

A photograph of a woman wearing a grey riding helmet and a white shirt, smiling and leaning over the head of a dark brown horse. The horse is wearing a black halter with silver-colored metal rings. The background is a blurred outdoor setting, likely a beach or park.

T&M

OAKURA

JULY 2014

A SUCCESSFUL DUO

Molly Lumby and Diesel enjoying
Oakura Beach.

More on page 8

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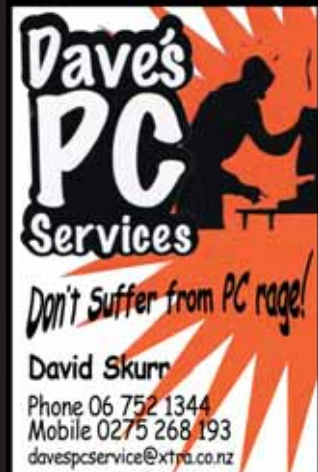
Do you have a story of local interest that you'd like to share with the readers of TOM?

Phone 0800 THE TOM
or click "contribute" at
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TOM dates to remember
for August 2014 issue:

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E D I T O R I A L

This month's issue of the TOM has a very strong organic flavour. I didn't plan it that way, it just happened! We feature articles on food forest courses, crop swap and Seed Coastal Organics – what great resources we have at our finger tips.



Research suggests that organically grown food has similar nutrient value to non organic food but the benefit comes from being pesticide and chemical free. What the research doesn't show is the love and passion organic growers have for their produce. Just like a happy beast makes great meat (whether it be a free range chook, pig, sheep or cow) – you can really taste the difference, a happy lettuce tastes better! I'm probably taking the analogy too far saying lettuces are happy but I do believe you can taste the difference when a plant is not stressed. And the grower isn't stressed either – a great balancing act.

When I was growing up I don't ever recall hearing the word organic, I don't remember my mother spraying anything and I know we had a humungous veggie garden along with ducks, chooks, sheep and pigs. We ate seasonally and extra fruit and veggies was usually bought from Joe Bro's in Stratford – a real institution of a fruit and veg shop – probably not organic but fresh as a daisy! Supermarkets as we know them today didn't exist then either – the range of goods in the 'small' supermarket was very limited as was goods in any shops actually. Supermarkets have changed how we eat and maybe these supersize shops are to blame for our supersize appetites. Back in the day the choice was limited to seasonal or home grown – I never tried a curry until I was in my 20's, only ate rice in a pudding, only ate pasta in macaroni cheese, never heard of pizza, couscous, feta (it was Chesdale or cheddar), as for pomegranate, aubergine, pita, wasabi or stirfry!!

My point is there is a real tracking back to eating seasonal, eating out of your own garden, cooking our own food, sharing resources and caring for the environment and I love it.

Let's all go out and be bountiful and who knows, our bodies may thank us when we are old!

Kim



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Mayor Andrew

Hello everyone!

We have a new date for the Community Conversation in Oakura.

Please mark 26 August on your calendars for the date that senior Council staff, myself and other elected members will be coming to Oakura to meet and talk with you.

I am particularly interested to find out what kind of community you want in 10, 20 or 50 years' time, and this is your chance to talk directly with us about what is important to you.

We have already held Community Conversations in New Plymouth and Inglewood and the response has been heartening. It's great to see locals keen to talk about the future of our district and the commentary we're getting is helping to develop a picture of our values, our concerns and our hopes for future generations.

If you want to know more about our ongoing Shaping Our Future programme, which includes the Community Conversations, please have a look at the webpage newplymouthnz.com/OurFuture.

PLAN CHANGE 36

At the last Council meeting we approved a change to the District Plan to ensure that the seaward side of Messenger Terrace, where portions of the road are being stopped, still has its public views and natural character values protected from any potential new buildings. This is a tidying-up of existing rules that ensures these great views from the road don't get built out further down the track.

The Council has also developed a Messenger Terrace Design Guide to assist landowners with building in this area.

SUCCESS FOR LOCAL ARTISTS

Meanwhile, Puke Ariki has a great exhibition called Home Work: Taranaki Art Now.

Among the 94 artists whose works are part of the exhibition are several from Oakura – congratulations Linda Barbour, Steve Molloy, Anna Korver, Margaret Scott, Deborah French, Richard Landers, Suzanne Bloch-Jorgensen and Odele Rapley for being part of this fantastic exploration our people, our places, our issues and our identity.

So be sure to pop along to the exhibition before it closes in August!

Mayor Andrew Judd



Apart from the fact that it's good fun for both reader and listener, there's a growing body of research to show it's extraordinarily good for a toddler to get books read to them. It supports language development of course, but it lowers stress levels and creates an intimate bonding opportunity between parent and child" (from New Zealand Book Council website). Any picture book written by Margaret Mahy such as *Down the Back of the Chair* or Lynley Dodd's *Hairy Maclary* series are great read aloud. Toddlers love repetition and fun rhyming words. They even love coming to the library to pick out their own books! We've got great spaces to cuddle up with your child and read.

TV. If kids are entertained by two letters, imagine the fun they'll have with 26. Open your child's imagination. Open a book. ~Author Unknown

Don't miss Crackerjacks, pre-school story time, Thursday 17th July here at 10am. All families welcome.

John Green's young adult novel *A Fault in our Stars* was recently made into a major motion picture. Once you read one of his books you will want to read them all.

Primary school students are mad about *Tom Gates*, *Geronimo Stilton*, *Beast Quest*, *Adventure Time* and *Minecraft* books.

We've just started carrying *NZ Life and Leisure* magazine.

Searching for some new recipes? Check out Taste magazine or any of these cookbooks: *Ripe*, *River Cottage Fruit Everyday* and *Revive Café*.

A book is like a garden carried in the pocket. ~Chinese Proverb

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Spending Well, Not Spending Up

JONATHAN YOUNG MP

National's responsible economic management has seen new Government spending slow down considerably in the past five and a half years. At the same time, by better targeting spending at areas that matter, the public services New Zealanders rely on have improved.

This year's Budget was about thoughtful targeted spending, not a big election-year spend-up. We invested in supporting families, better healthcare, more effective education, safer communities, and less welfare dependency.

By contrast, opposition parties' answer to every problem is more and poorly-targeted government spending; despite clear evidence this approach has little or no impact. This was noted by the Salvation Army in its State of the Nation report in 2008 which showed large increases in spending over the previous five years under the last Labour government seemed to have contributed very little to New Zealand's social progress.

This Government has taken time to improve the quality of government spending, rather than just cutting costs. We have invested significantly in areas where we can make a positive difference.

Where possible, we've reprioritised spending out of areas that were not delivering results and we've used that money more effectively. This has resulted in falling crime rates, fewer young sole parents, reduced welfare dependency, and higher levels of educational achievement.

In welfare alone, we are investing hundreds of millions of dollars up-front to support more people off welfare and into work, training, or education.

We're finding we can improve people's lives and reduce spending pressure if we really understand who we are dealing with. For example, there is a group of around 2000 six- to nine-year olds who had the worst start in life. They will cost taxpayers \$750 million if we do nothing to prevent them getting into trouble. We're now able to measure this figure and target support.

In another example, the number of young parents on a main benefit has fallen from more than 4200 in December 2009 to fewer than 2600 last December. The Government has invested in each of these young people to make sure they have access to a supervising adult who can provide some stability in their lives. Because of our investment, they have better lives and it's good for the government's books when they succeed.

