



Inside

Andrew Little speaks in New Plymouth

Leader of the Opposition Andrew Little MP spoke on Wednesday June 22 (5.30pm) at the New Plymouth Club to a large audience. He was introduced by Ruth Pfister, Chairperson of the Labour Electoral Committee. The name of the address was 'Restoring the Kiwi Dream: The future of the NZ economy'.

Firstly, Mr Little introduced Michael McLeod, the Youth MP, who was also present at the meeting.

Mr Little spoke passionately on a range of issues then answered questions at the end of his address. Firstly, he spoke about the housing situation, "a huge and increasingly chronic issue." He added, "The level of homelessness is the worst since the 1930s Depression." He claimed that 40,000 people have no home to call their own, with some living in garages and cars.

He felt this impacted on children meaning that many



Andrew Little MP Leader of the Opposition, speaking in New Plymouth recently.

children had too many changes of schools. "The level of turnover in schools has never been so high. Homelessness is disruptive to children."

He also felt this had implications for employment. "When there is no home it is difficult to hold down a job."

Part of the solution was to, "Stop selling state houses." He was disappointed that the Housing Supplement was being used in place of providing permanent accommodation. He said that the bill for this was two billion dollars over just one year. "The Government shows no inclination to say something is wrong here," he concluded.

He was shocked at the rampant house inflation which is especially rife in Auckland where the average price, he said, was \$948,000. "Young couples, no matter how hard they work, cannot get a deposit."

The solution, if a Labour led Government was elected, would be to build 40,000 houses in Auckland. He added, "We would build 10,000 houses a year over ten years."

He took aim at property speculators who were mak-

ing the situation worse. "We need to get property speculators out of it - we don't need these people."

Mr Little was concerned about our falling standard of education compared with overseas countries. "We've slipped noticeably." He added, "Our education system is underfunded." He concluded, "We must ensure we are investing in education."

As regards the health system, Mr Little bemoaned the fact that elective surgery for hips was increasingly hard to get. "People are put off, and put off." He said the so called waiting list was a misnomer as people are often arbitrarily removed from it. "It's a fabrication," he claimed. "We are underfunded by 1.7 billion dollars". He mentioned some tragic cases he knew of

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Writers workshop is great value. See page 11.



Nathan Guy MP visits our region. Turn to page 13.



Hawera Repertory's latest play is coming soon. See page 24.



Tai Chi? What is it. See page 23.

Titles change hands in revised matchup

The absence of Monty Betham did not detract from the spectacle of this year's Coastal Rumble held at the Sandfords Event Centre in Opunake on June 30.

Betham had been due to defend the New Zealand National Boxing Federation Cruiserweight title against James Langton, the local hero who he had taken the title

off in a bout at Sky City in Auckland late last year. Langton had taken that title off Monty Filimaea in front of a hometown crowd at last year's Coastal Rumble by defeating Monty Filimaea.

The rematch was due to be the main draw for this year's Rumble, but Betham had pulled out after an MRI scan had raised health concerns. Although not able to be

there in person, a set of gloves he donated was among the items auctioned to raise money for the Little Fighters Trust that night.

Betham was replaced by Pahiatua shepherd Lance Bryant, aged 35, 181cm tall and weighing 90kgs. Rumble organiser Kelly Langton said the gap caused by the departure of Betham supporters who had booked tables for the night had been filled by Bryant supporters wanting to support their man. She said she had not heard from anybody else wanting to cancel their bookings for the night.

The IBO Asia title was still up for grabs, and the winner of this fight would become the interim NZNBF champion and mandatory challenger to Betham for the title should he choose to defend it.

James Langton said he was disappointed Betham had pulled out.

"I really wanted to have a rematch with Monty, as I felt that in our first fight I was well off my best with fatigue and I had the flu. I wanted to have a crack when we were both at our peak."

Like Langton, his new opponent has a win against Monty Filimaea to his credit. Langton had even done



Lance Bryant takes on James Langton Continued page 3

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Letters to the Editor

Signing away our sovereignty

As per your article 20/5/2016 referring to the covering of the Trans Pacific Partnership by Mr Todd McClay Minister of Trade, I note with interest his comments on what he described as the myths regarding the aforementioned proposal, but more specifically the

Investor State Dispute Process.

He emphasised the ability of investors to proceed against a government (country) which contravenes this agreement.

The following quote, "governments which arbitrarily nationalise foreign owned assets" says it all. Once signed over, so called assets then cease to belong to the government (country). Also any dispute arising is solely in the hands and control of the investor. I see no provision in his words for any government or local input to this process. The words "to the detriment of

investors" causes me to ask, does that include current or future legislation which may impact profits e.g. Health and Safety, property rights or even taxes. I bring your attention to the recent move by Fonterra to require their contract suppliers (not the farmers) to reduce their charges by a certain amount (a common business practice).

Fonterra lives in the same environment, so is governed by that to a certain extent. However what matters to investors in New York, Brussels or Paris if the local economy is financially impacted.

It seems to be a one way ticket in that the recipients of the benefits of this proposal would be only concerned with the level of profit margin, (a good business practice but let's look at the big picture). As stated, the impact on the local economy is probably not readily considered.

Distance is good insulation. I understand the lowering or even removal of tariffs and import restrictions is a tremendous step forward, but I would also point out that many of these countries have far lower operating costs (labour especially)

than us.

When push comes to shove for example it is more economical to produce product or services out of these places than here.

