



# OPUNAKE & COASTAL NEWS

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## Inside...



The winning raft in the Lions Raft Race. Page 11 has the story.



James Langton has his first boxing match soon. Turn to page 17.



Breanna Morgan gains top music honour. See page 7.



Well known counsellor Sylvia Huitson tackles the tough problems, such as suicide prevention. See page 15.

## “Open door policy” for new principal

“An open door” is my policy. “If parents want to pop in and have a chat, they are very welcome,” says Margaret Duynhoven, the new principal of Opunake’s St Josephs School. “The children are my top priority”, she adds.

Her new position means a daily commute from New Plymouth - her husband is New Plymouth mayor Harry Duynhoven - but Margaret says she’s enjoying it and loving the job.

Her last teaching position was as Assistant Principal at Westown Primary. “I’m loving it - it is an excellent opportunity to be here. It’s another step in my career”. She adds, “I’ve always wanted to be a principal”.

At present the school has a roll of about 110 and has six teachers. “It’s a nice size for a first time principal”, she comments.

Margaret is keen to keep the school on its own posi-

tive course and will not make immediate big changes, although has some ideas for the future, such as in the areas of drama and music. “If it ain’t broke don’t fix it”, is her attitude.

She isn’t worried by the distance she has to travel from her New Plymouth home to her new position - about 40 kilometres. “Actually, it’s a nice time to reflect on what I’m doing. It’s a quiet time - I put on a bit of music and unwind”, she explains.

Margaret’s interests include plenty of reading; she reads widely, including history and thrillers. Joe Nesbo’s ‘The Bat’ is keeping her occupied at present. She’s also a keen gardener. Although she and husband Harry are members of the St Joseph’s parish in New Plymouth she intends to attend Opunake’s Star of the Sea Church once monthly.

Margaret’s family are getting older, with two studying



Margaret Duynhoven

at Victoria University and the youngest aged 17 in her last year at Sacred Heart College. Margaret appreciates the great support she’s had

in her new role. “They - the staff, Board and parents - are very supportive”, she says. “It’s nice to be judged on who I am, not whom I’m married

to”, she adds. Of Opunake she enthuses, “It’s a lovely place. It has a nice feel to it. Everyone’s been so positive and welcoming”.

## Win with Green Feet

There was a special event in Opunake, with the promotion of healthy food, in conjunction with Four 4Square45 on February 1. The initiative is run by Hinenui Bryant, helped by Jean and under the umbrella of the Taranaki District Health Board.

A stall was set up outside Four Square 45 and an attractive range of prizes on were on display. The idea was that if you spent \$30 (excluding tobacco and alcohol), and as long as you included one ‘Green Feet’ (i.e. healthy) item you would go in the draw to win a \$50 4 Square 45 voucher every week during the month of February. All shoppers have



A passerby looks interested in the Green Feet prizes on display. In the middle is Hinenui Bryant the main organiser with assistant Jean Hikaka on the right. Te Rangihuatau is partially obscured.

to do is write their name and contact details on the receipt and drop it into the prize box. “Opunake is the first place we are doing this”, explained Hinenui.

Inside 4Square45 green feet are stuck to the floor to lead shoppers to healthy Green Feet items, which can also be used in healthy recipes which are available at the counter. These meals take into account nutritional value, value for money and availability.

Some of the prizes included a green rolling pin, green egg holders, spill-proof containers, lunch boxes, steak knives and cookery books featuring healthy dishes. There was also a quiz and competition.

“I think it’s marvellous that the promotion can help people to choose to buy healthy food, commented Marlies Butland-Delfus -with husband Steve -proprietor of Four Square 45.

“Sometimes healthy food is hard to come by”, said Hinenui. But it is here - you don’t have to go to New Plymouth to buy it”, she added.

The stall attracted quite a lot of interest. One lady, who said she was a vegetarian enthused, “It’s wonderful. Opunake needs this”.

Other dates to keep in mind are Tuesday February 19 when there will be taste tests (12noon to 1pm) so

people can try out the recipes and Tuesday February 26 when there will be supermarket tours (12.15-12.45 and 1pm-1.30pm). It’s best to book a spot with Hinenui on 06 753 7799 or email [hinenui.bryant@tdhb.org.nz](mailto:hinenui.bryant@tdhb.org.nz)

Last word goes to Marlies. “We always aim to give our customers the best food with value for money and the Green Feet project is another way of helping customers choose healthier options”.

Remember the promotion is only for the month of February, so get into the spirit of Green Feet now.

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# Letters to the editor

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 You are welcome to use a pseudonym but must supply your name and address.

## APOLOGY

In the January 31 edition of the paper a Letter to the Editor regarding fluoridation was published. We apologise for any offence the headline caused in the letter and for any perceived inaccuracies in the correspondent's letter.

Certainly a response from Mr Dunlop should have been sought before the letter was published. We have published below a letter in response from South Taranaki District Council mayor Ross Dunlop.

Editor

### Letter from Mayor Dunlop

Mary Byrne is quite wrong when she says I agreed with her claim that the fluoride dosage exceeds the

NRC recommendation. I certainly did not. These are typical tactics that the anti fluoride organization FANNZ (Fluoride Action Network NZ) use. They target, particularly smaller councils, with misinformation. As a non-medical person, I referred her questions to local GP Keith Blayney and also suggested that she contact the Ministry of Health, Plunket and the New Zealand Medical Association. I am not an expert in these matters and rely on those who are to give advice.

I am very pleased that our Council stood up for the most vulnerable in our community, our young children who will have the benefit of much improved oral health. We listened to those organisations that are mandated by government to give health advice: The World Health Organisation US Academy of Science,

The World Dental Federation, The British Medical Association, The Royal Society of NZ, NZ Ministry of Health, NZ Children's Commissioner, NZ Medical Association, NZ Cancer Society, Plunket Society, Public Health Association, NZ Dental Association, Taranaki District Health Board, Chief Medical Officer of Health TDHB, Head of Paediatrics and Child Health TDHB, Director of Midland Health, NZ Maori Dental Assoc, National Haurua coalition, Tuiora, Chief Advisor Maori Health TDH and local doctors and dentists.

All of the above organisations support water fluoridation at the World Health Organisation recommended levels.

FAANZ and other anti-fluoride groups need to convince these highly regarded organisations that

they have got it wrong.

Ross Dunlop,

Mayor South Taranaki District

## Bottle feeding babies

In your newspaper of Jan 31, 2013, I read a Letter to the Editor regarding the fluoride doses to babies without parental consent. I am most concerned as I bottle fed 5 babies, who are now between the ages of 20 to 32 years. I want to lend my support to 'Mary Byrne, Featherstone' and thank her for her Letter to the Editor. I otherwise would not be aware of what may have been done to my babies without my fully informed consent. I am most grateful to know who is responsible for doing this to my babies as I have bottle fed a grandchild now.

LV, Oakura

## EDITORIAL: Novopay has got to go

Novopay continues to be problematic. Not only are principals and admin staff spending inordinate amounts of time sorting out mistakes such as underpays, overpays or zero pays, but the new system's bosses have had ample opportunity and time to iron out its defects – and failed. One school principal said she spent 50 minutes waiting for her phone call to

be answered. The reaction of the Novopay staffer she eventually managed to speak to seemed to suggest that the employee was unclear about the mechanics of the problem she had raised; perhaps inadequate training is (also) an issue here.

The previous system should be returned to. The Datacom system wasn't perfect, but was infinitely

superior to the Novopay system.

The cost of persisting with a basically flawed and probably unfixable system is that various costs will mount and a domino effect of negative consequences are bound to follow. The time that staff spent trying to sort out the errors is time that could be better spent enhancing students

education or the schools overall wellbeing.

It has been suggested that the Novopay system could take as long as two years to fix. What? Totally unacceptable. Where did this figure come from anyway – perhaps 'plucked out of the air'; could the figure be possibly twice that or, as I suspect, never.

Rolland McKellar

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## BBC (Bible Believers' Corner) The Melchisedec Priesthood

To prepare Aaron and his sons to be priests Moses had to wash them with water, pour anointing oil on their heads, and put blood from a sacrificial ram on the tip of their right ear, the thumb of their right hand, and upon the great toe of their right foot. This was the beginning of the Aaronic priesthood, the priests that served in the tabernacle and the two temples in Jerusalem.

But there was a promise from before that time, another priesthood.

Abram, who had not yet had his name changed to Abraham, chased the Kings who had captured his nephew Lot. He defeated them and rescued the captives. While returning

from the battle Abram was met by Melchisedec. Abram gave Him tithes, a tenth of all he had, and Melchisedec gave Abram bread and wine.

The name Melchisedec means King of Righteousness. He was King of Salem, that is King of Peace. It is only in the book of Hebrews that we learn the truth. Melchisedec had neither mother or father nor beginning of life or end of life. Melchisedec is eternal, He is King of Righteousness and King of Jerusalem. Not the city here on earth but the one to come down from heaven. Melchisedec is God.

John the Baptist was of the Priest line. He would have been the High Priest according to Aaronic law,

but that priesthood position had become a political appointment from Rome.

Jesus came to John to be baptised by John. Later He was anointed by a woman who poured precious ointment on His head. And then they Crucified Him.

All those who were crucified had nails in their hands and feet, blood flowed on the thumbs and toes. But only Jesus had a crown of thorns which caused blood to flow on his ears also.

Washed, anointed with oil, and with blood on his thumbs, toes and ears Jesus is a priest after the order of Melchisedec. He rose from the dead as that priesthood is eternal. All believers are called to be Kings and

Priests after the order of Melchisedec!

Refs: Exodus 29, Genesis 14 v14-20, Psalm 110, Luke 1 v5-17 Matthew 26 v1-7, Hebrews 7

Richard

Oliver

Pastor

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"There are many mistaken ideas, such as Jesus came only to die. Likewise many Christians are content to worry only about their individual salvation, disregarding matters of this world for their own little Heaven". Rev Sun Myung Moon





# Obituary: Sir Paul Holmes (1950-2013)



Sir Paul Homes

Sir Paul Scott Holmes died on February 1 after a relapse of prostate cancer, which he had suffered from several years ago. He also had undergone heart surgery in recent times. He died at his home 'Mana Lodge'.

Although best known as a broadcaster, he also acted on stage and television (e.g. Shortland Street), had released a CD which reached platinum status, was the author of two books (eg 'Daughters of Erebus') and

was the patron of several charitable causes.

He was born in the Hawkes Bay on April 29, 1950 to Chrissie and Henry, the older of two sons. The family lived at Haumoana. He was educated at Karamu High School and later attended Victoria University initially studying law, but changing to arts.

His NZ broadcasting career started in Christchurch with radio in 1970, but he also worked overseas in various

places such as Wales and Amsterdam – also on the air waves. His autobiography 'Holmes' (1999) paints the picture of a peripatetic life, ranging from Europe to America, with many colourful experiences, quite a few mishaps and numerous romances. His book is very frank and he certainly doesn't spare himself, especially when he outlines the end of his (first) marriage to Hine Elder.

He made his mark

as a popular and often controversial radio host, such as 22 years with Newstalk ZB, but it was the television programme 'Holmes' (1989-2004) when he came into his own.

'Holmes' started with an interview with Dennis Conner, the controversial America's Cup skipper, who was very rude to Bruce Farr, the NZ team sail designer (Ironically, the two men later worked together). Holmes asked Conner to apologise and Dennis responded by getting up and leaving, but did thank Holmes for the interview. However, Conner was evidently furious at what he saw as a set up and sacked his publicity person on the spot.

Homes interviewed virtually everyone noteworthy, including Dame Kiri Te Kanawa, Placido Domingo, Sir Peter Blake, Archbishop Desmond Tutu and Margaret Thatcher, who, at one stage said, "That is very offensive" to one of Holmes questions.

Despite various episodes of 'loose lips' such as referring to UN Secretary-General Kofi Annan as a "cheeky darkie", the tributes have been outstanding. Even people who have crossed swords with him have referred to him in glowing terms. He is praised for his incisive questioning, humour and kindness. Former prime minister Helen Clark referred to him as "New Zealand's pre-eminent broadcaster".

Apart from 'Holmes' he was involved in other TV programmes such as 'this is your Life' and from 2009 Q+A, a morning political talk show.

Sir Paul Holmes funeral was held at Auckland's Holy Trinity Church on Friday February 8, and a private cremation followed. He is survived by his wife Lady Deborah Holmes, son Reuben, stepdaughter Millie and brother Ken.

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## COUNCILLORS COMMENT

### Civic influence on and off the court



**Bonita Bigham**

Last month I had the privilege of watching 11 talented South Taranaki youngsters play basketball for New Zealand age-group development teams in Albury/Wodonga, NSW, Australia.

What an awesome opportunity to witness these young men and women take their place on an international stage. Huge credit must also to the strong contingent of South Taranaki supporters who were there to support them as well as all their friends and whanau who helped with all the fundraising efforts it took to get them there in the months leading up to the tour.

I was very proud of each and every one of them and am really grateful that, despite games being played in three different venues across two different towns, I was able to see them all take the court at some stage during the tournament.

