



TOM

OAKURA

SEPT 2014

WASHING OUT THE WINTER BLUES

Tyler Anderson from Oakura Boardriders
enjoying warmer climes and big surf in
Indonesia

More on page 10

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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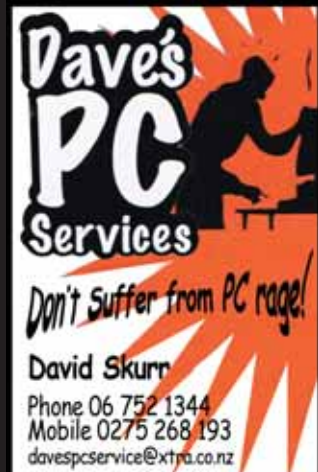
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EDITORIAL

Recently I read an article in the North and South on how greedy our power companies are and on the same day Mighty Power announced an 84% increase in profit



Ordinarily I would be happy with this because I took up some Mighty Power shares and an 84% increase in profit is good for my portfolio, but I can't help feeling ripped off and in light of what I had read in the North and South about New Zealand power being one of the dearest in the world – wouldn't we all rather have more affordable power? The North and South article questions why our power should be so dear when most of it is generated from renewable sources i.e. hydro and thermal and I agree. My interest in this conundrum came about because many people have been saying to me of late about how high their power bills are. I would consider electricity to be one of life's absolute essentials and it seems ludicrous that so many people struggle to keep up with their power bills. I know we live in a highly technology reliant world all of which requires electricity and turning off the lights when you leave a room is such a naff exercise in power saving futility. We wouldn't be able to view the naff power saving adverts on television if we had no power and that wouldn't be a bad thing!

I've always believed business is about the business of making money but I certainly believe business is about more than money and for the power companies surely a customer or community oriented conscience is just as important. Clearly it is not because power company customers feel no loyalty to a particular supplier and are frequently jumping ship for a better deal – how about bringing back a service where people want to be your customer?

A local issue that always gets up my nose is an oldie but a goodie – horse poo!

Seriously you horse people, clean up your horses poo on Wairau Rd. There were seven piles on the road the other day when I drove down (8.45am). It's simply not good enough and there certainly weren't seven horses on the beach that day – much of it was old so clearly you have no intention of cleaning it up as is your duty.

Kim



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Mayor Andrew Judd

Hello everyone.

Well we've finally had winter proper hit over the last several weeks, with snow on the mountain and some decent rainfall after a dry July.

And yet winter isn't enough to keep people from getting out and about on our beaches and walkways, which is great to see.

We live in a truly wonderful landscape and it takes hardly any encouragement for locals to be active and enjoy the wonderful coastal lifestyle we have here. (Especially in Oakura, with a beach that seems to go on forever.)

But also, the district community has really taken to the Let's Go message of being more active in our recreation as well as for transport – such as walking the five or 10 minutes to the shops rather than popping into the car for a quick trip.

The enthusiasm of residents – be they teachers, students, parents or workers – to build more walking and cycling into their daily routine is a big reason why we're up for four awards from the Cycle Advocacy Network and Living Streets Aotearoa for active travel promotion, cycle training, and improvements to streets and walkways.

It's a great achievement to get this national recognition of the progress we are making in being more active travellers – but what is more important is that we continue to make active recreation and travel a daily habit.

Not only is it good for our health, but it's also good for our wallets and our environment!

CONSIDERATION OF MAORI WARDS

On 9 September the Policy Committee will consider the recommendations of the four community boards about whether or not we should establish a Maori ward in New Plymouth District.

I am keen to improve Maori participation in NPDC's decision-making processes, and having a representative elected by the Maori community could be one way to achieve this.

The committee will consider recommending one of three options: not establishing a Maori ward for the 2016 triennial election, holding a binding public poll on whether a Maori ward should be established, or establishing a Maori ward for the next two triennial elections.

If you're interested in seeing the debate, you'll be able to watch either a live stream or a recording of the Policy Committee meeting through our website at newplymouthnz.com.

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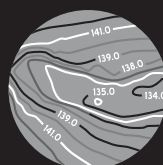
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Kaitake Community Board

Back in September 2008 I wrote much of what is in this column. Now a further six years on some residents have moved on but many more have joined the community. Many properties have changed hands and well over 120 new houses have been built. We live in escalating and changing times and community needs and aspirations have accelerated. To that end I believe a reflective column is well worth it at this point - this is what I wrote.

"I really love this place. I've lived here since 1970. My wife Peta has longer and stronger connections than me, stretching back to 1950. Our kids have grown up here. They are gone now but delight in coming back whenever they can. This is a familiar story for many long-term residents and some certainly go back a great deal further than us. The beach brought us here, as it has brought many others who have followed. Generations of neighbourhood kids have grasped the superb developmental opportunity provided by the local environment. They do move away but still retain a deep affection for the place.

What do have we in common? Political persuasion - not likely; similar employment - not really; keeping up with the Jones's - no way; living the suburban dream - never; lifestyle - oh yes. Our place, beaches, ocean, surf, and proximity to the ranges and mountain are treasured. An informal lifestyle where folk can just be - community? Well that certainly used to be important but . . . times are changing. We have escalating conversions of farmland to residential subdivisions; population/development pressures; development threatens as the New Plymouth urbanisation sprawl intensifies and sewerage reticulation comes along.

What are the risks? Will there be growing polarisation between developers and environmental interests and what about private property rights versus public access? Will loopholes in the Resource Management Act be used to manipulate local zoning laws? Maybe piecemeal solutions, short-term thinking and no long-term plan will become the order of the day.

