of medals

The New Zealand Inline Hockey Association hosted their National Championships in Wanganui this year. There were 54 teams attending covering all grades and providing a total of 660 competitors. The New Plymouth Ravens teams successfully completed their league season with seven teams gaining the right to enter this major event on the inline hockey annual calendar. The event proved very successful for the local New Plymouth teams competing against the best club teams in the country from Christchurch to Kerikeri.

The Ravens teams have competed through either pool play or round robin games to take their places in the semi finals and finals and come home with four gold medal placings, one silver and one bronze, with the senior premier teams placing 5th in their pool.

Winning teams were Ravens Under 10, Ravens Under 12, Ravens Under 18 and Ravens Senior Men, with the Under 14 taking the silver after a tightly fought game and losing to Mt Wellington Panthers with 12 seconds left on the clock. The Under 16 team won bronze.

The club's development programme has provided an excellent resource for local players to improve their game and team skills. Two training camps have been hosted by the club since April, bringing in international player/coaches from the USA and Canada to assist the club strategies and to complement the expertise already on hand with national coaches Anna Carrington (New Zealand and Regional Junior Women coach and Ravens Under 14 coach), Sam Beardman (New Zealand and Regional Under 18 coach and Ravens Under 18 coach) along with regional coaches; Julian Beardman (under 12) assisted by Rachael Neville-Lamb, and Willy Harvey coaching Senior Men.

The New Zealand Inter Regional Championships will take place in New Plymouth over Labour Weekend with 48 members of the club selected to represent their region in various grades. Spectator entry is free.



Above, the Senior Ravens Mens team with their gold medals and right, the U18 team celebrating a hard fought win.



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The New Plymouth club plan to increase development opportunities for local players and skaters interested in learning to play with on-going school league participation and development starts in October. It offers more opportunities to school groups to participate in the sport in the new year.

Full list of National placings, 1st to 4th:

Premier Men

- 1st Capital Penguins
- 2nd Christchurch Snipers
- 3rd Manukau Storm
- 4th Kapiti Rangers

Senior Men

- 1st New Plymouth Ravens
- 2nd Levin Jackals
- 3rd Mt Wellington Panthers
- 4th Kapiti Rangers

Under 18

- 1st New Plymouth Ravens
- 2nd Waihi Miners
- 3rd Northland Stingrays
- 4th Hamilton Devils

Under 16

- 1st Mt Wellington Panthers
- 2nd Hamilton Devils
- 3rd New Plymouth Ravens
- 4th Northland Stingrays

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Under 14

- 1st Mt Wellington Panthers
- 2nd New Plymouth Ravens
- 3rd Hamilton Devils
- 4th Nelson Whalers

Under 12

- 1st New Plymouth Ravens
- 2nd Mt Wellington Panthers
- 3rd Hamilton Devils
- 4th Northland Stingrays

Under 10

- 1st New Plymouth Ravens
- 2nd Mt Wellington Panthers
- 3rd Hamilton Devils
- 4th Levin Jackals

Senior Women

- 1st Mt Wellington Panthers
- 2nd Hamilton Devils
- 3rd Rimutaka Renegades
- 4th Levin Jackals



Waiwaka Tennis Club

With schools back in swing for the beginning of the final term, the tennis season at Waiwaka Tennis Club will be serving up lots of opportunities for out of and after school action for youth. It started with Junior Open Day on Wednesday 13 October. Past and present members and anyone who is interested in learning or furthering their tennis must not miss out this season.

The club offers free group coaching to all junior members on its Junior Club days. These will run on Wednesdays after school, and possibly Thursdays depending on numbers. The coaching sessions are grouped and graded by age and ability. Parents and caregivers most welcome. Waiwaka Tennis Club has resident coaches that are Tennis New Zealand registered and certified, and offer additional tuition to groups or individuals of all ages and ability, seniors included.

The club is also very interested in hearing from players that are keen to join the senior interclub competition, which is run Taranaki wide, and is a great opportunity to put those skills and determination to the test, in a welcoming and friendly environment.

