

TOM okato

Penguin Experience — 60 Springs

Ten students (year 9-11) selected from schools throughout Taranaki attended a three day workshop from 14-16 July. The students had the opportunity to work alongside Marine Biologists and other individuals associated with marine research. The workshop was organised through Puke Ariki, New Plymouth and included a wide range of presentations and activities and an overnight stay at Wai-iti Beach, north of Urenui. Three students were selected from our local area school: Mechele Manson, Hazel Baker and Samantha Ure. They share with us their experiences of the three days.

I am aware that only ten students from Taranaki were chosen for this project. Do you know what the selection process consisted of?

We had to fill out an application form and send it to Puke Ariki. A teacher from school had to recommend us and then it was up to Puke Ariki to choose the recipients.

What was your reaction when you found out you were selected?

Mechele: I was like, yes! Happy and excited.

Hazel: I was like, wahoo! Happy and excited.

Samantha: I was really surprised and happy.

The Penguin Experience incorporates Sustainability, Education and Creativity — can you tell me how these three concepts are incorporated into the project?

Sustainability: Helping the penguins out.

Education: Learning about the little Blue Penguins.

Creativity: Making the penguin boxes.

What was the main aim/incentive of the project?

Helping the penguins out and getting the message out there so people are aware of them.



Samantha Ure, Mechele Manson, Hazel Baker.

Have they held the Penguin Experience workshop before? If so, when and how many other times?

Mechele: Not too sure, but they are going to try and do another one in the holidays.

Hazel: No, this was the first but I hope they do another one.

Samantha: No, this was the first time. They may be doing it again.

What can you tell me about the experience?

We learned about the penguins' habitat and all the stages from when they were first born until adult birds. Also ways to help them.

What was the highlight for you?

Mechele: When we were outside at night and Hazel and I heard the penguins.

Hazel: When Mechele and I heard the penguins.

Samantha: The night at Urenui because it was fun and interesting.

Did you see any penguins? If so, how many? Can you describe them? What is their habitat?

We didn't see any penguins. We saw footprints. They live in the bush where they find holes and stay overnight. They have blue and whitish feathers.

I heard you made penguin boxes. What

is your understanding of these?

To keep them safe at night away from predators.

Do you have any additional comments?

Mechele: I would like to thank Nathan and Fiona and all the presenters. Big thanks to everyone.

Hazel: I would like to thank Fiona and Nathan for the great experience. It was fun and we should do it again.

Mechele Manson relates on the website: "Thursday the 16th of July 2010 we got ready to set up the tracking tunnels. The object of them is if an animal or insect was to go through them they will leave footprints. We put a little bit of peanut butter and when they go to eat it they will walk through this special ink, and when they walk out they leave ink prints. After we got them all ready we went along the top of the beach and hid them in bushes and under trees. We left them there overnight and went and got them in the morning. Only two out of the eight tunnels got prints. They both looked like little insects' feet. It was really exciting and interesting to find out what would be there!"

References:

www.penguinexperience60springs.blogspot.com

by Milly Carr

Spring has sprung. At last, we hope, we can look forward to longer days, more settled weather and opportunities to get out and about. Word has it that our farmers can still use some rain, but do you reckon we could organise rain at night and shine during the daytime?



Local body elections are coming up again. We, in the local area of the South West Ward have complained in the past that we don't get adequate representation, yet less than 50% of eligible voters exercised their voting power in 2007. A voting pack will arrive in householders' letterboxes on or soon after 17 September and voting, by postal ballot, closes midday 9 October. Make sure you have your say!

Last but not least, have you noticed the amount of dog poo littering our streets in recent times? The council requires that we keep dogs contained on our properties and that when out walking them; we remove their excreta as it is dropped. Let's all do our part to keep our village safe, attractive and litter free.

Have a good month.
Kerry & Milly

TOM dates for October issue
Copy and ads deadline –
24 September
Distribution – 4 October



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



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A Single Man

Many have asked for the return of the lush Tom Ford feature film debut, *A Single Man*, starring Colin Firth and Julianne Moore. Visually stunning, this allows Colin Firth full dramatic range as he stumbles through the day in the 1950s where broken-hearted from the death of his lover; he wants to kill himself. Utterly Gorgeous from start to finish.