Congratulations to Matty O'Connell, Nico Hill, Iritana Hohaia, Simone Cook, Johnny Tahau, Katie Linn, Courtney Keech, Brodie Wilson, Tui Karena, and my son Te Rei for your achievement. Special mention must be made of Kianai-May Thomas-Moore, whose U14 girls team won a very tough, nail-biting final to sweep all the Australian state teams aside for the highly coveted winners' trophy in their age-group.

It was also an extremely proud moment to see

Johnny and Te Rei lead the 120-strong New Zealand contingent in the kapa haka presentation during the opening ceremony. Nga mihi nunui kia korua!

Before they left the country, these all athletes were made honorary South Taranaki ambassadors by our deputy mayor, Alex Ballentyne at a special ceremony in Council chambers in Hawera.

It was important to recognise their achievement and acknowledge that South Taranaki provided nearly 10% of the total number of players

on the Koru tour – a huge achievement considering there are literally thousands of kids playing basketball right across this country.

This point was not lost on our Council, which provided a beautiful gift – photographer Rob Tucker's pictorial book on Taranaki – to present to the Albury mayor Alice Glachan at an Albury City Council sponsored breakfast before the tournament started.

Thanks to Katie and Courtney for making the presentation to Mayor Glachan that morning; you did a fantastic



NZ Koru u18 basketballers Katie Linn and Courtney Keech present South Taranaki's gift to Albury mayor Alice Glachan.

job on all our behalf!

I had the chance to talk with her a couple more times during that week. She was grateful for the gift, very interested to know more about our district and impressed by our young people. Where that interest may lead in the future, no one knows. What matters most is that the connection has been made.

Wherever we go and whom ever we meet, I think it's so important that South Taranaki residents of all ages take the opportunity to shine, to engage with people who don't know about what we have to offer in our little slice of paradise and to share something of what makes us who we are.

Whether they realise it or not, success on the basketball court wasn't the only goal these athletes achieved during their time away. They were, indeed, fantastic ambassadors for South Taranaki.

To the ballers - impressions definitely count and obviously you all made the right ones, both internally within the New Zealand tour ranks and externally in a civic capacity. My heartfelt thanks to you all on behalf of South Taranaki.

# HOPE FOR HARMONY

Hope for 21 year old Harmony Te Meihana from Taranaki, currently living in Hastings. Harmony was diagnosed with a very rare case of Rhabdomyosarcoma Cancer, of the worst kind. It is rapidly growing behind her right eye and into her sinuses, and because of the location, cannot be operated on.

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Thank you from the bottom our our hearts for having Hope for Harmony





# Auroa School's \$100,000 technology upgrade



With some of the new technology are, from left, Ivanah Ericsson, Wilson Cresswell, Jayda Sharp with Principal Heath Chittenden at the back. The students are all aged five.

Auroa School has recently benefited from a upgrade in technology to the tune of about \$100,000. Principal Heath Chittenden is delighted at the positive impact the upgrade is having for his students and school. "We want the students to be creators not participants", he explained.

He is grateful for the financial input and effort by his school's PTA, who raised an impressive \$30,000 towards the project. "They do magnificent things for the school", he enthuses.

The need and desirability for the upgrade originated from discussion in the BOT and the process was aided

by the school obtaining fibre optic network capacity well ahead of most country schools in the province. "We were one of the first rural schools to obtain fibre in Taranaki", comments Heath.

The TSB Community Trust also came to the party and contributed a significant amount, as did Shell Todd Oil Services and the Southern Trust. Heath is indebted to their financial commitment.

Not all the upgrade involved software and equipment however. It was important that teachers, students and parents understood the intricacies of the upgrade and how to use the software, ipads and so on. Therefore, some of the

financial outlay was used in crucial professional development and technology expert Stuart Hale has contributed much in this respect, both at the school and further afield. For example staff spent three days in Auckland recently learning about iPads. There have also been visits to see what other schools have, especially those with advanced technology.

Underpinning the upgrade was a decision to change from PC to Apple computers. Heath outlined a number of advantages, such as more efficient safeguards and more flexible, optimal software in

his view, as well as less overall problems to deal with. He mentioned the example of the Apple Televisions as being very user friendly.

To demonstrate how even very young students can be proficient with the new technology we visited a New Entrant/Year One class (Room 8), where Eve Killington is the teacher, who commented, "I was so worried that the new technology would be beyond them, but they just grabbed it and did fantastically". She added, "It's just so awesome". Eve is also the Junior Team Leader at the school.

## This month in history

On February 6, 1896 the University of New Zealand announced that Emily Siedeberg, who was 22, had passed her final examinations, thus becoming this nation's first female graduate in medicine.

Her first job after qualifying was as a locum at Seaclyff Psychiatric Hospital, just north of Dunedin on the coast. Therefore, she became our first woman medical practitioner.

This hospital later was the one where celebrated writer Janet Frame spent some years as a patient and was wrongly diagnosed as a schizophrenic and a lobotomy scheduled (but not carried out - thankfully).

In 1905 Dr Siedeberg (Later Dr McKinnon) became the first medical officer of St Helen's Hospital in Dunedin. She was later promoted to Superintendent, a position she held until 1929.

She received the honour of being made a Life Member of the New Zealand branch of the British Medical Association in 1929. In 1935 she was awarded the King's Jubilee Medal. She spent some time studying overseas and gained further medical qualifications.

In 1899 she was involved in the founding the Dunedin branch of the Society for the Protection of Women and Children. This reflected her interest and concern about vulnerable women, especially what was once termed 'fallen women'.

She spent 49 years on the National Council of Women Committee and was thrice President.

Emily McKinnon (nee Siedeberg) died in 1968.

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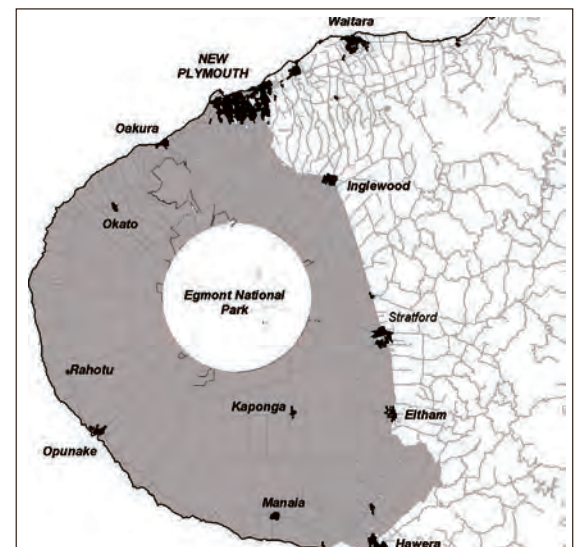
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## COASTAL COPS Eltham



David Lindsay

Hello people,  
The good weather continues as I'm writing this, in fact we are probably due for some

rain as the paddocks and vege gardens are getting pretty dry.

I've still been very steady work-wise, however we have been getting some good results with a few burglary files resolved and offenders being charged.

There was a burglary in Eltham on Friday or Saturday night on Bridge Street, which involved juveniles and the theft of a 42" Toshiba flat screen TV and around 10 assorted bottles of liquors and crystal decanters. Someone around town will know who these offenders are and need to let the Police know asap.

Of concern is there has been an unusually high number of

self harm, and attempted and successful suicide jobs in the last month around Taranaki. I'm sure there are all sorts of reasons why people feel things are so bad that this is the only way of dealing with it, however it's never the way. When dealing with these type of jobs and their repercussions it's sad to see the far reaching impacts on the families who are left to try and pick up the pieces.

There is some fantastic help available these days for people with depression and going through tough times. It's often hard for those who need help to organise it themselves, so it's important

that if you suspect someone is in this position, to approach them and offer assistance to get help if they need it.

0800 111 757 is the free number to call, or [www.depression.org.nz](http://www.depression.org.nz). Sir John Kirwin is the spokesman for the site and has some good commonsense advice that people can relate to and put into practice.

Times have changed and like the man says, "it's ok to ask for help".

Enjoy the rest of the summer weather, crank the bbq up and have a cheeky quiet.

That's all for now, take care out there.

Const. David Lindsay  
Eltham Police

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## Maureen's rambles 2008



Maureen Gatenby

Venison processing plants have a shut down period, which is usually in June. A surprise family reunion was organised in Cairns to celebrate a birthday milestone for Maurice. Leaving Invercargill at 6.30am to travel via Wellington and Sydney to Cairns arriving at 11.30pm Australian time made for a very long day. The news to celebrate, as well as the birthday, was the announcement that we were to be privileged to welcome 2 grandchildren, one later that year and the other early the next year. As the family are all interested in nature in various ways, a trip to the Great Barrier Reef was arranged. Although the trip out was a little rough due to windy weather, the younger members of the family all went diving among the wild-life at the locations where the boat stopped.

An early morning excursion involved a hot air balloon ride over the Tablelands followed by breakfast on a barbecue. With the only sound being the burner used to keep the balloon aloft, the 3 balloons travelled in convoy landing in a paddock where it was all hands on deck to pack the balloon up for its return to the launching area. The exact landing area is dependent on wind strength and direction. A trip to Port Douglas and the crocodile farm and the zoo was also arranged along with an evening feast in one of the villages.

After a week the family returned to their homes and Maurice and I flew to Cape York for a nights stay before travelling in a 4 wheel drive bus back to Cairns. Ironically, the driver was a Kiwi from Queenstown. The journey took 4 days and is only available from about May to September because of the rainfall in this area. The amount of rain that falls during the wet season (October-April) is large and so the roads become scoured by the water flowing down them. The roads are not maintained to a standard that ensures they are able to be traversed by ordinary cars so 4 wheel drives are essential.

Travelling through areas of

bush, visiting mining areas, staying in ranch bunk houses, all are part of the experience - along with visiting sites of areas of interest involved in the protection of Australia during the wars in the area. A chainsaw is part of the equipment on board should it become necessary to remove fallen trees from the roads as this is a regular occurrence during the tropical storms. A very interesting two weeks and the opportunity to further explore around the area by car, including making contact with vet friends from university days who had settled in this area.

Back in Invercargill, a group of people had decided to set up a Southland branch of the Friendship Force, a group involved in hosting visitors from other countries and participating in travel to other countries for home hosting. The first guests were to be 20 guests from Medicine Hat and Niagara, Canada and they were due to arrive in February 2009. With plenty of experience from hosting exchange students, I was keen to see this project to fruition, but it was hard work.

Much has been said about Southland weather, but the winter was relatively uneventful except for the cold

wind blowing off the Antarctic so wearing thermals became the norm. However, during the Tour of Southland cycle race the area experienced snow. The date was 5<sup>th</sup> November and there was snow outside our house in Invercargill. Although it only lasted one day, the snowman somebody had built on the roundabout on Queens Drive.

Throughout the year we had managed to visit many places either in the campervan during weekends and public holidays or to carry out farm audits. Invercargill is only just over two hours from Queenstown and less to Te Anau. Ronald and Heather moved from Palmerston North to Geraldine so we had occasions to travel in that direction as well.

Christmas saw us back in Australia as Fergus was born on 17<sup>th</sup> December. The new house was sufficiently completed for us to live in which was nice as 33 degrees and above is a little too hot for me.

However, a visit from a snake attempting to come in through the screen door while

I was sitting on the couch nursing the baby was not a welcome experience. There are certainly some down sides to living in Australia!

## Safety outdoors - Your trusted outdoor contact

Recently we learned about a German kayaker's disappearance. Coroner Crerar was quoted as saying, "Mr Weisswange should have told somebody his precise inten-

tions and his return time." Safety Outdoors is a service that allows people to do exactly that - with the confidence that timely, appropriate action will be taken if required.

Safety Outdoors is the only safety check service in New Zealand that tracks you from start to finish with real people at the end of the phone monitoring every call or text in real time.

A significant point of difference is that it is a system that offers the convenience of texting or calling a toll free number, as well as registering online, with your details relating to any outdoor activity. It does not rely on email or internet connection and allows for any change of plans or last minute decisions.

The Safety Outdoors team

will register your activity details and wait for confirmation that you've finished. If they don't hear from you, and are unable to reach you, they immediately follow a checking process with every contact point provided. If necessary, the appropriate authority is notified.

Safety Outdoors Director, Stuart Fraser is confident the ease of using this system will improve the safety of tourists and kiwis alike.

"We want New Zealanders to take this on board as part of their outdoors routine, and tourists to be fully aware of the service when travelling. We want to encourage people to be responsible for their own safety."

Whether it's a seasoned triathlete in full-on training mode or a group of friends

on casual weekend walks, the service accommodates every level of outdoor activity. It is a simple and accessible system that Stuart Fraser says works for anyone.

"We want this to be as practical and easy as possible. That's why we built the system this way and have spent a lot of time testing it to make sure it works the way it needs to. There have been refinements to ensure every step works seamlessly and we plan to continue with ongoing development."

There are several options available for users of Safety Outdoors for not only registering yourself, but also your family and friends. The cost is per activity only and involves everyone in your group, not per person, making this affordable and effective.



# Top music honour for Breanna Morgan



Breanna Morgan ATCL

Local Opunake woman Breanna Morgan has recently been awarded a very high musical honour, the ATCL

(Associate of Trinity College London) in *Classical Piano Performance*, which is adjudged by London's

Trinity College of Music. "I was really stoked to find out - they made me wait for three months", she commented. In

preparation Breanna had to work very hard - three to four hours daily on the piano.