Senior Club evenings are now running on Thursdays, from 6pm. These are a social event, run in a convivial atmosphere. They are a great way to meet and play against a variety of players, with (mostly doubles) games run informally on a rotating, 'pot-luck' draw. "Try before you buy" - come down to the courts and join in, no obligations. Club membership entitles players to court access at all times, subject to competition fixtures.

So, hit out and come on down to Waiwaka Tennis Club, Chilman Street, Lower Merrilands.

For any enquiries, please contact Bob Momich on 758 4044 (ah), 021-1400151;

or for Juniors only, contact John Sims on 758 1026 (ah), OR

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Healthy eating and regular physical activity have shown to lower your risk of breast and other types of cancer. Curves offers a 30 minute workout, just three times a week to help keep your whole body healthy. During our Breast Cancer promotion in October, Curves is waiving the service fee with either proof of a recent mammogram or donation to a breast cancer organisation.

LOSE WEIGHT FOR FREE!

Weight loss programmes usually come at a cost – and often not just financial. They can drain you of energy, leave you hungry and deprived, and they slow your metabolism, setting you up for a never-ending cycle of yo-yo dieting.

But Curves Gym is offering a FREE weight management plan for all women – whether they are members of the gym or not.

The Curves programme is only 30 days and involves "normal" food.

"The 30 day period is doable for most women," says Gill, "and it means you don't mess up your metabolism." If you wish to lose more weight, you simply have a rest from the programme for 2-4 weeks and then do another 30 day stint.

"The programme teaches women to eat regularly, the recipes are family friendly and women gain a much better understanding of how much carbohydrate and protein they need and portion sizes."

"Up to 95% of dieters fail to maintain weight loss with conventional programs because they can't diet forever," Gill points out. "With the 30-day programme you will learn to maintain weight loss as you progress. When you reach your goal weight with the Curves Plan, you will know exactly how to maintain it for life because you have had practice after every 30 days of doing the programme."

For best results in any weight-loss programme, you also need to exercise. Not just aerobic exercise, like walking, running, cycling and swimming, but strength training.

Muscle must burn energy to maintain itself, which means: more muscle burns more calories = weight loss. Muscle maintenance also relieves joint stress, increases muscle tone, and boosts energy. The only way of increasing or maintaining your muscle is strength training.

If you team your weight management plan with the Curves 30 minute circuit training, you'll lose weight faster while you rebuild muscle and raise fitness.

Curves runs a free weight management class every month and the next class will be on 14th October. There are only 30 places available so call 769 9586 to book your spot.♦♦

Denise Phillips has been coming to Curves for 2 years. She started seeing dramatic weight loss after starting the weight management programme, losing 27kg (of that 16.5kg was fat), 137cm and almost 10% body fat.

"Each time she did the 30 day weight management programme, the weight just fell off her," says Gill.

Denise has completely changed her lifestyle and has competed in Masters Games winning 4 gold medals, completed several half marathons and triathlons. This year Denise ran the London Marathon.

Denise's new goal is to compete in the Taupo Half Ironman in December. She still does her three Curves workouts per week which compliment her training regime by ensuring she maintains her muscle strength.



Before...and After: Denise holds a bag weighing 25kg, the same weight that she has lost since joining Curves.

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GETTING WET!



new plymouth surfriders club

(Continued from front page)

On 24 September the president and committee invited all present and former members to join them at the clubrooms to celebrate a 'club warming evening' as we finalised the negotiations with NPDC to purchase the Clubrooms.

The rooms were full as members enjoyed the evening and were welcomed by President Mark, club founder, Arch Arthur and patron Nigel Dwyer.

At last the wettest coldest September we have experienced for along time has ended and the sun has poked his head out drawing many wave-starved surfers out to seek out the odd break sheltered from the constant on-shore winds and hoping for the first Southerly change which will groom the swells into shapes to be enjoyed.