BAFTA winner for Best Actor, 2010. Drama. 1hr 39m. M. Contains Adult Themes. USA.

Vetro Mediterranean Foods brings a packed Italian Film Festival, with fresh laughs in *Mid August Lunch* and *Lessons in chocolate*. Mafioso flicks include the thriller *Consequences of Love* and *Il Divo* – an expose of the corrupt politico's to this day in Italy. *Tutta la Vita Davanti* (Her whole life ahead) takes an educated young woman and puts her in the hothouse of a call centre – a world of fanatical selling, corporate jingles and motivational dances.

Tutta la Vita Davanti (Her whole life ahead)

This comedy is about "permatemps"; that's temporary workers who effectively do the job of a permanent worker, but can be fired anytime and have no benefits at all. You will be taken through the odyssey of Marta, a young graduate in philosophy who cannot find any job related to her studies, so to keep herself alive, she has to take a temporary job as a telephone-marketer. She enters an inferno...

Comedy. 1h 57min. M Contains violence, offensive language, drug use and sex scenes. Italy, Italian with English subtitles.

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Authorised by Richard Jordan 56 Rewa St Inglewood

Coastal Karate Group

Osse people on the coast, just a note to let you know what's been happening lately with the Coastal Karate Group.

We have had a pretty good year to date; not too many injuries and a lot of hard training.

We have been fortunate to have three of our members picked to represent our country at the Australasian Championships, held in Perth and Brisbane. Sempei Dominic Cooksley-Gruys (2nd dan), Sempei Connor Anderson (2nd dan), and Sempei Manu Akioka (1st dan) of Oakura Dojo competed in March and July with outstanding results, all returning home with medals and trophies.

Then in August we took a team of students to Turangi for the NZ National Championships with great results. All students from Coastal Karate won or were placed in their events. Sempeis Connor Hoskin, Jurnee Corrigan, Victory Peebles and Rhys Vickers competed in the Black Belt Division for the first time, all placing in the top three. Connor Anderson and Manu Akioka won their divisions.

It is inspiring for the other students to have so many champions to train with and to set goals towards becoming NZ's next champion, and believe me, we have many promising students in the four dojos to do it.

Recently Shihan Takahashi (8th Dan) visited our region for a training/grading seminar. Sensei Takahashi is a professor of physical education at Ayoma University in Japan and head of our organisation, so everyone's nerves were on edge at the seminar. For the senior students it was not such a big thing, many having trained and graded under Shihan Takahashi before, but for the new students the look of fear and nervousness showed in their eyes.

After three and a half hours of training the students were graded, and all passed —what a big relief for me, but I try never to show it for I am more nervous for them than they are for themselves.

After the grading a few of our first time grading students were asked what they thought about the seminar. These are some of their replies:

Matt Hooker (9 years), fourth grading: "It was the first time we have graded in this dojo (Okato). I enjoyed it all."

Morgan K. Tenana (12 years), first grading: "It was scary at first but it got better." Corbyn Sole (9 years): "I was nervous and excited, at the end I felt happy and proud."

Mason Jones (9 years), fourth grading: "It was longer than other gradings. We saw the instructor work with the brown and black belts. It was fun; the best part was doing the techniques with the bungy cords to add resistance to the technique."

Kian Abott-Butler (9 years), first grading: "I liked it, it was cool. The instructor looked like the guy off Kung Fu Panda teaching the kids."

Richard Butler, first grading: "It was fun watching the instructor doing the moves."

Many different views and I hope Sensei Takahashi does not



Takahashi Shihan (back, left) oversees the training at Okato.

take offence to Kian's statement for my sake because he will take it out on me not Kian. He looks nothing like a raccoon.

I would also like to take this opportunity to congratulate Sempeis Connor Anderson and Ingrid van Amsterdam on passing their Ni Dan (2nd dan) gradings, a true testament to the length of time training in this martial art. Also to Megan Vickers, Jurnee Corrigan and Victory Peebles on passing their Black Belt (Shodan) grades. It all comes down to time and effort. Also to Nicci Hooker of Okato Dojo for setting up and keeping the students well behaved for the grading, not an easy task.