We're confident we can maintain our responsible economic policies in the years ahead and at the same time keep improving results from the public services for all New Zealanders rely on.

Authorised by Jonathan Young MP

Cnr Gill and Liardet Sts New Plymouth



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Protecting Our Kids

Since the Okato skate park opened in April it has been a huge attraction for all age groups and has proved to be an asset to our community. The skate park is well designed and constructed, and due to its popularity the kids riding it are having fun and are developing skills and tricks rapidly with a lot of confidence and are challenging themselves all the time. Since it has been opened there have also been a number of injuries and broken bones. I have witnessed two young kids fall as they were dropping in on one of the steep skate ramps and luckily they had helmets on but there were also a lot of tears. There are still a lot of young children on skateboards and scooters that are not wearing helmets at all, and it is a scary thought if one of them did fall and seriously injure themselves. It only takes one fall, one collision, one wrong move, a slippery surface, to make it happen. I have talked to a few concerned parents and we feel it is really important for our community, parents and caregivers to encourage and educate safety when riding on a skate park. Studies indicate that 1/3 of all skateboarder/scooter rider injuries occur in a beginners first weeks of skating and more than half of skateboarding/scooter injuries happen to people under 15 years old. It is not compulsory to wear a helmet on a skate park, but as a community, as parents and caregivers we need to educate and encourage the importance of wearing a helmet, especially for children under 12 years as we still need to take all precautions to protect them from a high impact head injury. So let's help protect our children and make Okato skate park a safe environment for all skateboarders, scooter and bike lovers.

If anyone is interested in buying a brand new skate helmet \$35 from John Russell 06 7638388 or 0274321811 (located in Pungarehu).

You can also check out any skate or bike shop to buy a correct fitting safety helmet.

Thanks.

Rosalind McFetridge (mother and skateboarder)

Contribute your story at www.thetom.co.nz - or phone 0800 THE TOM

Kaitake Community Board

It has been quite a busy period for your community board. There have been various meetings, workshops and briefings attended since last reporting, many related to the construction of the 2014/15 budget. Shortly another round will gather momentum, relating to the construction of the 2015/25 Long Term Plan - the council's 10 year strategic plan, setting out major undertakings for the next decade. Work proceeds on the construction of the skateboard bowl at the Okato Neighbourhood Park. Two extra bench seats have been added and a drinking fountain. Once the bowl is finished there will be some general tidying up, plus fencing and landscaping to finish the project. The contractors started on sound proofing the wall between the supper room and the main space in Oakura Hall on 23 June which will coincide as much as possible with the school holiday period, with the works to be completed by 18 July. The hall is heavily booked and there have always been issues about the noise, making it difficult for both spaces to be used at the same time by different groups. After two years of hard work the Oakura Community Emergency Plan is virtually complete - see article elsewhere in this issue. This is the first emergency plan completed in the district and our thanks to those who have contributed to its development. Emergency plans are being rolled out nationally as a result of what happened (and didn't happen) in the aftermath of the Christchurch earthquake. Also Civil Defence policy is to act as a facilitating and controlling organisation rather than a body that comes galloping over the horizon to the rescue. In fact Civil Defence state everyone during an emergency should ensure they have plans in place to look after themselves for at least three days. Police and fire brigades also have specific responsibilities in such circumstances so it is over to local groups to have a plan when an emergency event occurs.

Discussions are being held with council staff to address the state of the skateboard park in Shearer Reserve. It is being undermined by erosion of the Wairau Stream and there is also some cracking of concrete sections that are causing a health and safety concern. We are hopeful that a successful solution can be found to ensure the ongoing viability of this structure that has been very heavily used by a succession of kids for the past twenty years or so.

The inaugural meeting has been held of a steering group to organise the 150th celebrations of Oakura School. While

it is very early in the piece there will be increasing activity as time goes on. At this stage those who wish to be involved in some way should contact the school office - phone 7527719.

Well, that's it for this month. The next meeting of the Kaitake Community Board will be in Okato, at Hempton Hall on Monday, August 18 at 7pm.

Ka kite ano

Doug Hislop (752 7324) on behalf of Keith Plummer, Mike Pillette, Paul Coxhead and Councillor Richard Jordan who is the Council representative on the KCB.



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Singing, Dancing and Acting all the way to Sydney



Most of us as children would have dreamed of becoming something special - ballet dancer; nurse; firefighter; police officer; singer; astronaut, etc. For instance, I had my name down for 'rock star', but somehow I think that I joined the wrong queue. As we grew older however, those dreams seemed to dissipate into the mists of time and we found ourselves under what were considered to be the more serious pressures of young adulthood. So it's very refreshing to find a young person who has pursued a dream since early childhood and has resolutely continued that pursuit above all others.

Local resident Lauren Luque, with the support and encouragement of her parents Sharon and Manuel, has followed her desire to become a professional dancer since her first lessons at the age of four and, like most kids, loved to perform for and with her family and friends; that love continuing with passion all through her school years, culminating in her last school production involvement at NPGHS. Now at 19, Lauren is two years into a Bachelor of Dance Studies degree at the University of Auckland, with another year and a half to go and is still determined to succeed in her ambition to become an all round, professional performer.

To that end, Lauren has also learned great skills in singing, monologue and acting, in fact now teaching singing techniques to others. She also has a strong history of teaching dance and has taught at Dance Highway 45, under the auspices of Raeleen Luckin, for over four years. "It's really rewarding and heart-warming to see results from passing on some of my skills to others", says Lauren, "I really love teaching and in later years would like to 'give back' some of what I have been fortunate enough to receive."

A visit to the show "Wicked" in Auckland last year (by which she was so enthralled, she managed to inveigle her way in to watch the show a total of three times) presented an almost cathartic opportunity which, for someone as dedicated as Lauren, was extremely difficult to turn her back on. Having spoken to some of the cast,

backstage, she learned that the majority of the company had honed their craft at the renowned ED5 International performing arts school in Sydney.

ED5 has an envious reputation for producing well rounded and passionate performers; consequently Lauren applied to audition for a place in the school's two year diploma course. Lauren was invited to submit an audition by DVD to the school and on arriving home swiftly produced one here at the Oakura Hall and sent it off to Sydney.

Soon after, back at university, a "gob smacked" Lauren received a call inviting her to join the 2014 intake at ED5, which, incidentally, is restricted each year to only 40 to 60 applicants Australasia wide. Unfortunately, pressure of her current studies and, more importantly, lack of available funds, saw Lauren unable to take up the offer, but the good news is that the school is keen to have her on board and a spot is being kept open for her in January 2015. She plans to take a break from university, complete the course at ED5, and then return to her university studies.

All that remains now for Lauren and her extremely supportive family is to overcome the financial hurdle to pay for her tuition and living costs while in Sydney, which they estimate at around \$20,000. "That's a lot more than we can afford", says slightly teary mum Sharon, "but it's such a great opportunity for her and she has worked so hard, we don't want her to miss out." Meanwhile, Lauren has taken the bull by the horns and besides chasing up potential scholarships, has become a fairly familiar face around Oakura, juggling up to three jobs at a time, babysitting/nannying and teaching dance, as well as working at the Carriage Café.

