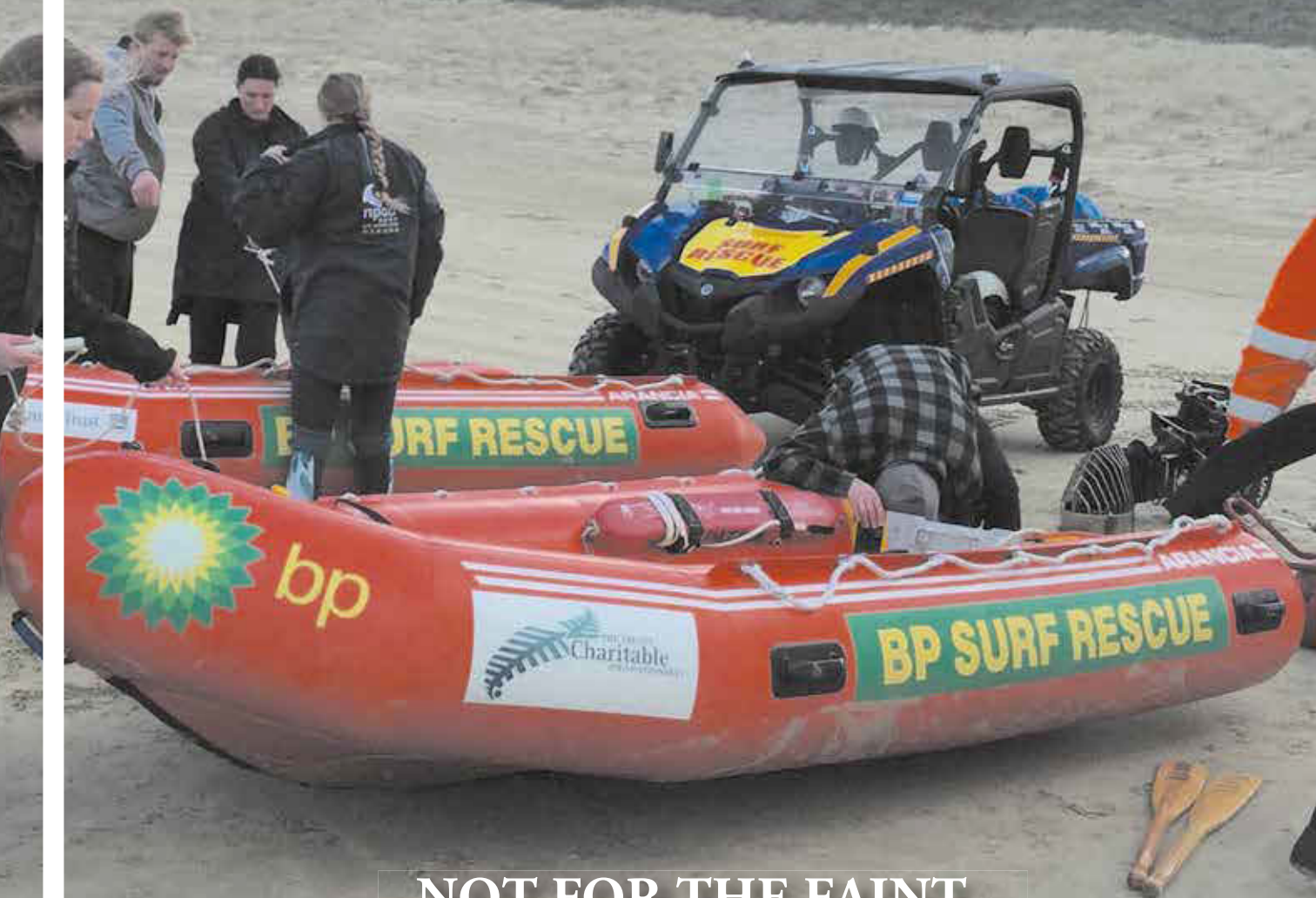


TDM

OAKURA

OCT 2016



NOT FOR THE FAINT HEARTED

NPOB Surf lifesaving Club's team competes
the 90 Mile Beach IRB Classic.

More on pages 10 & 11

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?

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TOM dates to remember for November 2016 issue:

Copy & Ads -14th Oct,
Distribution from 2nd Nov.



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EDITORIAL



It is a very vibrant time of year for Oakura, with the Arts Trail, Fringe and Garden Festivals - a great way to show the greater population what a colourful and enthusiastic bunch we are. Congratulations to everyone who participates in these events.

It was a pleasure in September to once again attend the Oakura Bowls Club open day and take some photos. The camaraderie of those who play and enjoy the competition and social side of bowls was very evident. I had to laugh at the excuses the guys were trotting out for their lack of form - the green was too short,

too long, the grass too short, too long or too new. Then the medical reasons - I broke my neck, I'm waiting for a hip operation, I cut my hand, my knees are dodgy to name a few. There's hope for all of us to be active and involved and no excuses!

Daylight Savings is now back with us thank goodness but with that comes restrictions on dogs and horses so take note of the below

Horses may not be on Oakura beach from 9am to 6pm during Daylight Saving. Also, dogs are not allowed in the following beach areas from 9am to 6pm during the Daylight Saving period:

Oakura Beach and foreshore area.

Oakura River/Corbett Park.

"These areas are especially popular with people during Daylight Saving so we require dog owners to keep their pets away during the busiest times of the day," says Customer and Regulatory Solutions Manager Katrina Brunton.

"It's about striking a balance for beach users during the busiest season.

"Dogs are welcome there before 9am and after 6pm, and at many other places in the district, so we ask owners to respect these restrictions for the benefit of everyone."

In addition, dogs must be on a lead in the following area until the end of April, when the bird breeding and nesting season is finished:

Tapuae Marine Reserve - between Tapuae and Herekawe streams.

The Council's website has more information about where dogs can be walked in the district, the areas where dogs must be on a lead (such as the Coastal Walkway), and areas where dogs are banned year-round (such as children's playgrounds and Ngamotu Beach). Just go to newplymouthnz.com and search for the Walking Your Dog webpage.

"We also want to remind people that beaches aren't a place to drive up and down in a vehicle," says Mrs Brunton.

The only exceptions are emergency and surf lifesaving vehicles, and when a vehicle is used to take a boat to or from the water (via the shortest distance to the sea).