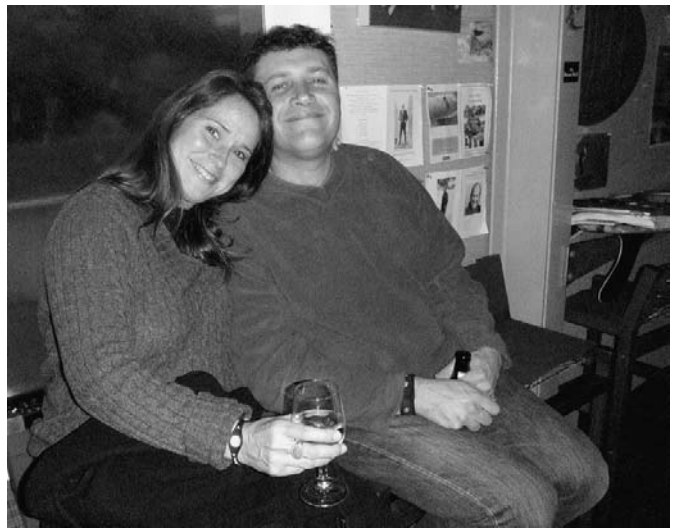
All this activity leads up to a busy October which sees the third DEL Festival of longboarding held over labour weekend, which this year is enhanced by an Art Exhibition by renowned artist Darren McBride and Tony Ogle. There will also be music by Johnny Mac and the Common Ground (Wellington) along with a spit-roasted pig barbeque on the Saturday evening. This Festival will again be a highlight of our year. As well as competing for the Dillon Walsh Memorial Trophy, all competitors are also in the draw for a DEL 'Glide' shaped by iconic shaper Robbie Walsh. Entry forms are available from www.npsurf.co.nz, Taranaki Hardcore and Beach Street Surf Shop. Remember if you are not competing them tickets are available for the Saturday Barby and band on Friday Night Rego at the club for \$15.00.

Ending the month on is our AGM on Thursday October 24 at 7.30 pm.

Allen Pidwell



The girls get their heads together (watch out boys).



Snuggling up, Birdie and Scotty Schorr.



Brenda and Mike Walsh with Dave Haskell.



Bruce Richards (left) enjoys our president Mark being congratulated by the ever entertaining, Prez Paul Christophers from Oakura.



Patron Nigel Dwyer and Founder Arch Arthur welcome the crowd to the "warming".



Members pack the rooms for the celebration.

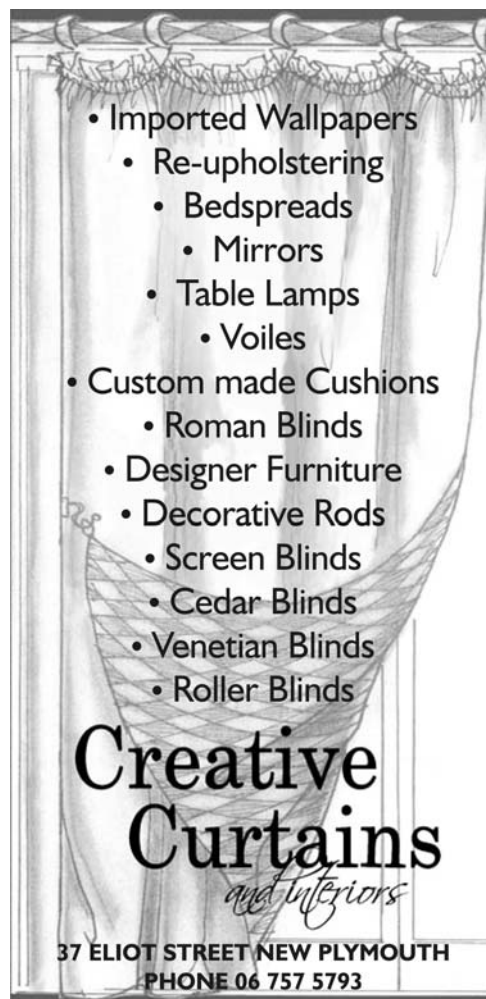
Fitzroy Surf Club

Fitzroy Surf Club is holding its opening day on the 30 October at 3:30pm at the club rooms situated at the end of Beach St. This is open to all who are interested in joining the surf club and those existing members coming back for the summer months from all ages. This will be an informative and interactive afternoon for all. There will be a BBQ dinner after the formalities and following the BBQ there will be some great activities for all ages to enjoy.