Breanna's gruelling assessment was held on November 7 at the Govett Brewster Gallery. Breanna had to play a wide selection of musical pieces in the presence of the Trinity College adjudicator from London. She played music from such composers as Bach, Beethoven, Chopin, Brahms, Faure and Poulenc.

Breanna explained that the adjudicator writes a report, which is forwarded to Trinity College where it is reviewed by two other experts.

Absolutely delighted was Breanna's music teacher Elva Symons. "I'm over the moon. If anybody deserves it she did. Great news". Breanna feels Elva was a key factor in her success. "She was essential. She definitely made me work hard, but without her I wouldn't have got there". She added, "A special thanks for her time and patience".

What lies ahead for the talented musician? Breanna pointed out that her university studies are a priority at present, despite the fact that "music is a passion". However, she may consider further musical diplomas in 2014 and in the future.



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# Whanau Fun Day at Pungarehu Pool



A happy group at the Whanau Fun Day.

A whanau Fun Day, held on February 10 at Pungarehu Pool was a great success if the number of happy gleeful faces is anything to go by. The occasion was organised by DHB Promoter Hinenui Bryant, helped by Jean. Charissa Waerea of the Parihaka Whanua Organising Group was also involved in the organisation of the successful event.

The well-attended event - one of the Nga Kete Hauora series - had face painting, a Pungarehu Idol Singing competition (Karaoke),

and a bouncy castle for the little children, as well as free swimming in the pool. The weather was perfect for the event. A sausage sizzle, which included vegetarian sausages, completed the enjoyable day.

Everyone seemed to be enjoying themselves. "It's beautiful - it's been lovely. Nice people, nice food. Fun for the kids. We should do it more often", enthused Donna Helms.

The younger ones had just one word for the day, "awesome", agreed Te-Ao Eiffe

and Rongoma Hohaia. The karaoke seemed to be their favourite activity.

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# Mainzeal collapse a call to urgent action



**Andrew Little, List MP**

competition. When times are lean, as they have been until quite recently now that the Christchurch commercial rebuild has started, the large building companies tender low prices, usually with little or no margin. They basically buy the work.

But the reality is that the engine room of the industry is the vast number of much smaller contracting businesses, which do very specific parts of each project.

Whereas once before the large construction company would have had every discipline on the payroll from designer and engineer to crane driver, carpenter, bricklayer, sparky and builder's labourer, now they have only engineers and project managers.

Some work was previously contracted in, usually utilities and services such as heating,

ventilation and air conditioning, and sprinkler fitting. But these were the exceptions. Now, the main build is carried out by dozens of little outfits, usually one-man bands. -the sub-contractors or subbies.

The consequence of this is that the subbies are often beholden to the big construction company. A cheap price won by the lead building contractor means huge pressure on subbies to trim costs or tolerate late payment.

Even in a successful contract, a sub-contractor can face a delay in getting paid. It's not uncommon for a subby to end up discounting the amount owing to him just to get paid.

The Mainzeal collapse has shone a light on all of this. Contractors had their own gear trapped on building sites they could not get access to.

None has any idea when or even if they will get paid for work done to date.

In the modern construction industry the risks on subbies are huge.

It shouldn't be this way if we want to attract good people into the industry and ensure good quality construction.

One way to at least minimise the risk to subbies is to require lead contractors, and if necessary the ultimate client, to place sufficient funds in an account (called an escrow account), which is controlled by a third party and which pays out on satisfactory completion of the job contracted.

If the work is disputed, then there will be a delay in getting paid. But if the lead contractor goes bust like Mainzeal, then funds are available to meet outstanding obligations.



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## Waitangi Day 2013



**Hon Chester Borrowws, Whanganui MP**

It seems like "de ja vu all over again" when Waitangi Celebrations become the huge scrap the protest movement want them to be. I write this the day before Waitangi, after a build up filled with arguments. Leadership amongst the Iwi, ongoing constitutional arrangements, and water rights seem to have been this year's topics, and there is the air of expectation that there will be more shouting and more abuse and less listening and less reasoned

debate to come.

Hopefully by the time the column is printed I will have been proven wrong. I am proud of the way the Whanganui Electorate celebrate Waitangi Day with events in the city and particularly in Patea where the Pae Pae in the Park has become a festival event.

There was a period of quiet when Helen Clark decided she would not go to Waitangi to celebrate the signing of the Treaty. She was responding to what was a bad experience for her, but forgetting that many, a lot of them Maori, had unpleasant experiences at Waitangi too. These things are not to be swept under the carpet.

With a change of government, Waitangi Day had seen the Prime Minister and MP's return to the Treaty grounds, and the marae for the purpose of debate. The problem is that a debate is not one side shouting at the other, just as much as it is not two sides shouting

at each other.

The Maori Council are seeking debate and the Prime Minister is happy to meet and have the debate, but last year the opportunity walked out the door when he was shouted down and unable to be heard.

This year the opportunity arises again and it is one which is very important. The fact that Waitangi Day is not only a celebration, but a day for discussion is recognition of the importance of the date; February 6th. To have the celebrations without the debates would be to ignore the historical and current concerns of Maori and Pakeha.

I realise that many would rather we just have a day off to go fishing, golfing, or whatever and do not seek to celebrate or discuss anything, but that is not the point. While Most don't recognise or celebrate the significance of other holidays like Labour Day, Easter or Queens Birthday, that is not a reason to prevent those who do wish to

acknowledge them. Many of us now bear in mind the importance of ANZAC Day, yet in previous decades we did not. I think this resurgence in those taking the opportunity to consider the sacrifice of others on the 25th of April is a very positive thing.

In spite of the ill-will and bad-grace that is evident in the presence of some at Waitangi, I hope that the recognition of those things we agree on, alongside those things we still debate, will lead to a better celebration of who we were, who we've become, and who we will and can be as a nation in the future. Having the guts to recognise all those identities and yet still stand as one people is hugely important.

It is always easier to throw stones than offer the olive branch, but we should always prefer the latter to the former.

*Chester Borrowws*

*MP for Whanganui*

021722636

## New craft created by recycling fascinated Manaia WI

Guest speaker at the Manaia WI February meeting was Vicki Sandford, whose imagination in using recycled goods to make lovely craft articles was amazing - she had created Christmas pictures using coloured bottle tops, brooches made from material and buttons, and crocheted hats made from bread bags - she also had articles made from dishcloths, hankies and face cloths. Nothing goes to waste at her place, she finds a use for everything. Marion

Smith thanked Vicki for her interesting display and presented her with a gift.

President Ann Chisnall reminded members of the upcoming visit to Hollards Gardens to celebrate Founders Day on 21<sup>st</sup> February - we are to meet at the gates of the garden at 11am - a short talk on the history of the garden has been arranged as well as some musical entertainment. Letters from two of our Links in England had been received and were read to members by

Jenny Hamley - it is always interesting to hear of their outings, and this time was no exception as Becket WI in Kent had been to view some of the Queens Diamonds at a display held within the palace - viewing the Diamond crowns, coronets, brooches, necklaces etc in huge glass cases in a darkened room was described by Elaine the correspondent as magical.

The Mary Hutton Trophy was presented to Phyllis Malcolm, and the wandering

coin was won by Meg Kelly.

Competition Results:

Bloom 1<sup>st</sup> Ellen Smith  
2<sup>nd</sup> Phyllis Malcolm  
3<sup>rd</sup> Daphne Ashley

Shrub 1<sup>st</sup> Phyllis Malcolm  
2<sup>nd</sup> Ann Chisnall  
3<sup>rd</sup> Daphne Ashley

Homecraft - Jar of Jam  
1<sup>st</sup> Marion Smith  
2<sup>nd</sup> equal May Mulholland & Ann Chisnall

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### On this month in history

On Feb. 4, 1985 the Labour Government informed the US that the guided missile destroyer the 'Buchanan' was not welcome in NZ waters, as a result of their 'neither conform nor deny' policy on whether the ship was nuclear armed or not. Following this action and further nuclear-free laws, the ANZUS defence treaty between NZ, Australia and the USA broke down.



# Feathermont pet supplies in Kaponga



The attractive sign that greets you at Feathermont.

Located at 86 Victoria Street, Kaponga is Feathermont - an interesting shop selling pets and accessories, run by Donna Willing, with help from her partner Rod. The shop, run from the couple's home, is easy to find; it is at the eastern side of the

town very near the 100km sign.

The shop, which has been going for about eighteen months, is well supplied with accessories for pets, with prices very competitive. Organic fertiliser and indoor plants are also sold.

Some of the pets for sale include budgies, canaries, kittens, goldfish, tropical fish and axolotls. Donna has just sold her last tortoise, but hopefully will have some more soon.

Donna has always been devoted to animals and has four cats and two dogs herself - apart from those for sale. Starting up her shop is the realisation of a lifetime dream come true. "I've always wanted my own pet shop," she explains.

Rod comments, "It all started as a hobby - if Donna had her way there would be zebras, giraffes and elephants running around"

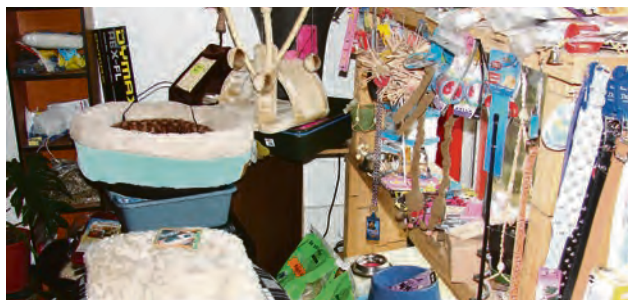
The range of accessories is wide and too numerous to name, but here is a selection: pet collars, brushes, pet beds, toys, flea powders, de-worming paste, birdseed,

and some very spacious fish tanks and ornaments.

Their van with the eye-catching numberplate 'PPARTY' gets a few comments. Relax - this is used for deliveries and to transport the goods for pet accessory parties, which Donna says are proving popular. She ventures beyond Kaponga too - her next one will be held at a house in Stratford.

Soon, in about six weeks, another service will be available. A room is currently being prepared to allow Donna to carry out dog grooming for clients.

Drop in to Feathermont for friendly, knowledgeable service and "everything you can get in a pet shop". The shop is open Monday to Friday 9am to 4.30pm and on Saturdays 9am to midday.



A selection of pet accessories at Feathermont.

## Opunake Friendship Club look forward to another fulfilling year

Another outstanding year over, leaving us all wondering how it could possibly have "come and gone" in such a short time. A big thank you to the organisations who gave of their time and talent as Hostesses and Enter-

tainers, also the invited Guest Artists. We must also give the Committee a pat on the back. A special highlight was the Xmas Luncheon catered and served by the Opunake Lions. The fare was delicious - the waiters were excellent.

In fact I was tempted to ask for a 'doggy bag' to take one of them home. They even proved a Xmas Cake made by one of them. Santa put in an appearance and gave

everyone a small gift. It was a lovely day and a fine example of what friendship is all about. We wish everyone a happy and stress-free New Year.

## Little squirts that hang out around the coast

When you are at the beach or harbours this summer, don't be surprised if you see sea squirts - marine animals we commonly see attached to rocks and wharf piles that have two siphons on the top of their bodies, one to draw in water and the other to expel it. When disturbed, sea squirts contract their siphons, expelling streams of water - hence their name.

not likely to be troublesome. Sea squirts (ascidians) are amongst the most commonly found fouling animals in ports and harbours around the world, including New Zealand's. They settle and grow in great abundance on submerged structures such as wharf piles, seawalls, ship hulls and aquaculture structures. In some countries, they are eaten by humans.

NIWA has created a new, colourful and intuitive guide to sea squirts found around New Zealand coasts and ports. Packed with photographs of 28 species, the guide is geared towards easy identification of sea squirts in the field and is a useful tool for keen underwater observers.

The guide gives important information about each species: its appearance, whether it is native, its habitat, how common it is, its distribution around New Zealand, and what threats (if any) it poses to New Zealand ecology and aquaculture.

The guide includes some of the recently arrived invasive species of sea squirt that have colonised our ports and harbours, as well as many benign native species. It covers species we're already aware of, so if you spot what you believe is a new one, please let the Ministry for Primary Industries know on their free-phone 0800 80 99 66. Checks can be made to make sure it is

While most native ascidian species are found in low numbers in intertidal and subtidal environments around New Zealand, non-indigenous species can be highly successful, often reaching densities that preclude other species. The potential impact of some of these sea squirt species on the shellfish aquaculture industry in particular, can be serious.

continued page 10.