Kim

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New to the library: *Toitoti*, “a quality journal of writing and art by NZ children ages 5-13”. You can visit their website or submit your work to us. The colourful journal includes beautifully illustrated poems and short stories. Very inspiring!

Springtime and garden festivals go hand in hand. Put those herbs to good use and check out our *Encyclopaedia of Herbal Medicine*. *Modern Terrarium Studio* has some great ideas for making gifts.

Don't forget to mark your diary and join us for pre-school story time, song and craft on Thursday 20th October at 10am.

A couple of recently released and highly anticipated memoirs by rock/pop legends: *Born To Run* by Bruce Springsteen and *Big Blue Sky* by Peter Garrett are available for loan.

And of course notable NZers Helen Clark's *Inside Stories* and *Richie McCaw 148* are available for loan as well.

Some popular fiction authors who have released new novels this year are: Belinda Alexandra's *Southern Ruby*, Lionel Shriver's *The Mandibles*, Anne Tyler's *Vinegar Girl* and Alexander McCall Smith's *My Italian Bulldozer*.

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A lovely bookshelf on the wall...”* Roald Dahl

Vincenza

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An extra 100,000 jobs have been created in the last year. The unemployment rate is down to 5.1 per cent and falling across the country. Our employment rate – the proportion of all people 16 or older in work – is now the second highest in the OECD group of developed countries. This is a significant achievement.

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A combination of rising wages, reduced taxes on income and

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savings, and low inflation has seen take-home pay increasing 2.2 per cent a year, four times faster than under the previous government.

The latest income and inequality data published by the Ministry of Social Development confirms this trend of incomes growing solidly in recent years, with slightly higher gains for low-income households. It also finds there is no evidence of increasing poverty, or children in material hardship.

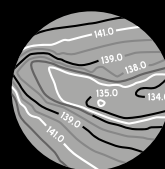
And that is what a growing economy is delivering for New Zealanders. At the same time as we've increased spending on core public services – health and education spending are today at record levels – we've increased support for the most-vulnerable New Zealanders. We've also balanced the Government's books, and we're on track to pay down debt. National will continue to focus on building a stronger, more prosperous New Zealand, with more jobs and higher incomes, and on helping families get ahead.

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Clearwater Riding School -

Jill Tompkins started Clearwater Riding School in the 1970's. Jill had never intended starting a riding school, however she was approached by a local vet to teach their child to ride. They offered to pay Jill for her services at a time, particularly in New Zealand, when it was unusual to get paid to teach people to ride. This combined with Jill's husband becoming ill and needing to be cared for at home, and the number of ex pats arriving in Taranaki for the oil industry saw Jill start up her riding school. Jill loved teaching the children how to ride and care for horses.

Clearwater Riding School, is now situated at 1500 Carrington Road, New Plymouth.

Lydia Quay has owned Clearwater Riding School for the past 12 years. In her time as owner, she has moved the riding school from Upper Wairau Road, to Ahu Ahu Road to its current location on Carrington Road.

Clearwater has been very successful as a riding school, producing a number of great riders.

They now have two instructors, Kim Winks, an Oakura and ex Clearwater Student, and Lydia Quay, also an ex student of Clearwater under Jill Tompkins.

Some of Kim's successes include competing at Grand Prix Showjumping at heights of 1.35m, doing the World Dressage Challenge and competing at Young Riders at heights of 1.45m

Lydia is a professional Showjumper having recently competed at World Cup level at heights of 1.60m, and Grand Prix at heights up to 1.50m. She gained the title of 4th best Lady Rider of the Year, and has represented Taranaki in Eventing and Dressage over a number of years.

Kim is the main coach at Clearwater Riding School. This allows Lydia time to coach those wanting individual and group instruction taking them to the next level in horse riding.

Clearwater Riding School is safe, fun and friendly environment for students to immerse themselves in everything equine from learning how to catch and tack up a pony, to becoming better equipped in all disciplines, Show jumping, dressage, cross country and more, catering for all levels on Clearwater Riding School's pony/horse or your own.

Lydia's Philosophy: *"I ride to the horses feel and how it needs to be ridden, I want it to be a willing partnership and there to be a mutual respect between rider and horse rather than forcibly making them."*

Check out our website and our Facebook page for information on our upcoming school holiday programmes and term lessons.



Kim mid jump on her horse Spyder.



Aah! The sheer pleasure.

Lydia and Kaipara Double Dee competing in the World Cup 2015,

SPORTS



OAKURA BOWLS OPENING DAY

A magnificent Taranaki spring afternoon greeted the bowlers for the opening day and start of the Oakura Bowling & Social Club 2016/2107 calendar. It was great to see a number of new bowlers alongside the usual suspects enjoying the camaraderie on the green and afterwards around the club house. As per club tradition, Roy Phillips (club patron) delivered the first jack and Allan Bridgeman (life member) deftly rolled down the opening bowl to start the season. The competition on the greens was fierce with the duo of Bruce Jackson and Des Stockman winning both their games to earn a well deserved victory.

Big thanks to Andy Shearer for organising the afternoon tea, the president Kevin Gray for donating the tournament prizes and to the green keeping team of Allan Bridgeman and Wayne Robinson for preparing the green and the surrounds for the day.

OPENING DAY ACTION



CLUB CHAMPIONSHIPS AND INTERCLUB COMPETITION

September bowling action has already seen the start of the Championships Pairs while the Championships Fours will begin on Sunday 9th October. The Avery interclub competition has also commenced and the Gilmour and Shield interclub tournaments will kick off early in October.

SPECIAL OFFER

Building the playing membership base is an important and challenging issue for any sporting club. The Oakura Bowling Club is offering all first time bowlers a package deal with the offer of half priced membership fees for the initial year, club polo shirt, a set of pre-loved bowls and coaching sessions (see advertisement).

CLUB NEWS

Health and Safety (H & S) is a legal obligation for any business in New Zealand and bowling clubs are not immune to these requirements. The Oakura Bowling and Social Club will adopt Bowls New Zealand recommended H & S policies and procedures with the aim to provide a safer environment for our members, volunteers and visiting bowlers. A great example of H & S common sense is our green keepers' (Wayne Robinson) suggestion to provide a match day whiteboard to inform all bowlers of any hazards and/or relevant safety information for that day.

Good bowling to all members for the 2016/2017 and remember "one good advantage bowls has over golf is that you seldom lose a bowl."