Surprisingly enough these issues are the same the world over. The closer people come to the sea, the greater is the damage. More and more of the narrow strips of land along the world's coasts - and their habitats - have been ruined by a host of poorly planned and badly regulated activities. The pressures are particularly exacerbated as more and more people and businesses demand oceanfront properties. They are attracted by what's there and help destroy it through their arrival.

Our local coastal environment exists in a constant state of change. Climate, waves from the Southern Ocean, volcanic activity many thousands of years ago have had an influence on our coastline. Yet it is the effect of human activities that has proven to be the most contentious. Many of us realise that it is important to manage the effects of human activities within the coastal settlement areas of our district so that the natural and physical resources of the surrounding coastal and rural environments are not depreciated. But are there enough of us who really care? Can we just leave it to a few 'watchdogs' to protect what we came here for in the first place?

Our environment is under threat. We need a carefully managed plan if we are to retain the values that are so important to us, rather than play catch up, trying to return something unique to its original state. Well we do have that overarching plan in the NPDC Coastal Strategy and drilling further down we have the specifics of the Oakura Structure Plan. Both were developed over time with significant effort. These are the route maps to control the residential and business development here. But these plans need helmsmen. Can we rely on council officers to be on top of all the local issues or do we have to manage those ourselves? Who will secure our preferred future? Can our wider community unite and become that relevant again?"

As stated, that was written six years ago but the gist of it remains. The implementation of the Oakura Structure Plan (finally) will result in a substantial number of residential sections coming on stream as rural land is rezoned to residential. As the population increases there will be roading network ramifications, stormwater run-off consequences, school population density implications, CBD development and parking issues, sports grounds implications, maybe old age care provision and so on. They will all have to be addressed at some stage and the worst scenario for the community would be decision making from a distance. A mindset that goes, 'Our long experience and expertise means we have the very best knowledge of what is needed so we can shape the community on behalf of local people even though we don't live there ourselves'

We really need to strive for our unique point of difference - semi rural on the coast edge with seams and pockets of green bush amidst residential, plus cyclists, joggers, pedestrians, equestrians, young and old and affordable. For residential development to be successful we need rules that encourage green rather than concrete and asphalt and a road network that enables the lifestyle and our view shaft provisions protected. To that end everyone needs to be engaged in conversations about 'where to from here', leaving it all to Harry or Mary just doesn't cut it anymore!

The next meeting of the Kaitake Community Board is on Monday 29 September at the New Plymouth Old Boys' Surf Club at 4.30pm.

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

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JONATHAN YOUNG MP

The 50th Parliament wrapped up on 31 July. It's been a busy term with more than 330 pieces of legislation passed – 51 of them in the past year – and thousands of questions answered by our Prime Minister and Ministers.

I've enjoyed my time in the debating chamber and especially on select committees where MPs engage with New Zealanders on issues that matter to us all. This public engagement in making policy is a real strength of our democratic system.

New Zealanders don't just come to MPs. We go to them and I'm looking forward to the election campaign when I'll be out door-knocking, dodging dogs, and talking to New Zealanders about what concerns and motivates them. Most importantly, I'll be talking about National's policies, our record of stable and purposeful leadership, and my view that returning a National government on September 20 is the best way to ensure that New Zealand keeps growing.

In politics there are a lot of sideshows. Those are inevitable. Ultimately, voters judge what matters and what doesn't, and who's competent and who isn't. Most importantly, the public decides who they trust, and who they don't.

Whatever's been in the headlines over this Parliamentary term, National has focused on what matters.



Jonathan Young
MP FOR NEW PLYMOUTH

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John Key's strong political leadership, National's sensible, forward-focussed policies and the hard-work and entrepreneurship of New Zealanders have come together, and we're seeing the results. All sorts of things we might once have thought difficult, are now happening.

Jobs and wages are growing and we have one of the highest growth rates among the world's developed economies. Our better public services are supporting the most vulnerable New Zealanders and every week about 1500 people are coming off welfare to take up paid work. Exports are high, inflation is low, we're on track to surplus, more houses are being built and fewer New Zealanders think the future's brighter in Australia.

There's a positive mood in our country, and National's leadership has had a big hand in creating that.

So we're heading into the election on 20 September focused on building on the gains that New Zealanders are enjoying. If we keep going, New Zealand will keep growing.

*Authorised by Jonathan Young MP
Cnr Gill and Liardet Sts New Plymouth*



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Nutrition Right at your Fingertips

On August 9 at Oakura's Crop Swap session, local doctor Susan Oldfield gave a talk on food as medicine and perhaps you could say she was preaching to the already converted but I don't think we can hear the message too often. It certainly is encouraging to talk to a health professional who is interested in more than just symptoms and a quick fix (i.e. antibiotics).



Dr Sue Oldfield speaking about nutrition.



Interested locals getting the low down on how to be healthy.

Eating more fresh fruit and vegetables is key especially seasonal produce and eating a wide range of foods including nuts, seeds, small fish, spices and herbs. Basically eat a wide range of foods from the different colour groups – red, green, orange, blue/purple. Think about how yellow your diet may be (chips, biscuits, fats, cakes, takeaways, pies, pastries, breads and other snack food). Avoid at all costs high

LEASING OPPORTUNITY

The Ministry of Justice and the Office of Treaty Settlements - Assets, are seeking interested parties to take up an interim lease on the heritage buildings sited on the former

Okato Primary School site.

