

TAKE ONE MOMENT

OCTOBER 2011

TOM OKATO

RIPPA RUGBY WORLD CUP - CTS STYLE!

Samuel Moffitt makes a dash with the support of Chase Yates and Rikihana Burwell Hikaka on hand if needed.

- more on page 2



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TOM OKATO

TOM-OKATO is a free, monthly publication, delivered on the second Wednesday of the month to all homes and post-boxes from Timaru Road to Bayly Road.

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

TOM dates to remember for
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EDITORIAL

We hope you are enjoying the longer evenings, especially now that our clocks have been moved



forward. We are both practising our tennis for the upcoming season, which is another sign that summer is on its way.

With the Rugby World Cup in town, hasn't it been fun to see the people from different countries wearing their traditional colours, all the national flags flying, and the shops and some of their staff dressed up in competing nations' themes. Go the All Blacks!

Recently, Kerry went to the senior black belt Taekwon-Do grading of one of our locals, held in New Plymouth. She realised how privileged we are as TOM writers, to be invited into corners of people's lives that we wouldn't have access to normally. We thank you for giving us these opportunities, which allow us to bring a wide range of stories to you, the reader.

Kerry and Milly

COVER STORY

Rippa Rugby World Cup - CTS Style!

Wednesday the 14th of September started out as a windy and wet spring day but as the day progressed the weather improved enough for the Coastal Taranaki School Rippa Rugby World Cup tournament to take place. The whole school assembled on the lower soccer field, along with parents and community members to share in the fun afternoon. 20 Rugby World Cup teams were divided into the school Whanau groups Whenua, Moana, Maunga and Awa. All students got into the spirit and dressed in their assigned countries colours. The teams were categorised into age related groups of Years 0-2, 3-6 and 7-13. Countries went head to head in the hope of coming out on top. In the end the final winners were New Zealand in the Year 0-2 group, Canada in the 3-6 and Tonga in the Year 7-13. Despite the freezing wind all the kids had a 'rippa' of a time and we all would like to give huge thanks to Miss O' Connor for organising the event.

Ella Beaumont & Imber Hawksley



Year 0-2 get into the game with some excellent team work and defensive skills.

Jamie Linn and Rebecca Winter get an Argentinian glow on.



Junior girls take the competition in their stride, smiles and all!

Dave's PC Services

Our local Oakura and Okato computer medic David Skurr is on the mend after a eventful winter in and out of hospital. What started out as simple 'man flu' /virus put him in hospital on a life support with pneumonia. Unfortunately due to an underlying heart defect his health continued to deteriorate. Thankfully Dave is now recovering from open heart surgery, and making great progress supported by his family, Katy and their children and his friends. Dave and his family would like to thank all his friends and customers for their patience and support through the difficult times. Dave is looking forward to slowly and steadily getting back into the 'swing of things'. Dave it's great to see you looking so well and we look forward to seeing you out on the road again performing open heart surgery on our ailing PCs!

By Rosie Moyes



Dave performing open heart surgery on a PC!

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TOM Sports



Dale Copeland, Taekwondo-Do Exponent, Earns Her Black Belt 4th Dan

Taekwon-Do is one of the most systematic and scientific of the traditional martial arts. Its predecessor, Taekyon, was developing in Korea throughout its 5000-year history, initially as a way of training body and mind, but the movements and patterns that make up Taekwon-Do were devised by General Choi Hong Hi while he was a prisoner during World War II. The discipline shares some features with other Oriental martial arts and has gained something from the styles practised in the countries surrounding Korea, but the philosophy and symbolism of Taekwon-Do are unique. It has become a means of self-defence, a philosophy for living and a way of life.

Back in 1999, however, Dale Copeland simply believed that her daughter needed some self-defence skills. Because Toby was too young at that time to drive herself to a place where she could get them, Dale began driving her twice a week to Oakura, where Mr Murray Smith was running an International Taekwon-Do club. Not one to waste time or an opportunity, and recognising furthermore that “everyone needs a group of friends and people with whom to share a common interest,” Dale joined too. Under Murray’s tutelage, she and Toby gained their yellow belts and when the club closed down they travelled further, to the Taranaki Taekwon-Do Club in New Plymouth. Toby has long since moved away from home but Dale has been practising Taekwon-Do for 12 years now.