You could say that they may not have the technical basis or even the infrastructure to do this, but low operating costs would soon change that.

My real concern is that we would be signing something which could cost us dearly. Our sovereignty.

H.K. Bailey

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EDITORIAL Extra time in Iraq? - a misjudgement

It is unfortunate and a misjudgement for Mr Key to commit NZ troops for more time in Iraq. He made specific time-limited assurances at the time he agreed to send troops to Iraq in the first place - he should have stuck to these.

It is apparent that he has been 'leaned on' by the US administration, which has led to this continuance. This is ironic in itself as President

Obama (then a Senator) voted against the invasion of Iraq in the first instance (to his credit) during the George Bush presidency. Time has shown this illegal invasion to have been a mistake causing the death of well over 100,000 people - mostly civilians killed in the bombing raids. The excuse given for the invasion was the supposed existence of weapons of mass destruction,

which turned out to be non-existent.

At the time of the initial invasion, which was mostly bombing, esteemed world figures such as Nelson Mandela condemned the action. Apart from the illegal and immoral aspect, NZ should not have been involved whatsoever, except in the capacity of civil, medical and humanitarian aid. We run the risk of being

seen as a potential target for terrorist attack.

In the future the precedent needs to be established by Parliament that such actions as the involvement of NZ in military action should involve the majority vote of all Members of our elected House of Representatives - not just the Prime Minister and those close to him (or her).

Rolland McKellar

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BBC: Natan

The old man with the sandwich board declaring "The End of the World is Nigh" is a well known figure of ridicule for most. Everyone is confident that things will carry on much as they are today. But will they?

I came across a recent You Tube interview of a 15 year old Jewish boy called Natan who had been clinically dead for 15 minutes. He was a secular Jewish youth, which basically means he was non-religious. He described his

experience of dying and leaving his body, but it is the later testimony of what he saw and experienced that caught my attention.

Natan could see into the future as well as into the past while he was "dead." He and a Rabbi who was the interviewer, spoke in Hebrew, (there are English sub titles on the interview) and of course they saw things in a Jewish light. God deals with the Jews in a different way to Christians, and another way with non-

Christians. But what Natan talked about involves everyone.

He described World War 3. The USA, Russia and another sixty-eight countries would be eventually involved, including Iran, and there would be at least one nuclear bomb exploded.

Something was to happen that would trigger an escalation of the current war in Syria to bring Israel and the rest of the world into the conflict. Interestingly America and Russia are

already fighting in Syria, and Syria has a border with Israel. According to Natan, President Obama will trigger an escalation in the Middle East conflict that will result in World War Three.

Natan is confident that the preliminaries are already happening. Many millions of people will die and face God's judgment. Judgment will be for everyone. Each person's life will be shown as if it were a movie. Every single second, every single action and the motive behind that action will be displayed. Punishment or reward would follow.

Obviously this is slightly different to a Christian's view of a loving, caring Jesus who has paid the price for our sin. But if we don't accept God's grace when offered then we choose such judgment.

What Natan talked about is clearly described in Zechariah 14. Could it be that the Bible isn't just a book for weirdos but is actually God's book of warning?

Richard Oliver
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Andrew Little speaks in New Plymouth

Continued from page 1

when individuals became terminally ill as a result of being put off so much. "That's what happens when you under-fund the health system," he concluded. As regards employment

he considered the reported 6% unemployment rate was misleading. In places like Gisborne the rate was more like 18% for those in the 18-24 age bracket. He reported the alarming statistic that

46% of jobs will disappear in the next 20 years and that we need forward planning to address this. He said Labour's policy was to retain people "We'll make opportunities available." He

added, "We will respond in a Labour way so that people will have the opportunity to live with dignity."

In response to a question about NZ soldiers having their term of duty in Iraq

extended, Mr Little pointed out that Labour were against involvement in the first place and certainly against a further period of involvement. "Mr Key and Gerry Brownlee are not being straight," he

commented. Based on his visit to Iraq Mr Little, at length, painted a picture of the military in Iraq that made the TV series Dad's Army 'soldiers' sound like expert fighters. Mr Little concluded,

Titles change hands in revised matchup

Continued from page 1

some sparring with him in Palmerston North before Bryant prepared for his fight.

The two had first met in Auckland when Langton lost his title to Betham. That night, Bryant had been fighting in the Super 8 against Israel Adesanya. Monty Filimaea had sent his best wishes to the two fighters for the fight.

Bryant is a four times New Zealand amateur boxing champion and comes from a strong boxing pedigree. At one time he and his three brothers each held New Zealand amateur titles in different divisions at the same time. Since January, he has been training at Velocity Boxing NZ based in Palmerston North under Mike Meehan.

Meehan says he has known Bryant for much longer and had followed his career with interest. "He's an exciting fighter to train. He's tough, quite a big body puncher, and has pretty good boxing skills as well."

Meehan said they had been looking at possible fights in Australia in August before agreeing to take part in the Rumble at six days' notice. "James is a tough cookie and a hardened campaigner," Meehan said before the bout against Langton. "It's a big challenge ahead of us."

The fight between Langton and Betham went the full 10 rounds. The three judges unanimously awarded the fight, and therefore the titles to Bryant by margins of 98-92, 97-93 and 99-91.

New Zealand National Boxing Federation vice president Jeff Nelson said he thought the fight was tighter than the result indicated.