The underarm bowler



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KAYAK FISHING CLUB

At long last spring has arrived, and we are at last getting the odd good day out on the water fishing and it has been good for some when the weather allows.

The first club event was on Sunday the 25th September, this event is open to all club and non club members and you must use a \$6.00 rod and reel combo only. This is followed up with a club day at the White Cliffs on October 15th.

Next years Kayak Classic is set for 8/9th April. We have some great new sponsors and a fantastic early bird prize of an Epic kingfish charter for four people.

Entry forms will be available from our website soon.

Keep an eye on the Taranaki Kayak Fishing Club Facebook page for upcoming events.

Garry



This year's Early Bird winner Steve Caithness, enjoying his prize of a Heletranz trip to Great Barrier Island.

Oakura Tennis Club

The tennis season is swinging into action with our recent AGM seeing the return of all committee members and the welcome addition of Tash Lewis.

President: Graeme Mitchell; *Secretary* Jackie Keenan.

Treasurer: Chris Ferguson; *Junior Convenor* Anne Bridges.

Committee Members: Rebecca Scott, Craig Waite, Tash Lewis and Sue Oldfield.

Blitz tennis is back on board providing our coaches for the season. They will be at Oakura Wednesday, Thursday and Fridays taking juniors for group coaching from term four in the red, orange and green dot as well as our inter club players so make sure you get in quick and sign up. Our cardio session also continues on Thursdays at 9.15am. Matt Stringer is also available for private lessons Wednesday-Friday contact Matt matt.stringer@blitztennis.co.nz, cell phone 022 045 8729.

Teams are being organised but we are always keen for newcomers or anyone feeling like they would like to return to competition tennis. This year there is a slightly revised format, offering more options on the number of games you can play on a Saturday for those with time constraints. So those "retired" tennis players may be able to make a comeback or the surfers that want to play and then leave for surf can do so.

For those that are free on weekdays our mid week ladies on a Monday is popular and a good way to ease back into tennis with three games of doubles, we currently have two teams entered, one in the top division and one in a lower division. It is good to have reserves and we can enter another team later in the season if enough people are keen. Otherwise look out for some action at the courts with new fencing being installed over the next few weeks so the sea breeze doesn't hinder your play. Once the fence is replaced on the south end we will be able to get some planting under way and get our nice natural sheltered courts back again!

Linda street courts are also proving popular especially over winter months as they are more sheltered and free draining. The tennis club is stoked we managed to join forces with the council to get these courts resurfaced and they will be a great help for competition on Friday nights and Saturdays to speed up games. Thanks to funding from Pelorus Trust and TSB for fencing and team tennis shirts for juniors.

For any tennis queries contact Jackie on 752 7013, or 027 673 2900. See you on court!

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Oakura Pony Club

RIDER PROFILE

Holly Kemsley is a year 9 student at New Plymouth Girls High. She has been a keen member of the pony club for the past three years, representing Taranaki in both Show Hunter and Show Jumping with her pony Missy last season and has again been selected this season for the Rep Show Hunter team on her new pony Molly.



Holly and Molly.



What's your favourite discipline in the sport of horse riding?

I really enjoy Eventing and Show Jumping the most.

What do you love most about horse riding and ownership?

Having a special bond with my pony Molly and learning new things together.

Tell us about your pony.

Kaycee Mackenzie (Molly) is my 11 year old Morgan who is rather cheeky and very stubborn. She makes up for it with her loving personality, especially when she decides to groom me.

Your favourite place to ride?

Oakura beach is my favourite place to ride. After a good long canter down the beach Molly likes cooling off by splashing in the waves.

How has riding helped shape your personality?

Riding has made me more patient and now I understand how much hard work goes behind the actual riding, which takes love and commitment.

What are your goals for the season?

I'm hoping to do really well in Eventing. Molly and I both really enjoy it so I can't wait for the season to begin.

And your plans for the future?

I'd like to compete and place in the next Horse of the Year on Molly. Once I've finished on ponies I'm looking forward to bringing on my own horse and schooling it to jump. Overall, I'd love to compete at the Olympics one day.

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GETTING WET



Oakura Boardriders

Roll on summer! This spring weather can be trying! By the time you are reading this daylight saving will be on us and things improving on the surf front with any luck. Not a great winter for snow, but a few classic days were had! Labour weekend sees the Oakura Boardriders 25th anniversary. Largely this is a Mike Christiansen legacy, even though there were a lot of founding members and the first few committees paved the way it was Mike's drive that moulded the club in the early days. It saw the securing of the club rooms and the establishment of the basketball half court and the skatepark - hard to believe this was 25 years ago!

The clubrooms are undergoing a refurbishment and the skatepark will have a transformation in the new year if the stars and council align!

OUTLINE OF LABOUR WEEKEND'S EVENTS:

Registration Link -

<https://goo.gl/forms/tNa3e66jiHbjvOdh2>

Friday 21 October 5pm-10pm

The Friday night get together is an ideal opportunity to reminisce with old and new friends and enjoy the ambience that our newly renovated club rooms offer. We'll have music and a slide show from the last two and a half decades playing, photos and memorabilia on display and games for the children.

Saturday 22 October - Night 6pm-12am

Join the festivities, come dressed in silver and put on your dancing shoes...

There will be a variety of your favourite food caravans on site to tempt and satisfy your taste buds, while the music from Unity will have you up on the dance floor. During the evening a slide show will be playing, one or two founding members will say a few words and the winner of the longboard comp will be announced.

Sunday 23 October 2.30pm-6pm

Enjoy a Sunday afternoon with family and friends while listening to the soulful sounds of international blues artist Grant Haua. It's an opportunity to relax, unwind and say 'au revoir' to those members who have left Taranaki and are journeying homeward.

SUPER 8 SERIES

NPSRC have been running the 'Super 8 Series' over the winter months. Our only competitors are Tom Butland and Ariana Shewry. Tom is currently sitting 4th in the open division and 3rd in the U18's, Ariana is 2nd in the women's division after only contesting two of the three contests so far and winning both of those, so our surfers are doing well so far..

AGM

The Boardriders AGM was held late August with the new committee being voted in as below

- President – Luke Florence.
- Treasurer – Gina & Steve.
- Secretary – Paul Lobb.
- Committee – John Shewry, Eli Smith, Mike Hareb/Fiona Turner, Brent Anderson, Gillian Gibbon, Suki Bishop, Rick Christiansen, Jeremy Curd, Mike Webber, John O'Sullivan.