Fellow club member and newly promoted 5th Dan, Kirsten Livingstone says, “I have never met anyone who is so fanatical, and who has embraced the ‘Art’ of Taekwon-Do with such a passion,” adding that Dale demonstrates all five tenets of Taekwon-Do: courtesy, integrity, perseverance, self-control, and indomitable spirit. These are the attributes that have facilitated Dale’s rise through the ranks to a position more elevated than she would ever have dreamed of.

During the weekend of 28/29 August, she was put through her paces to prove her worthiness to be promoted to Black Belt 4th Dan. Over months, she had worked on her strength and fitness — sprinting, doing press-ups and squat kicks three or four times a week, and doing gym work twice a week. She had practised her moves and learned four new sequences, though only three were required. “One of them has 68 moves,” Dale shudders. “That’s a lot of learning!” And to achieve an additional requirement at this level, she had written a 153-page thesis, which analyses Taekwon-Do’s 24 patterns or tul.

Dale’s formal practical assessment, which took place at the end of a two-day long Master class, was in front of a panel of International Taekwon-Do Federation judges, including



Dale asserts her dominance, watched by an appreciative audience.

an Australian 8th Dan master. A sizeable audience of Taekwon-Do exponents and others looked on as she put on an impressive display of patterned sequences and techniques, self-defence, sparring, and board breaking. And so it was that Dale, a few days short of her 68th birthday, earned her Black Belt 4th Dan certificate, the stripes that are the distinguishing mark of her seniority, Life Time Membership of Worldwide Taekwon-Do, and even more kudos amongst her peers.

I ask Dale, “Where to next?”

“I don’t look to the future,” she replies. “I just want to keep training and learning and moving upwards for as long as I can.” Which is exactly as I would expect!

Story and pictures by Kerry Lilley

Okato Pony Club

Okato Pony Club has just got underway again with a few dates set on our itinerary. Saturday the 24th September was our first opening rally for the season.

Our Rallies are very fun and relaxed with great instructors for all levels. New members are more than welcome to join.

Okato Pony Club encourages members to:

Care for their horses and ponies.

Gain and improve riding skills.

Have fun and make new friends.

Have a chance to sit certificates at various levels.

Have a chance to compete in teams in Mounted Games, dressage, show jumping, and eventing.

It also fosters individual competitions.

Come along and see our facilities and find out what goes on. Local Pony Club instructors are happy to give advice to prospective members and often know of ponies coming up for sale.

Rally dates:

Sat 24th Sept 10:30am – 12:30pm.

Sat 8th Oct 10:30am – 12:30pm.

Sun 30th Oct 11am – 2pm.

There is also a NRM Calendar out if you would like to look up the different events on and also the A&P shows, these happen locally and are for all levels. The website for this is www.nzpca.org Go to, Area – Taranaki – Calendar.

For more information or further Pony club rally dates please feel free to contact Michelle Beekman on 7527056.

Skiing is in the Blood

Local boy, Lenny Binsbergen, a 10 year old who attends Coastal Taranaki School, has done fantastically well in the local and national ski champs this winter, securing first place in the Taranaki Primary and Intermediate Ski Championships. Lenny completed the course at a blazing pace of 27.08secs, and gained the fastest time of the day in both Primary and Intermediate sections. The championships involve skiing through gates, the length of a “so called” giant slalom course, where at every given gate you have to turn at the right time and use the skiing technique so you can be as fast as possible through this course. In early August Lenny attended the North Island Champs at Mt Ruapehu, where he came 26th out of 130 primary boys. Another great achievement. Lenny has been exposed to skiing from a very early age as his parents Christina and Lars, both keen skiers themselves, are active members of the Stratford Mountain Club. Lars is on the club committee and Christina is coaching the up and coming skiers and racers of the club. Lenny says he first started skiing at the age of three, taught by his mum who is proficient in ski technique, which has enabled Lenny to be able to further develop his skiing skills each year. He’s lucky enough to go and ski in Switzerland every three to four years. So he has excelled with his skiing, with many seasons of practising and refining his technique mainly on the local slopes but also on international ones. Lenny has recently migrated to using a snowboard and loves the new challenge and fun it provides. For kids to learn to ski before they snowboard definitely