The Okato Community Trust and the Kaitake Community Board have been asked to promote this opportunity. If anyone is interested and requires further details, contact either:

James Lawn - Okato Community Trust -
(06) 752 4138, j.c.lawn@xtra.co.nz or
Doug Hislop - Kaitake Community Board -
(06) 752 7324, doughislop@gmail.com



A great citrus display.



Above and below, crop swappers check out the delicious produce.



fructose corn syrup, a common addition to many processed foods especially low fat foods. It is associated with insulin resistance and raised cholesterol.

To look around the room at Crop Swap is to notice that most of the food on offer for swapping is citrus. It is citrus season so we should be taking advantage of this offering and eating as many mandarins, lemons, grapefruit as we can – think vitamin C and the cold and flu season – they go hand in hand – how convenient! Brassica's are also prolific unlike tomatoes (imported or hot house) so stock up on the greens and maybe include tomato paste daily as a spread or on vegetables.

The most wonderful thing about Crop Swapping apart from meeting up with likeminded people and sharing your excess crops is the enthusiasm you get for growing fruit and vegetables to eat and share with others. Back in the good old days everyone shared the excess in their garden as a matter of course but today the problem with buying

convenient bags of vegetables and fruit is you don't share – you wouldn't open up your fridge and say to a guest "would you like a carrot, I've got a spare?" But you would take them out to your garden and say "would you like some broccoli, I've got heaps?!"

Oakura Crop Swapping is in a good place and growing in popularity so do pop in, they happen every second Saturday at 4pm (20th September) and each session is different as the crops in the garden change – you may go home with some seeds to plant your own crop and before long you will be swapping too!

A few days after this Crop Swap session I went along to a talk by Dr Libby Weaver and her message mirrored Dr Oldfield's – eat more real food! If what you are eating doesn't resemble what the food looked like in its raw form then your body will struggle to deal with it – eat food in as near to its natural self as you can. As for synthetic foods (i.e. sports drinks, processed foods), if you can't understand the ingredients list then how is your body going to recognise it – it will put extra pressure on an already busy liver.

So let's get real about the food we eat and eat real food.

Kim Ferens



D'em Bones on the Move

The 20 metre, 100 tonne blue whale, which was found just north of Tapuae Beach.

PHOTOS BY DOUG HISLOP

Left and below - bones from the whale being choppered into Oakura Marae.



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SPORTS



Kaitake Golf Club News

Finally we are getting some good winter golfing weather after what seems to have been weeks of rain. Signs of spring are appearing and days are getting longer.

Hole in One – Congratulations to Simon Spurdle on achieving his third hole-in-one at Kaitake. It was his second on the par 3 9th hole in seven months. For those who want to know how he managed the perfect shot, he used an 8 iron and just watched it go in!

The Club Championships start over the next few weeks so good luck to all players competing.

CLUB COMPETITION RESULTS

Mid Week Women

Buttons winners were Robyn Robins and Shirley Aspinall with Kath Brown and Deborah Johnson runners- up.

The 4-Day eclectic was won by Jacqui Koch with Robyn Robins runner-up

Finally, Medalford was won by Maureen Neilsen with Lorraine Julian runner-up.

The Kaitake Ladies 72 Hole Matchplay Foursomes tournament is to be held on Wednesday 22nd and Thursday 23 October. Contact the Tournament Secretary, Robyn Robins on 06 763 8770 or 027 640 8545

Weekend Women

LGU July Winner was Janet Dingle

Qualifying rounds for Club Championships have been played.

The first round of Men's Trophy has been played.

9 HOLE NEWS

August means Champs time - Whilst a small field contested the first section, there was not enough interest to secure a second section competition.

Players to reach the upcoming final are Yvonne Coxhead and Raewyn Bishop. All the best to both players.

Other results - July Super 9 winners - 1st section Raewyn Bishop, 2nd Section Sandra Wilkes.

Pennants - Final of the 9 Hole Pennants Season will take place shortly and it looks as though three times winner Kaitake White have been knocked off their perch and are sitting midfield alongside Kaitake Blue and a number of the other teams. Head to head on finals day will be the Westown and Stratford teams vying for the overall win to take the shield.

Coming up soon on September 18th will be our annual 9 hole Open Day. All interested players to contact the club.

JUNIORS

The next school holidays are coming up and we have organised another Kids Golf Day on Wednesday 1st October 10.30am – 1.00pm. Dominic Barsons will be available to provide coaching then we will play a few holes. Come along and give it a go. There are clubs available at the club. For more information please phone Jacqui at the office.

CART SHED

Kaitake Golf Club is now the proud owner of a new cart shed to house carts belonging to members. This has been possible with a generous grant from the TSB Community Trust and the voluntary support of our members who laid the foundation. Taranaki TotalSpan constructed the shed. Are few finishing touches and members can move their carts in.

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

Kaitake Rugby U 8's are Champs

The Kaitake Under 8s team are the new North Taranaki Champs, beating their arch-rivals Tukapa Blue in the final of the rugby tournament held on 2 August at NPOB. This is a really big achievement, not least of all because it was their first year of tackle rugby. Two years ago in their first season together as a team in Rippa Rugby they won the tournament, but the cup was taken from them last year by Tukapa Blue, after the only loss they had suffered in two seasons! They have been feeling the sting of that loss all year, and went into the 2014 season determined to bring the cup back to Kaitake Rugby Club. They have only lost one game this season, and that was to... Tukapa Blue. And Tukapa Blue have only lost one game this season, and that was to Kaitake in the final. And to cap it all off, our boys only conceded one try in

the 5 game tournament, and that was to Tukapa Blue! Fantastic achievement by our team, and Coach Mike Van Prehn, and co-coaches Iain Parr and Greg Newton.