If you want to join, have any queries, need to attend meeting or want to help out please feel free to contact a committee member or attend a meeting which is held first Wednesday of each month at 730pm at the club.

Brent Anderson, OakuraBoardriders.

President: Luke Florence; 06 7527889

Secretary: Paul Lobb ; 06 75 27556

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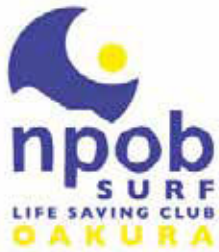
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GETTING WET



SAFETY ON THE WATER

With the recent boating disaster in Taranaki, it's a timely reminder for everyone to make smart decisions around the water. We have a wild coast which should always be treated with respect. Regardless of your age, gender and fitness level, think twice, take the necessary

precautions, swim in safe areas and always wear a life jacket while boating.

Thank you to Sean Zieltjes, Rhys Clark, Nathan Zieltjes, Trent Cutts, Myken Hurley, Mike Melody and Lachie Stevens who were all involved with the search. Once again putting their lives in danger for others.

Years of patrolling, getting IRB qualifications and continuously up skilling themselves has allowed these guys to get out and do what they do for Taranaki, both in the water and helicopter. The entire Helicopter Marine team and half of the Call Out Squad are NPOB members. As a club we are very proud of this fact and would love to have some younger members coming through and learning the ropes. If you would like to find out more about the rescue teams and what is involved please contact us.

Be smart and stay safe.

NPOB REGISTRATION DAY

We are having our registration day Sunday 13 November, 1-4pm. Existing members you can either come on down and re-register on the day or email Jaynie at npobsurfclub@xtra.co.nz and we'll get you sorted out.

We're more than keen to welcome new members, anyone interested please come along and check us out, if you can't make it drop us a line on npobsurfclub@xtra.co.nz or 027 3743 762.

We will have some fun activities happening throughout the afternoon, bring along your wetsuit just in case.

Junior Surf Sundays will kick off on Sunday 20 November, 10am.

90 MILE BEACH IRB CLASSIC

An endurance event that is NOT for the faint hearted.

This year two crews ventured north to compete in this iconic surf lifesaving event. The objective to race the length of 90 Mile Beach (which is actually 55 miles north to south) and complete a number of gruelling challenges along the way. Our two crews were: Crew -1 Jared Coster, Katy Dingle, and Ella Hughes with Ross Dingle as beach support driver, and Crew-2 Mikey Watts, Lachie Stevens, and Tessa Lilley with Vaughan Garrett as beach support driver.

Friday was travel day. Vaughan, Jared and Mikey headed up with the gear trailer and arrived in Ahipara at the southern end on 90 mile beach around 18:00. Ross drove Katy, Ella, Tessa, and Lachie up in the afternoon arriving at 01:30am Saturday morning. Race briefing was at 5:30am followed by a 90 minute drive north to start the race in the shadow of Cape Reinga near Scott Point.

Great fun driving the 4WD vehicles about 1km along a flowing river to get onto the beach where it was another few kms north to get to the race start. Vaughan gave an exhibition in river driving, cutting his own track and

leaving even the most sophisticated Piha Surf Rescue vehicle looking decidedly average next to his white van (that doubles as his weekend accommodation) and fully laden trailer.

The crews quickly assembled their IRBs, and got ready to race. Conditions were windy and cold with heavy rain. Wetsuits, booties, gloves, lifejackets, kidney belts, and face masks (or in the case of Jared and Lachie inappropriate amounts of facial hair) were a must to keep all extremities as warm as possible.

The race started at 09:30am in driving rain and the crews headed south along the beach for three kilometres turning around a stationary IRB, then heading back up the beach to the race start and around another stationary IRB before commencing the journey south down the length of the beach and the various challenges along the way. One other factor which makes this race pretty unique is that the IRBs must stay within the wave zone at all times so they are constantly getting hammered for the 3.5 hours that it takes to complete the event.



Shortly after race start things began to deviate from the plan! Crew-1 had headed south and rounded the first IRB when suddenly Katy got tossed up and down landing awkwardly and badly injuring her right knee and ankle. It was serious enough to head straight to shore and seek medical assistance. Now this is when team spirit shows though in spades because Crew-2 saw that Crew-1 were in trouble and came to their assistance stopping on the beach to ensure Katy was getting medical assistance and then helping load their IRB onto Vaughan's trailer before re-joining the race. For Crew-1 it was race over.

Over the years I have seen Vaughan Garrett in action many times but watching him support not only the NPOB crews but practically anyone else who needs assistance (no matter what club) as he zips back and forth along the beach in his trusty white van makes you really proud to be a member of NPOB. He is highly regarded at 90 Mile Beach and by crikey we are lucky to have him!

We met Katy and Jared (and the first aid team) at checkpoint one whereupon we transferred her from the medical vehicle into the backseat of our vehicle and Ella, Jared, Katy and I made the trip south to Ahipara. We dropped Jared off, changed vehicles and Ella and I took Katy to Kaitia Hospital. Jared took the 4WD back to the beach to support Crew-2 who were making their way at pace down the coast, successfully navigating the four onshore challenges, and towards the finish at Ahipara.

Back at the hospital x-rays showed no broken bones, Katy



hobbled out on crutches and in a moon boot with a badly sprained knee and ankle. Nurse Ella making sure Katy was comfortable and well taken care of – more great team spirit to the fore.

By the time we got back to Ahipara the sun was out, the race was over, and everyone was doing the post-race pack down. Crew-2 (Mikey, Lachie, and Tessa) had completed the event and come through in 15th place in 3 hours 19 mins which was a very credible outcome given the selfless act of assistance they provided at the front end of the race.

Post-race means dinner and prize giving. Forget about sausage rolls and potato chips in the far North the menu

includes slow roasted beef, and large quantities of crayfish and fresh oysters. Crispy roasted potatoes, peas and salad optional. Tessa enjoyed a piece of bread and tomato sauce! A big thank you to the Far North for organising an outstanding event. We will be back to get all crews across the line next year. What doesn't kill you only makes you stronger.