Fitzroy Surf Club prides itself in being a fun family focused club with as many as three generations active in the club at present. Our young junior lifeguards are guided by experienced and well trained lifeguards with over 30 years experience individually. The programmes the club offer provide excellent life skills and development for the young person working towards any life goal. Our junior lifeguards start at the age of seven and continue until they reach 14 when they sit their Surf Lifeguard Award allowing them to provide one of the greatest community services in keeping the public safe on New Zealand beaches.

If you would like to be part of the best family club in New Zealand come along on Saturday afternoon and see what it is all about. Surf Lifesaving is the most rewarding sport and community based activity you will ever be a part of, hence the national motto is "In it for Life" as most always people never leave.

Fitzroy have just sent a 16 strong team to the New Zealand Surf Lifesaving Pool Champs in Wellington. The club had many great performances with most athletes finishing in the top ten in their age group. One of the more outstanding performances for the weekend was from the under 11 year old boys' team who won gold in the 200m obstacle relay race: they were Ben McCallum, Max McCallum, Troy Toss and Abe Larsen.



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Making Waves in youth healthcare

Local resident Louise 'Lou' Roebuck, was recently the successful recipient of a Kiwi Battler award from the Morgan Foundation. Lou had no idea that her co-worker at Waves Youth Health Care Centre, Chris Nganeko, had nominated her for the award but once nominated, online voting saw her win one of the ten nationwide prizes of \$10,000 which goes to Waves, but unfortunately missed out on the national award of \$20,000. Lou says the other finalists' credentials were impressive to take out the National Kiwi Battler award, but after talking with her, it is soon apparent that she too is a more than worthy candidate as she 'battles' to ensure that youth in our city have their health needs met.

Lou, a Registered Nurse, was the second nurse in Taranaki to qualify as a Nurse Practitioner with prescribing rights. Prior to this she worked as a Public Health Nurse working with youth in High Schools in Taranaki. Having had the experience of parenting her own teenagers as well as her step children Lou found she enjoyed this type of work and in particular working with young people so she went on to complete her post graduate papers in contraception, youth health, family planning and sexual health. Through her PHN work she saw there were gaps in the health service for youth and realised that many young people's health needs weren't being met. The youth she came into contact with often didn't visit their doctors for a variety of reasons. Being unable to pay the consultation fee or knowing their family already had a debt at the doctors kept many away. Sometimes it was as simple as not being able to get an appointment. Whatever the reasons Lou saw that many youth weren't accessing the health care they needed. It was after meeting a Nurse Practitioner in Palmerston North who ran a 'Youth One Stop Shop' that Lou was inspired. It then became a dream of hers to have the same type of clinic back here in Taranaki. Today with 4,000 youth on Wave's client list that dream has now become a reality.

Opening in 2007 the clinic was named Waves in memory of Richard Parsons, a keen surfer and a passionate advocate for youth with whom he worked as a drug and alcohol counsellor until he died while surfing in 2006.

When Waves opened, Lou worked for 18 months without wages. In this time she aimed to get the clinic established and prove its worth. Today the staff's wages are paid by the PHO via the DHB, but there is still a shortfall of \$70,000 -100,000 to cover running costs. This has to be met by fund raising so the Kiwi Battler \$10,000 award is obviously very welcome.

When talking with Lou it's easy to see that she is passionate about the job she does and that she is committed to the young people she works with. Of the 4000 clients on Waves' books many are happy healthy teens who don't have any major problems. However Lou says at least 30% are marginalised youth with serious issues. These are tough kids that no one wants anything to do with, but as Lou describes some of the situations that these young people have grown up with, it's easy to see why they are on the road that they are.

As well as health care a huge part of Waves is youth development. Through this it is hoped to find that spark or passion in the young person to get them engaged enough to set some goals. It takes time to win trust says Lou. Many of the youth that come through the doors have had no one in



their lives that they can trust or that have shown any interest in them. In a lot of cases they have to 'parent' their own parents who are often caught up in drug and alcohol addictions. It's a big wall to break down, but once you get past the tough exterior and you get to know the real person. "There's some neat kids," says Lou. She went on to tell me of one young man that had huge

alcohol and drug problems, had been in jail five times but through all his problems showed a real resilience. Once he was able to access the help and support he needed, he successfully turned his life around. This type of success story is the reward for what is at times obviously gut wrenching work. I asked Lou how do the workers at Waves deal with the stress that comes as part of the job. She went on to say that they have professional supervision each month and they talk and acknowledge the difficulties that they face through their work. But she reiterates again the work is very rewarding. For relaxation you will find Lou out training for the Half Iron Man she has entered in January 2011, her preparation includes swimming and running four times a week with a fun group of people that she shares plenty of laughter with.