Having already held a garage sale, another fund raising effort is afoot - a quiz night at Butlers Reef is planned for the evening of Thursday, July 17th, so if you enjoy a bit of fun and are keen to support an extremely worthy cause, please come along.

Any further help, tips, or offers of support would be greatly appreciated by the Luque's and they can be contacted on 752 1393, or email laurenluque17@gmail.com

Ron Stratford



Lauren performing in 'Cats'.

Oakura Emergency Plan Reaches a Milestone

For the last two years a group of community minded individuals have combined their problem solving skills into developing a plan that could have a huge impact on how an emergency/disaster is dealt with in Oakura. They have developed the Oakura Community Emergency Plan and a brochure is about to be sent to every letterbox in the community with four simple instructions on what to do.



A team planning session

WHY DO WE NEED A COMMUNITY EMERGENCY PLAN?

Would you like to leave the aftermath of a disaster to chance?

In the event of an emergency/disaster in Oakura it is highly likely the Fire Service will be prioritised to saving life rather than dealing with non-life threatening situations (roofs off, trees down etc). If the emergency is province wide then Civil Defence will be overwhelmed and that leaves the Oakura community high and dry!

In emergencies there are always individuals who are willing and able to get out and help others. The Oakura Community Emergency Plan is a well thought out procedural document that helps co-ordinate the human resources (volunteers), the equipment (tractors, bulldozers, generators, chainsaws etc) and the specialists (doctors, nurses, caterers, and trades people) with Civil Defence and the Fire Service.

Committee chairperson Mike Pillette says the three days following a disaster are crucial in ensuring community members have medical care, shelter and food and that is what the plan has been designed to cover.

Watch out for your Emergency Plan brochure coming soon to your letterbox and read it carefully so you understand what to do should a disaster occur. Mike says they hope the plan is never needed but I think everyone would agree that the work the group have done to minimise the trauma through the plan for our community is well worthwhile.

If you would like more information contact Mike Pilette 7527059 or email oakuracep@gmail.com or go to Facebook and Oakura Community Emergency Plan

By Kim Ferens

OAKURA COMMUNITY


EMERGENCY PLAN

Building Community Resilience to Emergencies and Disasters

What to do in the event of a local emergency...

1. **Ensure you and your family are safe.**
Follow Civil Defence guidelines in your telephone book.
2. **Help where appropriate.**
If safe to do so, check on your immediate neighbours.
3. If it is unsafe to stay where you are and you need to evacuate, your centre is the **OAKURA BOWLING CLUB**
There will be personnel there who will assist you and ensure welfare is at hand. Personnel will also organise any volunteer help from the Centre.
4. **Do NOT go to the Fire Station**, there will be no personnel there who will be able to assist with your welfare.

✉ Email the Oakura Emergency Planning Group at: oakuracep@gmail.com
 🐦 twitter.com/taranakiCD
 📘 www.facebook.com/TaranakiCivilDefence
www.facebook.com/pages/Oakura-Community-Emergency-Plan-OCEP
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The emergency plan brochure.

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WEDDINGS EVENTS ORDERS

SPORTS



KAYAK FISHING CLUB

The fishing has remained very good and lots of good fish have been caught between the weather fronts. The Spikey sharks are just now turning up to annoy anglers.

We have been catching some good snapper and trevally from our kayaks and the boats have been doing well in the 25 metre depth range.

The highlight for us is Rob Gedye catching an 18kg hapuka from his kayak on Saturday 14th June.

Garry



Rob Gedye with his 18kg hapuka.

Left, A kayak full of fish.

COVER FEATURE

Oakura Pony Club

MEMBER FEATURE: MOLLY LUMBY

Molly has been riding Diesel (Ferro) for the last 18 months. Diesel is a 7 yr old Stationbred cross and Molly is yr 11 student at Spotswood College.

ACHIEVEMENTS:

2014 Overall excellence Trophy, Outside of Pony Club (Oakura PC)

2014 Dressage Taranaki Circuit Points Young Rider Champion

2012/13 Dressage NZ Young Rider training squads

6th Level 3 Musical Horse of the Year 2014

6th Level 3c Horse of the Year 2014

4th Level 3 NZ Young Rider Champs

Molly has recently sold Diesel and she is now planning on moving onward and upward in Dressage.



Molly and Diesel at NZ Young Rider Champs.



Kaitake Golf Club News

Kaitake Golf Club held an Open Mixed Canadian four-somes during Queens Birthday weekend. While this competition had not been played for 4 years, this year 36 pairs enjoyed a lovely day on the course. Lynn and Frank Regan won the day. We are looking forward to repeating it again next year.

CLUB COMPETITION RESULTS

Mens

The men have been playing Top Dog over the last few weeks with the final yet to be played.

Coming up is the Subway Ambrose teams event.

Mid Week Women

Sadly competitions for the midweek women have been affected by the rain so there are no results this month.

Weekend Women

Janice Farrant won the final of the Ladies Trophy with Pauline Gray runner-up.

The 1st Round of the Nell Dickie was won by Diane Jones with 34 Stableford points.

The final day of Taranaki Weekend Womens Pennant competition was held at Ngamotu. What a perfect day we had in superb weather. Kaitake beat Inglewood with 3 wins and 2 halves.

However, Inglewood were the overall winners for the year with Westown and Taranaki Junior girls 2nd equal.

Vivian Pharmacy continue to sponsor the Kaitake Weekend Women providing them with new shirts. This is a generous sponsorship and we thank Catherine Keenan for her ongoing support.

9 HOLE NEWS

As brave as we all like to think we are, Tuesday 10th and Thursday 12th June were not that conducive to commencing a round of golf.

Latest results - May Super 9 winners were Ngaire Grundy First Section and Judy Feaver Second Section. Secret squirrel for the outcome of the first round of the 9 Hole Double.

Kaitake played host to the Taranaki District 9 Hole Pennants this month. The weather turned into blizzard conditions and after five holes there was mixed opinion as to whether to continue. Eventually teams conceded and headed back to the clubhouse where the Kaitake Queens of Cuisine served up hot soup, delicious sandwiches, cakes and savouries. Week 6 - the two Kaitake teams played head to head under the watchful eye of Mt Taranaki, throwing in the odd sprinkle and testing our stamina with chilly temperatures. With Blue taking out the marginal victory, both teams now placed mid-field with five points each.

Congratulations to all our winners.

80 YEAR CELEBRATIONS.

Did you know that Kaitake Golf club is due to celebrate 80 years of golf in the Kaitake area? The first

9 hole course was opened at Weld Rd in 1935. The first club house was built there in 1948-49. Subs were set at one pound for men, five shillings for women and two and six for juniors. There was a short recess during WW11 with play resuming about 1946-47.

The next move for the Club was to Berridges farm at the foot of the Tapuae Hills In 1967 when Kaitake moved its golf activities closer to New Plymouth.

Play continued there until the present 18 hole course opened in 1973 and continues to thrive to this day.

At the recent meeting of the Kaitake Golf Club Board it was agreed to celebrate this 80 year milestone in 2015. Once more details become available we will publish them widely including in this paper. We hope to see as many of the ex members there as possible.

CLUB CATERER

We are pleased to welcome Sharlene Walker from the Carriage Cafe in Oakura to the club as caterer. Sharlene provides a variety of tasty food for hungry golfers on all club days and other special golf events.