By Catherine Deeley



The victorious U'8s.

From the Swiss Alps to Oakura Seaside

Susan Imhasly and her family have settled with her studio-Twinfelt on the slopes of the Kaitake Ranges, amongst a growing community of artists and craftspeople. Susan brings a new dimension to the arts community with her skills in felt making.

It is a long way from her roots in the shadow of the Matterhorn Mountain, Valais, Switzerland. And it is in Switzerland 10 years ago where Susan began her journey with wool. More recently Susan deepened her knowledge at Ballenberg. Ballenberg is a very old and traditional place with an Open Air Museum as well as an institution where ancient and contemporary handicrafts are taught.



Susan with her felt horses.



Giant felt poppies.

Susan is a trained physical education teacher but it is the art form of felt making that has captured her imagination. She is now 10 years into the journey of discovering and experimenting with colours, shapes and different fibres. Her exhibition piece for the Ballenberg Museum was a mood and nature inspired collection of felted tops representing three different feelings. They are extraordinarily wonderful creations.

In Oakura Susan finds great peace and tranquillity in her surroundings at the top of Surrey Hill Rd and this setting is also the basis for much of her inspiration. Every trip outside to feed the chooks or milk the goat is a journey of discovery and Mother Nature's offerings of seeds, flowers, leaves, trees, vista's and weather provide opportunities for new creations.

Susan says she never tires of the magic of felt making and having attended one of her classes, I can tell you there is some magic taking place when you turn an ordinary piece of wool into a "thing". There is also a lot of hard work but then nothing of value comes easy! So along with a good dose of patience you also have to understand the science of how the raw product shrinks to the end product. Different wools are suitable for different products and each has a special character of its own. Merino might be used for clothing or jewellery while heavier wools will be used for household items like slippers, cushions, mats and rugs.

Susan has an inspirational collection of felted goods, many of which are in daily use in her home (seat pads, slippers, hats, scarves, toys, cushions and mats).

Perhaps her favourite thing to felt is flowers and these range in size from tiny, to garden sculpture to rings.

Susan's other passion is passing on her skills to others and she says giving knowledge to others is something she loves to do. A family friend benefited recently when they spent a day making slippers out of the wool from their own sheep.

Susan runs classes and has a studio where her artworks are on display. It is open year round by appointment. This year Twinfelt will be part of the Oakura Arts Trail. Make sure to pop up to her studio for a look at the wonderfully clever creations she has made.

For Susan the colourful journey she is on has so many roads to take and new directions to explore that she can never see herself tiring of the art form and considering felt is the oldest fabric known to man (dating from 700B.C.), surely its longevity is one of its most endearing and enduring qualities.

Contact Susan at www.twinfelt.com or ph 027 976 6586 or email info@twinfelt.com to visit or commission your artwork. You will find the latest classes and other info at www.facebook.com/twinfelt

By Kim Ferens



A cosy felt top.



Oakura Boardriders

Tyler Anderson surfing at Ebay in the Mentawai Islands, Indonesia.



It has been a quiet month so not much to report. The real winter weather has definitely not helped. The last few days as I write this the sun shone (for one day anyway) and the surf has been pumping and the central ski fields have been open to bumper crowds so let's hope that's the majority of winter over.

Some members are away enjoying breaks in Indonesia and the Pacific Islands as well as Europe which has enjoyed a great summer so let's hope we follow along.

The NZ Home Loans Contest Series round 1 was held at Fitzroy in appalling conditions with the following results:

- 1st Matt Daniels,
- 2nd Jamie Andrews,
- 3rd Jarred Hancox,
- 4th Jeremy Grainger.

Waitara Boardriders are running a winter series open to all with the first round being run in pleasant conditions at the end of July. Keep watching for dates of the 2nd round on our Facebook page if you are keen - always a bit of fun with lots of interclub rivalry.

The Oakura Boardriders in conjunction with Surfing Taranaki hosted Matty Scorrings and his 'Art of Surfing' coaching clinic for two days late August. This is very well supported and well worth attending if you have any competitive aspirations. There will be more sessions throughout the year so all you members who are keen talk to John Shewry about participating.

Our Club lessons are about to start again - these will be advised through the school, the newsletter and our Facebook page so keep your eyes open. This is a very time

intensive undertaking for the club and Tarawave Surf School so thanks to all those that make this happen and also the support of The NZ Community Trust whose funding makes all the programmes possible.

Local Paige Hareb has continued to rack up 9th placings in the US Open and the Supergirl Pro in Oceanside California. She has now headed to France and Spain for the next rounds before heading back to Brazil. She is presently sitting in 15th on the WCT and 14th on the WQS so needs a couple of good results to keep her place on the World Tour for next year.

Brent Anderson, Oakura Boardriders Club

John Shewry, President 027 252 9190

Paul Lobb Secretary, 7527556



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Carnival of the Animals

The Val Deakin Dance Theatre's recent performances of Carnival of the Animals provided a great time for all – audience and dancers alike! It was soo much fun for the audience to see and be close to the many delightful and varied characters in the story – from the tiniest rabbits to the larger than life lion.

First came the smallest children - rabbit, mouse and grasshoppers - followed by the slightly larger dragonflies, chicken, beaver and vine-swinging monkey! Two dances from Sleeping Beauty Act 3 enthralled all – Puss in Boots and the White Cat and Red Riding Hood and the Wolf.