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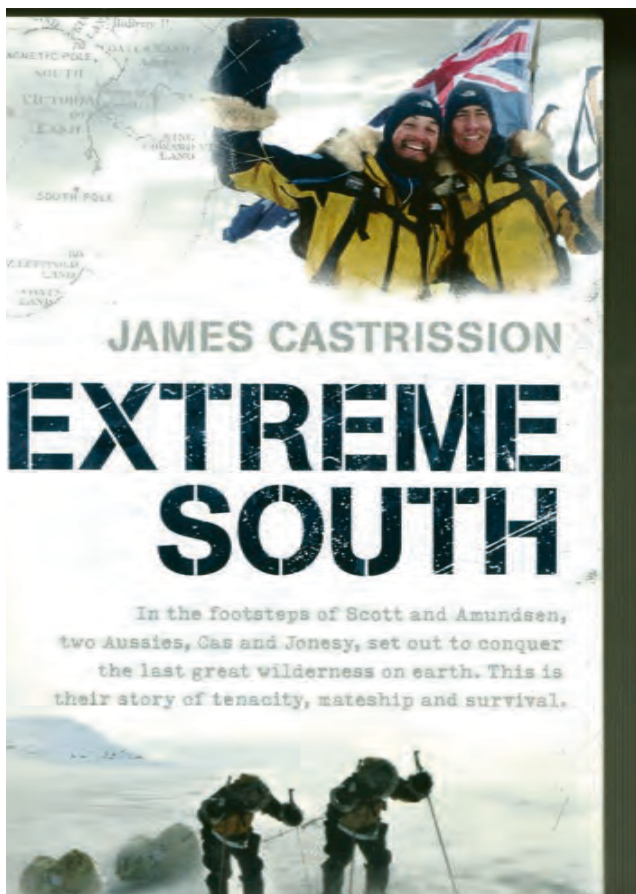
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## Extreme South - a book review



**Extreme South – a book review**

Written by James Castrission. Published by Griffin Press, Adelaide (2012).

Many New Plymouth peo-

ple will recall that remarkable day in 2008 at Ngamotu Beach, New Plymouth when two young Australians landed having kayaked across the Tasman Sea to be greeted by

## A word of advice before joining a gym

You've dug out your track pants, buffed your trainers. Today's the day! You're going to join the gym. Never mind the paperwork! Where do I sign? Now show me to the cross trainer so I can start shedding the pounds. When the "that's it!" moment strikes, our enthusiasm to get fit can easily take over. Hold onto your passion, but keep your head. Gym contracts can be notoriously hard to get out of – and can have some rather tricky terms and conditions. Even if you're no eager beaver, gym staff are trained to be persuasive. If they get commission for signing you up it's in their interest to get your signature there and then. Before you find yourself locked into a contract you might later regret, read the fine print and ask the following: **What happens if I want to leave?** Most gyms require you to sign up for a minimum length of time – sometimes for as long

as three years. With the best will (power) in the world, circumstances can change. You may move house, change jobs, or get sick. Check if there is anything you can do if you need to cancel your contract. Some gyms will let you 'on sell' your membership. Bear in mind that there is usually a charge for doing this. **Can I afford it?** Signing a gym contract can be the same as signing a credit agreement. Think of it in the same terms as taking out a car or a bank loan. Watch out for hidden fees. Work out how much you will pay over the course of the agreement. The monthly fee may sound manageable now, but will you be able to pay it every month for the next two or three years? Find out what happens if you can't pay. Will the debt go to a debt collection agency? Will your credit rating be affected? Does the contract list any of your property as security?

hundreds of well-wishers.

That was a gruelling adventure for the duo, but that was a 'walk in the park' compared to their next; an unsupported trek to the South Pole and back to the edge of Antarctica, completed on 26 January, 2012.

Quite a few people have walked one way to the South Pole, but have been flown back. The example of Peter Hillary, Eric Philips and Jon Muir and spring to mind.

In 2011 author James Castrission (Cas) and his close friend Justin Jones (Jonesy) set off to emulate the polar parties of Roald Amundsen (November 1911) and Robert Falcon Scott (January, 1912). Although they bulked up in weight before their trip, the photographs taken at the end of their 80 day journey, apart from being somewhat horrific and hard to look at, show two men who look like they've been starved and beaten up.

All through the book there are interesting excerpts from Captain Scott's Terra final expedition diary as a

comparison and contrast. Captain Scott and his four companions died on the return journey.

The duo's journey was, frankly, terrible and they ended up in a shocking state and had acrimonious rows as their bodies and psyche's deteriorated.

A young Norwegian was also making the same journey at the same time, so there were some elements of a 'race', but there was an intriguing twist near the end of their respective challenges, as readers will discover.

The book is well written, hard to put down, but perhaps included 'too much information', in some respects, as regards bodily functions or malfunctions.

I thoroughly recommend this excellent book, which has interesting photographs. However, if you are intending walking to the South Pole – don't read it, because it will certainly put you off.

*Rolland McKellar*

**Do I understand all of the terms and conditions?** After you've signed, it can be almost impossible to change the deal. It's a good idea to take the contract away from the gym so that you can read it without feeling under pressure. Tell the gym you need to think about it and get some advice before you sign. **Can I afford it?** Make sure you understand how the membership will be renewed. Sometimes membership can be rolled over beyond the end of the contract if you forget to cancel in time. **Can I try before I buy?** Some gyms will let you do a trial. Trying out a few different places can help you avoid being stuck with somewhere that's not for you – and will save you a fortune if you decide you're no gym bunny after all. You may be asked to sign a temporary contract. Again, remember to check any terms or conditions that come with the trial. **Your rights**

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## Little squirts that are hang out around the coast

*Continued from previous page*

Sea squirts have abundant, highly mobile larvae that settle and grow quickly into adults, competing with other species for food and space. Some species are able to replicate themselves asexually, which causes very rapid growth of the colony. Rapidly growing sea squirt colonies, such as *Didemnum vexillum*, can overgrow and smother mussels. *Pyura praeputialis*

forms dense mats that alter natural habitats used by other species. NIWA scientist Mike Page says, "We designed the guide because people want to know what they are, particularly when they are on the hunt for non-indigenous and invasive organisms. Therefore the guide will be useful for the Ministry for Primary Industries, Department of Conservation, regional

councils, district councils, schools, universities and port authorities." The guide contains easy-to-follow diagrams of sea squirt biology and flowcharts for species identification. It uses clear and user-friendly icons for each species to show key information about its habits and characteristics. The sea squirt species are illustrated with high-quality images of

the animals in their habitat. "As far as possible, we have used identifying features that can be seen with the unaided eye or a magnifying glass, and language that is non-technical," says Mike Page.

The guide is dynamic and new species will be added as they are discovered. The guide will be updated on NIWA's website: [https://www.niwa.co.nz/sites/default/files/portsharbour\\_ascidian\\_guide.pdf](https://www.niwa.co.nz/sites/default/files/portsharbour_ascidian_guide.pdf)



# Opunake's America's Cup

The raft race held at the weekend at the Opunake lake attracted an enthusiastic crowd of onlookers and competitors who demonstrated great ingenuity in the construction of their rafts. One disgruntled competitor prior to the main race however complained with some "bordering on boats" it wasn't a fair competition and they should have been disqualified!

Winners of the main event - a race around two buoys and back to the starting line on the shore of the lake - were Elite Farm Services competing against some rafts manned with up to eight people.

It was an intriguing flotilla that made its way across the lake.

Elite - their winning design living up to their name - took the lead early on pulling away from the second place getter, an interesting contraption that was part bicycle powered and had around 8 on board.

The plucky Elite team steadily increased their lead as the race progressed and, clear winners, were loudly clapped in to the finish line.

Second in were the ITM team. Third was the Lions Club No 1 cycle powered raft.

Isaac Evan from the Elite team said their raft was put together with polystyrene but wouldn't divulge more. The rest is a secret, he remarked with a grin.

There also followed after the main race a "tractor

pull" in which pairs of rafts linked together by a rope paddled in opposite directions - a sort of water tug of war.

The top winning pairs then faced off with the Opunake Lions No 1 raft - with no less than 8 people - managing to narrowly beat the Elite team.

A kayak race was also held prior to the big race was convincingly won by Maysen Bloemen.

A sausage sizzle made sure no one went hungry and with glorious weather, it was a fun day.

"It's been a great family day," commented Ian Armstrong from the Opunake Lions Club while one of the competitors Steve Pivac noted there's been some "pretty innovative designs."



An easy win for the Elite Farm Services team.



Second in were the ITM team (left) with the Opunake Lions No 1 team third (right) and Paul Kuriger and son a close fourth.



Maysen Bloemen (front) won the kayak race.

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**On this month in history**

On February 3, 1962 Peter Snell (later knighted - Sir Peter Snell) set world records for the 800 metres (1 minute 44.3 seconds) and the 880 yards (1 minute 45.1 seconds) on the grass track at Lancaster Park in Christchurch. During the race Peter Snell was concerned that the pace was too fast, but he decided to go for it anyway. "So through some crazy impulse, I threw away all test-book procedure and sprinted. This was pure effort against the stopwatch now", as he commented in the biography 'No Bugles No Drums'.

Peter Snell was born in Opunake and spent his formative years here. He was honoured by a statue being erected just outside Opunake Library Plus.

Apart from having seven individual world record runs, he also won three Olympic Games gold medals and two Commonwealth Games gold medals. He now lives in Texas, USA.

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Shaun Brider and Liam Read competing at beach flags



Kianai-May Thomas-Moore enjoying beach day



Jordan Hooper assisting with Year 9 Orientation

## WELCOME BACK

2013 has started with a hiss and a roar; already we have had a staff only day at Actionaki, orientation at all year levels (see photos) and staff and students are now settling into timetabled classes. Our focus, as always, is on **teaching and learning**. In 2013 we aim to improve on our academic achievement from last year and to continue living the OHS DREAM.

### PREFECTS

13 senior students have been elected to lead the student body after a rigorous selection process which began in 2012. They are a great team and we look forward to great things from them.  
 Head Boy; **Kallum Whitehead**  
 Head Girl Shared; **Tara Potter & Gemma Grey**  
 Deputy Head Boys; **Thomas Bell & Neihana Tapiki**  
 Prefects; **Sara Abplanalp, Claire Aitken, Jordan Hooper, Anita Marriot, Zayne McLean, Leighton Read, Richard Rosewarne, Marlene Ruka.**  
 Congratulations to you all and your Whanau.

### NCEA

Opunake High School students have excelled with their NCEA results from 2012. Our percentage of students achieving each of these certificates is :  
 Level 1: 84.3%  
 Level 2: 81.3%  
 Level 3: 78.1%  
 Congratulations to staff, students and Whanau for these wonderful results!!!

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# GALA

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2013 TERM DATES	
Term 1	<b>Monday 28<sup>th</sup> January – Friday 19<sup>th</sup> April</b> Monday 11 <sup>th</sup> March Taranaki Anniversary Day Friday 29 March—1 April Easter Thursday 25 <sup>th</sup> April Anzac Day
Term 2	<b>Monday 6<sup>th</sup> May – Friday 12<sup>th</sup> July</b> Monday 3 <sup>th</sup> June Queens Birthday
Term 3	<b>Monday 29<sup>th</sup> July – Friday 27<sup>th</sup> September</b>
Term 4	<b>Monday 14<sup>th</sup> October – Thursday 12<sup>th</sup> December</b> Monday 28 <sup>th</sup> October Labour Day

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# Opunake High School Head Prefects 2013



Opunake High School senior leaders 2013: From front (left), Neihana Tapiki (Deputy Head Boy), Kallum Whitehead (Head Boy), Thomas Bell (Deputy Head Boy). Back row (from left): Gemma Grey (Head Girl), Maria Potter (Principal), Tara Potter (Head Girl).

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## Fishy Fashion



Madison Kuriger 5 went out with dad Manoc at the Take a Kid Fishing in January. Madison decided it was perfectly ok to fish wearing a gorgeous party dress and suede boots. We are hooked on her style.

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# Haymaking vintage style

Summertime, as we all know, is for hay making.

And few farmers get through summer without having to 'fix the baler'.

Jim Baker is no exception. He too has a baler to fix.

It's a 1915 International horse powered Hay Press which he is repairing in time for the Vintage Hay Days at Normanby on Feb 23<sup>rd</sup> & 24<sup>th</sup>.

Jim is a trustee of the South

Taranaki Museum which is planning the summertime event as a fundraiser for the second stage of their development at Patea.

Stage 1 saw \$1.5m raised to fund a new museum building, which is currently attracting around 700 visitors per month.

Stage 2 will see a new shed built to take the overflow of artefacts and machinery not

currently displayed.

The early Hay Press, which is on loan to the Museum, is powered by a single horse walking around in circles, while the bale strings are tied by hand. Throughput is a modest 15-20 bales/hour. Clydesdale horses will be at the Hay Days pulling all manner of vintage machinery demonstrating how horses contributed to agriculture over many decades.

A large gathering of vintage tractors and engines is expected together with lots of activities for children. All children get free admittance as this fun weekend is designed with families in mind.

Grandparents will find this is a unique opportunity to take their grandkids out for a treat, while giving them an insight into how things were done, 'back in our day'!



Jim Baker with his vintage hay baler

## Suicide not the solution

Well known counsellor Sylvia Huitson is passionate about the issue of suicide – and how to counsel her 'at risk' clients that it is not an acceptable option. "I need to get out there and spread the message", she explains.

Sylvia has three 'prongs' of influence – in Hawera as principal of South Taranaki Counselling, New Plymouth, as Active Intentions with her programme 'Farmers on Track' and she has also written a book on the subject of suicide prevention ('Survive and Thrive – Choose Life'), which was published in 2012. She is currently writing a follow up book on depression.