FIREWOOD

Kaitake Golf Club still has a good supply of firewood. An average trailer load (6 x4) is \$80 and can be delivered for \$20 extra. Please phone the Office to order.

Membership

Currently there have been a number of new members both men and women, 18 hole and 9 hole joining the Club. At a time when many clubs are facing declining membership numbers Kaitake is happy to see the membership grow. We welcome all new players. Coaching is available if required. Talk to Jacqui in the office for more information.

More information on Kaitake Golf Club or coming events can be found on the website www.kaitakegolf.co.nz. or by talking to Jacqui in the Office, phone 752 7665

Andrea Jarrold
Club President

Some of the members of the 2014 weekend Womens Pennant team.

(Left – right) Kim Woodward, Andrea Jarrold, Lois Agnew, Raewyn Hawker,
(Front) Diane Jones, Pauline Gray.



Carnival of the Animals

A fun and festive atmosphere will greet the audience in the forthcoming Carnival of the Animals production by the Val Deakin Dance Theatre. Animal's large and small comment on human nature through the guise of the various animals at a banquet. They include the host, a lion civilised by his bowler hat, a fish who drinks like one, a teetotal cuckoo, a very slow moving but can-can dancing tortoise and a couple of dynamo - donkey waitresses. They, along with a hopping kangaroo, hen, rooster, chicken, bird, monkey, beaver and many more, are bringing this delightful dance/theatre piece to life.

The dances are choreographed by Val Deakin to the wonderful music of Camille Saint-Saens, with additional music by Johann Strauss. There are a multitude of colourful and funny costumes – making it a feast for eye and ear! The Dance Centre is an ideal venue, allowing all the wonderful facial expressions to be clearly seen. The experience is a wonderful way to introduce young and old to the delights of dance and theatre.

All the animals will be part of the humorous production that will be presented at the Val Deakin Dance Centre, 306 St Aubyn Street, New Plymouth on:

Friday, August 1 at 10 & 11 am

Sat., August 2 at 2 & 4 pm

Sunday, August 3 at 2 & 4 pm

Tickets, only \$12 for adults and \$8 for children, are available by phoning (06) 7527743 after 9:30 am. There are special group and family discounts available.

The Dance Theatre is grateful to the Creative Communities Scheme for assistance with the programme.



Carnival of the Animals.

Seeds Coastal Organics Move Closer to Oakura

Seed Coastal Organics are no longer in Okato but more conveniently located at 223 Ahu Ahu Rd. If you are after anything organic then this is the place to come.

The range of organic produce – fresh, dry or packaged can be found in Annie Newman's organic shop.

For convenience you can ring and order goods; you can call in when the shop is open (see opening hours below); you can message Ann through Facebook (www.facebook.com/seedcoastalorganics/114579058563261) and when the Seed Coastal Organics website is up and running, on there also.

The philosophy behind Annie's passion for organics is eating well to be healthy throughout all the stages of life. Eating well starts a long time before you put the food in your mouth – it starts with growing systems based on the permaculture ethos of being responsible producers and not dependent consumers. Annie says everything she brings onto her property must have three uses and be designed to "save" resources and everything must be used to its potential.



Bulk bins.

The Seed Coastal Organic shop is an Aladdin's cave of goodies and you will find bulk bins of dry goods (flour, sugar, legumes, pulses etc), Trade Aid goods, natural sweeteners, cosmetics, cleaners, health products (teas, essential oils, vitamins, minerals), eco laundry range, fresh fruit and veges, bulk olive oil, vinegar, garden and animal products (fossil flour – diatomaceous powder), cook books, dairy free ice cream to name but a few.

Contact Annie to arrange your family's health, 0279107296 or 7527297.

The shop winter hours are Thursday and Friday 10am-5pm, Saturday and Sunday 12.30-4pm.

By Kim Ferens



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Crop Swap Takes Root in Oakura

Sprouting from organic ideals and a commitment to giving away surplus from the garden and kitchen, the Crop Swap seems to have truly taken root in Oakura.

Every 2nd and 4th Saturday at 4pm you can find our group in the St James Church hall, corner Donnelly and Main South Road (by the zebra crossing).

Organiser, and local resident, Elaine Rollins is still buzzing from the success of the recent “open door” special event. At least 30 people attended and got excited about gardens, and a range of produce including fresh limes, organic kiwifruit, tractor eggs, herbal teas and baking. People were smiling to be giving their things away and to be taking something else home.

One new-comer left to go and get his wife and a boot-load of box hedge which he had just dug out of his garden and didn't know what to do with. Another swapper was very happy to take the plants, while the man and his wife stayed to eat yakons (a fruit-like vegetable from Peru) and discuss how to grow them.



Crop swapping.
PHOTOS BY CHE ROGERS

**FOR MORE INFORMATION, CONTACT
AILEEN 027 524 4007, OR ELAINE 027
776 6209.**



I ate baby carrots, home baked focaccia bread and drank a kefir pro-biotic brew. I'm now quite interested in kefir and have been doing a bit of research about it. As one of the organisers I am keen to get someone to come into a crop swap and talk about probiotics, especially the kefirs people grow and pass around themselves. The sharing of ideas, neighbour to neighbour networking and gaining information are highlights of Crop Swap Oakura that has led us to organise a string of speakers to do 15 minute power talks at the crop swaps themselves. Raw milk pros and cons, pro-biotics, garlic planting, food additives, composting, immunisation, food as medicine, community gardens, and the seed bank are some of the topics to be covered. The free pieces of cake and sorbet were part of the special “open door crop swap” for just that day. Still you might get something at the next crop swap if you bring something along. And that could be anything from pine-cones to manure, from flaxes to herb cuttings, muffins to eggs, worm juice to lemons. I'm sure we can always rustle up a cup of tea. Please remember to bring along a koha towards the hall rental, and like us on Facebook to stay up to date on what's on – Crop Swap Taranaki. Next swaps Saturdays July 12 and July 26.

Come and join us.

Nathalie Pronk-Jones.



Regenerating Subdivisions

Welcome to our update, where we are excited to share with you what we have been up to, suggest some tips on how you can integrate regenerative living into your property and keep you in touch with sustainably minded events in Taranaki.

RECENT PROJECT PROFILE

Whakawhiti Subdivision

"A community success hinges not on what is received but what is given."

This six-lot subdivision on Whakawhiti Street, Marfell had already been started when GreenBridge was called aboard to consult on the project. Andrew Pepper the Managing Director of Pepper Construction was looking for a new approach to subdivisions that addressed how the social fabric of a street can be affected by its planning and the desire to bring a more sustainable approach to materials and practices in the houses themselves. "This project is a team undertaking for GreenBridge, with initial concepts encompassing land infrastructure, community spaces, houses and gardens. Key to the development is a shared space, which is based around a 'pocket neighbourhood' approach, which is essentially 'a cluster of homes gathered around a landscaped common area'. Some of the many areas that explore sustainable practice include; small foot print homes that use efficient space planning, all have north facing solar gain, 'nesting of houses for maximum privacy, rain water tanks and PV (photovoltaic power generation). A range of dwelling sizes are being offered to suit a range of occupants. Plantings are focused on edible species while pervious paving and rain gardens maximise on-site soakage. We are super excited to be working with people who are willing to step outside the square and ask the hard questions around what makes healthy homes, land and community!"