With the overwhelming success of Waves the new challenge is to find bigger premises as they have clearly out grown where they are. Different issues do crop up when looking for a new space as the young people often hang around outside. Because it is a health facility they can't smoke inside so they go outside to do this. Lou says they want to separate the health centre side of things from the youth development in their new premises when they get them as many of the youth that come in for health care have voiced that they sometimes feel a little intimidated. Prospective landlords have already turned them down several times because of the nature of their work but Lou is confident the right place will be found. As she says it's better the youth are here, engaged in a worthwhile activity than getting bored down town and then possibly buying alcohol and ending up in town drunk. The centre has rules in place and once the young people who use its facilities know them they generally stick to them. No one can come in drunk or stoned. If kids are meant to be at school they aren't allowed to be there. If rules are broken there is a stand down period. I asked Lou what her thoughts were about the perceived increase in violence etc amongst young women. She said she has noticed an increase in violence, but feels a lot of it is what young women see portrayed in the media and through social networking. She says this sort of trouble with young women is invariably over boys. Again it's all about giving young people the skills to handle all aspects of their lives. This can range from handling emotions in a positive way through to preparing to enter the workforce. For many these skills have never been modelled for them.

I asked Lou what is the thing she most wants for the young people that come to Waves. She says "I want to see them become the best they can be, reach their full potential, be happy, healthy and contributing to society."

With the dedication of Lou and her co-workers at Waves this is the first chance many youths have at achieving this. It also behoves us as a community to perhaps think on the old adage, "It takes a village/community to raise a child" and look at what we could possibly do to help.

By Jackie Tomlinson

Art House Cinema News

Right about now we should be controlling the ambient temperature in the Arthouse with a state of the art heat pump, with thanks to the good folk at Cowley's Aquaheat. Simultaneously we are giving the old girl an insulated roof courtesy of Placemakers – whom not only supplied the Pink Batts, but got up there amongst the rafters and the phantoms and wrapped it around the Mayfair's ancient bones. Arthouse is now anxious to make you super comfortable and ultra keen to get some more couches. If you think your surplus retro couch could fit with our theme – if it is comfy and funky – we are now after donated couches.

Contact nico@arthousecinema.co.nz or call in!

This month holds for us the Taranaki Film from Paora Joseph and the Waves Trust, *Hiding behind the Green Screen*. Catch the HD filmed BBC *Last Night of the Proms* filmed live in London, or avail yourself of the Vetro Italian Film Festival, *Mafioso*, *Chocolate* and *Love* in equal doses.

An unreal experience without leaving your seat

Local Oakura resident and long time movie making buff Clive Neeson, through his recently released film 'Last Paradise', treats viewers to an adventure most wouldn't normally experience. And what a treat it is too – Oakura in all its glory; Oakura locals in all their glory (thanks Smithers, Deken and Neeson families) plus many other Taranaki, national and international locations most of us only dream of visiting.

Clive Neeson is as excited today as he was 45 years ago when he first captured surfing and skurfing on his home built camera. The technological side of filming is just one aspect that motivates Clive. 'Last Paradise' has been produced in Peter Jackson's Park Rd Post Production studio in Wellington and it is in this studio that the masterpiece comes together. Five films from the 60's have been remastered using some unique technology with more than 10 hours of footage edited and scripted into 'Last Paradise' – footage from as far away as Spain, Portugal, Mexico and Bali as well as the Southern Alps. Another aspect that excites Clive is the fact that this heritage cinematography is now preserved and restored and could easily sit next to any other iconic Kiwi artefact and hold its own.