Sunday morning 08:00am we all hit the road for the journey south getting into New Plymouth just on dark. A great weekend and a lot of fun for all involved. Get well soon Katy.

Ross Dingle



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Oakura Arts Trail

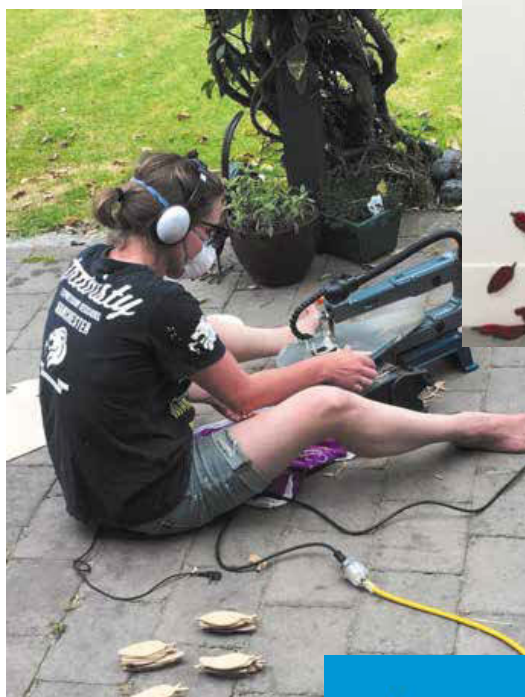
Once again this year the artists of the Oakura Arts Trail will open their studios to the public. This very popular arts trail coincides with the Taranaki Garden Festival and will be held on the two weekends of the 31st of October to the 1st of November and the 7th to 8th of November.

The artists involved are Kris White, Richard Landers, Deborah Hoare, Linda McFetridge, Margaret Scott, Amanda Crehan, Rosie Moyes, Ringcraft Moana, Deborah French, Susan Imhasley, Brenda Cash, and the Korver Molloy Gallery. Some of these artists have international and national recognition, with an addition to the trail this year, as a place of interest, a collection of works by Michael Smithers. These can be viewed at his daughter's home on Ahu Ahu Road. The other place of interest is the Crafty Fox Gift Gallery in the old church in the centre of Oakura Village.

Many of the artists who are in the Trail were part of the recent arts programme at Oakura School where they spent two full days teaching the students. The work that was produced by the students was wonderful and Oakura is fortunate to have artists who donate their time in this way. There will be workshops running during the arts trail for all ages and other artists will be happy to demonstrate their techniques. The experience of visiting artists in their own work environment is unique and often leaves a lasting impression on people, who return to buy work or bring other visitors to see the art.

There will be an exhibition of all the artists involved in the Arts Trail at the Korver Molloy Gallery which is situated in the old Okato Cheese Factory at Tataraimaka on Highway 45.

Brochures for the Trail can be found at all studios, the information centre and on the notice board next to the chemist. Look out for the large yellow and blue flags which will help to guide you to the artist's studios. For details on the artists and the location of their studios go to www.oakuraartstrail or join us on facebook.



Above: Linda McFetridge's artwork called "Leaves".

Left: Linda working on an artwork.

Below left: Amanda Crehan at work. Amanda is a modern realist painter, capturing moments of life and time in vibrant oils.



Oakura arts trail

An Opportunity to visit
Oakura's artists in their
studios.

10am - 4pm

29th & 30th October
5th & 6th November

www.oakuraarts.co.nz 

Koru's Art's Trail Exhibition

A new exhibition will open on the 24th October and run through the Fringe Garden festival.

Koru on Koru is a place of interest in the festival and can be located by no.52 in the Fringe brochure. This year two visiting artists will participate in "My Front Paddock" exhibition - Delicia Sampero is a contemporary artist from Titirangi. Delicia recycles roadsigns using them as palettes for her haunting portraits.

Opening from 28th November are Christine and Erhard Wingels from Collingwood Nelson with "Maybe Its Art" Erhard says its not a business, its for personal enjoyment, and its good for the soul. Christine is fascinated with mundane manufactured objects which she transfers into dynamic living sculptures.

Erhard a long time secondary school art teacher has followed his passion for creative digital photography, some of which he recreates into sculpture form. Shannon Novak - internationally acclaimed, this Oakura artist is enjoying great recognition presently I am proud to have his work amongst the collection.

Waverley Glass Artists Lisa and Jimi Walsh bring new ideas and pieces of art to the gallery - their profile grows nationally and internationally.

Jane Brown's weaving is a first for Koru on Koru. Jane was a resident in Oakura many years ago and is now living in Inglewood.

Lester Earl - painter. Lester's work is well known and sought after. His dramatic Mt Taranaki's and local beaches adorn many local homes.

A number of the Oakura Arts Trail artists work is also in the gallery - Linda Barbour's Clay Play, Richard Landers - Glass, Kris White - painter, Brenda Cash - painter, Linda McFeteridge - painter.

A big thank you to Tasman Toyota Fitzroy for sponsoring an exciting exhibition called "An Evening of Art". The exhibition is open to the public and all work is for sale

An example of Delecia's recycled artwork.



Shine –

BRAND NEW AND WAITING FOR YOU

I am delighted to announce that Shine, my new, purpose built, Yoga and Remedial Body Therapy Studio will be opening on 10th October. In this boutique private studio (set in yet-to-be established private gardens) I will be offering classes in Hatha Yoga and Alignment-based Flow Yoga. There are early morning classes for workers, classes during school hours for mums, restorative yoga for relaxation and classes for teenagers. I also offer one on one yoga classes or in small private groups at a time to suit you. In addition I will continue to see my clients for body therapy, who will enjoy the beautiful new purpose built space.

THE MANY BENEFITS OF YOGA.

Yoga is transformative on all levels. It has transformed my life in countless ways. Apart from the obvious benefits of greater flexibility and strength, a regular yoga practice improves digestion and organ function, joint mobility and breathing, it calms the mind and the nervous system, creates resiliency and healing in the tissues and in the mind.

After 20 years experience as a body therapist, I know that mindfulness is an important key to unlocking healing and wellbeing. My teaching incorporates this attention to mindfulness through a focus on correct alignment and an embodied approach to your session. This brings about great change throughout your system on many levels.