DESIGN YOUR OWN FOOD FOREST WORKSHOP

We are excited to be offering this workshop which is client focussed and nutritionally based, running two consecutive Saturday's, 9th & 16th August. Our experienced tutors will lead you through the process of designing your own Forest Garden.

You will learn to assess your sites suitability and plan a perennial Forest Garden.

We will explore various Forest Garden systems.

Options around establishment and succession methods.

You will learn to choose the right fruit tree and understory planting for your site.

Calculate plant quantities, spacing, water management and integrate support species for low to no nutrient input

From theory to practical, this is an interactive workshop will challenge and inspired you!

GreenBridge is providing a FREE PLACEMENT to this workshop for one lucky person. So if you would like to nominate a worthy person in the community, please send an email to bena@greenbridge.co.nz saying why this person deserves a free place.

For details on what's included, full pricing and testimonials from previous workshops check out: www.greenbridge.co.nz or phone 06 751 5556 to book for the workshop or an initial free property consultation.

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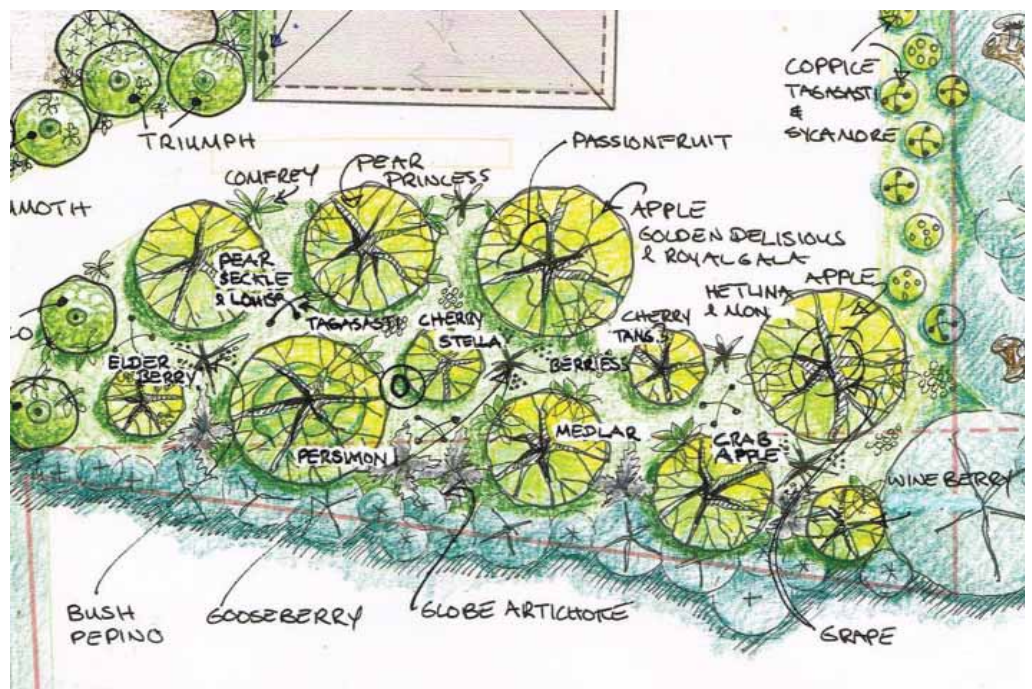
Workshop + Concept Plan - \$750

Workshop + Developed Design - \$1495

(earlybird prices shown excluding GST)

More info at www.greenbridge.co.nz

To book call 06 751 5556





Oakura Boardriders

It has been a quiet month on the surf activities front. Some of our junior members and Taranaki Juniors head to Australia for the school holidays to compete in the Occy Grom Comp at Duranbah and then the Skull Candy OZ Grom Open at Lennox Heads. It will be good to get some feedback from this next generation and their thoughts and experiences on their return. Some other members are in Indonesia and other exotic locales on surf trips so hopefully some photo's from their travels upcoming.

Some great surf has been had this month between Back Beach and Awakino, small clean offshore waves and not too cold for this time of year.

Paige Hareb has been in Mexico for the Los Cabos Open where she got a 5th place. Parents Mike and Fiona were there in support and reports were of great weather, small surf at Zippers a right point, but fully contestable and an idyllic location. Cheap Coronas are always a bonus in Mexico!

Lack of snow is getting the snow bunnies a bit edgy and it doesn't look promising for Mt Taranaki in the near term.

Taranaki champs were held Sunday the 22nd at Fitzroy in good surf. This only has two divisions, open men and open women so it makes it hard for our young members who seem to be the only entrants from Oakura. More support of this event is surely welcome!. Tom Butland and Ariana Shewry (3rd women's open) our only entrants. Some great prizes were on offer and a big thanks to Craig Williamson and Surfing Taranaki for promoting this event. Taranaki Champs for 2014 are Jayson Zimmerman and Zhana Hutchinson.



Jayson Zimmerman and Zhana Hutchinson – Taranaki Champs 2014.

Open

1st - Jayson Zimmerman
2nd - Jarred Hancox
3rd - Daniel Farr
4th - Conan James.

Women's

1st Zhana Hutchieson
2nd Kahana Ngaia
3rd - Ariana Shewry

Plate

1st - Eli Will Smith
2nd - Joel Clegg
3rd - Tom Butland
4th - Joachim Ogden

There are a lot of moves underway with some renovations to the Oakura Boardriders clubrooms being worked through. Some funding for new boards and ongoing training has been obtained and also some meetings with the Community Board with a look at funding an upgrade to the skate-park being all positive moves.

We would like to acknowledge the ongoing support from Taranaki Community Trust, TSB Community Trust, Tasman Oil Tools, and Vertigo Surf Shop. These sponsors are helping us with our present projects. We have a lot of sponsors that support us year after year and without their ongoing support and the voluntary input of members, it makes it very hard to operate the club as it is at present level without this great support.

A FEW DATES TO REMEMBER

2nd August Start day for the Taranaki Home loans series
Our annual long board comp will be held on our new boards when they arrive so a date is yet to be made.

Brent Anderson, Oakura Boardriders.

President: John Shewry, 027 252 9190.

Secretary: Paul Lobb 75 27556.

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Rachel Takes Over!

For the love of hairstyling and running her own business, Rachel Kruger has bought Oakura's Beachcomber Hair Salon.

Takeover day was 24 June and a magnificent 'Tabitha Takes Over' makeover has occurred. The salon has had a revamp and is now known as Oakura Hair Boutique.

Rachel is an ex Okato girl and her parents Trevor and Sally Stewart retired to Oakura where they still reside. Rachel has been the proud owner of Okato Hair & Beauty for the last three years. In that three years, the business has grown and grown and now has five staff employed in both the hair salon and the beauty salon.

Rachel has had her eye on Oakura's Beachcomber for a while and when the right time arose, Maree, its present owner was happy to sell to Rachel.

It will be in good hands. Rachel has been passionate about hairdressing for the entire 21 years she has been practising. She says she loves training other hairdressers and she also loves the challenge of running a business. The busy mum of one – Molly, will take it all in her stride and along with the skilled help of stylist Dee Crawshaw, will give the people of Oakura good value and stylish hair.

Oakura Hair Boutique will be open from Tuesday to Friday 9am to 5pm with a late night on Tuesday till 7pm and Saturdays 9am to 3pm.