Lance Bryant wins Rumble at Opunake

"James fought a tough fight and gave it his all. It's very worthy of a rematch."

In his debut fight as a professional, Opunake local Simon "Slick" Julian made short work of his older opponent Jody "Dreadsta" Allen.

Julian, who works for Coastal Agri Services had previously won the North Island Golden Gloves light heavyweight title. He managed some good hits in the first round before winning by a knockout two minutes and 51 seconds into round 2.

"I'm stoked," Julian said after the fight. "I had been expecting to go the rounds, but it went better than expected. The training went really well and I executed what I had trained for. I'm going to enjoy tonight, but I'll definitely be back in the ring as soon as possible."

In the night's other pro fight, another local favourite Sam "The Terror" Rapira made his intentions clear against Craig Turner, knocking him down in the

second round for an eight count. In the fourth round, Turner went down again, this time for a nine count. He came back all guns blazing, only to be knocked down again, giving the fight to Rapira two minutes and 50 seconds into round 4.

The Coastal Rumble also raised \$5250 for the Little Fighters Trust which raises money for families in need facing threatening illnesses. Little Fighters trustee Sarah Silver said in the last eight weeks she had heard of five new children in Taranaki, now in Starship Hospital, and in need of their help.

"We are committed to helping as many as we can this year," she said.

"It's been a quieter crowd, but the energy has been high and everyone's been keen to support the young fighters."

In the evening's corporate fights, Egmont Community Board member Sharlee Mariekura defeated Shavaughan Towers and Ryan Cox beat Burt McLean. The "Battle of the Ages"

between Philip Drought and James Crofskey didn't take place, with Crofskey having pulled out because of illness. Josh Giddy won a unanimous decision over Kameron Warr.

In one of the night's anticipated match-ups, Shi-han Ngarewa defeated Lyn Smith. The two had met at last year's Hawera Rumble, with Ngarewa winning on that occasion. Former United States marine lieutenant Dan Hennessey recalled that fight when he introduced the fighters. "That was the most frenetic, insane female fight I've seen in over a decade," he said of last year's fight.

Saia "Kong" Aholeilei defeated Maloni "the Tongan TYornado" Tuitopu in a split decision, and Valda Brooks had a popular win against Geri Paul.

Vandalising signs carries a cost

On June 1, the Egmont Plains Community Board voted to grant \$800 from the Egmont Plains Local Discretionary Fund to replace vandalised heritage signs on the Opunake Walkway.

Six of the 17 heritage signs along the Walkway had been vandalised, costing \$100 each to replace, as well as a one-off \$200 cost for the artwork on the sign template. "Maybe in hindsight the signs should have been built stronger," board chairman Craig Dingle said. Although the new designs

are stronger, the electronic files containing the original artwork had been corrupted and were no longer usable.

South Taranaki District Council community development advisor Marcia Haigh said the material on the original signs tended to become brittle when exposed to ultra violet light, and were therefore easier for vandals to break. The council had been looking at material less susceptible to ultra violet light, and therefore less prone to intentional vandalism.

South Taranaki district councillor Bryan Roach said local people would

ultimately foot the bill.

"The people who are doing the vandalising need to know it's going to come out of ratepayers' money."

The more vandalism, the more they are going to have to pay to get them replaced," he said. "Hopefully the new signs will be more vandal-proof, but only time will tell."

Board member Andy Whitehead said he hoped people wouldn't be deterred from putting any more signs up because of the possibility of vandalism and the resulting replacement costs.

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Preparing for an emergency

Be prepared for an emergency this winter with increasing rain and more chances of floods. The Civil Defence Centre in Opunake is getting close to being moved into the Sandford's Event Centre. A big thank you to Shell Todd Oil Services for donating 70



Cr Bryan Roach

high-vis vests for our Civil Defence Volunteers. You will all have to do your part to make sure you have on hand, batteries, food, water, shelter and heating for

three days. If you are on any medication, make sure you always have enough to get you through. You should also all have the Council number 0800 111 323 saved in your home phone and your cell phones for reporting any flooding, roading or bridge issues, waste water sewage etc. If you require Police, Fire or Ambulance dial 111.

Opunake Beach Master Plan consultation and feedback has finished with 70 submissions. The next step Council has to do is prioritise what they can do within the budget.

TTR – Trans Tasman Resources Ltd have given another

presentation on their application to the EPA (Environmental Protection Agency) for a consent to mine the seabed off the Taranaki Bight. Their second presentation was very useful and answered many questions that we had.

Opunake CCTV Cameras – personally a great idea. Its proven around the world that cameras reduce crime and vandalism, and also increase the likelihood of catching these people. There have been several incidences of fly tipping (illegally dumping rubbish). Council has had some portable CCTV cameras installed around the

district and the Council has already obtained camera footage of people fly tipping and will be paying them a visit.

South Taranaki District Council Local Body Elections are just around the corner. Nominations are open Friday 15 July – 12 August 2016. Nomination forms are available from any Library Plus centre, or the Council building in Hawera. You can also find forms and information on the Councils web page www.southtaranaki.com. There is a useful candidate information meeting on the 23rd July at 9 am at the Council building in Hawera. I will be

standing for re-election again. There is already a vacancy in the Egmont Plains area so think about putting your name forward, or if you are interested or would like further information you can give me a call or ring the Council.

To my fellow dairy farmers, it's time to reassess the budget. It's worthwhile getting multiple quotes for your fertiliser, electricity and stock feed. There are some big savings to be made. It costs you nothing to get a second quote, hope the spring is kind to us.