Her attitude is summed up quite simply: "I'd like to think that suicide is a preventable death in most cases".

Regrettably, she says that some people, mostly men, have so made up their mind that they leave no hint of their intentions because "they don't want to be stopped", she laments. Not unsurprisingly, families do not get over it (sometimes).

Sylvia says it is important that everyone knows - not just a crisis team - what can be done to prevent this avoidable tragedy, especially those close to the 'at risk' person.

Sylvia explains that often clients come for other reasons than depression or suicidal thoughts and it



Counsellor Sylvia Huitson of Active Intentions (New Plymouth) and South Taranaki Counselling (Hawera)

only during counselling that the underlying intention emerges. The end of a relationship is often a trigger. "Yet there are lots of other options if we can just think what they can be", she says. Unfortunately, such people are often "at the end of their tether with not much power to change things" when they come to her. With a situation causing us grief, we need to either do something about it (problem solving), or accept the situation, or wait for it to sort itself out with time.

A lowering of self-esteem is the dangerous aspect, Sylvia points out. If you take everything on board, you'll

feel terrible. Sylvia tries to get the client to change their thinking about the upsetting event or situation. "If you can look at it in a different way you won't get so upset about it". The passage of time is helpful in allowing a client to see things in a more positive light. "If you can (just) wait until the rational brain kicks in", comments Sylvia, things will seem better. Sudden impulses are best resisted.

Broken relationships are the most frequent cause of suicidal thinking in Sylvia's counselling experience. She points out that this misfortune is so common as to be

almost universal. Even the majority of the Queen's offspring have been divorced. Yet the pain experienced, regardless of who you are, is profound. "A broken heart is the most pain you can feel", she comments adding that this has been highlighted by research.

What is needed? "We must be proactive to get over" lives reverses, such as relationship breakups. This process needs to go back to early childhood. The way children are brought up is important. "You have to be resilient to survive", Sylvia says having good confidence and self-esteem.

Sylvia believes there are two main drivers of suicidal thoughts, which are *helplessness* and *hopelessness*. Sylvia works with clients to take the power back and problem solve, as well as try to help the client find hope again. The idea is to help the client externalise the situation they are in, on the way to replacing the self-perpetuation negative cycle of thinking, and replace it with a with a more positive cycle.

It can help if the client can change the way they look at things. An ancient Greek philosopher worked out 2000 years ago that it is not what happens to us, but what we think about what happens to us that causes our distress. It is not what has happened but how we react to it that is important.

## Rainfall in Taranaki

January was a fairly dry month for Taranaki, with the region receiving on average 71% of normal rainfall. Rainfall totals ranged from very dry at Cape Egmont, where only half of the normal rain was recorded, and North Egmont receiving only 230.5mm (54%) of its normal amount. The story was similar in Southern Taranaki, where both at Rimunui Station (Waitotara Valley), and further inland at Charlies Clearing, only 56% of normal was recorded.

The Stony River recorded near Okato, and the Taungatara site near Te Kiri, were really the only sites that recorded anywhere near their normal January amounts with 96mm (93% of normal), and 81mm (98%) being recorded respectively.

This lack of rain has definitely had an effect on Taranaki Rivers, with mean (average) river flows being all well down on previous years, and similarly water temperatures being around or above normal average

levels.

Many water users from streams and rivers have been asked to conserve water, or cease abstracting water due to low river flows due to rivers reaching cut-off levels. The Council is continuing to monitor river flows closely over the summer low flow period, and as limits are reached, water use consent holders will need to act appropriately to comply with their consent conditions. The public are urged to conserve water where possible and follow any restrictions that their local District Council announces.

Air Temperatures have been fairly warm throughout January, with Brooklands Zoo reaching 32.9degC. Brooklands Zoo also recorded the highest average temperature for the month. North Egmont recorded the coolest temperature of 5.4degC.

Soil Moistures are mostly on average, drier than previous January figures, however there were no new low records set for the month.

## Strong Man

The strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special target of one of the older workmen.

After several minutes, the older worker had enough. "Why don't you put your money where your mouth is?" he said. "I will bet a

Continued next page

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**Ravensdown**





Danger outside the iconic Oakura Okurukuru Winery

# “I want to make it the hotspot of Taranaki” says new winery owner

I'd like to make it the hotspot of Taranaki. I'm going to make the place hum, says the new owner of the Okurukuru Winery, Sohnke Danger.

Danger - his christian name is Sohnke, but people struggle with the pronunciation - has cooked his way around the mountain since arriving in New Zealand ten years ago beginning with Wonderbar at Oakura (now Mantra), which he bought in 2002. He went on to work at the Mountain House and then the Garlic Press in New Plymouth. Now he's "back at the coast where I belong" he says.

Of his ambitious new venture Danger comments: "I've got to make it work."

He was actually approached by the previous owners of Okurukuru who felt he had what it took to make Okurukuru a focal

point of, not just the coast, but of Taranaki. And it appears they weren't wrong.

"We've got the Mountain, the sea and the winery and a beautiful venue," enthuses Danger adding that his intention is to make Okurukuru a place that people come to - not just for special occasions - but on a regular basis and family orientated.

"I don't want it to be pretentious," he says. "I'd like to keep it real, for real people, for everybody. So you don't need a special occasion to come here."

It's been three months since he bought the lease to Okurukuru and he's thrilled with how it's going.

"It's been brilliant," said Danger adding he was "very happy with the support especially from the locals."

Danger believes they have given the place more atmosphere and a more approach-

able menu.

He believes with food "you shouldn't confuse it too much", but food must be cooked "with passion and care."

He's excited at having been able to source from Manaia "real veal" not bobby calves, which he will be introducing to the menu. He explains that veal is "properly raised young beef" not bobby calves, a common misperception. "I want to make it famous," he says of the veal, which he hopes to make his signature dish.

Danger, who originally came from Germany, describes his cooking as "traditionally European". Mediterranean - considered incidentally to be the most healthy diet - with the emphasis on fresh vegetables, cooking with good olive oil. Everything he does is home-made.

They've also changed to a new standard menu price at night - \$30 for one course, \$45 for two and \$57 for three.

Danger says they've had a lot of feedback. "People like it. It's simple."

From April, Danger wants to have live music to accompany Sunday lunch.

Danger lives in Okato with his New Zealand wife and their two daughters Cinnamon and Isabella, who attend Coastal Taranaki School.

After leaving Germany he spent five years in Spain.

But New Zealand is clearly where he'll remain.

Of New Zealand he says with passion, "I love it," and adds he loves living in Okato.

"Everything is real - the people are friendly. You are recognised as a person, not as a number."

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## Strong Man

Continued from previous page week's wages that I can haul something in a wheelbarrow over to that out-

building that you won't be able to wheel back." "You're on, old man," the braggart replied. "Let's see what you got."

The old man reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."

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# Double dose of netball fever



The Central Pulse are playing at TSB stadium. Make sure you get along to the action against the BOP Magic.

embrace the expectation to perform and we should be well prepared to perform."

The experienced coach has no doubt that there will be new pressure for her players to deal with once the season gets underway. "There will be expectations on all of us. I think that's good and the pressure to perform is important and we need to show that we can perform under those circumstances," she said.

"We need to put pressure on ourselves to perform individually and as a team take the responsibility to work under pressure. We've got the players to do it, we're hard-nosed and we need to get it right.

"There is a way to win and learning to win is essential. Once you do get that feeling and know how to do it, it makes a huge psychological difference. It won't just happen, only hard work and preparation will make it happen," she added.

Local Year Seven and Eight netballers will play a North v South curtain-raiser on the Saturday and young netballers will also get the chance to train with their heroes.

Winners of the "Train with the Haier Pulse Players" competition will take part in one of two netball clinics on the Sunday. Each clinic

will cover skills and drills on footwork, space and balance, working alongside players from the Haier Pulse squad. The netball clinics are open to view by the public, so everyone gets the chance to pick up a few netball tips and meet the team.

The Haier Pulse would like to thank New Plymouth District Council, TSB Stadium, Netball Taranaki and TSB Community Trust for supporting this pre-season match as a spearhead to what promises to be an action-packed 2013 ANZ Championship campaign.

Tickets for the Haier Pulse v WBOP Magic are on sale now and priced at \$16.50 for adults and \$6.50 for children (2-12 years), and for an additional \$10 fans can watch both the Haier Pulse and WBOP Magic play AIS in two bonus games over the weekend. Tickets are available from Ticketmaster, TSB Showplace box office or call 0800 111 999.

More information about the Haier Pulse is available on [www.pulse.org.nz](http://www.pulse.org.nz), [facebook.com/Haier.Pulse](https://www.facebook.com/Haier.Pulse) or twitter @HaierPulse. Alternatively, you can contact Catherine Rossiter-Stead

Taranaki is preparing for a large dose of netball fever as the Haier Pulse travel to TSB Stadium, New Plymouth, in February. Having never played in Taranaki region before, the Haier Pulse offers a double helping of pre-season netball. The players take on what promises to be a high-octane clash versus the Kia Waikato Bay of Plenty

Magic (WBOP Magic) on Saturday 23 February at 4pm. This follows on from a warm up game against the renowned Australian Institute of Sport (AIS) on Friday 22 February at 6pm. As an added bonus, fans also get a second chance to see the WBOP Magic in action when they play the AIS on Sunday 24 February at 9am. In the absence of a pre-season tournament this

year, Haier Pulse Coach Robyn Broughton, sees the training weekend as key in the lead-up to the 2013 ANZ Championship. "It was disappointing to lose the Tauranga tournament because all the teams were there and it gave coaches and players a really good insight into what was in front of them. We just have to go back to our own resources but netball people seem to

be good at that and we now have a fantastic opportunity to play the AIS and WBOP Magic in New Plymouth," acknowledged Broughton. "Preparation is crucial: preparation, preparation, preparation and hard work. We now have the ability as a team, and there is a certain amount of pressure and expectation for us this season so we have to perform. We should

# Action at the Lake Family fun fight



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 WAREA

ABOVE:

Shane Lark ,Xavier Langton , Rhys Griggs, Michael Griggs and Mitchell Langton Paddling to the finish line and an onslaught of water bombs from the firing crew Haydn Langton, Jacob and Tara Clement at the Lions Lake Raft Day.





# The dark side of sport

What the hell happened with the boxing match between Sonny Bill Williams (SBW) and Francois Botha last Friday night? From the outside it looked like an attempt to showcase corruption at its very worst. There was a 12 round fight reduced to 10 rounds, when, how and why no-one seems to

know. Illegal punches being thrown, particularly by Botha and then a failed drugs test by Botha too.

Lately we have heard a lot about the corruption and the legal drug taking in Australian sport. The SBW fight has shown New Zealanders just how bad it really is.

Not sure if we will ever

get to the bottom of exactly what happened, but I think the World Boxing Association should be asking some serious questions.

The sad thing about all of this is that the fight itself between SBW and Botha was highly entertaining. Both fighters showed great skills, but despite how great the

fight was, we talking about everything except boxing.

SBW may have muscles on top of muscles and be one of the finest athletes on the planet, but you could see after the second round he was not ring (boxing) fit. Despite SBW being very convincing in the early rounds and worthy of his points vic-

tory, Botha just kept at him and by the ninth and tenth round was well in control of the fight. Although Botha hit SBW with some cheap shots, by the end of the tenth round SBW didn't know what planet he was on. I'm sure that if the fight had carried on two more rounds then SBW would have lost for sure.

James Langton

## Fit and Fighting - with a point to prove



James Langton of Opunake ready for his boxing debut.

For the last five months Opunake's James Langton has been in serious training for his first professional boxing match, which will be held on March 1 in Lower Hutt.

His opponent has won six of his eight fights as an amateur and this will be his first as a professional. The fight will be over six two minute rounds. James rates his chances as 50/50, although he admits he is the underdog.

"I'm not afraid of the fight", he comments, "But I am afraid of losing".

He added, "To take boxing on was a tough decision back in August, as I had the opportunity to coach one of the senior rugby teams in Taranaki.

However, I felt at this stage that I wasn't ready for that commitment. Coaching is something I love doing and something that I want to do at some other stage".

James trainers Mo Morgan and Terry Simpson will be with him at the big event and James owes them "big thanks" for the time and effort they have put in.

Since Christmas James has been training twice a day with sparring, both in Pungarehu with the Coastal Boxing Club (CBC) and also in New Plymouth (New Plymouth Boxing Club), as well as running, skipping and lifting weights. "It's been my life since Christmas", he explains.

At present James weighs in

at just under 100kgs, which is where he must stay to make the weight limit qualification at the 'weigh in' just prior to the fight. However, as he is usually a bit lighter, James felt it was necessary to bulk up a bit, so has been eating high protein foods, as well as taking protein powders and supplements.

James' wife Kelly has an important part to play too in the preparation. She has been James' dietician. He is also grateful to Diane at the Opunake Health Centre where he has undergone a massage programme twice weekly to ensure he is in "tip

top" condition for the fight.

His final word? "If I survive the first two rounds, I'll beat him". James says with a determined smile.