Hair cuts will range in price from \$45 for women, \$15 for kids, \$25 for men and colours will range from \$60. No parking meter money required!

The best way to make an appointment is by texting or ringing 027 752 7400. There is also an online booking service through their Facebook page *Oakura Hair Boutique*.

Welcome to the village Rachel, we wish you all the best in your new business.

By Kim Ferens

N.B., Rachel is looking for a fabulous senior stylist to join her team, please contact the salon for more details or email ohbsalons@gmail.com



Rachel giving Val Burkitt a styley haircut while Val reminisces about the different businesses that have been in the premises.



Rachel tutoring her apprentice Shearyn Adlam.



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Why Are Some People 50 Going On 70, Yet Others Are 70 Going On to 50?

Ageing involves the gradual alteration of body structure, function and tolerance to environment stressors. So when do we start to age? Our physiological functions begin a steady decline around the age of 30. The effects of this decline become obvious around the age of 50. We don't all age at the same rate due to factors such as de-conditioning from physical activity, lifestyle conditions and disease states or injury. We all have two 'ages' – our biological age and our chronological age. Our biological age refers to the functioning and efficiency of our body's biological and physiological processes. Our chronological age documents our life according to time.

When we get older there are many physiological changes, some of which include a decline in our aerobic capacity, loss of muscular strength, decrease in muscle mass, decrease in muscle density and increased intramuscular fat, loss of muscle fibres especially in the quadriceps and

an increase in joint related diseases such as arthritis. There will also be a decline in bone strength and density, bones become more brittle and fractures with less energy.

If you want to be 70 going on to 50 then all of the above physiological changes can be reduced by a good programme of exercise. Strength training improves functional capacity, balance, strength and muscle mass. A resistance training programme will improve muscle strength and size, improve mobility and increase levels of spontaneous physical activity. Regular heavy resistance training can offset age-associated declines in bone mineral density and bone mineral composition. Evidence suggests that there is also a reduction in osteoporosis associated fractures.

Regular exercise will make your muscles and bones stronger, which will make everyday activities easier to perform, especially walking. It's a fantastic anti-depressant and with better postural stability the risk of falls may be reduced.

If you're not engaging in a regular exercise programme, which should include a strength training component, then you seriously need to consider starting one today. We can't control our chronological age but we can have a huge influence on our physiological age.

By Estelle Williams

**Kate Evans**

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Thursday
Alignment Class 9.15am - open class

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Pip's Personal Training

Pip here from Pippi's Personal Training. It's been a busy few weeks with lots of training session's coming on board and everyone seems very pleased with their routines to-date. Huge thanks to all of you for your support and I love seeing you work so hard, and getting the most out of your sessions. There are still times available during the day to book your PT session, so get a group of friends together and start toning those bodies ... summer isn't too far away!

I am looking at doing some "public" training sessions too. Just turn up and get stuck in! Anyone interested in doing these, please contact me first on 0221041851. They will be run on a Tuesday 1.30-2.30pm and Thursday 10.30-11.30am. They will cost \$10 per person and if I get enough interest, I will look at doing concession cards. I am looking at running these out of the Kaitake Rugby Clubrooms.

I look forward to hearing from you - remember:

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U S U N I N +

Oakura School year 5 & 6 Interschool Successes

On Thursday the 15th of May, the Oakura year 5 and 6 interschool teams faced Welbourn School at soccer, rugby and netball. The score for soccer was 8-2 to Oakura and for rugby the score was 33-22 to Oakura. Netball A won 14-11 and netball B lost 5-2. Both schools put in an amazing effort and they all played a fair game.



Hunter Robinson being tackled by Welbourn with Oakura team members coming in to support!

The next interschool match was held on Monday the 16th of June. Oakura confronted Central School with another strong game of soccer, rugby and netball. Soccer had a 1-0 success and rugby had a great victory of 65-10. Netball A lost 19-7 and netball B won 3-2. Thank you to all the referees, parent supporters and most of all to the Welbourn and Central School teams for coming out to Oakura to give us a fair and challenging game.

By: Hamish Goodhue (12)

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The Outlook for Someday

On the 9th of June, Melanie, Phillipa, Adam and Taylah went to the 'Outlook for Someday' film making workshop about sustainability. Throughout the day Melanie's group made a film about bullying.

Taylah and Adam's group made a film about pollution in the sea and how no one is doing anything about it.

Last but not least Phillipa's group made a film about helping the environment. Melanie said they watched a lot of different videos over the day. One was about water and the life of a water drop and another one was on how cigarette butts are bad for the environment.

They also learnt about how lighting plays a significant part in making a film and how you can use reflectors to make scenes lighter or darker. They learnt about what a boom microphone is used for as well.

Thank you to all the parents (Anne and Mary) who took transport and helped supervise on the day. All the pupils that went had a magnificent time and thought it was a very worthwhile activity. Some of the students have started making films of their own for the Outlook for Someday film competition.

Written by: Hamish Goodhue (12), Jade Maulder (12)



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Wednesday 30th July.

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COMING EVENTS

July

- 21 Term 3 begins.
- 29 Home and School Meeting 7pm.
- 31 Chess competition in Omata hall for Year 7/8 teams.

August

- 1 School Photos 9am.
- 5 Show in hall: 'Rapunzel' 9am.
- 6 & 7 3D Conferences.
School finishes at 12pm both days.
for teacher/ child/ parent conferences.
- 15 Taranaki chess competition in Oakura Hall.



Nathan Mikaere Wallis

We sold out tickets to the parent evening on the 19th June within a few weeks and were sorry to have to disappoint many people. Those that were able to come and hear Nathan were buzzing for days afterwards with all that they had learned about brain research and learning. We do intend to bring back Nathan for another session or two so please let us know if you would be interested as we may need to organise a larger venue and perhaps do a couple of different sessions; one about young children and one more about the adolescent brain. Should be interesting.

The staff session with Nathan on the day after was really fascinating and engaging. We have much to think about and will be more informed with a far greater understanding of how the brain works. "The best professional development day I have ever had." was a comment from one teacher with over 30 years of experience. We all have so much to learn about the implications of this new research into the human brain and how this affects the way we learn and respond. Fascinating stuff.



Nathan entertaining a hall full of parents.

Guardians of the Bush

Our rich topic this term has centred around exploring, protecting and enhancing our the unique small pocket of coastal lowland forest that is our own school bush. We are fortunate to have this area within our school grounds to study and explore. Various experts from the Department of Conservation and the Regional Council have been in to talk to students and our year 7 and 8 students are starting to gather data about the trees in our bush so we can start doing some research and then over time we can build a unique set of real data we can use.

Classes have been involved in clearing 'bush invaders', weeds, out of the bush and maintenance of the bush walks. We visited Mount Taranaki to view and understand that there are different types of native bush. All classes did the Kamahi 'Goblin Forest' subalpine walk and the seniors did the Ngatoro Track to Waiongana Stream to experience lush mature podocarp forest.

An Exhibition of Learning was held at the end of the term to show parents and relatives all about it.

Karen Brisco



Our team of keen possum trappers with Greg Evans from DOC, Chris Logan, Kanaan Andrews, Prezley Murfitt and Max Brooke..