helps their balancing skills, says his mum, Christina. Lenny loves the terrain that the Manganui ski area can offer. “The t-bar is an easy terrain to learn on and you can have a lot of fun in this area. The top tow terrain is much better and larger as there are lots of natural ‘half pipes’ that we can ski on and the snow is usually softer, which is better for snowboarding on,” says Lenny. He likes the feeling of gaining speed when skiing and also enjoys building jumps and using the natural terrain to jump from. He has just learned to master the use of the top tow nutcracker lift on his own, which gives him a huge amount of freedom to ski around and explore the area so close to the top of Mt Taranaki. Mt Taranaki is a great boon for local skiers, and we are very fortunate as it is handy, less crowded and cheaper than going to the bigger mountains. The club has a very nice day lodge or overnight facilities where you can relax and watch everyone ski and come down the slopes.

The season this year has been wonderful with lots of snow, which Lenny and his family have certainly made the most of.

By Milly Carr



Lenny in action.

PHOTOS BY CHRISTINA BINSBERGEN.



Brittaney Earns Her Place in the Under-13 Rep Soccer Team

Local girl, Brittaney Carr, a Year 8 student at Sacred Heart College in New Plymouth, has scored a place in the Taranaki Girls’ Under-13 Representative Soccer team.

It’s the second time she has made a representative team, having played in the Under-11 team last year. Her team will play in a series of inter-provincial matches over the next few months. In the past, she has played striker but this year she will be taking turns to play goalie. Interestingly, these are opposing positions, and Brittaney loves them both.

Brittaney started playing soccer when she was about seven and loved it so much that she started training for it as her main sport. She really enjoys the running nature of the game and developing her playing skills. Strengths she has developed include controlling and passing the ball, evading the opposition, and scoring goals. Outside of soccer she likes being outdoors, playing squash and other sports, and going to friends’ houses.

Brittaney’s ultimate soccer dream is to earn a place in a New Zealand women’s representative team. To anyone who wants to become more involved in a sport, she says, “Try your best, don’t give up and keep reaching for what you want to achieve.”



Taranaki Fringe Garden Festival

The Taranaki Fringe Garden Festival is due to kick off again, in tandem with the Powerco Taranaki Garden Spectacular 28 October–6 November. Two Fringe Festival Gardens will be open in our area.

Lezley Dowding (102 Carthew Street, Okato) will be opening “London’s Pride”, and she will be serving a little cream on the top. She calls it a “Downtown Abbey experience” and it’s based on the popular TV series. During the mornings and again in the afternoons on each Friday, Saturday and Sunday, a silver service tea will be served. Your hostess will be dressed in her Edwardian finery and you will be treated to sitting on the family’s kauri furniture, made in 1875. Bookings are essential. Phone the butler on 06-752 4545!

Barbara Williams’ sprawling, 7-acre country garden, “Hikurangi,” will be open during the first weekend of the festival. Take a picnic to enjoy in the garden, and then take a fascinating step back in time while you explore her woolshed full of historical memorabilia. Hot water will be obtainable and free tea, coffee and biscuits will be available in the woolshed. You will find Hikurangi at 137 Newall Road. For enquiries, phone 06-752 4058.

Kerry Lilley



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Mother & daughter team - Marie & Andie Brown

For the last 15 years Andie has been employed by touring travel companies in Europe and for the last nine years has chosen to live in Rome. The language, people, politics, art, opera, landscapes, plus of course wine and food, are all very dear to Andie's heart, and is the driving passion behind her living in her adopted country.

From the time of her original OE Marie has enthused about travel. She has travelled parts of Italy with daughter Andie and appreciates her love and feeling for the country. Marie has experienced first hand the rapport Andie has with the people of her adopted country.

After escorting the Bellezze d'Italia group in 2010, it will be a special pleasure for Andie & Marie to be able to escort members of the tour group again in 2012.

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TOM GARDEN - Marjorie Sharpe, In Memoriam

Marjorie Sharpe passed away peacefully at the beginning of the September and she will be sorely missed by so many throughout the coastal community and beyond. Many will remember Marj for her passion for life and, in particular, a passion for gardening.