Choreographer Val Deakin's version of Carnival is set at the Lion's banquet – with very funny dynamo asses dressed like waitresses, a goldfish who drinks a lot, a chicken who nearly becomes the main course and much more fun with rooster, elephants, a high-jumping kangaroo, a bird and an old and slightly batty cuckoo!

The seven full houses for the show were filled with young and old enjoying the dance, music, story and exceptionally colourful and clever costumes. A treat for all! Performances were given at the Dance Centre on August 1, 2 and 3.



Jane Roseman as the Goldfish.



Hana Barton and Harmony Te Waaka as the Dragonflies.

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Monday

Flow Class 9.15 - open class

Thursday

Alignment Class 9.15am - open class

Friday

Beginners 9.15am - closed to casuals
(Please call to book a term long space)

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Are you looking for wellbeing?

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Ask Dr Sue Oldfield

"My kids keep getting colds, what can I do to help prevent this?"

INFO ABOUT VIRAL ILLNESS.

This time of year is a burden for us all with viral illness, especially children! Don't forget simple measures of washing hands, not sharing drink bottles /food/ cutlery. Also keeping away from others to stop the spread of viruses is very important. Viruses are prevalent in the winter as they love the cold. They spread through droplets such as saliva and snot!

You are most contagious right at the start of the illness when you just start feeling unwell.

There are some measures that you can adopt at home to help. Your body needs A LOT of vitamin C to fight viruses. You get enough vitamin C a day from one kiwifruit but when you are fighting a virus you need a lot more than this and it helps to supplement vitamin C. Lemon drinks are a great idea to get more vitamin C and hot honey lemon drinks are great to soothe sore throats and coughs. You can add garlic and or ginger which are antiviral. Zinc is another important mineral for fighting infection and there are zinc lozenges too!

There are some herbs that can be used - andrographis is a great antiviral. Contact a specialist who can help you more with this as there are interactions with herbs and other medicines, also some people can be allergic to herbs.

Most importantly if you or your child is deteriorating (e.g., becoming more short of breath, fevers that won't settle, increasing lethargy or a rash) you need to see your doctor.

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Dr Susan Oldfield

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Pregnancy and Exercise

WHAT YOU NEED TO KNOW

Pregnancy and the early months of having a new baby are times of big changes for your body and there is no shortage of advice and information on what's best for you and your baby. When it comes to exercise there are plenty of ideas about what women should and shouldn't do, but not all of it based on fact.

We are designed to move, and when we are pregnant it's no different, however many women pregnant for the first time are concerned about how exercise can affect their baby. The most important thing to remember is that a positive pregnancy test does not mean nine months with your feet up not able to do anything (although a tempting thought at times).

The general rule is that if you are exercising prior to getting pregnant, then you can continue on exercising as you were, adapting as required with support and advice from a qualified and experienced exercise professional.

If you are a non-exerciser, then pregnancy is not the right time to start a vigorous new 'get fit programme', but regular and gentle sessions will be of benefit to you.

Avoiding over exercising is not just about your baby. It is also about you being in the best condition possible by the time you have to deal with a new baby, and that's more about energy levels and feeling good about yourself, than how long it takes to get back into your pre-pregnancy state.

Some important things to consider -

BODY TEMPERATURE

Your baby's cooling system is not as developed as yours, so if you over-heat, so will your baby. Make sure you exercise in well-ventilated areas, wear suitable clothing, and limit exercising in hotter weather.

STRETCHING AND FLEXIBILITY

During pregnancy your body produces relaxin, which makes you more flexible. This is not all bad news, but it does mean if you 'bounce' around too much or over stretch, you are more likely to cause yourself an injury like a muscle strain or a twisted ankle. Some exercises that involve a big range of movement may not be suitable.

BLOOD PRESSURE AND BLOOD FLOW

Your blood volume increases during pregnancy and elevated blood pressure is common. Try to avoid working with heavy weights above your head in the final trimester as this is more likely to affect your blood pressure leading to dizziness.

As your baby gets larger, stay away from exercises that involve lying on your back as the weight pushing down restricts blood flow to the baby. A good exercise professional will thoroughly 'pre screen' you, which means they will find out all about your exercise history, injuries and important information before they start you on an exercise programme.

FOOD AND EXERCISE

It's all about the best nutrition to keep you well throughout your pregnancy and beyond and give your baby the best start. Make sure if you are exercising that you are eating often, in small quantities, especially before and after your session to avoid low blood sugar, which can cause dizziness and fatigue. Make sure you keep well hydrated, sipping small amounts of water throughout any exercise session.

Estelle Williams REPS (The New Zealand Register of Exercise Professionals)



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Charlie Waite, Adam Bridges, Fletcher Ferguson, Maya Jackson, Emma Dashorst and Taylah Sharp, all doing yoga on stage in Oranges World.

Oakura School Production

From Tuesday the 5th of August to Thursday the 7th of August Oakura School had their school production "Over the Rainbow". It was a fun and enjoyable show with lots of colourful characters. We had a range of different things in this production from singing soloists to "Dancing in the Moonlight".

All the children had a great time and are looking forward to 2016's production. We would like to thank all the actors, teachers, organisers and most of all Raeleen Luckin, Jan Aeillo and Sarah Ashwood for helping with the drama, choreography and the singing; without you this production wouldn't have been possible.

By: Jade Maulder (12) and Hamish Goodhue (12)

Production Recount

Standing behind the curtain gave me a feeling I've never experienced before. I've been on stage a gazillion times, but never an important part. Maybe a bit of dialogue, a small solo in a dance but never a main character; and for me, I was the main character.