Well, with the rugby season over I'll miss seeing the kids come running into training straight from footy practice, muddy feet, sweaty hair, but keen to train. It is good to see the country in the kids. So if you are bored in the evenings, take an hour out of your boredom and come along to training. You might find it really is fun, just like the students said. There is



Coastal dojo Kata teams.





Grading in August, Connor Hoskin, Rhys Vickers, Connor Anderson and Dom Cooksley-Gruys.

nothing more pleasing than having adult students come up to me at the end of class and say, "Thank you, that's just what I needed. I've had a hell of a day at work — I feel much better."

Training is truly a good way of relieving stress, so don't be shy. It may work for you and if it doesn't at least you can say you gave it a go. Feel free to try it, the first month is free. We train on Tuesdays and Thursdays at Oakura Hall, Mondays and Wednesdays at Omata, Okato and Opunake, or contact me at home on 06-752 7337. I will be waiting by the phone.

Sensei Jim Hoskin, 3rd Dan

P.S. Connor Anderson and Manu Akioka now hold the Queensland State titles in kumite (free fighting) and kata (patterns and forms). The Aussies will be a little peeved with that. Well done guys.

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Okato District Historical Society

The Society is grateful to anyone who wishes to donate goods for their Shop Day. Contact Iris Putt on 06-752 4182 or Nora Fox 06-752 4062.

The Okato District Historical Society has recently held its Annual General Meeting and would like to announce the office holders: President, Iris Putt; Vice President, Meg Cardiff; Secretary Nora Fox; Treasurer, Pat Richardson.

Society members also observed a minute's silence for past committee members, Noeline Goodin and Dan Hewson. Both past members have been with the committee from its founding days and their presence will be missed.

President's Report 2009–2010

It is with pleasure I present the 2009/10 annual report. We have 12 financial members.

We opened the rooms for the Rhododendron Festival. Members were on hand to supply cups of tea. We did have several people in, however the lack of interest shown was disappointing.

We held a shop day and raffle in November. This helps pay \$500 rent to the Community Trust.

We have all the photos on display in the hall with papers and books in the side room. We do need some willing helpers to sort things out in this room.

We had a visit from Kelvin Day and Dianna Gibbons from Puke Ariki. They came out for morning tea, bringing with them a copy of the original map of early Okato back to the time when blocks of land were given to the militia. We took this map to the Museum last year and they promised us a copy for our rooms. They showed great interest in a number of photos and albums of early days.

Teresa Goodin and Mel Abbot spoke to us on their project with the Okato Primary School and grounds, which have been closed for several years. A very interesting talk on their ideas for making it a centre point for Okato. We gave them all the support and best wishes for their project. However as a small and aging group we look forward to and will take great interest in their ongoing plans.

I do get concerned at this time for the future of our group as we need the interest of some younger people, however we do have a lot of irreplaceable material in a locked room. I'm sure there is someone who could take this position and make it a more active outgoing group.

Finally our special thanks to the TSB for their generous donation of \$350. Also Okato Community Trust for their support and the use of the hall at a reasonable rent.

Thanks to Nora (Secretary) and Pat (Treasurer) and all members for their support throughout the year.

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Teresa Goodin runs for Kaitake Community Board



Okato local Teresa Goodin will stand for the Kaitake Community Board in the 2010 local government elections. It has been nine years since an election has taken place for the Kaitake Community Board, as only four nominations were put forward for the four vacancies in the last two elections. This year there are five candidates running, four of whom are existing Board members residing in or around Oakura, which means Okato would benefit from a local resident stepping up and advocating for the community on the southern side of the ranges.

Teresa Goodin is 32 years old. She was born and educated in Taranaki. She recently became a mother and returned to coastal Taranaki after spending 12 years studying and working in Whanganui. She has exhibited artwork for 10 years and has a degree and a postgraduate qualification in Art and Design. Her extensive community work includes the organisation of events and projects in the realms of the creative, environmental and heritage sectors. Teresa is experienced in promotion, marketing and fundraising. She has also worked in local government and held key positions in a number of community organisations. Teresa says she is keen to get involved and make a positive contribution. "I have chosen to live in the Okato area because I believe it is entering an exciting phase in its development and history, with a growing population and the recent establishment of exciting new enterprises including a bustling café, natural health clinic and organic shop. I wish to advocate for Okato and serve the wider Kaitake community and contribute to creating a resilient, connected, healthy and happy community; a bright future for our children to inherit."