Marj and Syd were married for 54 years, and with five children, 17 grandchildren and nine (and number 10 on the way!) great-grandchildren they were always busy. Marj and Syd ran a farm on Warea Road between 1964 and 1998, but even on a busy farm and with a young family, Marjorie loved her garden and often disappeared off to stroll around it and pull up the odd weed. They opened up their garden to others to enjoy as part of the Rhododendron Festival for the first time in 1994 and continued to do so for many years.

In 1998 they moved to Okato where they expertly transformed a ¼ acre paddock into a beautiful expansive garden full of colour and shape. An immaculate lawn was bordered by an abundance of colour, and box hedges were shaped to form separate areas and dells to enjoy. It made a perfect venue for their granddaughter's wedding. Marj loved to have fun and this showed in her garden with a fairy dell for the children to enjoy and garden knick-knacks hidden in amongst the foliage — even a very realistic dovecote with dove statues! Marj loved to mix colours; she didn't like straight lines and liked things to look natural and as Syd says, "messy"! The patio was always covered with pot plants spilling over onto the lawn. She loved roses — their shape and colour and smell.

Marj was always willing to impart knowledge and advice to other gardeners, and inspired so many in the region who came to visit her. In 2000 Marj and Syd founded the Taranaki Coastal Garden and Art Safari, giving the opportunity for people to enjoy gardens around the coast from Manaia to Rahotu. It proved such a success, the first year having 32 gardens open, that they had to alternate the area covered each year... one year Okato to Rahotu and the next Manaia to Rahotu. Proceeds went to local charities, including the Heart Foundation, House for Karen and Hospice. In 2010, after 10 years, Marj and Syd decided to close the Safari.

Marj was also a very talented artist. She was able to turn her hand to painting for friends and family, but her garden was never far from her heart and she loved to paint flowers and scenery. She was an active community member attending the Women's Institute in Warea, and indoor and outdoor bowling clubs, and she coached bowls for the coastal tournament in local primary schools, including Oakura and Okato.

She was always there for the family and grandchildren, supporting them at sports events and entertaining.

About seven years ago Marj and Syd moved into New Plymouth and, with a smaller garden, spent time travelling Europe, Canada and America, even going on cruise ships.

What a fantastic and full life Marj has led. With her love and enthusiasm for life, and her passion for gardening that inspired so many, she will be greatly missed.

By Rosie Moyes



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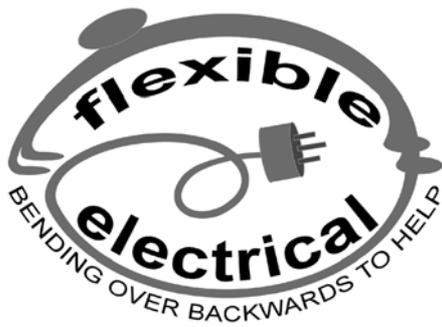
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Vision Okato: HOME SEWN

Spring has arrived and, with the season, the ideas and designs mulled over winter germinate into existence.

Vision Okato would like to announce the spring market *HOME SEWN*, to be held on Saturday, November 5 from 11.00am–2.00pm at Okato's Hempton Hall. This market's main aim is to encourage and support all the creative and extremely talented individuals we have in this community. It also gives us the opportunity to support local and come away with something unique and beautiful for our family and friends (Christmas is close) or ourselves.

Everything will be home sewn, grown, knitted, spun, painted, baked and more. And, of course, the Vision Kitchen will be running with homemade yummys. The market will coincide with the Fringe and Rhododendron Festivals so will be a great attraction en route.

If you would like to use this opportunity and have a table to share your wares, please phone Mel on 06-752 4225 or Racheal on 027-2765185, or email vision.Okato@gmail.com . We would love to have you there!

Happy Spring

Mel — Vision Okato



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Periodontal disease starts with plaque, which calcifies to form tartar, and the gums become inflamed and infected. Tartar build-up and infection results in receding gums and loss of bone around the tooth roots. Eventually the teeth loosen and fall out.