BOOKING YOUR SESSION

To ensure you get the most out of your yoga practice I encourage you to book a regular class, this system is of benefit to both student and teacher. Classes are designed around the school term and a booked class means that I know who is coming each week and can create classes to suit the needs of the group and can place more attention on developing your individual practice. It means that you also know who is coming each week which builds bonds and creates a group energy. Plus the commitment is also a commitment to yourself. I have incorporated two casual spaces in each time slot so that if you can't come to your usual class you may be able to make up the time in one of the other classes that week.

WHAT YOU CAN LOOK FORWARD TO:

Experienced teaching in a purpose built modern studio right here in Oakura where you will gain more awareness of your body, more mindfulness, less stress and a rejuvenation of your flow and fitness. Early morning classes will incorporate 45 mins of yoga followed by 15 minutes of guided mindfulness practice. On Monday nights get your week off to great start with Restorative Yoga. Restorative yoga really does amazing things for your energy levels, it is very relaxing and at the same time stretches the muscles and creates openness and expansion, you will sleep amazingly afterward and you will wake feeling well . . . restored! Straight after your session you can stay for a free guided mindfulness group (meditation) to which all are welcome.

I look forward to seeing you at Shine.

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| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|-----------------------------------|---------|--|---------------------------------------|-------------------------------|
| 6am | Yoga/Mindfulness Level 1 (75m) | | Yoga/Mindfulness Level 1 / 2 (1hr) | | |
| 9.15am | Hatha Yoga Level 1 75 mins | | Flow Yoga Level 2 75 mins | | Flow Yoga Level 1 / 2 75 mins |
| 1.30pm | | | Flow Yoga Level 1 / 2 75 mins | | |
| 4pm | | | Yoga for Teen Girls 6 week course 1 hr | Yoga for Teen Boys 6 week course 1 hr | |
| 6.30pm | Yin/Restorative Yoga 1 hr | | | | |
| 7.30pm | Free Mindfulness Practice 20 mins | | | | |

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NORTH ISLAND PRIMARY SCHOOL SKI CHAMPS 2016: YEAR 7 & 8

At the start of week five (term three) the Oakura school ski team travelled to Mt Ruapehu for a week where we competed in the North Island Ski Champs.

The people that helped were: team manager – Glenn Brebner; course assistant – John Carthew; helpers – Jackie Mitchell, Claire Carthew.



Year 7 and 8 ski team.

Our race team members were: Salvador Brebner, Robbie White, Taylor Mitchell, Francesca Carthew and Bastian Rung-Hansen.

The White family was kind enough to let the team stay at their lovely bach in Kuratau. This was about an hour's drive from Whakapapa Ski Field where the ski racing took place.

Our team raced in the Giant Slalom (individual event), and the Dual Slalom (two person event). Our results were as follows:

Boys placing overall (out of 156 competitors) – Salvador Brebner – 46th, Robbie White – 55th, Bastian Rung-Hansen – 69th

Girls placing overall (out of 121 competitors) – Taylor Mitchell – 75th, Francesca Carthew – 79th

Oakura School team placed 27th overall (out of 69 schools).

We all had a great time staying over in Kuratau for the week and we all especially had an amazing time racing in the 2016 North Island Ski Championships.

On behalf of the Oakura School Ski Team we are grateful to all the parents who helped out to make this experience possible for our team.

By Salvador Brebner (12yrs)

AIMS GAMES

For the past few years we have been sending students to compete in the AIMS Games in Tauranga. This year

we had 16 students attend across five different sports; basketball (boys team), gym sports (Caeley Hattle), tennis (Taylor Mitchell), cross country (Ed Shearer, Fenton McArthur, Quinn Jackson, Robbie White, Angela Spurdle, Oscar Anderson and Abi Connelly), and multisports (Oscar Anderson and Robbie White).

The basketball team had a fantastic week at the AIMS Games. We arrived on Sunday and all stayed in a house together in Papamoa. We played at least two games a day and we spent a lot of time together in between our games. We went to the hot pools, played mini golf, spent time at a local park, and of course, practised our shooting!

We were in a pool of six teams and played five games. Our first three games were a tough introduction to the level of skill and ability of the top teams in our pool. We played against Rotorua Intermediate, Mt Maunganui Intermediate, Pukekohe Intermediate, Mountview School and Ashbrook School. We lost to all of these teams except Mountview. We were very close to beating Ashbrook School - they won by one point off a free throw in the last few seconds. It was an incredibly competitive competition and we learnt lots from our experience and made lots of new friends.

We feel that we really developed well together as a team, as we hadn't all played together before. We learnt from other teams, watching what they did so that we could improve our own skills and teamwork. Catherine Keenan was an amazing coach. She gave us great support and advice and was always very encouraging.

We'd also like to thank Melissa Waite for being 'Camp Mum' and manager Anne Clough and all of our other parents were really supportive and helpful in organising and participating in lots of fundraisers to help get the team to Tauranga. We'd like to thank everyone and Oakura School who helped us to make this amazing event possible.

Theo Keenan, (aged 12) Rhys Donovan (aged 12) and Quinn Jackson (aged 12).

Our AIMS basketball team.



October

- 10 Term 4 Begins.
- 17 Parihaka Talk 3:30 in the library -parents welcome.
- 24 Labour Day holiday.
- 28 Marimba group to Auckland to perform at Marimba Festival.

November

- 2 Year 1&2 Ball Skills at Oakura School 1pm.
- 3 Year 3&4 Ball Skills at Oakura School 1pm.
- What's on Top?

Tena Koutou E Hoa Ma

Next term students will begin practicing for the production which will be on the evening of the 7th December. Mark the date in your diary! Also next term we have a visitor, Tracey Wheeler, who will be telling the students the story of Parihaka. There is an opportunity for parents to join the staff on the 17th October at 3:30 to hear the story for themselves. Taranaki is rich in history and this is a great opportunity to learn more about our tūrangawaewae (our place to stand, our home). In 1881, Parihaka, one of the largest Māori settlements in Taranaki was invaded, and the constabulary were met with passive-resistance by leaders, Te Whiti-o-Rongomai and Tohu Kākahi. Tim Finn penned the song 'Parihaka' in 1989 recalling this compelling episode of New Zealand History. Please feel free to join us to learn more.