You can contact Teresa on 06-752 8186 or teresagoodin@xtra.co.nz

To learn more about Teresa Goodin go to: <http://teresagoodin.blogspot.com>

Letter to the Editor

Thank you once again for putting out an interesting TOM-Okato.

I would like to point out to Jacqui of Seed Coastal Organics that if she cares to buy Fonterra dairy products manufactured in New Zealand, antibiotics shouldn't be a problem as every tanker load of milk is tested for antibiotics before it is unloaded. Fonterra spends approx \$3.5million annually on this procedure. Hefty fines are also a deterrent costing the offending farmer up to \$20,000 each depending on volume of supply.

Barry Harvey

A Devonshire tea for charity

Get ready Okato, Operation Christmas Child is coming to town again.

We are getting involved in this popular shoebox charity by holding a Devonshire Tea for the community and inviting all to contribute. Operation Christmas Child is run by Samaritan's Purse and every year they ask people to fill a shoebox with gifts. The shoebox is then delivered to needy children all over the world. New Zealand boxes this year will go to Fiji and Papua New Guinea.

The boxes are checked before shipping as customs regulations are strict but hopefully contain items in the following categories:

Something to wear e.g. t-shirt, dress, underwear, sandals, etc.

Something to love e.g. soft toy, doll, bear.

Something for school e.g. pencil case, pens, felt tips, etc.

Something to play with e.g. knuckle bones, skipping rope, cars, puppet, ball, musical instrument, etc.

Something special e.g. sunglasses, necklaces, stickers, purse.

Something for hygiene e.g. soap, toothbrush, comb, hair ties, clips.

Something suitable for a boy or girl ages 2-14 years.

All items must be new, unfortunately nothing preloved. Also nothing that will leak, break or melt, no food, and nothing gambling related or frightening to a child. So keep your eyes peeled in the sales because you never know what you might pick up.

The Devonshire Tea will be held on Sunday afternoon, October 10 at St Luke's Hall in Okato.

The Taranaki Co-ordinator, Chris Rolston, will be there as a guest speaker.

People are invited to bring items to donate, a koha to help with shipping, or even to do a box themselves. Tickets will be available at the Okato Vet Clinic near the end of September to help with catering. Watch out for posters with more details soon. In the meantime, contact Treishka Morgan on 06-7527455 (especially if you want to help out!!)

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Take a deep breath for a healthier, happier community!

For many people, stress can be an everyday occurrence. Juggling the work-life balance, money commitments, career pressures, health concerns, deadlines, family and relationship issues, the list goes on.... We get stressed out, feel bogged down or angry and then even the littlest things stress us out.

Stress has a huge impact on our health. As a result of hormone and chemical release into the blood, the pulse and heart rates increase and we start perspiring — hands become cold and clammy. Repeated exposure to stressful situations (chronic stress) can lead to irreversible physiological changes, resulting in diseased states like high blood pressure, diabetes, heart attacks, asthma, gastrointestinal ulcers, viral infections, migraine/non-specific headaches, etc. We lose our inner balance, feel weak and lacking in energy, irritable and edgy. We may also experience negative emotions such as hate, anger, lack of self-worth, greed, resentment, fear.... We can't let go of the past, which is often accompanied by guilt, and we constantly worry about the future. National statistics say that one in six New Zealanders will experience serious depression at some time in their life.

The typical ways we deal with stress — drugs, alcohol, smoking, medication, eating (despite having their own health risks) are actually counterproductive in that they can worsen the stress and can make us more reactive (sensitive) to further stress.

So what's the solution? Take a deep breath — it's that simple! Beyond mere inhalation and exhalation to stay alive, proper breathing has been proven to relieve physical discomfort, to de-stress, to relax the body, calm the mind and transform overpowering emotions. Alternative healthcare practitioners will even go so far as to say that the breath can actually eliminate diseases and toxins, not only acting as prevention but also as a cure.

Peter Mittermuller travels the country with The Art of Living workshops teaching people breathing techniques that are said to eliminate physical and emotional impurities. He says breathing is the link between the mind, the body and activity.