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COMPUTER CHAT



The Rise and Rise of Small Computers

It is generally accepted that the first computer was the ENIAC, which, after three years of construction,

was completed in 1946. The ENIAC weighed 28 tons, took up the space of more than seven jumbo jets and used

170,000 watts of power. Not something you could easily carry around in your pocket.

I wonder if those people involved in the construction of the ENIAC could ever conceive that 70 years into the future, computers which are tens of thousands times more powerful than the ENIAC would be being mass produced and in the homes of billions of people all over the world.

In 1977 the Apple II Personal Computer was released and continued production until 1993, selling over four million units. In response to Apple, IBM produced the IBM PC in 1981. It had a 10MB hard drive and 64KB of memory. These home computers made such an impact on the world that in 1982, the 'Home Computer' was named the 'Person of the Year' by Time Magazine – the only time in history an inanimate object has been given the title.

The ENIAC is estimated to have cost around \$US 10 million in today's money to build. In 2016, the price of devices such as the Intel® Compute Stick running Linux as an Operating System start at around \$NZ100 and can transform any HDMI TV or display into a complete computer. An Intel® Compute Stick running Windows 10 costs under \$300.

With one of these, and a wireless keyboard and mouse, you can search the web, share photos, check your email, and work when, where and how you want. Of course, they are not designed to store your multi-terabyte library of movies and music, and you might struggle to play Assassins Creed or Doom with one, but it is an option if all you want is an affordable plug and play PC in a device that fits in the palm of your hand.

A step up from the Intel® Compute Stick is the Intel®

NUC. The Intel® NUC is a Mini PC with the power of a desktop, packing features for entertainment, gaming, and productivity in a 4x4 inch form factor.

The Intel® NUC is a highly adaptable and customizable device that can be configured for a range of purposes. With 7.1 surround sound they make a great Home Theatre PC or Digital Media Centre to play all of your digital content on a 4K display or your TV. They can also be used as a space saving home office PC; or as a dedicated device to edit video, music and photos or animations.

If you are looking to downsize your aging computer or are having other issues with your PC, call Shane on 021 1439336 or come into Pilot Computing in the old BNZ Bank in Opunake.

Shane Butler
Pilot Computing, Opunake.

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New owner offers range of services

Decontaminating houses where methamphetamines have been used or made is just one of the services that JAE Carpet & Upholstery Cleaning & Pest Control offer.

Karl Haydon who recently bought the carpet cleaning company has ten years' experience in the field.

Based in Weymouth Street, New Plymouth, Jae offer a range of services which include carpet and upholstery cleaning, flood restoration, pest control, fire restoration, trauma clean up and insurance work.

Stain removal is an area they specialise in, and Karl says they can remove

everything from raspberry stains to blood and vomit from carpets. They use a concoction of chemicals, and "we're constantly looking for new and improved methods."

Stains that are hardest to remove he says are probably hair dye and urine stains.

Fire restoration, often an insurance claim, says Karl, can be "a big job" which involves taking all the furniture out of the house and cleaning it. Once they have cleaned all the contents of the house they then clean the house as well. He says smoke and heat damage can pose a danger if left uncleaned.

"It turns into uric acid and the acid will cause deterioration."

Flood restoration can also be a major job.

"The whole house might flood out," Karl says adding that the chief culprit can be problems with hot water cylinders. Or else a burst water pipe. "If someone goes away for three weeks and meanwhile a pipe bursts and no one checks the home, it can do huge damage. It's not just the carpets," he explains. "Gib boards soak up water. As it slowly migrates up, the seeping water can undermine all the other structures."

"The longer it's left, the more likely it is that

mould will form within 2-5 days, so the faster you get onto drying a house, you stop that process." If a pipe bursts upstairs the ceiling may even collapse.

Decontamination of houses where methamphetamine has been used or made is another important service.

Karl refers to a recent job they did locally removing traces of methamphetamine from a vacant dwelling, and says it's essential to remove the chemicals before the house is reoccupied. There are often side effects which can include respiratory trouble or skin irritations.

Trauma clean up can include clearing up a house that someone has broken into and vandalised.

More tragically they also sometimes have to

decontaminate houses where dead bodies have been found in a house. "Blood and pathogens can be a health risk obviously for anyone moving into the house." Is he a bit squeamish about this? Karl insists he isn't and adds it's "just part of the job."

He talks somewhat amusingly however of seeing a video clip on the Internet of another firm where the woman employee tasked with the job of cleaning the house after someone had died, was seen sitting there tearfully commiserating with the relatives, looking at photos of the deceased commenting "he's so handsome." You can't get emotionally involved like that he says.

Karl says business has been steady.

Karl's wife Brianne also assists in the office side of the

business. They have two boys.

They're also hoping to take on another technician so they have three people on the road.

The former owner of the business - also by coincidence called Karl - is still assisting in the transition.

Their target area is around the Mountain.

"We want to be able to offer our services to everyone so they all get the same quality that other people in New Plymouth are getting, says Karl. "If we can get frequent work in certain areas we won't charge travel on top of the job."

Karl says he loves the job. "It's a good brand and a good living." Jae is an established brand founded in 1967. "You meet different people," he says adding there's a feeling of accomplishment when you bring people's house back to a good standard."



Karl Haydon, the new owner of JAE Carpet & Upholstery Cleaning & Pest Control with the decontamination equipment used in houses where 'P' has been used or manufactured.