Filming the modern equivalent of the 60's has seen Clive shooting in similar locations to 40 years ago as well as the jaw dropping coastal reaches of the Nullabor Desert in Australia where he camped out for months to capture the perfect wave conditions. Clive brushes off the fortitude needed for this by saying that out of adversity comes the best footage – the harder you have to work for perfection the more you appreciate it.

'Last Paradise' is the culmination of a lifetime's work which started with a dream in Clive's youth. It is the youth of today with their dreams that Clive is excited to bring this film to and he wants to inspire the healthy exuberance for life that young people have. The exuberance and fear free gift that Clive captures so seamlessly in his film through using the best modern proponents of extreme

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The Met Opera Season.

Next month will take place a Premiere in New Plymouth with the New York Metropolitan Opera coming right into your Arthouse Cinema. **Book your night of Saturday 6th November at 7.30pm for a Gala Premiere.**

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sports in the world, who display their craft with such fluidity you would think the sea and the mountain were natural habitats. Contemporary proponents such as extreme kite surfer Kristin Boese, big wave surfer Brian Conley and down hill skier Finlay Neeson, together with extreme pioneers like AJ Hackett, local identities such as Ton Deken and Biggie Smithers now well past their youth but still in their prime also inspire the audience with agility and talent. I caught up with Biggie to ask how and why he continues to enjoy extreme sports and his thoughts on the filming of 'Last Paradise'.



Clive's home made camera used in the 1970's.

Biggie says he is 'stoked' with the film and was very pleased to be in the right place at the right time to be able to contribute to the film. There is a sequence in the film with Biggie snowboarding down the mountain (Mt Taranaki) – it took a massive 12 hours of filming to get the perfect shots and it is no mean feat. Biggie tells me he had to trek up the mountain (not quite to the top) in his crampons, take these off and gear up in his snowboard gear, snowboard down about 150 metres, take off his snowboard gear, put on his crampons and climb back up again and again. Biggie says he regularly climbs to the top of the mountain and snowboards down and the shots in the movie are him "just doing what I do!" Not bad for a 54 year old. Of Clive, he says the man is 'unreal', very committed and focused on what he wants to achieve. Biggie says he initially couldn't grasp where Clive was coming from but now he thinks the film is pretty awesome. Biggie who self proclaims that "I am not extraordinary at the things I do" has pioneered fibreglass board building as we know it today and he helped Clive water proof his high specification, high definition camera, with his fibreglass technique. So for Biggie extreme sports is about going to extremes to find solitude in his chosen sports, whether that be snowboarding, kite surfing or surfing and that is when he is having the most fun.

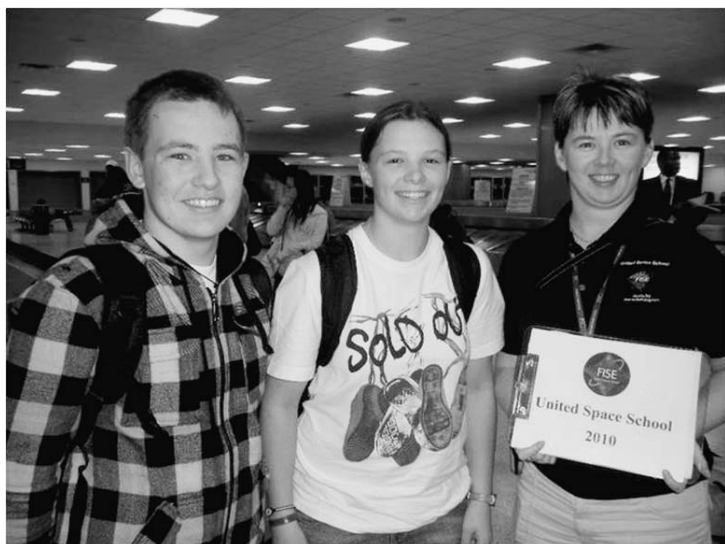
'Last Paradise' has been touring the world as part of various film festivals but it is here in Taranaki that the film is starting its world wide distribution to the masses. It is an absolute must see and it will appeal to a very broad range of people and ages including those not much motivated by extreme sports – the scientific ones because of course Clive is a physicist and this passion has a very strong influence on the film.

Get along and enjoy.