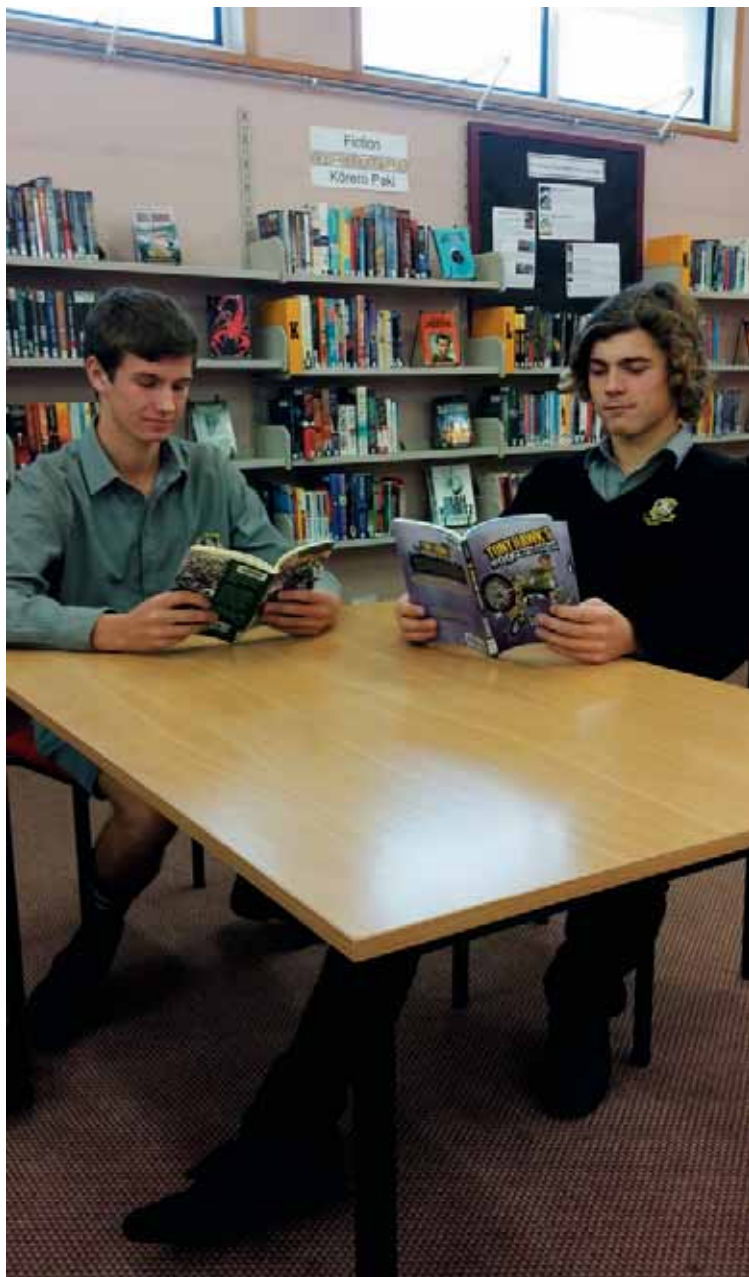
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New Plymouth Boys' High School

Recently I spoke to the boys about appropriate behaviour and standards. It is important that the school works with parents to teach values for life. Teenage boys need to learn appropriate behaviour and language in different social contexts; for example, when schools meet on the sports field there is an appropriate way to behave. The experience can also be used as a learning experience. Boys can learn that their actions have social consequences that impact on their family, friends, school and society . . . as well as themselves. I believe that a school should be "better" than the society in which it is placed, or else what is a school for?



In the library.

Congratulations to the following boys who have achieved personal goals and brought credit to their family and school:

CULTURAL SUPER 8s

The boys acquitted themselves very well at this event. Results were:

Junior Solo Music – Danny Jones, piano – 2nd place

Group Music – 3 O'Clock Band: Jake McComb, Connor Rust, Richard Gottlieb, Martin Leith and Fletcher Miles – 3rd place

Drama – Cameron Tippet, Josh Ritchie, Richard Gottlieb, Teague Harvey, Fergus Thomson,

Sebastian Molloy, William Challacombe-King – *scenes from The Tempest* – 3rd place.

The drama group and music entries also gave library lunch-time performances of their Super 8 pieces.

SMOKEFREE ROCKQUEST

Reach For Reason (Cody Kivell, Conrad Watt, Adam Bull, Craig Jacobs) placed 3rd in the Taranaki finals. 1st place went to Plainmotion (Joel Robertson, Martin Leith, Jake McComb, Connor Rust) who now have a chance to be in the national finals, depending on the results of the video round.

STAGE CHALLENGE

The combined NPGHS/NPBHS entry was placed 3rd overall and took away awards in the following sections:

Excellence in Stage Crew (lead superbly by Reuben King);

Excellence in set, design and function (thanks Mr John Tullett);

Excellence in costuming character (NPGHS team);

Excellence in soundtrack;

Excellence in drama;

Excellence in concept (theme of Border Control);

Excellence in health, life skills and creative thinking;

Excellence in school community.

FILM

The 48 Hour Film Festival team Quantum Studios - Michael McLeod, Jack Newsome, Cameron Bell, Caleb Rapira-Jensen, Liam Clow (all Yr 10) and Colin Rowe (Yr 11) have made themselves available for videoing school events and have been presenting their services in a professional manner.

TARANAKI SECONDARY SCHOOLS CHAMBER MUSIC COMPETITIONS

Held on June 4, NPBHS had 11 students entered, spread between 10 groups, some boys in two or three groups.

Teague Harvey and Richard Gottlieb (Take Four) were one of the two entries selected for the regional competitions in Wanganui.

Highly Commended:

Sam Tullett ("Samegelle Trio") plus KBB prize for musical excellence in brass/wind or percussion,

James Park ("La Rouge").

EXCEL SCHOOL OF PERFORMING ARTS performed in assembly on Wednesday June 4 and many boys took the opportunity to talk with the tertiary students afterwards.

DRAMA UP students will be attending Indian Ink Theatre Company's new production, "Kiss The Fish" at the TSB Showplace next week, followed by a Q&A session with the actors.

SPORT

Emmerson Potts-Broughton has been chosen in the NZ U15 Basketball team to travel to the USA at the end of July.

Matt Chadwick has been chosen for the NZ u17 Football training squad.

Finn Holland won an Under 18 Central Region climbing competition

In Surf Life-saving Reef Robinson won the McLeans Cup, Thomas Cole was the overall points winner and Liam Cole won the James Hunt Memorial Trophy for Volunteer of the Year.

The following boys have been chosen to be part of the Wanderers Cricket team touring UK late June: Davis Mills, Liam Muggeridge, Cam Black, Matthew Boswell, Taylor Williams, Viren Maglani, Josh Quinney.

We continue to excel in Adventure Racing. With GHS we won the Hillary Challenge again. In the Kawerau six hour race William Adlam, Cory Sutherland, Josh Turner and Sam Evans won the Senior Competition; Dean Coplestone and Kyle Bachelor (with two girls from GHS) won the Mixed competition and Calum Sutherland, Jack Boon, Danny Jones and Oak Jones won the Junior section.

Jono Brownjohn came first and Chad Collop second in the Senior TSS Crossfit competition.