Moana Te Waata has been teaching twice a week in every class for the last half of the term taking Te Reo Māori lessons. This has been fun for the students and teachers who are all brushing up on their pronunciation and extending their vocabulary. Moana commented how impressed she is with the way our students are so receptive to learning. Learning a second language offers proven benefits for intelligence, memory, and concentration and language learning is one of the hardest things your brain does. Because language is complex, speaking or learning a different language gives your brain a good workout. The latest brain research indicates learning a new language increases the number of neural pathways and this structural change was evident in the research participants of all ages. It is never too late to learn.

Thanks to Dominique Blatti (French), Monica Hulbert (Spanish) and Moana for coming in this term to stimulate neural synapses!

Of course there are many other benefits from learning another language and for New Zealanders, learning te reo Māori, as our second official language (alongside English

and NZ sign), has huge significance. It also allows us to pronounce our own place names and people's names respectfully and with confidence.

'He tina ki runga, he tāmore ki raro'

In order to flourish above, we must be firmly rooted below.

Ka Kite Ano

Karen Brisco



Jana Whitehead.



Lucas Alford.

TEACHER REFLECTION

As I write this we are in the middle of our cross country season. I would like to thank Lynda and John Matthews, the Waireka staff and in particular Carolyn Treeby for her support and help in setting the course up. We think that the course is very special. It is not only a real cross country course it also gives all of our students the opportunity to tell great stories in the future. You know how it goes, exaggeration makes the story worth the telling; "When we were kids, it was so tough that when we had to run the cross country we had to run through waist deep water and mud so deep you were lucky to get through!"

One of the highlights for me this year has been working with a group of fellow teachers from Spotswood College, Devon and Oakura, looking at student writing. It has been a great opportunity to develop an understanding of the challenges we all face in our everyday teaching. It has also given me a glimpse of what some of our ex-Omata students are achieving at Year 11 to 13. I was very impressed to say the least with their level of sophisticated writing, wondering if I was ever able to write as well as that at their age. More importantly it has allowed me reference back to the time, when these students were Year Eights at Omata and what they were achieving then. This has given me some valuable insights.

Pat Murphy

HOME AND SCHOOL NEWS

The 'Calendar' art is now completed and we are just waiting for the last orders to come in. This will all be processed during the holidays, with the final product due to be delivered early next term. A big thanks to Paula Pardington for taking on the task. The cook book is getting the final touches before it is dropped into the hands of our graphics designer then will be ready for print. We are hoping for a release date mid next

term. Just in time for Christmas.

Donations this term include an upgrade to the much used, basketball hoop near the skate park with new back board and additional books for the 'Quick 60' reading programme.

Lunches are still everyone's favourite fundraiser. The children have been loving their hot lunch through the winter. A big thank you to Ann, Elsa, Toni and the huge team of bakers supplying yummy treats every week.

After several years, I am stepping down as Chairperson. It has been a great honour serving in the role and I wish all the best to whoever takes up the position. I hope they find it just as rewarding as I have.

Rachel Alford



NEW PLYMOUTH BOYS' HIGH SCHOOL

TE KURA TAMATĀNE O NGĀMOTU

Stakeholder Survey

We are pleased to share with you the highlights from the recent Stakeholder Survey. Community voice is very important to us. The BOT and Senior Management study all the feedback closely.

KEY THEMES

- 93% parent and staff satisfaction with the 'general direction' of the school.
- Parents and staff are supportive of all key areas of the school (like curriculum, sport, culture) and want us to continue with the focus on academic achievement and standards in general.
- 98% of parents and staff would recommend NPBHS to others.
- There was very good recall on our school vision - 'Be the Example'.
- Parents, staff and students believe NPBHS provides a safe and harmonious environment.
- 82% of student satisfaction with the 'general direction' of the school.
- 85% of students like the focus on standards.

New Senior Curriculum

We have a brand new senior curriculum in place for 2017. Over 160 courses at levels 1, 2 and 3 are on offer. We needed to be more flexible and innovative with regard to our curriculum and the staff have worked very hard to deliver.

New Uniform for 2017

We have introduced a refreshed school uniform for year 9s in 2017.



This is the most significant uniform change in over 30 years. With the help of the Parent Teacher Association and student focus - groups, a new school shirt and shorts have been selected. The school jacket, jersey and socks all remain the same. We are changing the fabric of the socks to include elastic at the top to help ensure they are worn up over the calves!

Enrolments

Enrolments for 2017 are very strong at all levels. We are still taking enrolments at all levels for the day school but our Year 9 intake for the Hostel is now full for 2017. However, we do have a waiting list and are strongly encouraging families who have Year 9s commencing in 2018 to contact our office now to avoid disappointment. The interest in the hostel is pleasing and signals a healthy future for the hostel and school.

Tiger Jacket Assembly

Congratulations to the following boys who have been awarded Tiger Jackets since our last newsletter.



Back row: Andrew Boot (squash), Jack Demchy (squash), Keith Mudawarima (football), Baxter Fenwick (basketball)
Front row: Curt Evans (cross country), Michael McLeod (public speaking), James Fake (football), Ben Fernando (football)

Finally...

While we make no apologies for being strict on uniform, attendance and classroom engagement, it was great to be able to reward the majority of junior boys who have 'been the example' during terms 1 and 2. The school put on a special morning tea for those boys who had been model students. The morning tea, while perhaps not being 100% organic, gluten, sugar and carb free, it was hearty and a nice way to treat our excellent students.

Our new website is looking great. If you haven't seen it, check it out and don't forget to like our facebook page to keep up to date with regular information. We have facebook pages for Old Boys and many of our cultural and sporting teams. Check them out too!

Upcoming Events:

Practice Exams - 11 - 13 October & 17 - 18 October
Old Boys' Association Spring Ball - 15 October (tickets from the school office \$75 each)
Tiger Jacket Awards Dinner - 21 October
Hostel Christmas Dinner - 25 October
Senior Prizegiving - 3 November
Junior Prizegiving - 9 December

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Nga mihi nui ki a koutou katoa

SENIOR SCHOOL EXAMINATIONS

Senior students have completed school exams in preparation for their NCEA Externals which begin Week 5 of Term IV. We were very pleased with students' positive commitment to their exams, the feedback from which will enable further learning and the development of next step study strategies.

EVENTS AND ACTIVITIES

INTERNATIONAL LANGUAGES ON TOUR!