By Kim Ferens

Local student shares her NASA Space School Experience

Back in April this year I spoke with NPGHS student Rachael Neville-Lamb about her upcoming trip to NASA's United Space School in Houston Texas. She and NPBHS student Adam McLoughlin along with 34 other students from 18 different countries around the world were selected to attend the Space School in July.



Just after arriving at Houston airport. Left to right, Adam and Rachael meet the Space School Head teacher Claire Leonard from Wales.

The challenge of Year 12 studies and going to Houston are not the only thing that has kept Rachael busy this year as she has represented NZ in Inline Hockey at the Oceania Asia Pacific Inline Hockey Championship, winning Gold, and at the AAU Junior Olympics in Los Angeles where her Under 18 Junior Womens' team won silver.

When I spoke with her she had just returned from Wanganui where she had been competing in the NZ Inline Hockey National Championships with her Under 16's Ravens team where they came third in their age division. As well as competing Rachael also experienced the thrill of seeing her Under 12's team that she has been coaching all year become the NZ under 12's Inline Champions. This was very exciting but very stressful says Rachael as its hard not being able to do anything out on the rink. But obviously the guidance she gave these youngsters paid off as they had a very convincing win in their finals game taking out the gold medal.

It has been a busy year for her and the two and half weeks in Houston were no exception with each day starting around 6.00am and not finishing until around midnight.

The Space School experience was amazing says Rachael and pretty much everything was really interesting. On arrival at the school the students were interviewed to determine which group they would be part of. Both Adam and Rachael got their group of choice. In Rachael's case she became part of the green team which had a mission of 'Living on Mars' whilst Adam was in the red team whose mission was 'Building a Space Ship.' Each morning they had lectures from a variety of speakers covering topics such as Space Law and what happens to the body in space. The afternoons saw the students visiting different venues around the Space School and at the nearby NASA Johnson Space Centre. Some of the places the students



The 36 Space School students from 18 different countries.

visited were the 'Rocket Park', the neutral buoyancy lab, a space vehicle mock up facility and the VASIMR centre where experiments are under way with a new plasma rocket which is being developed to reduce space travel time dramatically. A highlight was taking part in a simulated 'Challenger Mission' where the students were divided into two groups with one group in charge of mission control while the other group were controlling what happened within their spaceship. To make things more interesting different challenges were thrown at the teams as they tried to get the Challenger to Mars from Earth. Along the way they had to find solutions to power cuts and being hit by an asteroid. Rachael's team had almost 'run out of oxygen' but with just a minute to spare solved the problem. She says it produced some hilarious moments particularly with the language difficulties encountered with working with students from all over the world.

While they were visiting the neutral buoyancy lab the space station encountered a real problem so a live simulation took place within the pool so that what was taking part in space could be checked.

The whole Space School experience was obviously really inspirational and Rachael says she would have been interested in studying space engineering, but with it not being available in NZ she still plans on going to Otago in 2012 to do a degree in medical science.

Hers and Adam's time in Houston wasn't all work though and when they weren't at Space School the students got together as a large group to socialise, going out to dinner together or doing other activities such as going to a play as well as to watch a Dynamos football game with all the American trimmings of cheer leaders etc. At the cultural fare night Rachael and Adam made a Pavlova and there was a moment of panic when they realised Adam hadn't taken the recipe to Houston with him but a quick email home got them sorted. They each performed a cultural item with Adam performing a Haka and Rachael singing a song. While in Houston Rachael had her 17th birthday which she says was a wonderful night and she had happy birthday sung to her in lots of different languages.

Rachael says her host family were great and made her and another student Daniela who was from Bolivia very welcome. Host family nights were also a lot of fun, even games of Scrabble became interesting when Rachael and Daniela used Maori and Bolivian words!

It seems the whole Space School experience was really positive for both Rachael and Adam with them both learning and seeing

so many new things as well as having made new friendships with other teenagers from all over the world. Rachael says she is keeping in touch with many of the other students from the Space School and says students that have been to Space School have the opportunity of returning when they are 21 to act as mentors and it may be something she looks into.

I asked her what she would say to any other students thinking of applying to go to Space School next year she says "they should definitely do it, it's a once in a lifetime experience."