"When people are experiencing emotions, such as anger or sadness, the breath pattern changes. When you use the breath, you are able to harness the mind and gain control of your emotions, and it gives a lot of freedom actually in being able to do that," Peter says. "We might not be able to control our heartbeat, our boss or the traffic, but we can control how we breathe. Like our lungs themselves, our nature is to expand", he says. "It all starts with a breath and by becoming more aware."

How aware are you of your breath? When did you last notice your breathing? Here are some simple tests to develop your awareness and identify any poor breathing habits:

Upper chest: Lie on your back, placing one hand on your upper chest and the other on your abdomen. If the hand on your chest moves as you breathe but the one on the abdomen does not, you're definitely a chest-breather. Anything more than slight movement in the chest is a sign of inefficient breathing.

Shallow: Lie on your back and place your hands around your lower ribs. You should feel an effortless expansion of the lower ribs on the breath in and a slow recoil on the breath out. If your ribs remain motionless, your breathing is too shallow, even if your belly moves.

Overbreathing: Lie down and take a few minutes to let your body establish its relaxed breathing rate. Then count the length of your next exhalation and compare it to the length of the following inhalation. The exhalation should be slightly longer. If not, you are an overbreather.

OPPORTUNITY NOT TO BE MISSED BUT BE QUICK!

Breathe out stress – breathe in joy for life! The 'Art of Breathing' is a 15 hour inspirational workshop held over 4 days. The course includes: pranayama (breathing exercises); yogic wisdom; meditation and yoga. Your next opportunity to catch this course will be 16th - 19th September at St Lukes Hall Okato.

Check out the website www.artofliving.org.nz or contact Tessa on 0210 574011 or tessa.now@gmail.com if you would like to find out more.

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JIM LAWN, NPDC CANDIDATE

I am Jim Lawn and have been married to Catherine for 34 years. I both farm and work part time as an Associate Chartered Accountant for Staples Rodway.

My community involvement has been as Parish Council Chairperson of my local church for 5 years, 12 years as a committee member and I am currently Chairperson of the Okato Community Trust, which provides good, cheaper rental housing for the elderly.

I am again standing for election to the New Plymouth District Council as I share the concerns of many ratepayers of continual rate increases well above the rate of inflation and spiralling debt. These concerns have been ongoing for years with the present administration and very little effort has been made to bring them under some sort of control.

If elected I assure those who live in Okato, Inglewood or Tarata areas, you will all have the same commitment from me.

Signed: *Jim Lawn.*



Phone 06 7524 138

Authorised by Jim Lawn, 256 Leith Road, Okato.

Okato Women's Fellowship July Day

Every year for the past twenty or so, the Okato Co-operating Parish Women's Fellowship has held a very popular July Day. A day of worship and fellowship combined with an entertaining learning experience, it is shared with like-minded women from mainly Methodist, Presbyterian and Anglican churches from all around Taranaki. It also raises money for good causes. The day is organised by Women's Fellowship members, whose average age is about 80. They are assisted by "a lot of helpers" who, according to Lorraine Whittle, are so practised at hosting the event that they know exactly what they need to do and "just do it."

Each year's event is built around a theme. A bit of imagination was needed in the early days but now a quick Google search reveals the foci of each "International Year." A focus for 2010 is International Year of the Nurse, which commemorates the centenary of Florence Nightingale's death and honours the 15 million nurses worldwide.

This year's July Day began with a church service at St Paul's, led by Stephanie McKellar. During the service, a collection yielded \$150 each for Taranaki Base Hospital's children's ward, Sunshine Street, and Rangimarie Hospice. Following the service, everyone met at St Luke's Hall for a generous lunch of soup, sandwiches, savouries, and buttered goods (cakes and loaves, pikelets and scones), at no cost to the diners.

Zena Smith began the afternoon programme by introducing Florence Nightingale. A social and environmental activist and a nurse, Englishwoman Florence influenced the leaders of many nations to improve the health, education, and wellbeing of their citizens. She brought significant sanitation reforms to military and civilian hospitals during and after the Crimean War and sought to change unsafe and unsanitary community conditions affecting health. She was also a best-selling author, a journalist, and an avid networker.

Dorothy Withell was the first nurse to address the group. Dorothy started her preliminary nurse training in England aged 16. Just 18 months later, she found herself volunteering to do a stint with the military during her holidays, was given a First Aid box, and sent off to war! She rendered first aid off the shore of Dunkirk for three days and received a silver cross from the British Government for her service. At 18, she started her general training at Salisbury Hospital, which was formerly the infirmary in which Florence Nightingale had done her groundbreaking work.