Affected animals will have bad breath, and may have difficulty eating, loss of appetite and weight loss. Infection may spread to the liver, lungs and kidneys.

Mild tartar build-up may be removed in a co-operative patient during a routine consult but an anaesthetic is required for a thorough dental procedure. Teeth are ultrasonically scaled and polished, and antibiotics are administered. Early treatment is essential to avoid tooth loss and annual follow up is advised.

Prevention includes regular health checks, daily care such as brushing, and dental diets and chews.

If your pet has bad breath, inflamed gums or tartar build-up (observed by raising the top lip on each side of the mouth), then you should seek veterinary advice.

Okato Playcentre

Food Glorious Food! Our Playcentre has opted to have a healthy shared morning tea during sessions. Each family brings a small contribution, such as cheese and crackers, sliced fruit, vege sticks, sandwiches, popcorn, etc. One of the great benefits of our shared morning tea is that kids watch what other kids choose to eat, and then give new things a try.



We have been focussing on food for our learning theme this term. What to feed our littlies is often a hot topic amongst parents. We all want to get a variety of healthy foods into our children's diets, and we all want to avoid dinnertime battles. Also, a few children have food allergies or intolerances, which can make food preparation even more challenging.

So this term we have been sharing our collective knowledge of child-friendly food, and our tricks of the trade for getting good food into our children. The best trick of all is, of course, involving children in the preparation of their own food. The kids have had loads of fun peeling veges for vegetable soup and dressing their own pizza with a large selection of healthy toppings. We have also baked cookies and decorated cupcakes. Not surprisingly the kids have loved sampling their own cooking, veges and all! The food theme has been useful for discussing/practising food hygiene with children, and for talking about healthy food and treat food. It has presented lots of opportunity for rich language and numeracy with discussion about food colours, portion sizes, flavours. etc. We easily incorporated Te Reo Maori vocab/phrases and morning tea karakia also. The children have really enjoyed being a part of morning tea preparation and clean-up duties in the kitchen. Never too early to start kids on doing the dishes!

Other food-related activities this term have been looking after our vege garden and planting strawberries. We have also been putting together a cookbook of our children's favourite recipes, which will be published and sold as a fundraiser soon...

Okato Playcentre AGM is to be held on Wednesday, 26 October at 7pm at Lahar Café. Business: Annual Report, Election of Officers.

Play sessions run on Tuesdays and Thursdays from 9.30am-12.30pm for 0-6 year olds. Prospective members are always welcome to visit and join in the fun. Phone Kerry on 06-752 8095 with enquiries.

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Okato Plunket

We had a very successful day on Wednesday, 14 September with the car seat checks. Gabrielle and Anne came out from New Plymouth to show people how to correctly install all car seats. It certainly highlighted that we, as a community, need to be more aware and take responsibility when putting our children in cars, and what the outcome is if we don't ensure this.

The ideal or recommended height before a child can be without a booster or car seat is 148cm.

Infant restraint: birth to at least one year of age (-13kg)

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Front-facing child restraint: about one year to approximately four years of age (9-18kg)

Booster seat: from approximately four to 10 years of age (18-36kg)

Child safety harness: from approximately four to 10 years of age (18-36kg)

We would like to say a big thank you to Barry from the Okato Fire Brigade for allowing us to use the station's grounds and the back room to keep children at bay while the seats were checked. We are planning another check next year. If, however, you would like to have your seat checked or hire seats, please contact New Plymouth Car Seat Rentals on 06-769 9076. They are open Tuesday and Friday mornings 9-12noon. Bookings are best.

It's photo time again. This year we are doing things a little differently. We have Jack 'n' Jill's Portraits coming to Okato on Saturday, 5 November from 8am til 6pm. We will be having the photo sittings at our Plunket rooms, St Pauls Hall beside Coastal Taranaki School. There is a \$10 sitting fee for 10 minutes, which is a donation to Okato Plunket, but for you there is also a free 10 x 13 colour or black and white portrait per family. Jack 'n' Jill's allows up to 2 weeks for prints to be returned back to us, which will be handy for Christmas. Photo pack prices start from \$45. You are not obliged to purchase your photos, however, they do offer a pack where you are able to get a CD of your photos for free!!!! They also offer a lay-by option.