By Jackie Tomlinson



Above, students assembled at the Apollo Mission Control centre, and below at the Rocket Park.



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Fitzroy Outdoor Bowling Club. Season now open and new members welcome – both men and women. Join our friendly members who play on two greens with an upmarket clubroom and fine facilities. Contact President Neville Goldsworthy 758 8846 or Secretary Sherylle Watkins 755 0125.

Fitzroy Scout Group. For boys and girls from age 6. We meet on Mondays 6.00 – 7.30pm at The Scout Den, Clemow Road, Fitzroy (near Lake Rotomanu). Visit us to see what we do. The first term/part term is free! For further details if your child is *under 10 years*: ph Cory 06 759 9312 / 027 291 7334 or *10 years +* Craig 06 755 2013. fitzroyscoutgroup@xtra.co.nz

Mahjong. 2010 Summer Season - alternate Sundays 1pm-4pm at NP Croquet Club Rooms, East End Reserve. \$3.00 per day includes tea & biscuits. Small prize for hand of the day. Phone 757 5913 or 7581957 for more details.

New Plymouth Chess Club. Every Tuesday 7.30 pm. Clubrooms: 11 Gilbert St (next to Model Trains). For further information contact Errol Tuffrey 758 2626.

New Plymouth Pakeke Lions meet on the last Monday of the month at the Fitzroy Golf Club, 11.30am. Contact President David May 758 4427.

New Plymouth Swords Club - Fencing. At New Plymouth Boys' High Old Gymnasium, off Hobson St. Every Monday night of school term. *Juniors* 6-7pm. *Seniors* 7-9pm. For more info contact: John Calcott, Ph 753 9186, jcalcott@paradise.net.nz

Rotary. Meets every Wednesday night at 5.15pm at the Beach Street Hall. Enquiries to the Secretary, Ross Smith, phone 758 4194. Email: rossandanne@slingshot.co.nz

Santa Rosa Country Music Club meets every Friday night at the Fitzroy Hall, Sackville Street Fitzroy, at 7.30pm till 10.30pm. Information regarding club please ph 021 265 9230 or email lancasters@xtra.co.nz. Entry \$3 non-members, \$2 members. Supper provided.

The New Plymouth Croquet Club. New season of Twilight Golf Croquet starting on Wednesday November 10th, at 5pm through to 7pm. Games are \$5.00 for the evening, balls and mallets supplied. Please wear soft soled shoes. This is a fun game and great for team building. Enquiries to: Barbara Anderson, 758 2710 or Barbara Johnston 757 9938.

The Taranaki Jazz Club. Five top local musicians to play at club day, Sunday October 17th, 4pm at the New Plymouth Club, Gill Street. Performing as *Mood Indigo* will be Don Boyd (keyboard/vocals), Juliet McLean (vocals) Ross Halliday (guitar), Simon James (bass) and Phil Cook (drums). Adults \$15, Jazz Club/New Plymouth Club members \$10, Students \$4.

Taranaki Model Powerboat Club holds a Club Day on the 1st Sunday of every month (weather permitting) at Lake Cowley, just before the Go cart track in Waitara. Contact John Nicholls on 769 9166 or 021 299 4168.

Taranaki Radio Control Car Club. *Off-road racing:* Club's dirt track by Lake Rotomanu, 2nd Sunday of every month. Contact Greg Mawson, ph 753 7471. *On-road racing:* contact Selwyn Duthie, ph 06 765 8108. *Indoor racing:* contact Tracy van Beers, ph 751 1093.

TSB NP Contract Bridge Club plays Mon, Tues, Weds, Thurs at 7.20pm and Friday afternoons from 12.45pm at 70 Hobson St. Ph the President 758 8985 or the Secretary 759 0258.

U3A New Plymouth. Monthly meetings are held at the Trinity Church Hall, 8 Henui Street, Fitzroy at 2pm on the second Thursday of each month (except January). Contact the Secretary, 752 3801, for more details - never too old to learn.

Victoria League Bridge Club. Very social bridge, every Tuesday from 1pm to 4pm. Phone 757 5913 for more details.

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