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COASTAL COPS OPUNAKE A busy time for Opunake police

Hello from the Opunake crew, things have been busy of late and for those dedicated readers that look forward to our article each week we apologise.

A male was arrested at a local address recently after taking a vehicle from an address in Raetihi. He is currently before the courts facing numerous charges

including, unlawfully taking three motor vehicles, burglary and numerous driving related charges in regards to his erratic and dangerous driving. This male has been remanded in custody awaiting his next appearance.

There have been a number of domestic violence incidents attended recently. Two males, as a result of separate



Kylie Brophy

incidents are currently before the courts on charges of assaulting a female, wilful damage and threatening behaviour. Any behaviour that makes someone else feel controlled and fearful is never OK. Everyone in a family or in a relationship should feel safe and nurtured. No one should be frightened of their partner or someone in their family. If you are frightened and fear for your safety, call 111 for immediate help.

Winter is officially here,

and with that comes the great migration of farm workers as they all move around the area to the next venture.

Unfortunately at this time of year we receive a spike in rural thefts and burglaries. Farm bikes, quad bikes and tools are all on the rural burglars' shopping list at the moment. This is when the rural community is its own best security. Neighbours need to keep an eye on each other's property. Most of you know the people who frequent your area and the vehicles they drive. If any one looks out of place please take note of them and their cars as placing someone in the right area at the right time can sometimes be the final nail in the coffin as far as evidence goes to catch them.

Please keep in mind that if someone offers to sell something to you at a price that is too good to be true

then it most likely is. Don't help these "people" by taking stolen property off their hands. What they give you with one hand they are just as likely to take away with the other.

With the onset of the wet weather we are seeing an increased amount of mud being dragged on to the roads, particularly in rural farming areas. Common sense would tell you that this mud is a danger to traffic, particularly if it is in a large volume, and certainly if it becomes wet with rain. The onus is on those responsible to ensure that this is removed, and not for us to deal with at a later time.

On other traffic matters there are many that believe it OK to drive in breach of their licence whether Learner or Restricted. Remember a licence is a privilege not a right to drive. When you are

stopped you will be issued an infringement notice for your breach, and the passengers in the vehicle too will be issued an infringement notice for aiding and abetting you to breach your licence conditions. A \$100 infringement and 35 demerit points will soon add up. We make no apologies for this hard-line approach.

Graffiti is a problem for most areas. Recently someone, or several people have taken up the mantle and believe it is OK to scribble everywhere they can find a patch of wall or road sign. Lock away your spray cans and help stop the supply of paint to these individuals. That's about it for now. Remember, if you have any information for us call ion to the station we are more than happy to help. Alternatively you can call Crimestoppers at 0800 555111 with all anonymous information.

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OKATO Information wanted on theft

Hi everyone.

Quite often when we have burglaries and other incidents we ask the public for help to solve these sorts of crimes. A good deal of our incidents are solved with public information, as I like to say you are the eyes and ears of the community.

I am after any information in regards to a burglary on Jans Terrace, Oakura that occurred between the 15 and 19 June. It is highly likely that the offenders parked a vehicle beside the grass verge opposite the Oakura campground toilet and laundry block on Jans Terrace. I would be interested in talking to anybody who witnessed a vehicle parked up, or people loitering around this area on one of those nights. A vehicle



Constable Rhys Connell

would have been required to transport the stolen items.

A large amount of property was stolen including surf boards, wetsuits, a bike and electronic items. If you saw a car or people in this area, or you are aware of any items like this that people are trying to sell or may have recently acquired, it would be appreciated if you let us know. This can be done by contacting me, Constable

Rhys Connell (Okato) on 06 7524111 or 021 1914920 or alternatively if you wish to give information anonymously, then call Crimestoppers on 0800 555 111. All information will be kept strictly confidential.

There have been a number of rural burglaries lately around greater Taranaki with several thefts from cowsheds. With winter upon us, and many sheds out of action at the moment (except for some of our beach farmers) it may be a good idea to remove some of the more valuable items until the sheds are ready to be fired up again. Try not to store chainsaws and waterblasters in your shed during this time, and think about removing any compressors and generators while you are dried off, as these have proven to be

sought after items in some other areas. Insecure sheds and houses in the rural areas are still being plundered, and I have to say it's fairly frustrating when I hear of these incidents as they are preventable if people lock stuff up, take keys out of vehicles including your farm bikes and stop giving easy options to thieves.

That's all for now, please stay safe on the roads especially with the weather making our roads a little treacherous at the moment. Hopefully all you hard working farmers out there have managed to have a breva, or have a break planned before spring rears its head again.

Stay safe out there
Rhys.

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RMVT

Opunake volunteer fire brigade news

The brigade would like to welcome back to town, the new owners of Headlands Hotel, ex-member Mark Burt and his wife Penny, and wish them and their family members all the best with their new venture. Mark was an active member of the brigade and gave over seven years of his time to the area between the early 70's and 1980. In that time he helped run the Club Hotel with his father Les and then moved on to establish the Morrieson's Bar in Hawera. From there they moved to Napier where they owned the Masonic Hotel on Marine Parade, as well as establishing the nationwide Breakers Family Restaurants along with the Rosie O'Grady's chain of Irish Pubs and other business ventures. Great to see you guys back and the ex-secretary is welcome at the station anytime. We may be able to find a hook to hang a fire uniform for you as well.