He also said, "Boxing has to be one of the hardest sports that I've competed in. If you want to be serious about it, you need your fitness to be 100%. Your body has to be as strong as it has ever been. Your mind has to be totally focused on the fight".

"You are stepping into the ring with an opponent who wants to knock you out and that's a hard concept to get your mind around".



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## Half Ironman hits Okato



The cyclists looks ready for a drink as they pass through Okato.

The Lions clubs of Okato and Rahotu were kept busy as the Half Ironman cyclists passed through Okato on Saturday February 9. The participants were cycling from New Plymouth to Rahotu and back, a total of 90kms. From about 8.15am members of Rahotu Lions were handing out drinks

(electrolytes and water) to the cyclists as they rode past. By late morning they had consumed about 120 litres.

"A cup of coffee would go down well", commented Sandra Bidgood with a smile. Another Rahotu Lion Wendy Mullan said their club also provided drinks for last year's event. She

explained that there was a real technique in how the drink was proffered, especially for the serious riders who sped past at top speed. She said she was surprised how spread out the riders were. "We thought they would come in bunches, but apparently they are not allowed to bunch". Of the

weather she said, "Perfect day for it - not too hot".

Wilfred Riepen of the Okato lions was helping with traffic control, along with a man from Traffic Management NZ, who said that everything had been peaceful as regards traffic. "Everyone's been considerate", added Wilfred.

Graham O'Grady (Kinloch) won the men's event in a record time of four hours, three minutes and 56 seconds. Apart from the cycling, the other legs included a 2km swim and 21.1km run along the Coastal

Walkway. Graham headed off last year's winner Brodie Madgwick, despite having a flat tyre on the cycling leg.

Candice Hammond (Cambridge) also set a record in winning the women's section. Her time was four hours 36 minutes and 17

seconds. In second place was her training partner Erin Furness. Both women are trained by Keegan Williams, who must be delighted.

Organiser Selwyn Brown was very pleased with how the event went this time.

## Off the net

Dear Tech Support, Last year I upgraded from Boyfriend to Husband and noticed a distinct slowdown in overall system performance, particularly in the flower and jewellery applications, which operated flawlessly under Boyfriend. In addition, Husband uninstalled many other valuable programs, such as Romance and Personal Attention and then installed undesirable programs such as Rugby, Football, Sailing and Continuous TV. Conversation no longer runs, and Housecleaning simply crashes the system. I've tried running Nagging to fix these problems, but to no avail. What can I do? Signed, Desperate

Dear Desperate

First keep in mind, Boyfriend is an Entertainment Package, while Husband is an Operating System. Please enter the command: 'http: I Thought You Loved Me.html' and try to download Tears. Don't forget to install the Guilt update. If that application works as designed, Husband should then automatically run the applications Jewellery and Flowers, but remember - overuse of the above application can cause Husband to default to Grumpy Silence, Garden Shed or Beer.. Beer is a very bad program that will download the Snoring Loudly Beta.

Whatever you do, DO NOT install Mother-in-law (it runs a virus in the background that will eventually seize control of all your system resources). Also, do not attempt to reinstall the Boyfriend program. These are unsupported applications and will crash Husband. In summary, Husband is a great system, but it does have limited memory and cannot download new applications quickly. It also tends to work better running one task at a time. You might consider buying additional software to improve memory and performance. We recommend Food and Hot Lingerie. Good Luck, Technical Support



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Next issue of the Opunake & Coastal News is on February 28.

Get your contributions and adverts in early to ensure inclusion in the paper.

## Taranaki Racing Club Meeting a big event



Philly enjoys time with her favourite mount, Raisin, on the Mullins Rahotu farm.

A huge crowd of keen racing enthusiasts are expected at this Saturday's Hooker Pacific Taranaki racing cup meeting in New Plymouth.

This Group Three event is an annual attraction

which lures visiting horses and jockeys from all parts of the North Island.

Another Group Three race, the Phoenix Park Two Year Old Classic will be hotly contested

by the younger horses.

A trip for two to the Melbourne Cup is the prize for the Fashions in the Field contest. The serious punter is catered for with the Intertrack Inves-

tors Competition which offers a \$4,000 prize.

Paddy and Philly Mullin, Rahotu farmers, are always interested in New Plymouth racing. Their horse, Monachee, won in style at the Pukekura Raceway and now the Mullins take pride in the recent win of this 6-year-old down south at Dunedin. The occasion was the \$50,000 Gold Cup race at Wingatui. Paddy has leased Monachee to South Island enthusiasts and the trainers are John and Karen Parsons. "Monachee has flourished with the different location and she has matured in to a good horse," says Paddy. Horse trekking is one of Philly's main hobbies. So when she is not busy at the gallops, Philly can be seen riding her large and reliable Rasin. "Raisin is so quiet he is bullet-proofed," quipped Philly.

## The TSB Bank New Zealand Surf Festival

The TSB Bank New Zealand Surf Festival will again host a leg of the ASP Women's Tour as a feature event in a 10-day line up of surfing competitions commencing March 29, thanks to Surfing Taranaki and support from a host of local companies.

The festival will to host surfing competitions ranging from the World Tour to Micro Groms to Masters, says Festival Director, Craig Williamson.

"The 10-day event will start in Easter and run from March 29 to April 7.

It will include the Dow AgroSciences Pro as stop number four of seven ASP international competitions scheduled for 2013 and will be held over a five-day window from April 3 to 7.

Bringing 17 of the world's best female surfers including local Paige Hareb to surf Taranaki's legendary waves, another Kiwi will also have a chance to challenge the world's best.

By winning the ITL New Zealand Women's Open, the winner will go into the Dow AgroSciences Pro as a wildcard entry which will be



World Champion Surfer Stephanie Gilmore in action

an unparalleled experience, says Craig.

"The wildcard entry is a huge opportunity to compete at an international level to which Kiwi surfers have risen to take the challenge," says Craig.

"At our first event in 2010, 15-year old Sarah Mason won the Women's Open, then went on to beat world champion Stephanie Gilmore in her heat and made it to the semi-finals before being knocked out. Sarah's surfing career took off from there making it onto the World Tour in 2012."

Based at New Plymouth's Fitzroy Beach, the TSB Bank New Zealand Surf Festival will also include the Powerco Micro-Groms for all surfers aged under 11, a New Zealand Grom Series Competition for boys and

girls under 16, as well as the Carona Easter Masters, which is celebrating its 21<sup>st</sup> year as an event.

The Masters will run from March 29-31, the Grom Comp from March 30-31, the Micro Groms on April 1 alongside a Beach Carnival at Fitzroy, and the NZ Women's Open Wildcard Trials will be on April 2 followed by the ASP Women's World Tour event April 3-7.

At a time when surf events are "dropping like flies", according to the editor of women's surf magazine, Curl, Lynne Dickinson, and the "girl's world tour is losing events year after year, it seems almost unbelievable that the small Taranaki community can do what major surf companies cannot".

"It's no wonder that Taranaki is producing its fair share

of top NZ surfers," says Dickinson.

"Paige Hareb is in her fifth year on the World Tour, and Thandi Tipene, New Zealand 2012 National champ, both call Taranaki home. Huge ups to all those Taranaki people who get behind this event."

F "Outside of the competitions there will be a range of community events including a Beach Carnival, a Disabled Surfer's session, a Surf Photo exhibition, Surf Movies and Surfer's Ball featuring one of NZ's top reggae bands," says Craig.

"What better excuse does anyone need to get involved in the one of these events or to just head on down to Taranaki this Easter to watch them unfold!"

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# Ngawhini Classic Car Hill Climb

Ngawhine Road, Hawera  
Saturday 16<sup>th</sup> February  
2013

First car starts 9.30am,  
flagged away by Mayor  
Ross Dunlop  
Viewing public welcome,  
small entry free.  
Refreshments available.

The Ngawhini Hillclimb  
was originally run by the  
South Taranaki Car Club  
as part of the prestigious  
national motorsport gold  
series of events in the  
1950s and 1960s.

Soon after its inception  
the Egmont Classic Car  
register ran a retro running  
for the event in 1993 as a  
one off invitation event  
for classic cars, which was  
well supported - including  
identities competing in the  
original series.

It's success promoted the  
ECCR to run the event  
every two years since,  
bringing in entrants from  
all over the country. This

year sees competitors coming  
from as far afield as Keri Keri  
and Kaitati in the North and  
Christchurch in the South.

This year's runners include:  
Event organiser Grant Waugh  
in the 1973 Datsun 180B SSS  
Coupe, Wanganui's Shane  
Hobman in his 1964 EH  
Holden, previously owned by  
Taranaki John Antill (Ingle-  
wood) and Stratford's Dennis  
Goble in his muscle car racing  
1979 Ford Mustang.

Let's not forget Manaia's  
Kevin Harris in his 1990  
Lynx Sports, Hawera's Adam  
Fraser in his 1977 Porsche  
911 Carrera, plus a host  
of Anglias, Escorts, Minis,  
Capris and Triumphs. The  
Evergreen Roy King from  
Kaponga in his 1927 Austin  
Special will have to compete  
this time with another Austin  
7 of 1934 vintage owned and  
driven by Rhys Nolan from  
Keri Keri.

The ECCR welcomes spec-  
tators to the event and re-

minds them that any form  
of motorsport can be dan-  
gerous to competitors and  
spectators alike. Please  
keep well away from the  
course and moving cars  
and respect the instructions  
of officials and marshalls.  
The Hairpin is a favourite  
viewing point and its spec-  
tator location signposted.

The ECCR celebrated its  
21<sup>st</sup> Anniversary in 2013.  
The Club was formed in  
1992 by Robin Chadwick,  
the late Allan Dietschin  
and a group of other like-  
minded motoring enthu-  
siasts.

At a celebratory dinner  
following the hillclimb  
60 plus members, former  
members and Ngawhini  
entrants will observe the  
occasion. Guests of hon-  
our are Marvyn and Judy  
Towers of main sponsor of  
hill climb. Also attending  
will be Robin Chadwick,  
founder member and first  
President of the ECCR.

The ECCR acknowledges  
the enormous contribution  
of sponsors, now and in  
previous years sponsorship  
has come from local and  
Taranaki wide businesses  
and has enable the club to  
offer an impressive array  
of prizes for all competi-  
tors, not only the winners.

The ERRC also thanks  
the South Taranaki Car  
Club for their on-going  
help in running the South



An example of a 1964 EH Holden

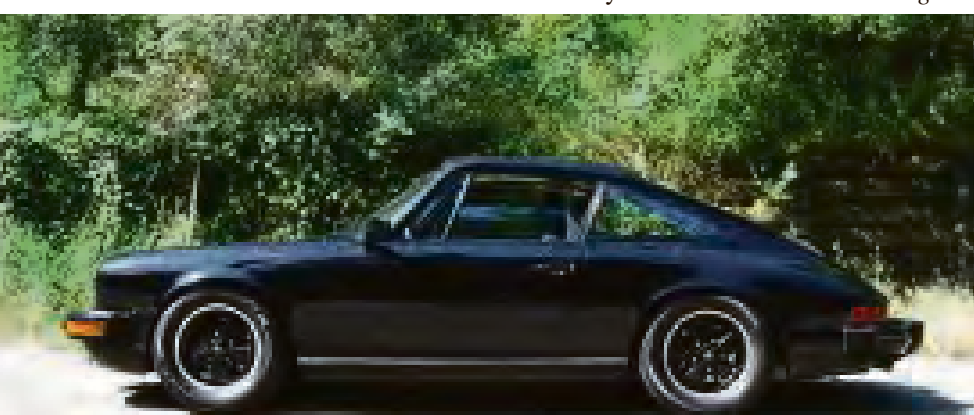
Taranaki Car Club for the  
on-going help in running the  
event including providing  
equipment, radios and time-  
keeping.

Trophies are to be presented  
at prizegiving in the paddock  
following the hillclimb:  
The Elstone Cup for fastest  
time of the day by any car.

The Dawson Cup for fastest  
time by an ECCR Member.  
The Chris Wells Memorial  
Trophy for fastest time by an  
ECCR member in a standard  
pre 1980 road car.  
Although having a competitive  
edge, the emphasis of the event  
is a celebration of motorsport,  
classic cars and friendly ri-

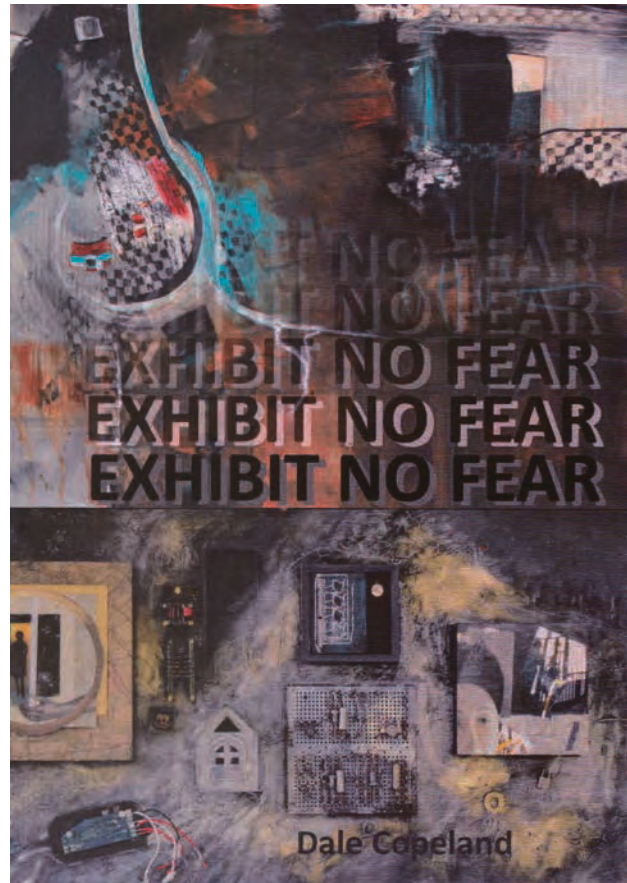
valry.  
The ECCR wishes competi-  
tors and spectators alike an  
enjoyable and friendly day  
on Saturday 16<sup>th</sup> February  
at Ngawhini.