As we walked onto the stage we were engulfed in a pool of light. Seeing so many people looking at you. Well, you'd know the feeling. As Mel, (the teacher) delivered her lines she turned to me expectantly. That was my cue, I realised, and I frantically searched my brain for words that hopefully sounded human.

All of a sudden, my lines came back to me. I spoke and my voice echoed around the hall. My mike was on and I was away.

The next hour and a half was a blur. I was speaking, dancing and reacting to everything and everyone. As the final dance ended I spoke my last lines of the night. This was it, the only bit out of the entire production I'd been worrying about. A niggling doubt that I'd fail the tiny amount of singing I had to do.

The intro started and I began to sing. My voice small at the



Adam Bridges and Hamish Goodhue's duet with Emma Dashorst and Holly Kemsley looking on.



Ellie Dinnis, Janaye Sullivan and Isla Robinson as part of Orange World.

start but getting bigger and bigger. The audience started clapping along to the music and I began to dance, grinning from ear to ear.

At the end we bowed. The audience went crazy. My stomach was turning backflips of joy. We slowly walked backwards and the dog and bunny ran up the stage. They wagged their tails and ran to the sign I had been painting. We came back onstage and all the main characters bowed. The curtains closed and I smiled, one down, three to go!

By Maya Jackson

LETTER TO THE EDITOR

What a delight it was to be entertained by the Oakura School last week at their wonderful production "Over the Rainbow". Congratulations to all who made it possible, especially Raeleen Luckin, who wrote and choreographed the show; Jan Aeillo, for directing the singing and Sarah Ashworth for her expertise as a drama coach - plus their team of helpers with costumes and lighting etc. They all showed their 'true colours'!

Congratulations also to all the children who participated so well - it was good to see how much they enjoyed the experience of being on stage. It's amazing how 315 children all had a part to play. Well done and thank you all.

Proud grandmother, Sheila Connell

COMING EVENTS

September

- 17-19 Y5-6 Camp at Vertical Horizon
- 24 Taranaki Cross Country - Hawera
- 26 End of Term 3

October

- 13 Term 4 begins

FAREWELL AND WELCOME

This term we farewelled Mrs Baker, our year 1/2 classroom teacher, who has taken maternity leave. We wish Alex all the very best in her new role as a mum. We are pleased to be able to employ Jemma Glasgow to teach in this classroom. Jemma left in 2008 to go on maternity leave and now that her son has started school here, Jemma is ready to come back full time.

Mrs Norris and her year one students playing the parachute game.

PHOTO BY ROB TUCKER



HOME AND SCHOOL NEWS

At our annual meeting, Karen Glenny stepped down from the position of secretary after seven years. That's a lot of commitment and we thank you Karen for all of your hard work.

Friday lunches are extremely popular and a successful fundraiser for the Home and School. A big thank you to Ann Thomson for the hours she spends organising, preparing and cooking for the children and to the home bakers that provide the tasty baking the children really love.

Our yearly 'Calendar' fundraiser is now underway with some fabulous artwork coming in. This term we donated \$1000 to the library and for some new readers for everyone, and \$300 for each classroom to purchase games and learning activities for the winter months. Please come along to our next meeting if you would like to be part of our group.

Rachel Alford, Chairman

OMATA PLAYGROUP

Rachael invites all Omata pre-schoolers and parents to play-group held every Thursday from 9-11am in the hall during term time.

Rachael Shotter, Phone 7514 529.

Karen Brisco, Principal



THROWING LIKE A CHAMP

Throwing a ball is easy,
With ball in the dominant hand,
Middle two fingers together like an eagles
claw,
Stand side on,
Point to the deceived,
Pull your arm behind you
Like a catapult,
Concentrate,
Focus,
Free your inner warrior,
Drop your weight on the back leg,
Release the catapult,
Weight onto the front foot,
Use all of your muscles (if you have them!)
Release,
Forward momentum for power.

By Eden Hill, Year 5

G.S. Lindsay
(GRIMBO)

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New Plymouth Boys' High School

We have just had our Arts Week celebrating performing arts and culminating in the inter-house singing competition. Drama students attended the Indian Ink Theatre Company's new production, "Kiss The Fish" at the TSB Showplace, followed by a Q&A session with the actors and production team. It's great to see the boys taking these opportunities and developing their critical thinking in response to seeing professional theatre.

In the recent Tiger Jacket assembly Richard Gottlieb, Teague Harvey, Josh Ritchie and Cameron Tippet were awarded Tiger Jackets for Drama. All four boys were involved in entries in the Sheilah Winn Shakespeare Festival and Cultural Super 8s last year, Cultural Super 8s and Stage Challenge this year. They have also given lunchtime performances in the library. Additionally Teague represented the school at the National Youth Drama School and is a Youth Ambassador for the TSB Showplace.

Most of drama, stage tech, dance boys and the school choir attended NPOS (New Plymouth Operatic Society)'s Open Day for Schools. The boys enjoyed the afternoon of backstage tours including sound, lighting, costume and prosthetics/make-up, before joining the cast for a vocal warm-up and then seeing the evening show of Phantom of the Opera (which included NPBHS boys Hamish Phillips and Jacob Bond in the cast). The boys asked great questions in the workshops. Whether due to this or not, we were extremely fortunate to be given upgraded tickets (from the gallery to the circle) for the evening – the only school given an upgrade. Drama UP is currently working on film scenes and we plan to film these in conjunction with Film UP.

Poetry has emerged as a major theme this year as we coincided with National Poetry Day. Old boy Andrew McKay gave a lunchtime poetry performance and seminar.