Spaces are filling fast, so if you are interested in a sitting please contact Rebecca on 06-752 4501 or Jac on 06-752 4872.



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Active Birth Taranaki

Interested in parenting, pregnancy, or birth? Active Birth Taranaki is honoured to host the 2011 National Homebirth Aotearoa Conference Today's Choices, Tomorrow's Parents to be held at Okurukuru on 28-30 October 2011.

Don't miss this opportunity to discuss with and be inspired by 8 great speakers with the vision to nurture and inform in pregnancy and birth, inspire and educate in parenting, and connect and encourage in the community.

Visit www.todaychoices.org for details or to register, or call Maryanne on 06-824 8160 if you'd like to be involved.

Care and Craft

Get together Thursday fortnight at St Luke's lounge. 10.30am - 2.30pm. Contact Thea Fisher 752 4290.

Coastal Garden Circle

Meet every third Monday of the month. Contact Rae Hooker 752 4086.

GymSports Oakura

Gymnastics for youngsters from 5 to 9 years old at Oakura Hall every Wednesday afternoon during the school term, 4-5pm. For further information phone NP GymSports on 06-758 8277 or 027-341 4200.

Highway 45 Craft

Meet weekly on Monday mornings 10am - 12noon at members' houses. Contact Iris Putt 752 4182.

Historical Society

Meets quarterly in the Community Trust Hall. Contact Iris Putt 752 4182.

JKA Karate, Okato

Monday and Wednesday 6pm - 7.30pm in Coastal Taranaki School Gymnasium. Contact Nicci 752 4529 or 027 259 6223.

Kaitake Community Board

Teresa Goodin, ph 7528186 or teresagoodin@xtra.co.nz

New Zeal Church

Service 10.30am, Sundays at St Luke's Hall. Contact Angela and Kevin McFetridge 752 4993.

Okato Bowling Club

Club day held every Sunday at 9.30am onwards. President Bruce Peacock 752 4538, Secretary Fiona Liddall 752 4509, Contact women's section Laureen Bright ph 752 4874.

Okato Co-operating Parish Women's Fellowship

Meet bi-monthly, first Wednesday of the month in St Luke's lounge, 1pm. Lorraine Whittle 752 4359. Harvey 752 4568.

Okato Fire Brigade

Weekly. Monday night trainings, 7pm - 9pm. Contact Barry.

Okato Lions

Contact Merv Hooker, ph 752 4086.

Okato Squash Club

Club nights on Mondays from 7pm. Everyone welcome. Phone Cheryl 06-752 4097.

Playcentre

Main Road, Okato (over the Stony Bridge). Tuesday and Thursday, 9.30 - 12.30pm. Contact Rachel 752 4463.

Playgroup

St Lukes Hall, Main Road, Okato. Wednesday morning 10am-12 noon. Contact Danelle 752 4916 or Angie 752 4445.

Plunket

Meetings held every second Thursday of the month. Jaclyn 752 4872.

Pony Club

Contact Michelle Beekman on 7527056.

Probus

Meet every third Friday at the Oakura Golf Club. Contact Margaret Hodges 752 1371.

Squash Club

Ladder league Monday nights 7am start. Ph Chez 752 4097 for more details.

St Patrick's Church, Okato

Daily mass 8.30am. Saturday evening mass 7pm.

Inquiries to Steak Goodin 752 8160 or Nora Fox 752 4062.

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Saturday 9.00am - 4.00pm

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St Paul's Church

10am services. Congregate first and third Sunday of the month. Contact Jan Putt 752 4188.

St Peter's Guild

Meet 4th Friday of each month. Angela Montgomery 752 7738.

Tennis Club

Contact Maree Moffitt 752 8107 or Raewyn Lawn 752 4466.

Tumahu Golf Club

Roly Harvey 752 4314. Sunday: Mens golf day, Tuesday: womens golf day. Every 2nd Wednesday of the month: mixed golf.

Tumahu Rural Women

Meet every second Wednesday of the month, 1pm at alternate members' houses. Contact Joyce Downes 753 4122.

Warea Tennis Club

Contact Jan Brophy 06 763 8666.

Please contact Milly 752 4425 for any additional listings or amendments.