33 language students took part in the LINGOFEST drama competition in Wellington on the 24th August. The Japanese language students presented a version of 'Momotaro, the peach boy', the Spanish students presented the sequel to 'La muerte en los barrios' with more murder and mayhem, and the French students presented 'Ma cuisine, ma loi', a parody of My Kitchen Rules. Brooke Milne received the Best pronunciation Award, Breydon Farmer Best actor, and all three plays were commended: Ma Cuisine : most creative and daring performance, La Muerte : great drama and storyline, great acting; and Momotaro: best story line.

This was a highly enjoyable, confidence boosting and bonding experience for the students ranging from year 10 to 13.

Did you know? One of the reasons that may prevent Helen Clark from becoming the general secretary of the United Nations is that she only speaks one language: English. However, she knew the value of foreign languages and had the vision to make international languages compulsory in all New Zealand schools. We are living in a global village, we need to be able to communicate with others in a variety of languages.

NATIONAL SECONDARY SCHOOL CULINARY CHALLENGE

At the end of August Catriona Oates and Mikaela Phillips-Nassif travelled to Auckland to take part in the National Secondary School Culinary Challenge (NSSCC) finals. They were the only Year 11 team in the event competing against eight other teams from across NZ.

The event took place at MIT in Manukau and was streamed live over the internet. The event required the teams to cook a two course meal of restaurant quality, the starter had to have silverbeet as the "star" of the dish, so the girls cooked silverbeet and yoghurt soup with crispy lamb dumplings.

The primary ingredient of the main course had to be a "supreme" of chicken and include 3 NZ grown vegetables. The girls served their chicken with Anna potatoes, purple and orange carrots, roasted shallot and beetroot salad, sprouts and a pumpkin puree. All the entrants' meals were tasted and marked by a panel of chefs which included celebrity chef Ben Bailey. The scoring system was a deduction system and started at a maximum "perfect 100" with points deducted for "faults".



Mikaela and Catriona.

Gold was 100-90, Silver 89-80 and a score of 79-70 was bronze. The girls won a bronze medal, a great achievement considering their age and competition experience versus their opponents.

The girls are looking forward to improving their skills in order to take part in next year's event with the aim of improving their score.

SPOTSWOOD COLLEGE SKI AND SNOWBOARDING TEAM

On 11th August 2016 the Spotswood College Ski and Snowboarding team went up to Mount Taranaki for the Regional Ski & Boarding Races. It was great to have a full team and that we were able to go up the mountain together. It was a very enjoyable day and many of our racers got placings. Meg Parsons won the Senior Girls' Snowboarding; Ben Willis won the Senior Boys' Giant Slalom and the fastest male racer of the day. I came in second in the Senior

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Girls' Giant Slalom. Overall Spotswood College came second equal, with New Plymouth Girls High School. We were only two points behind New Plymouth Boys High, who came in first. The whole team owes a huge thank you to Mr Thompson who took us up the mountain.

The skiers went on to compete at the North Island Secondary School Championships where Ben Willis won the Junior Boys Giant Slalom – well done Ben!

Sophie Willis, Year 12

SPORTS REPRESENTATIVES

Congratulations to the following on their selection and performance at National level:

Corey Bedford – New Zealand Under 20 Mens Roller Hockey team;

Libby Houghton – North Island Youth Womens Indoor Volleyball Team;

Ben Willis – North Island Giant Slalom Ski Champion.

Aidan Zittersteijn has achieved outstanding results throughout the term competing in indoor bowls. His results have included:

NI Secondary Schools Champion;

NZ Secondary Schools 1st Place;

NZ Secondary Schools Pairs – 4th Place with Ryan Vincent.

At the NZSSS Winter Tournament Aidan was honoured as player of the tournament for the second time in 3 years!

Aidan was also part of the North Taranaki Representative Team that won the National Inter-provincial Championship.

YEAR 8 ORIENTATION DAY

As part of our Year 8 transition programme students from all of our contributing schools will participate in an Orientation Day at our school on Friday November 25th.

The programme will assist students get to know their 2017 teachers and our school. A newsletter will be sent to schools early in Term IV.

If you require further information regarding enrolment for 2017 please do not hesitate to contact me to arrange an appointment time.

Ngā Mihi Maioha

Mark Bowden, Principal

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OAKURA COMMUNITY - WHAT'S ON

PHONE 0800 THE TOM FOR ADDITIONS OR CHANGES TO YOUR LISTING

5 Elements Fitness: Bootcamps and MMA fitness classes: Weekdays 5-6 pm, Tataraimaka Hall. For more details contact Barney 027 7527 076, barney@5efitness.com or visit www.5efitness.com

Functional Crosstraining by Nakifit. Saturdays 7.40am. Ph 021 297 5465 or nakifit@gmail.com

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.

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

Oakura Bowling and Social Club. Bowling tournaments begin September through to April with both mid-week and weekend games. For information contact Steve Muller on 06 757 4399.

Oakura Playcentre. 14 Donnelly St, Oakura. Sessions run Mondays, Wednesdays and Fridays 9am-noon during school terms. Visitors welcome. Ph Kate Garner on 021-254 4769.

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.

Oakura Tennis Club
Thursday 9.15-10.15am Cardio Tennis with Blitz Tennis at Linda Street courts, members and non-members welcome. Contact Club Secretary Jackie Mitchell 027 673 2900.

Pippi's PT and circuit training, every week day morning 9.15 -10.15am and Tuesday and Thursday evenings 5.30 - 6.30pm. Teen-age detail crossfit/boxfit sessions on Tues and Thurs 4.15 - 5.15pm. More details call Pip 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.

Shine Meditation Group - meets on the first Thursday of the month at St James Hall 7pm, all welcome call Kate 0272037215.

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. Oakura Hall. Monday afternoons, Pre-school dance classes 3:30 - 4pm. Beginners' Ballet dance class 4 - 4.45pm. Contact Val on 752 7743. Also classes for pre-schoolers to adults in ballet, jazz, tap, modern and ballroom (beginners to advanced) at the Dance Centre in New Plymouth. For more information phone 7527743 or email val@valdeakindance.org.nz

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, Wed at 9.15am, Fri at 6am, (call Kate to book your class), Fri at 9.15am. Everyone welcome. Contact Kate Evans at the Shine Studio on 027 203 7215.

Zumba Fitness. Each Wednesday during school terms - 6.30pm to 7.30pm, Oakura Hall - everyone welcome, \$5 entry. Ph Ange on 021 222 9683 for enquiries.

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