"I literally walked in Florence Nightingale's footsteps," she told us proudly.

She finished her five years' general training, and then did her midwifery training at Southampton, where she nursed until the end of the war. In 1945, she married the first patient she had ever nursed, and together, they were repatriated to Australia. Soon after their arrival, she found herself in charge of a small, private, maternity hospital, where she worked for 17 years. Subsequently, she worked as a public health nurse for the Bureau of Maternal and Child Health, serving an area "from the Blue Mountains to the sea for twenty-odd years." One day, Dorothy and her husband found a full-size Ambu manikin for sale, bought it for about 300 pounds and using it, gave lessons on resuscitation to school children throughout the district. One day, somebody wrote congratulating the government on their wonderful innovation. Officials reacted in alarm, instructing Dorothy to institute a written format and formal timetable for her lessons immediately. She refused to comply, whereupon they ordered her to return the manikin to them forthwith. Incensed, Dorothy told them it had nothing to do with them, and gave the manikin to the Red Cross who, she supposes, uses it to this day.

Dorothy retired in the early 1990s when she came to New Zealand



Modelling nursing uniforms through the years, left to right: Nola Corbett, Gloria Rook, Zena Smith, Kerry Lilley.

to live. She had given 58 years' continuous service to nursing.

Long-time local Kath Hewson had everyone quivering in their seats when it was her turn to speak.

"Watch out... Here comes Matron!" she bellowed.

Her application to train as a nurse in New Plymouth when she was about 20 had been greeted with the suggestion that she join the domestic staff. "I'm not doing that!" Kath responded indignantly and a week later, Dolly Jones (nee Julian) suggested that they both answer Aunt Daisy's radio advertisement for "mental nurses" for Avondale Mental Hospital. When Kath announced to her family that they had both been accepted, her grandmother told her that she was disgracing the family and that they would both be home in a fortnight. As it happened, Dolly gave up after a few months, "and if Grandma hadn't said that, I would have too," Kath laughed. Conditions for psychiatric patients at Avondale were abominable, until the arrival from England of a certain Dr Buchanan, who treated his patients with dignity and compassion, and applied occupational therapy to mental health treatment. This improved their lot immensely and Kath spent four years there helping to implement Dr Buchanan's ideas.

In 1944, Kath started her general nurse training at Waikato, where she graduated with honours. Then she practised until 1949 when she married Dan Hewson and retired to Warea to become a farmer's wife and raise their children. Thinking that was that, she relinquished her practising certificate. So when, in 1974, the matron of Barrett Street Hospital rang to request her return because there was a shortage of nurses, she declined. Matron would not take no for an answer, however, and Kath went back to work without one, temporarily. She had agreed to help out for three months and stayed for nearly eight years until 1983 when, after 17 years' service, she finally retired.

Pat Cantrell, a nursing tutor at WITT, was the final speaker. She gave a resume of the history of nursing and introduced some of the "incredible women who have been nurses" internationally, nationally and in Taranaki. Then, to conclude the day, there was a parade of nursing uniforms throughout the ages.

The Women's Fellowship Committee would like to thank everyone who made the day a success, including the men who helped prepare the venue and manned the raffles table. And I would like to thank the Women's Fellowship for an enjoyable and enlightening July Day, 2010.

Story by Kerry Lilley, Pictures by Wendy Clement

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Authorised by Pauline Lockett, 83A Belt Road, New Plymouth

Vision Okato

A few months ago a group called Vision Okato held a public meeting to discuss its proposal to revitalise and utilise the former Okato Primary School as a community centre. The meeting was inspired by a survey conducted at a Carnival held at the old primary school grounds in April, which indicated the community supported the concept of a local community centre.

The feedback at the public meeting was very positive and Vision Okato collected a significant amount of information regarding the wants, needs and aspirations of the community. We are pleased to announce that we now have a draft set of rules to set up an Incorporated Society. We are currently seeking feedback regarding the rules and in particular we would like to consult the community about the following proposed objects of the Society:

The objects of the Society will be to create and develop projects and initiatives that support the Social, Cultural, Environmental and Economic well-being of the Okato community. In particular the Society will:

Advocate for the well-being of Okato residents and promote the aspirations of the community.