Congratulations to Liam Duffells-DesForges who won the National Just Cook Challenge.

We are the Taranaki Champions at Snowboarding and Skiing. The Junior Snowboarding title was won by Reef Raumati (Joel Clegg was second; Corban Williams was third) and Jack Parsons came second in the seniors. The Junior Skiing Champion is Jack Boon with Daniel Cleland coming third. The senior title was won by Dean Vickers with Nick Wilson third. In Mountain Biking the Senior Taranaki title for Downhill went to James Carly (Sam Evans second and Josh Turner third). The juniors was won by Daniel Cleland (Hayden Benton came second and Reece Nolly came third). In the Cross Country Josh Turner won the seniors (Sam Evans second) and the juniors was won by Jack Boon with Jack Elliot second.

Congratulations to Tom Spencer and Sam Evans for their success in Orienteering. Shaye Hill and Daniel Waite made the Chiefs U18 team. Mario Hildred (Year 9) is a member of the National U21 Snooker team.

Congratulations to the 1stV Basketball team who won the Super 8 competition. Beauden Giddy (c), Dane Brooks and Harrison Meads made the Tournament team with Dane

Brooks being MVP. Beauden Giddy and Dane Brooks have been selected for the National U19 Squad.

Our Science Fair results were outstanding with the Y10 team winning the quiz. (Dominic Barry, Quingfeng Du, Eli Gadsby and Morgan Herbert-Olsen)

We came third in the Taranaki Agricultural Competition. The team were Hayden Lee, Blake Patterson, Dean Coplestone, Roy Pratt.

NPBHS came second in the National Surfing Championship. Isaac Kettle is the National U16 Champion. Ben King came 4th in the U18 and Sonny Rapira-Martin came 3rd in the U13.

Angus White and Tom Spencer are the National Rogaining Champions. Cory Sutherland and Noah Jones came second. The junior title was won by Callum Sutherland and Oak Jones.

Keegan Thompson won the TSS Small-Bore Rifle Shooting competition, with Campbell Graham coming third.

Michael McMenamin, Headmaster



Hayden Benton, downhill mountain biker, second place getter.



Planning your Christmas Function?

With bookings already rolling in for Christmas parties and end of year functions we have put together a special set menu...

Christmas Set Menu Option - \$65p/p

To Start

Selection of Canapés

Entree

Our Individual Antipasto Vineyard Platter

Gravlax, Stuffed Peppadews,
Crispy Pork Terrine, Garlic Prawns,
Marinated Olives, Smoked Mushrooms

The Main Event

Fresh Caught Fish of the day
Waitoa Free Range Chicken Breast
Hawkes Bay Lamb Rump
Tenderloin of Grass-Fed Taranaki Beef
Harmony's Free Range Pork Belly
Denver Leg of Cantabrian Venison
Vegetarian on request

all accompanied with terrior potatoes and fresh garden vegetables

Dessert

Individual Temptation Dessert Plate

Lemon Tart, Chocolate Tart, Chantilly Cream & Strawberry Compote

Check Out Our New
Premiere Menu

to start
\$18

Crispy Pigs Head,
Champ, Jus, Salad

Fresh New Zealand Scallops,
Pork Cheek Medallion,
Cauliflower, Jus

Duck Confit Spring Roll,
Broccoli Salad, Nuts,
Thai Chilli Sauce

main event
\$33

Beef Tenderloin,
Creamed Parsnip,
Spinach, Gnocchi, Jus

Denver Leg Of Venison,
Savoy Cabbage,
Anna Potato, Jus

Fish of the Day,
Seafood Risotto, Vegetable

Lamb Rump, Cheese Soufflé,
Shank Ragout, Spinach

to finish
\$16

Salted Pistachio Nut
Ice Cream Sandwiches

White Chocolate
Panna Cotta w
Strawberry Compote



Greetings from Danger

Hey everyone!

We now have
B.Y.O Sundays

Bring Your Own Wine
Sunday Nights

You decide the Corkage
& we donate proceeds
to a charitable trust

For the Month of August:

The Oakura Voluntary
Fire Brigade

Minimum of \$5 per bottle

Thank you for all your patronage - The Team @ Okurukuru



Okurukuru Winery, 738 Surf Highway 45, New Plymouth, 067510787

Spotswood College



Senior students are currently working through two key tasks; the first of which is completing internal assessments and preparing for our school examinations; the second task involves students planning their course of study for 2015.

EXAMINATION PREPARATION

The goal for every student is to aim for personal best outcomes; to be the very best they can be. To achieve this goal requires hard work – blood, sweat and tears. As an ‘old’ Physical Education teacher I liken preparing for examinations to becoming “study fit”, by engaging in an exercise programme to improve physical fitness. Physical fitness centres on the five ‘S’s of fitness – skill, stamina, suppleness, strength and speed. These physical attributes apply equally to developing study fitness.

Skill – understand the skills which have been taught through the year and develop the ability to demonstrate these skills in the examination room by practice, rehearsal and repetition through an ongoing study programme.

Stamina – know that study fitness takes time to develop. Just as you cannot prepare for a running race the night before neither can you adequately prepare for an examination the night before.

Suppleness – develop a study programme that is flexible enough to capitalise on opportunities that arise. When teachers offer catch-up study workshops after school – attend them.

Speed – move quickly to prepare yourself, do not procrastinate, studying is hard but it is rewarding.

Strength – stay strong and committed to your planned study programme. Two hours study per night for at least a month before the exams will ensure that you will develop high levels of study fitness.

It is good to take advice on how to study but nothing beats developing your own approach; teachers and parents can help a great deal in assisting students to learn effective and efficient study skills.