Excelling in Ten-Pin Bowling were Sam Morrison, Sharmin Tuuta, Christian Hill and Cale Rapirs-Jensen

In Cross Country the boys continue to excel: Slade Bristowe, Calum Sutherland, Angus White, drew Farnsworth, Chris Devaney, Alex Sturmer, Orin Burmester, Taylor Roberts, Tom Spencer did well in TSS and the BHS team came second in the Super 8 Competition.

The boys will soon be going to National SS Tournament week. We are very hopeful of successful outcomes for our Basketball, Football and Hockey teams and we wish them all the best.

Michael McMenamin
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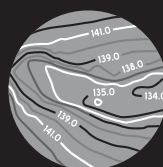
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Spotswood College



GALA DAY

Having just held our Gala I am hugely encouraged by the growing levels of support for this event from students, staff, parents and our wider community.

The Gala is not just about making money, it is an opportunity to invite our community to come into our school and for our school to develop further as a 'community school'.

Following our E TŪ values the Gala encourages our school community to take part in the life of our school united



in vision and endeavour. Our students benefit when they participate in, and contribute to, a whole community event like our Gala.

Special thanks to the PTA who worked tirelessly to plan and manage a hugely successful day. Hours of work were rewarded by having high levels of attendance at a school event that had something for everyone.

Thank you to all the students, staff and parents who donated items, set-up and managed stalls, cooked food, ran activities, made coffee, sold cakes and who worked from sun-up to sun-down.

We are hugely grateful to the individuals, organisations and businesses that gave so much toward the Gala.

STUDENT ACHIEVEMENT

Already this term students have achieved some stunning accomplishments:-

'Raise-up' - the leadership roles Faris Petty, Kelsey Lovegrove and Ben Stanford are involved in make a significant contribution to our New Plymouth Community.

Gloriana Wilson's success at the Homai Te Pakipaki talent quest and her win in the Taranaki Rockquest Regional Competition has been outstanding.

Abby Christodoulou's achievements as a nationally renowned country singer, continues to gain national acclaim.

Darcy Corrigan's success in the Rodney Walshe Ireland Essay Competition – one of only 10 winners nationally.

The stunning success of our Mooting Team (Corey Vickers, Summer Tosland and Jessica Cooper). Corey was named top Mooter across all teams!

Sarah Messenger's involvement in the Auroa Astronomy School and Nano Camp.

Farris Petty's selection into the NZ Under 18 Men's Volleyball Team to travel to the USA in July.

Courtney Callaghan's selection into the Under 19 Taranaki Netball Team.

Bailey Cassidy's selection in the Under 15 Taranaki Netball Team.

Jahvis Moke and Kayne Locke's selection into the Under 17 Taranaki Maori Rugby League Team.

A fabulous array of talent, commitment and focus.

SPOTSWOOD COLLEGE MOOTING SUCCESS 2014

Congratulations to the 2014 Spotswood College Mooting Team who were the Runners-Up in the Finals of the Waikato University, Faculty of Law Secondary Schools' Mooting Competition which was held on Thursday, 12 June at the High Court in Hamilton. First place went to Hillcrest High School Hamilton. Spotswood College student Corey Vickers was awarded: THE BEST INDIVIDUAL MOOTER 2014. It has been a long journey to get to the finals. The regional's were held in the New Plymouth District Court House on 11th May and the semi-finals were on the 5th June, at the District Court in Hamilton.

The 2014 Spotswood Mooting Team members are Year 13 students Corey Vickers, Jessica Cooper and Summer

Tolsand. These students are to be commended on their hard work and perseverance in preparing a case for delivery in front of District and High Court judges. Each student received a \$100 Book Voucher and Corey also received a Cup and \$500 for Best Mooter 2014.

A very special thanks also needs to go to AULD BREWER MAZENGARB & McEWEN whose Partner Caroline McLorinan and Solicitor Philip McCarthy have tirelessly mentored our team to reach their current success. Each year their help has been instrumental in enabling our school to participate in this prestigious event.

SENIOR ORATORY EVENING 2014

On Thursday 29th May, the English Department held our annual Senior Oratory Evening. Well done to the 2014 winners and all the participants who made this such a successful evening. Each participant will receive a certificate from the English Department.

Thank you to the judges: Mrs FitzPatrick, Ms Stoate and Mr Hill they had a very difficult job as all the entries were at such a high standard. A huge thank you to the English Department team as they always put an enormous amount of effort into holding such events.

Paula Cast, HOD English

Year 11 Speech

1st - Lael Poole; 2nd - Shiann Jolly;
3rd - Anya Wagsuwan.

Year 13 Literary Seminar

1st Equal - Hayley Mapley and Ashlin McAlpine;
2nd - Monique Flaszynski; 3rd - George Harris.

Year 12

1st - Kiara Quirante; 2nd - Joanne Cummings;
3rd - Mahana Nathan.

2015 ENROLMENTS

As we plan for 2015 I would like to invite all parents and their children to attend our Open Night on Wednesday 6 August at 7.00pm in our School Hall.

Moving to Secondary Education is an exciting time for young people. Getting good information upon which to make your best-fit Secondary School decision is extremely important.

Attend our Open Night and find out what Spotswood College has to offer your child.

Mark Bowden, Principal

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OAKURA COMMUNITY - WHAT'S ON
PHONE 0800 THE TOM FOR ADDITIONS OR CHANGES TO YOUR LISTING

Crop Swap
Next swaps: Saturday July 12 and July 26 at 4pm Oakura Church Hall.

Fitness Training. Small Group classes held Mondays, Wednesdays and Fridays at Corbett Park – Interval Training & BoxFit. Contact Estelle Williams of Functional Fitness ph 7521001.

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. Music and movement for preschoolers! Tuesdays 10am during school terms, Oakura Hall. Gold coin donation. Contact Maryanne on 06-2811197.

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

NP Toastmasters Club. Meets every 1st, 3rd and 5th Thursday of the month, 5.30pm at Bell-ringer Pavillion. Everyone welcome. Ph Faye 0274 250 354 or 751 0811.

Oakura Playcentre. 14 Donnelly St, Oakura. Sessions run Mondays, Wednesdays and Fridays 9am-noon during school terms. Visitors welcome. Ph Maryanne on 06-2811197.

Oakura Pony Club. Contact Robin King ph 751 0300.

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

Pippa's Personal Training. Circuit training, PT sessions, boxing in your own home with small groups or individually. Suited to your level of fitness and ability. Phone Pip Johnson 022 104 1851.

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 classes are from 9:30 to 10 am and the Beginners' ballet dance class from 10 am to 10:45 am.

Vigor Fitness. Tuesday and Thursdays 10am – Outdoor Pure Grit Training. Phone Anneka Carlson 021 404 642.

Volkswagen Club. Regular events range from car rallies, the YMCA climbing wall, camping, BBQ get togethers and sharing good family times and knowledge. Contact President: kirk@taranakivw.co.nz and Secretary: bryan@taranakivw.co.nz

Yoga Classes. Oakura Church Hall Monday and Thursday 9.15am. Everyone welcome. Contact Kate Evans 027 203 7215.

Zumba Fitness Class. (suitable for 13 years and over), Oakura Hall, Wednesday 6.30 - 7.30pm. First class free. \$8 casual or 10 class concession card for \$50. Ph: Ange for queries: 021 222 9683.



DAIRY PROPERTY INVESTMENTS

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For more info please contact Farm Venture on
06 758 3688 — www.farmventure.co.nz