Promote Okato's unique identity, develop its strengths and create opportunities for lifestyle, business and tourism.

Encourage the sustainable growth and prosperity of the community by supporting local initiatives and enterprises within the Okato area.

Support community resilience and self-reliance through awareness, education and participation in sustainable and healthy lifestyle choices.

Support the preservation of Okato's social, environmental and building heritage.

Initiate and facilitate intergenerational and intercultural communication through events and activities.

Support the well-being of Okato's youth, and advocate for their needs and aspirations.

Promote unity and trust by creating new networks and partnerships, and strengthen established networks within the Okato community.

Facilitate the sharing of knowledge and skills within the Okato community through initiating workshops, demonstrations and other educational activities.

Support individual and collective participation in creative expression and recreational activities.

If you would like a copy of the draft rules for Vision Okato Incorporated or you would like to give feedback on the proposed objects of the Society stated above, please contact Teresa Goodin on 06-752 8186 or teresagoodin@xtra.co.nz.

Spring Fair

On Saturday, 30 October a Spring Fair will be held at the old Okato Primary School grounds between 11am-2pm. The event will celebrate the coming of spring and follows the wonderful feedback from the Carnival held at the old school in April earlier this year. All individuals and organisations are invited to have a stall and locals are encouraged to fill their vehicles and get involved in a car boot sale.

The theme of the Spring Fair is "Trash to Treasure". The organisers, Mel Abbott, Hayley Burwell and Teresa Goodin, hope that people will take the opportunity to clean out their cupboards and garages and let go of some of the things that they no longer need. The organisers believe that recycling second-hand goods decreases our impact on the environment in a multitude of ways. For example, buying local second-hand goods decreases the amount of energy and fuel needed to ship to our region new goods that often started their journey in another country. If we take a closer look at where our possessions come from and the energy and precious resources used to manufacture, distribute and sell these items we realise that new items have many hidden costs. Re-using and recycling also diverts various items that have plenty of life left in them from going into landfills. And we generally save money when we buy second-hand materials and goods, which is always something to smile about.

It is becoming more important for communities to look at their consumption as the world's increasing population puts more pressure on the planet's resources. Re-using and recycling goods is a wonderful way to contribute to conservation of our resources and environment. *The Story of Stuff* is a simple 20-minute documentary that explains the lifecycle of many of the goods that we consume. You can check it out at: www.storyofstuff.org

Stalls at the Spring Fair will cost \$5 each. If you would like to have a stall or you would like more information, contact Mel Abbott on 06-7524225.

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Playcentre

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

Playgroup

St Luke's Hall, Main Road Okato. Wednesday morning, 10am - 12 noon. Contact Julie Moore 752 4277 or Danelle 752 4916.

Plunket

Meet bi-monthly at Jaclyn Fisher's home. Contact Jaclyn 752 4872.

Okato Fire Brigade

Weekly. Monday night trainings, 7pm - 9pm. Contact Barry Harvey 752 4568.

Historical Society

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

St Patrick's Church, Okato

Daily mass 8.30am. Saturday evening mass 7pm. Inquiries to Steak Goodin 752 8160 or Nora Fox 752 4062.

St Paul's Church

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

New Zeal Church

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

Okato Co-operating Parish Women's Fellowship

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

Care and Craft

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

Highway 45 Craft

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

Tumahu Rural Women

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

Tumahu Golf Club

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

JKA Karate, Okato

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

Squash Club

Monday evening club night. Contact Steve Kelly 027 2333 229.

Tennis Club

Contact Maree Moffitt 752 8107 or Raewyn Lawn 752 4466.

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 Lions

Contact Merv Hooker, ph 752 4086.

Okato Pool

Learn to Swim - Tuesday and Thursday nights from 5.15 - 6pm.

Swim Club: Swimming Training - 6 till 7 - 7.30 on Tuesdays and Thursdays. For more inquiries contact Fiona Lacey 752 4535.

St Peter's Guild

Meet fourth Friday of each month. Contact Angela Montgomery 752 7738.

Probus

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

Coastal Garden Circle

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

Pony Club

Contact Carey Brophy, 752 4458.

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