COURSE SELECTION

Students are currently working with Whanau teachers to assist them make best fit course selections for 2015. Pathway Planning Handbooks and Subject Information Booklets are now with students. As teachers and parents we need to know how quickly the world of work is changing. Consider the following:-

CHANGING WORK PATTERNS

We can expect:

- increasing part-time employment;
- late entry to the workforce;
- on-going training and/or retraining;
- firms contracting staff for specific events;
- more horizontal career development;
- increasing self-employment and small business.

TOMORROW'S ECONOMY

We can expect:

a move to more service sector employment, e.g., Tourism, Communications, Finance, Education, Transport; a move away from manual work in the primary sector, (Agriculture,

Fishing, Forestry) and in manufacturing; a move to ‘information intensive’ jobs; information is becoming the raw material which wealth is created from.

TOMORROW'S SKILLS

The most important general skills will be:

- communication/interpersonal skills;
- information skills - gathering/sorting/arranging;
- collaboration, working with others to solve complex problems;
- thinking/creative/problem solving skills;
- number skills;
- language skills;
- accessing and analysing information through Technology/Computer skills;

BUSINESS AND MANAGEMENT SKILLS

Ability to keep learning and adapting throughout your life. Career Planning can be a challenging task but with good information, a vision for the future and encouragement and support from teachers and parents, students can make best fit choices to enhance the development of their learning and vocational pathways.

OPEN NIGHTS

It has been a wonderful opportunity to share our school with Year 8 students and their families. We were particularly grateful of the effort Oakura families made to visit our second evening on Tuesday August 12th.

Should you have any queries regarding enrolment of students for 2015 please contact our school office.

Mark Bowden, Principal



Open Night in full swing.



ART Excel Course in Oakura this School Holiday!

ALL ROUND TRAINING IN EXCELLENCE FOR 8- 13yr OLDS

We all want our children to be successful in life but how do you measure the success of your child??

The Art of Living Foundation has been offering courses in self development for over 30 years, and its founder, Sri Sri Ravi Shankar says this: "The measure of success is a happy, healthy, well-adjusted child that is able to deal effectively with life's challenges".

In order to be successful in life children need not only academic skills, but also life skills. The ART Excel course is a practical, fun self development workshop run over the school holidays for youth aged 8- 13 years.

The programme supports the overall well-being of children by teaching them a variety of empowering techniques that foster peace of mind, mental clarity and focus, physical relaxation and emotional stability. This course is taught through games and activities where participants learn valuable lessons in sharing with others, working and playing in harmony and developing a sense of belonging with others. Participants also learn simple and practical tools for self regulation through different breathing techniques and yoga. Children become more self-expressive, comfortable and natural with diverse groups of people. Activities such as making a new friend each day and random acts of kindness help students to become aware of the needs of others and encourage the integration of human values into their daily lives.

The Art of Living Foundation is a worldwide not-for-profit education and humanitarian organisation founded in 1982. In New Zealand, the foundation offers programmes to aid earthquake recovery in Canterbury, prisoner rehabilitation, women's empowerment and global sustainability as well as public self development and empowerment programmes suitable for everyone.

FEEDBACK FROM THE LAST ART EXCEL COURSE RUN IN OAKURA: JULY 2014:

Kiera Baily aged 9, Welbourn - "We got to do new things and we learnt about caring about other people and it was a lot of fun. After we did the yoga and breathing I felt happy inside",

Romane Stockman, Okato - "Having a safe place to try, face fears, fail and perceive was great for my son. It was also so nice to pick up a happy son at the end of each session".

Jacqui Penn, Okato - "This is not a regular kids holiday programme! The ART Excel course teaches essential life skills to young people. My daughter has attended 2 courses and absolutely loved them. Her self confidence has grown and her ability to deal with challenges has improved greatly along with a positive outlook. The facilitator Tessa creates a friendly and warm environment for the kids to grow into themselves. Would thoroughly recommend this course to any parent".



COURSE DETAILS

Date:
2nd - 5th October

Times:
10.00am - 3.00pm each day
(20 hrs total)

Venue:
Oakura Hall,
Main South Road, Oakura

Cost: \$150
(staged payments available upon request)

Contact & Booking: Tessa -
06 215 0503 | 021 057 4011
taranaki@artofliving.org.nz

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

Art of Living Course
Date: 2-5th October.
Times: 10am- 3pm each day (20 hrs total).
Venue: Oakura Hall, Main South Road, Oakura.
Cost: \$150 (staged payments available upon request.)
Contact & Booking:
Tessa- 06 2150503 | 021 057 4011 | taranaki@artofliving.org.nz

Crop Swap. Next Swap 20th September – every two weeks on Saturdays 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 752 1001.

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.

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@taranakiwv.co.nz and Secretary: bryan@taranakiwv.co.nz

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

Yoga for the Over 50s. St James Church Hall, Oakura. Wednesdays 10am (from Sept 10). Ph Vivien Gladstone 752 1060.



DAIRY PROPERTY INVESTMENTS

Farm Venture is a farm property investment and supervision company based in Taranaki with investments in Taranaki & King Country.

The main land use is with dairy cattle producing above the top 10% of productive performance in the areas farmed.

Substantial returns are achieved through increasing the productive capability which in turn creates large wealth gains and allows higher returns through a lower cost of capital.

The only persons who may subscribe for securities are persons excepted or exempted from being members of the public in terms of section 5(2CBA) of the Securities Act 1978 (NZ) (the Act).

For more info please contact Farm Venture on
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