We were called out on the night of Tuesday 14th to a property on the Patiki Road in Pihama. A person was having breathing problems so we threw our defibrillator, oxygen therapy kit, and medical backpack into the Fire Support van and headed off, but services weren't required because two ambulances had already responded. So we spun around and headed for home. Our adrenalin was racing on Wednesday morning when we were called next door to the new Coastal Care Medical Centre. Lucky for all, it seemed to be a fault in the system, as the fire panel showed all areas were "normal." It was pointed out to us that the fire alarm company that services the Centre had a technician working in the building the previous day. The staff from the Centre and our crew checked everything out and things seemed in order, so we rang the monitoring firm to

advise them of our findings. Just before midnight on Sunday 19th, we were called to a faulty smoke alarm on Tasman Street. The resident had issues with her alarm going off, so summoned us to check out her house. Fortunately nothing untoward was found so we replaced her alarm with a new one and the problem was solved.

We were called to a residence on Wilson Road early on the morning of Monday the 20th to assist the St Johns with a lift, but as we pulled up, the patient suffered a heart attack. We were then asked to assist with CPR while the St John paramedic tried every trick in the book, but sadly we couldn't revive the patient. The members of the Opunake Volunteer Fire Brigade extend their deepest sympathy to Terry's family and friends on this extremely sad occasion.

The Taranaki Provincial Fire Brigade Association annual darts tournament was held on Sunday 12th at Kaponga. Even though our brigade entered a well-trained team, the high point for them must have been the wonderful hangi lunch, because they unfortunately were only able to take out a third placing. I'm sure they will do better next year.

One of our new members has just returned from a week's intensive training in Rotorua and came home a fully trained fire fighter. Congratulations fire fighter Susie Pentelow for a job well done. We also wish to congratulate the very capable Craig Dingle for gaining the roll of senior station officer in our brigade. This adds to an already busy life as he is Chairperson of the Egmont Plains Community Board and is co-owner of the Dreamtime Surf shop. This position became available when Robert Walden moved to another farming job outside the region.



Bell Phillips.

We would also like to welcome back to our brigade Zac Orchard who has just returned to a farming job close to town. Zac was only with us for a short while before his job forced him to move, but in that time he showed the qualities of a conscientious team member. So welcome aboard Zac and we hope you stick around for a while this time.

The brigade members would like to thank the teachers from the Opunake Primary School for the wonderful morning tea they put on for us on Thursday 23rd. The Opunake St. Johns and the brigade were invited along by the teachers as a thank you for the involvement both groups have with the school. It was National "Thank the Volunteers Week," and it was an extremely kind deed by the teachers to thank us in the manner they did. Thanks Principal Williamson and staff for your caring and thoughtful gesture.

Our crew turned up at

the station for practice on Monday night to be greeted with the news that one of our members, Bell Phillips had just passed away. Bell was a well-respected training officer, who not only put us through our paces at practice, but went out of his way to prepare the new recruits well for their courses. If Bell spotted a piece of equipment which he thought would be useful for us, he would make it and modestly bring it along without any fanfare. The station will never be the same again without Bell's smiling face, and the fun we had on the ANZAC Day can never be repeated. Our deepest sympathies go the Bell's whanau and friends at this extremely sad time. Bell may have left us, but I'm sure he will be looking down on us from now on, watching our backs, and I think on occasions we will probably hear him bellowing, "what the heck are you doing it that way for?" RIP Bell.

Crying Helms

Call for restrictions on exploration

Climate Justice Taranaki has told the South Taranaki District Council they want to see restrictions in the province.

"If anyone thinks our proposals are radical or unrealistic, consider this, many jurisdictions, like France, Germany, Scotland, Tasmania and New York State have a total ban or moratorium on fracking. France has now also banned all new petroleum exploration," Catherine Cheung of Climate Justice Taranaki said. "If entire countries, states or counties can ban fracking and/or petroleum exploration, surely it is not such a big ask to prohibit or strictly limit oil and gas activities in some areas, to protect human health and places of special

environmental and cultural values."

Taking their case to the hearings on the proposed South Taranaki District Plan they argued for a prohibition on petroleum exploration, production, fracking, reinjection and underground gas storage activities in the residential, township and commercial zones, in the Coastal Protection Area, in outstanding natural features and landscapes, in or adjacent to significant water bodies, regionally significant wetlands and significant natural areas.

They also wanted a minimum setback of 800m between sensitive land use (like homes, schools and workplaces), and petroleum exploration, production,

fracking, reinjection and underground gas storage activities. Beyond the setback, all petroleum associated activities should be discretionary, and all landowners/occupiers within 1600m should be notified.

Land farming and worm farming that involve petroleum wastes should be banned on food and crop producing land, and restrictions should be reinstated on petroleum drilling, fracking and deep well injection near geological fault lines, with adequate setback determined by independent research.

"This is all about people's right to a safe living environment," said Ms Cheung.

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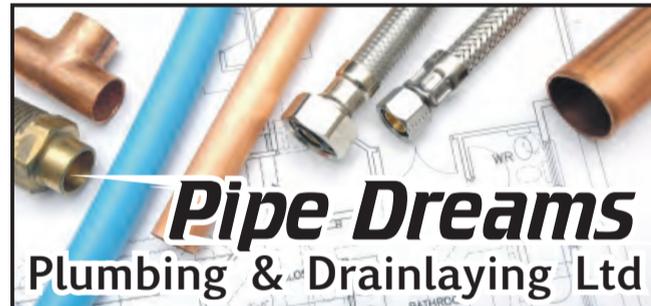
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More police are needed

When Paula Bennett attended a housing meeting in Auckland earlier this month the venue was crawling with police.