Alan Wells  
Secretary  
Egmont Classic Car  
Register



A 1977 Porche 911 Carrera

## Real Tart Gallery



The exhibition on [the Virtual Tart site at www.tart.co.nz](http://www.tart.co.nz)  
for February 2013 is WORDPLAY by  
Jo Murray of Little Mountain, Queensland, Australia.

## Opunake Olex



Opunake Athletic Club have a great spot prize for their upcoming Olex fun Run and Walk Sunday 17th February, Registration from 9 am at Sandfords Event Centre or pick up a form at Collins Sports Centre or Sinclair Electrical and Refridgeration

## Opunake IRB Team National aim



Opunake Surf Lifesav-  
ing club are sending a  
team to the BP New Zea-  
land Surf Rescue Cham-  
pionships IRB Nation-  
als .Team members are  
Michael Corkill, Mike  
(Speed) De Bique, Brook  
Smith, Dom Tatham, Jordan  
Hooper, Thomas Bell,  
Marlene Ruka, Dylan Arl-  
idge and Jemma Pentelow .  
The team are head-  
ing to Waipu Cove  
on the 21st March  
**Thomas Bell , Dom  
Tatham, Jordan Ho-  
oper and Brook Smith**

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**PUBLIC NOTICES**



**THIRD RATES INSTALMENT**

Ratepayers are reminded that the last day for payment of the third instalment of rates for 2012/2013 without incurring a penalty will be **Wednesday 27 February 2013.**

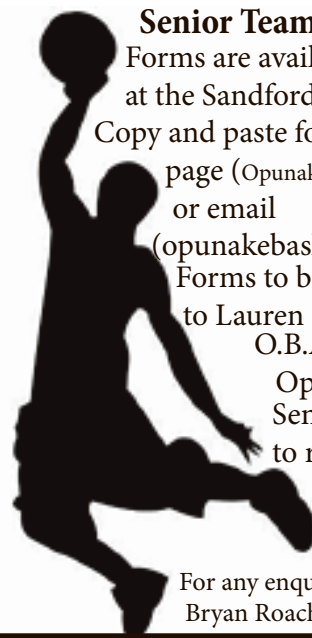
CR Stevenson  
Chief Executive

**PUBLIC NOTICES**

**Opunake Basketball Association**

**Senior Team Registrations**

Forms are available from Lauren Castle at the Sandfords Event Centre or Copy and paste form from our Facebook page (Opunake Basketball Association) or email (opunakebasketball at hotmail. co.nz) Forms to be returned by 1st March to Lauren or post to: O.B.A., PO Box 34, Opunake Send us your email address to recieve draws Duty Teams to supply referees and bench for the whole night. For any enquiries ph Bryan Roach on 027 44 57 888.



**Coastal Cobra's Junior Rugby League Sunday 17th February Opunake Beach**

11am-1pm Grades 15s,13s, 9s and 7s Coaches and Managers are also needed Enquiries to 761 8046 or 027 8736123



**Oaonui Hall Meeting**

Tuesday 2nd Feb 7.30 pm at the Hall

**AGENDA**

**125 Anniversary Celebrations** Andrew Pentelow 06 763 8571

**Coastal Junior Soccer AGM**

Thursday 28th February 7pm at Sandfords Events Centre All Welcome Contact David Gillum 761 8606

**Manaia Golf Club**

18 hole Ambrose Tournamen Sunday 17th February Tee off 9-10 30 am Max 6 persons per team entry fee \$10 pp Golfers and Non Golfers welcome Sponsored by Kaponga Home Kill & Butchery Entries to Greg Elliott 0272492220 Or Agi Poole 062729132

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**Coastal Volunteer Emergency Transport Group AGM**

Mon 18 February 2013, 2 pm at 4 Napier Street, Opunake

All members and interested persons are invited to attend.

Contact Debbie Campbell Secretary

**CHURCH NOTICES**

**Opunake & Okato Co-operating Parish CHURCH SERVICES**

**St Paul's Opunake Co-op & Rahotu Opunake** Cooperating Parish St Pauls, Havelock St, 9.30am every Sunday and the **Rahotu - Wesley** - 11am first Sunday of the month. **Oakura - St James** - 10am, 2nd & 4th Sundays. **Okato - St Pauls** - 10am, 1st & 3rd Sundays.

**Opunake Catholic Church** SUNDAY 8.30 am at Pungarehu (St Martins), 10am at Opunake (Our Lady Star Of The Sea).

**Other areas**

Manaia - Sacred Heart - 1st & 3rd Saturdays at 5pm (2nd, 4th and 5th Sat at Hawera's St Josephs). Kaponga - St Patricks, Sunday 8.45am

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**Rahotu Community and Sports Clubs QUIZ NIGHT**

Friday March 1 at 7pm

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\$10 per person 6 people per team

Refreshments available Supper provided

Fundraiser for Clubroom furniture

Ph Chris Goodin 06 763 8657



**PUBLIC NOTICES**

**Nexans Olex OPUNAKE**  
**SUNDAY 17TH FEBRUARY 2013, 10.00am**  
**FUN RUN/WALK**  
 2.2km - 5km - 10km  
**EVENTS CENTRE TASMAN STREET**

**Major Spot Prize of a NEW MOUNTAIN BIKE!**

Registration and Finish at Athletic Track at Sports Complex

2.2km short course  
 5km 1 lap  
 10km 2 laps



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 Contact Energy Register online [www.olex.co.nz](http://www.olex.co.nz)  
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Entries to Opunake Athletic Club  
 Please make cheques to Opunake Athletic Club  
 C/ S Roach PO BOX 100 Opunake 4645

Hosted by OPUNAKE ATHLETICS CLUB  
 Sponsored by Sinclair Electrical and Refridgeration Collins Sports Centre  
 Contact Energy Register online [www.olex.co.nz](http://www.olex.co.nz)  
 Or pick up an entry form from Collins Sports Centre Register on the day up until 9.30am

**Ngati Tamaahuroa & Titahi Hapu Hui**  
 Oeo Pa  
 Sat 16th March 10.30 am  
**AGENDA**  
 Papa Kainga Dwellings  
 R Rongonui Chairman

**Holiday complaints!**

**From Thomas Cook Holidays - listing some guests' genuine complaints during the season**

1. "I think it should be explained in the brochure that the local store does not sell proper biscuits like custard creams or ginger nuts."
2. "It's lazy of the local shopkeepers to close in the afternoons. I often needed to buy things during 'siesta' time - this should be banned."
3. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food at all."
4. "We booked an excursion to a water park but no-one told us we had to bring our swimming costumes and towels."
- 7.. "The beach was too sandy."
8. "We found the sand was not like the sand in the brochure. Your brochure shows the sand as yellow but it was white."
10. "Topless sunbathing on the beach should be banned. The holiday was ruined as my husband spent all day looking at other women."
12. "No-one told us there would be fish in the sea. The children were startled."
13. "There was no egg slicer in the apartment..."
14. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
15. "The roads were uneven..."
16. "It took us nine hours to fly home from Jamaica to England it only took the Americans three hours to get home."
17. "I compared the size of our one-bedroom apartment to our friends' three-bedroom apartment and ours was significantly smaller..."
18. "The brochure stated: 'No hairdressers at the accommodation'. We're trainee hairdressers - will we be OK staying there?"

**WHAT'S ON**

- COASTAL RUGBY**  
 Thursday training at Rahotu Rugby Grounds (6.30pm)  
 Tuesdays and Thursdays
- ARTHOUSE CINEMA RETURNS TO BUTLERS REEF**  
 From February 13 to March 8 - many dates to see entertaining films.
- OPUNAKE RAHOTU VETERINARY TRUST**  
 Applications accepted now.
- SURF INN**  
 Free pool on Mondays, Tuesdays and Sundays. Pool competition starting Thursday at 7.30pm and Sunday at 1pm.  
 Poker night on Wednesdays. AND MUCH MORE -.
- EGMONT EUCHRE CLUB**  
 Meets every Thursday 1pm at the Opunake Bowling Club
- OPUNAKE SWIMMING BATHS**  
 Open to the public 1- 4pm Sundays, 3.30 - 5pm Thursdays. Other Classes available ph 761 8052  
 Aquatots and Preschoolers - Tuesday mornings.
- TODD ENERGY AQUATIC CENTRE**  
 Family fun times 10.30am to 4.30pm.
- OPUNAKE MODERN JIVERS**  
 7.30pm every Thursday at Opunake Town Hall: Foxtrot, Waltz, Samba, Cha Cha Cha, Modern Jive Workshop
- OAONU HALL MEETING**  
 Tuesday 26 February refer public notice
- COASTAL JUNIOR SOCCER**  
 AGM Thursday 28<sup>th</sup> February at Sandfords Event Centre, Opunake (7.30pm). Refer advert.
- RAHOTU COMMUNITY AND SPORTS CLUBS**  
 Quiz night Friday March 1 (7pm). Refer public notice
- OPUNAKE BASKETBALL ASSOCIATION**  
 Team Registrations due Friday March 1 refer public notice
- TREE TRUST**  
 Applications for grants now open PERCY THOMSON GALLERY  
 Wonderful World of Watercolour. Opens Friday 1 February (7.30pm) Ends March 3 (Refer advert).
- LYSAGHT WATT GALLERY**  
 Exhibition ends Saturday March 2. Refer advert.
- MANAIA COMMUNITY PRESCHOOL**  
 Monday February 4 Term 1 starts.
- THE VILLAGE GALLERY**  
 Creative Clearance. Ends Friday February 15. Refer advert.
- ROCKING CHARITY SHOW (SPCA)**  
 Friday February 15 in Hawera (Refer advert).
- NGAWHINE ROAD CLASSIC HILL CLIMB**  
 Saturday February 16, from 9.30am.
- SOUNDS ON THE SAND**  
 Sunday February 17 at Opunake Beach, starting 1pm (Refer advert).
- NEXANS OLEX FUN RUN/WALK IN OPUNAKE**  
 Sunday February 17 (10am) at Sandfords Event Centre. Refer advert.
- COASTAL COBRAS**  
 Sunday February 17 Junior Rugby League meeting (11am) at Opunake Beach Refer advert.
- MANAIA GOLF CLUB**  
 Sunday February 17. Tee off at 9am-10am. refer advert.
- COASTAL VOLUNTEER EMERGENCY TRANSPORT GROUP**  
 Monday February 18 AGM. Held at 4 Napier St, Opunake (2pm). Refer advert.
- SHOT FROM THE HEART AT VILLAGE GALLERY**  
 Rhonda Bunyan's exhibition opens Monday February 18 and ends Friday March 15.
- VINTAGE HAY DAY AT NORMANBY**  
 Saturday February 23 and Sunday February 24 . From 10am. Refer advert.
- OAONU HALL MEETING**  
 Tuesday February 26 at 7.30pm. Refer public notice
- STDC FINAL DATE FOR RATES PAYMENT**  
 Wednesday February 27 is the due date.
- COASTAL JUNIOR SOCCER**  
 Thursday February 28 AGM (7pm) at Sandfords Event Centre. Refer advert.
- JAMES LANGTON'S BOXING FIGHT**  
 Friday March 1 at Upper Hutt.
- GIRL GUIDE BISCUITS AVAILABLE**  
 From Friday March 1
- HAWERA REPERTORY SOCIETY - 'HARRISMENT'**  
 2-9 March at Repertory House. Collins St., Hawera (Refer advert).
- PERCY THOMSON GALLERY**  
 Sunday March 3 Wonderful World of Watercolour and Joan Fitzpatrick Exhibition ends. Refer advert.
- OPUNAKE HIGH SCHOOL GALA DAY**  
 Thursday March 14. See page 12.
- OPUNAKE RAHOTU VETERINARY TRUST.**  
 Applications in by March 15 please. Refer advert.
- WOMAD**  
 15-17 March
- NGATI TAMA AHUROA AND TITAHI HAPU HUI**  
 Saturday March 16 (10.30am) at Oeo Pa. Refer public notice.
- BP NZ SURF RESCUE CHAMPIONSHIP**  
 Thursday March 21
- TSB NZ SURF FESTIVAL**  
 From Friday March 29.