Auckland resident Tim Mason's house was ransacked late last year. Police sent only a fingerprinting officer and no sworn officers to investigate. They also told Mason he should go to a Manukau petrol station to get CCTV footage of the burglar, as it was the victim's job to obtain that evidence.

A hundred fewer police officers on our roads due to funding cuts coincided with a tragic spike in the road toll over Queen's Birthday.

So we have fewer cops on the road, fewer to deal with everyday crime, and fewer on the beat (unless



Andrew Little MP, Leader of the Opposition

you're a Minister of the Crown presumably).

Local councils have become so frustrated at the dwindling numbers on the ground that some are paying for community policing initiatives, such as security patrols and CCTV monitoring.

At the same time, police are having to deal with an increase in unresolved burglaries. Close to 90 percent of burglaries, that's 164 a day, go unsolved in New Zealand.

Put it another way, and it equates to every house in Masterton being burgled in the past 10 months.

Another factor affecting funding has been the massive delay in a new police IT system that was supposed to be up and running in April, but now isn't expected to be ready until September. The delay is costing a whopping \$2 million a month.

Judith Collins has assured the public that PwC - the company responsible for the system - will deliver. She's been less vocal about where the millions the

delay is currently costing Police will come from.

While it's important our police have a modern IT system, delays and budget over runs are an unnecessary cost for an underfunded force.

Police received \$250 million in new funding over four years in Budget 2016 \$230million of that will cover salaries and wages, leaving \$20million for anything else.

What they really need is enough funding to ensure more cops out there doing the job they are there to do.

The more crime that is stopped, the less the cost of crime will be.

The less the cost of crime, the more that can be saved.

Andrew Little MP

Initiatives focused on families

We all want our families well looked after. We work to provide for them and ensure that at all stages we are giving the best we can to ensure their safety and success in life. This is also the objective of our Government which are shown in our latest measures to distribute dividends from our growing economy to New Zealand families which came into effect on 1 July

National's responsible management of the economy and the Government's books is giving New Zealand households and businesses confidence and helping build a growing, vibrant economy with more jobs and higher wages.

We're putting yet more money in your pocket with the average ACC levy for a private motor vehicle falling to around \$130 per vehicle. This is down from \$330 two years ago.

Extra funding for Pharmac in Budget 2016, makes available

new treatments for advanced melanoma, hepatitis C, and kidney disorders in children.

Our Raising Healthy Kids target aims to get 95 per cent of children, who are identified as obese in our free B4 School health checks, referred to a health professional for support to improve their family's lifestyle through better nutrition and more physical activity, by 2017.

Income limits for KiwiSavers are being removed so second chance home buyers can access their KiwiSaver funds to buy a home regardless of how high their income is.

All rental homes must have smoke alarms. This will affect 120,000 homes and is expected to save three lives a year, or 30 during the next decade, as well as reducing fire-related injuries and tens of millions of dollars in property damage.

New insulation requirements for social housing also kick in



Jonathan Young MP for New Plymouth

from 1 July and on all other rentals from 1 July 2019. This measure is expected to lead to 180,000 properties being insulated by 2019 and to save 129 lives a year.

Our 1 July initiatives build on a number of measures to help families that began on 1 April - just three months ago. They include paid parental leave increasing to 18 weeks and broadening the eligibility to better reflect modern workplace and family arrangements.

New Zealand superannuation increased again this April, meaning it has gone up 34 per cent since April 2008 - more than double the inflation rate over that period.

And we've provided the first real benefit increase for families with children in more than 40 years.

We need to build on the progress we've made, to ensure the economy continues to grow solidly - year on year - so we can continue to help families get ahead.

Do you have something you want to chat about?

I will be in Opunake on Friday 8 July 10am at Sugar Juice Café. This is an opportunity to hear what is important to you and your community. More information please contact my office on 06 7591363

Jonathan Young MP



COFFEE & CATCH-UP

Join me for a coffee at the Sugar Juice Café, Tasman Street, Opunake
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Labour

Pihama Women's Institute

Our annual 'walk for cancer' was held in April. We had a great walk across farmland with good weather followed by a hearty country luncheon. A donation of \$1,200 was made to the Taranaki Cancer Society.

Our member Carol Hill made and engraved a wooden seat which was donated to the Pihama Lizzy Bell Cemetery. A thank you to James Brown who donated the concrete

for the base of the seat

PWI attended the 80th Birthday luncheon and AGM of South Taranaki Federation. The guest speaker was Colleen Dryden, Secretary for National Federation, who gave an interesting account of her time and travels with our movement.

Some results from the Hand craft competition:-

Recycled from a pair of denim jeans: A Knitting

Bag 1st Christine Corrigan.

A Baby's Mat: 1st Christine Corrigan

These winning articles then went to our National Conference held in Wellington last week, where Christine won First Prize for the Baby's Mat, and 6th equal for the knitting bag.

Congratulations must go to Christine for her beautiful hand craft work.

Our May meeting was held at Everybody's Theatre. We were joined by members from Te Kiri and Riverlea

Institutes. Debbie Campbell gave an interesting and informative talk on the restoration of Everybody's Theatre. This was followed by a lovely luncheon and a movie viewing.