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**Holiday complaints**

*Continued*



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 Sat, Sun  
 Feb 16th, 17th  
 10am - 2pm

19. "There are too many Spanish people. The receptionist speaks Spanish. The food is Spanish. Too many foreigners now live abroad."
20. "We had to queue outside with no air conditioning."
21. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."
22. "I was bitten by a mosquito, no-one said they could bite."
23. "My fiance and I booked a twin-bedded room but we were placed in a double-bedded room. We now hold you responsible for the fact that I find myself pregnant. This would not have happened if you had put us in the room that we booked."

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*Continued at left*



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Ketemarae Rd  
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from 10am  
*Free entry for children*



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# Bigger than a biscuit

What you're really buying when you get Guide Biscuits this year.

When March rolls around, you'll be able to buy the much-awaited Guide Biscuits again. But even though these irresistible vanilla biscuits are mouth-wateringly tasty, deliciously crunchy and put simply – to die for, what you're actually buying is much more than 'just a biscuit'.

What you're really buying is: beach clean-ups; 'Save the Kiwi' challenges; camping trips; and the chance for New

Zealand girls to learn skills, knowledge and all about values.

GirlGuiding New Zealand (NZ) relies on Guide Biscuit sales for over 55% of its annual revenue, all of which goes toward providing future Kiwi women with hands-on experiences that allow them to discover their potential, develop confidence, and participate in programmes that contribute to the community.

For instance, girls around New Zealand will be visiting local rest homes to put on morning or afternoon tea for the launch of Guide Biscuit



season – tea and biccies, yum!

So even though Guide Biscuits may be a favourite in the mouths of your family, you're not just buying that creamy vanilla, crunchy, chocolate-coated taste – you're buying the future of our girls.

Guide Biscuits will be on sale – by Girl Guides – from March 1<sup>st</sup>, in the three

delicious varieties that Kiwis have come to love: Original, Choc and Mini Chocs. Look out for them in your neighbourhood or check out your local Postie or Mad Butcher store.

Call in to the brand new Guide Biscuits website – guidebiscuits.co.nz – to find out more, or visit facebook.com/GirlGuidingNZ.



## Facets of Flax

The cultural, artistic and physical properties of harakeke, or flax, will be explored at a free public workshop at Hollard Gardens, Kaponga, on Sunday (17 February). Led by weaver and artist Viv Hohaia, and Sue Rine, the workshop will cover: The Maori view of harakeke. The protocols around harakeke why they exist and how they relate to whanau principles and values. The

National Flax Collection and the role played by Hollard Gardens. How to cut, maintain and care for harakeke, and keep it healthy. Weaving and other uses of harakeke. The workshop will include a walk around the flax garden at Hollard Gardens, which is north of Kaponga at 1686 Upper Manai Road. Sunday's event runs from 2pm to 4pm. see [www.hollardgardens.com](http://www.hollardgardens.com).



## SHOT FROM THE HEART

PHOTO ART BY RHONDA BUNYAN

VILLAGE GALLERY  
ELTHAM

FEBRUARY 18  
TO MARCH 15



**ACE Taranaki**  
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- Creative Mosaics
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- Jewellery Skills
- Paper, Inks & More Cards
- Portraiture - In your Face
- Pottery
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- Wood Work

### General Interest

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- Investing for Retirement
- Photography Techniques for Compact Cameras
- Photography Techniques & Cameral Functions (DSLR)
- Puppy Pre-School
- Tutor Training

### In the Kitchen

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- Cake Decorating
- Feel Good Food
- Indian Cooking - Stage 1
- Indian Cooking - Stage 2
- Sri Lankan, Indian & Thai - Series 1

### Computing

- Basic Computing
- Computer Clinic
- Various Courses in Stratford - Coming Soon!!

### Health & Wellbeing

- Awareness through Movement
- Body Bliss Yoga
- Capoeira for Beginners (and Up!)
- Martial Arts
- Massage Therapies - Stage 1
- Massage Therapies - Stage 2
- Massage Therapies - Stage 3
- Myofascial Release Therapy
- Pilates
- Self Defence
- Tai Chi Chuan
- Ureui Yoga

### Languages

- Brazilian Portuguese - Beginners
- Improve your English now you live in NZ
- French for Travellers
- French - The Next Level
- German - Beginners
- German - Intermediate
- Italian - Beginners
- Italian - Intermediate
- NZ Sign Language, Levels 1A, 1B, 3D
- Spanish - Beginners
- Spanish - Intermediate
- Spanish - Advanced

Hi, we have had a little black Fallow deer fawn recently at Stoney Oaks. -completely out of season as the other deer all had their fawns before Xmas. He was born just after Sir Paul Holmes died so has been named Holmes. We are hand-rearing him so the public can enjoy bottle feeding and cuddling him. He just loves a cuddle. Please note Stoney Oaks Wildlife Park is only open Sundays until Easter, 11am to 4pm.

Gail Simons

## Stoney Oaks Wildlife Park

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See our new Nubian kid goats, fawns, Highland calves, rabbits, miniature kune kune piglets and hand feed possums, row the boat, take a bushwalk and see the fairies.



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[www.acetaranaki.ac.nz](http://www.acetaranaki.ac.nz)

Enrol 2 weeks prior to course commencement and receive a 5% discount!



# Sounds on the Sand



Blues Buffet vocalist and guitarist Fred Loveridge says the band draws its influence from mainly American rocking style blues and rock artists. Their music is a blend of country rock and blues with elements of boogie and swing. The band has played at many festivals such as Blues, Brews and BBQ's in Tauranga and the Manawatu Jazz and Blues Festival and are looking to perform many more live shows in 2013. Joining Fred Loveridge, who will share the vocals with the rest of the band, will be Murray "Dusty" Loveridge on bass, Paul Wilson, harmonica/keyboards and the newest member of the band, Adam Dixon on drums.

"We look forward to returning to Opunake Beach for another great afternoon of music," says Fred.

## Summer sounds at Opunake Beach Sunday 17th February

Sounds on the Sand is back again! The South Taranaki District Council's events team is bringing music to Opunake Beach on Sunday 17 February from 1pm.

"It's going to be a great afternoon," says event organiser Jody Bloor. "Hopefully we get great weather like we did last year - so come

along, bring the kids and a picnic. Sit back and relax enjoying the sounds from the band 'The Blues Buffet' and the waves crashing on the beach."

# Arthouse comeback under canvas

Clamour for the Arthouse to reopen has been met, with the generous hospitality of Butlers Oakura whom will host two films a week on Wednesday and Friday nights at 8.30 commencing forthwith. Supporting our revolving doors comeback are Boon Goldsmith Bhaskar Brebner. 'To Rome With Love' is a kaleidoscopic comedy. Well-known architect John (Alec Baldwin) is vacationing in Rome, where he once lived in his youth. Walking in his former neighborhood he encounters Jack (Jesse Eisenberg), a young man not unlike himself. As he watches Jack fall head-over-heels for Monica, his girlfriend Sally's dazzling and flirtatious friend, John relives one of the most romantically pain-

ful episodes of his own life. Antonio ends up passing off a stranger (Penélope Cruz) as his wife, while Milly is romanced by legendary movie star Luca Salta (Antonio Albanese). That Friday 15th Feb Lads Nite Out features rollicking yarn Seven Psychopaths. An inventive, violent, hilarious film that retains the deft writing about moralistic criminals that made In Bruges a cult classic. Novice screenwriter Marty (Farrell) has come down with a bad case of writer's block and is struggling to find inspiration for his new script 'Seven Psychopaths'. All he needs is a little focus and some deranged oddballs for inspiration. Billy (Rockwell) is Marty's best friend, an unemployed actor and part-time

dog thief, who wants to help Marty, by any means necessary. Hans (Walken) is Billy's partner in crime. Charlie (Harrelson) is the psychopathic gangster whose beloved dog, Billy and Hans have just stolen. Charlie is unpredictable, extremely violent and wouldn't think twice about killing anyone and anything associated with the theft. Marty is going to get all the focus and inspiration he needs, just as long as he lives to tell the tale. This is a comedy earning an 82% high on Rotten Tomatoes with 155 positive reviews. It garners this praise "Seven Psychopaths is as pleurably kinetic as can be, full of double-crosses and gunplay and sun-kissed SoCal locations".

So come to sun-kissed Oakura, wallow in your pillows, and get back to where Arthouse once belonged. [www.arthousecinema.co.nz](http://www.arthousecinema.co.nz) for more films, trailers, full programmes out soon. Help us extend the season by attending. Please note owing to the straightened circumstances of the Trust, for whom the loss of the cinema was unforeseen; we cannot honour discount vouchers or complimentarys from the old Arthouse at the Mayfair. We can promise memorable movies, cushions, candles and a beanbag or two for the early birds.

We look forward to those who know you just can't beat a good old film, especially the great ones we have for you to see.

## EXHIBITION SITES STILL AVAILABLE BOOK YOUR STAND TODAY

[www.festivalofdreams.co.nz](http://www.festivalofdreams.co.nz)

biopton - acupressure - naturopathy  
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TSB Stadium - 16/17 February  
Adults \$10.00 15yrs & under - free  
See you there !!!

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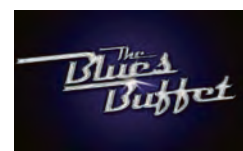
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roseoftralee INTERNATIONAL FESTIVAL



# sounds on the sand

Sunday 17 February 2013  
Opunake Beach  
1.00pm - 4.00pm



Sit back and relax to the sounds of The Blues Buffet.  
Bring your beach chair and a picnic or purchase an ice cream or coffee at the Opunake Beach Shop.



For further information contact  
South Taranaki District Council Events  
@ TSB Hub, Phone 06 278 0646





# Two superb exhibitions at Percy Gallery

Two intriguing exhibitions are at Percy Thomson Gallery.

There was an excellent turnout of people at Stratford's Percy Thomson Gallery on Friday February 1. 'The Wonderful World of Watercolour - Aotearoa' is one exhibition along with the extensive work of Joan Fitzgerald.

Both exhibitions run until March 3. Many of New Zealand's most talented watercolour artists had their work on display. Showcased

in all their splendour were the works of such artists as Adam Errington, Adrian Cave, Adrienne Pavelka, Alfred Memelink, Amanda Brett, Angus Watson, Anthea Crozier, Barbara Von Seida, Ben Ho, Bernadette Parsons, Dennis Greenwood, Helen Wilson, Jacky Pearson, James Neumann, Jan Alldritt-Miller, Jeanne Macaskill, John McDonnell, John Rundle, John Toft - to mention just a selection.

John McDonnell's



"Arrowtown Autumn" by John McDonnell was one of the exhibits in the Wonderful World of Watercolour exhibition.

'Arrowtown Autumn' received praise. "I love it's brilliant colours - it's got a joyousness about it". Also impressive was Ben Ho's 'Autumn', which was hard to look away from.

A retrospective exhibition of works by Joan Fitzpatrick is showing concurrently with the 'Wonderful World of Watercolour - Aotearoa' at the gallery from February 1 to March 3.

The prolific Stratford artist passed away last year leaving a legacy of more than thirty years of artwork consisting of watercolours, oils, acrylics, pencil sketches and some outstanding examples of her intensive batik exploration.

Many have been loaned by their owners and Gallery

Director Sue Morton is keen to hear from other people who have work by Joan.

Joan came to New Zealand just after World War II, from England, as a nurse.

She met husband Bob at

a nurses' ball. He was a schoolteacher and they moved around a lot because he was required to do country duty.

They lived in the backblocks for six years, near Murchison.



Joan Fitzpatrick's painting of native pigeons (kereru) is intriguing.

In an interview in the Taranaki Daily News in 2009 Joan recalled it as a 'wonderful time'.

"When we moved to Richmond near Nelson I started going to Saturday morning art classes at the polytech and joined the Suter Arts Society.

"I mostly like painting outdoor subjects. I love New Zealand. I've never forgotten arriving here on the ship and seeing cabbage trees growing next to evergreens. What a mad place, I thought. The light is very bright, like technical colour.

"I became a speedy water colourist because having a big family to feed, at my Saturday morning classes I'd always try to get something finished.

"Bob became principal of Avon School and we just stayed here. I like the black sand of Taranaki and I like Stratford because I have good friends here, and there is a very strong art society. I don't mind the climate."

Later Joan became hooked on batik after attending a class with an Indonesian master. It is a technique using hot wax and dye.

Sue Morton said Joan developed her own style of batik which never really changed over the years.

"Joan was an individualist. She was strong, unswerving, independent and in her own words she was 'mad, haphazard and impulsive with her work."

Joan's work was selected for numerous exhibitions including the NZ Academy of Fine Arts.

One of her pukeko paintings was chosen by an American winemaker for a label.

The highlight of Joan's career was being selected for an exhibition titled 'Their View There' by New Zealand female artists.

Joan was a life member of the Stratford Art Society.

Both exhibitions run until March 3 - not to be missed.

**THE WONDERFUL WORLD OF WATERCOLOUR - AOTEAROA**

**+Joan Fitzpatrick Celebration Exhibition**  
(Accountants on Broadway Gallery)

Opens 1 Feb 7.30 pm  
1 Feb - 3 March 2013

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