Our Annual Pihama Pot Luck Dinner to welcome new residents to the districts was held this week.

This is always a great way to meet new neighbours and to hear of the facilities that we have to offer in our district.



Christine Corrigan and her hand crafts, showing her trophies that were awarded at the National WI Conference in Wellington.

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Hikoi a success



By all accounts the recent three day hikoi 'Walk for peace' was a great success. The event started on Wednesday June 15 from New Plymouth outside the New Plymouth District Council buildings (at 9.30am) and ended at Parihaka on Friday 17 June. There were meetings at Oakura and Okato on the way. The underlying theme was 'Every footprint counts'.

The event was inspired by Mayor Andrew Judd and organised by Glen Bennett. Mayor Judd wanted to draw attention to the rights of Maori people, which he feels has been disrespected. Earlier he argued for a Maori ward on the New Plymouth District Council, but this was rejected by Council vote. Several prominent people took part in the hikoi including Anglican Archbishop of NZ Philip

Richardson, Dean Peter Beck, Adrian Rurawhe MP, (Labour), Catherine Delahunty MP (Greens) and Jan Logie MP (Greens).

At the end of the march in Parihaka, Race Relations Conciliator Dame Susan Devoy praised Mayor Judd's commitment to improved race relations and the need for more respect for Maori people (Tangata Whenua). Although numbers on the march varied, about 500 people were present at the end in Parihaka.



Andrew Judd, Mayor of New Plymouth District

The Hikoi makes its way to Parihaka

I'm passionate about recycling

Raymond Buckland is the owner of Egmont Refuse and Recycling Ltd, situated at 19 Scott Street, Hawera. He is proud of the fact that he is able to recycle virtually everything, helped by his team of eight employees.

He also likes to help people and has served on the Hawera Community Board and is currently on the South Taranaki District Council's Health Forum. He also has helped schools and other organisations by donating items.

Things have not always been easy for Raymond, starting with his childhood, as his family were not exactly wealthy. Since he has been in business he's had his share of reverses, such as the business

being targeted by arsonists - twice. The first time was nine years ago. Luckily Raymond is a positive person, who looks on the bright side of life. The last arson incident was twelve months ago when a full recycling container was set alight.

Here are some examples of what Raymond's firm recycles; glass, plastics (1 to 7), plastic bags, aluminium cans, steel cans, wiring, polystyrene, cardboard, hay baling plastic, sacking, confidential papers, and you can call by and deposit most items into named circular slots. He also recycles defunct computers, televisions, video machines and the like, although there is a modest charge.

Mostly items need to be brought in to the Scott Street premises, although some things can be picked up for a small charge.

As to the future Raymond is looking into setting up recycling depots (such as movable trailers with named slots for different recycling items) in rural areas (with the focus on the needs of farmers), but this is still in the planning stage and will need approval by the South Taranaki District Council.

The fruits of Raymond's recycling end up in many locations, including overseas. He thinks that recycled sacking, which ends up in Turkey, returns to New Zealand as ornately colourful Turkish rugs.

The Egmont Refuse and Recycling office is open five days a week (Monday to Friday) from 7.30am to 4pm. Friendly service is guaranteed. You can also phone 0800 278 617 or 06 278 6170. He can be contacted "24/7", he insists. Raymond's email is egmontrefuse@xtra.co.nz

Raymond loves his job, secure in the knowledge he is making a positive difference for the environment. And he has a number of awards to prove it, such as one from the Taranaki Regional Council 'for consistent and innovative waste recovery' and a Bizlink Business 'Innovative' Award. "I always come to work with a smile on my face," Raymond says.

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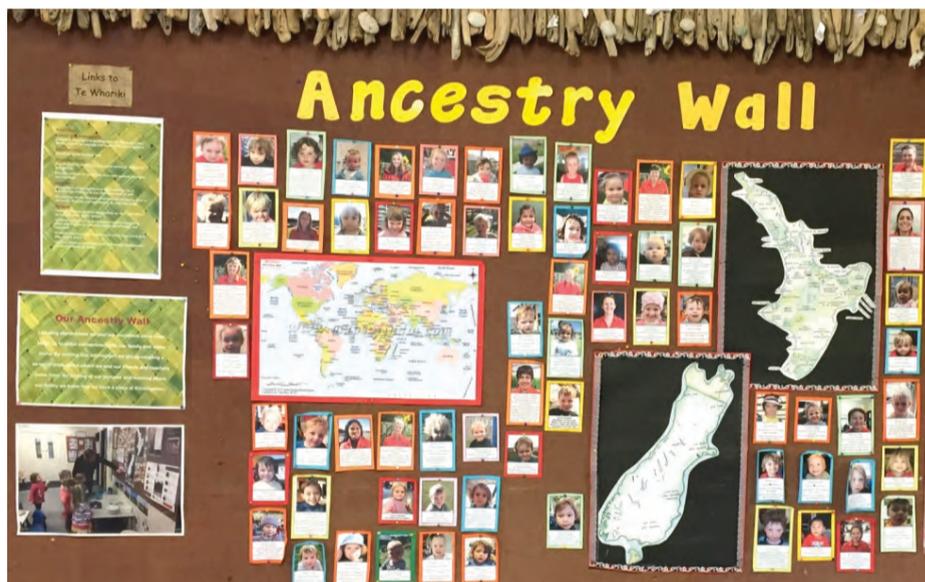


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Learning about where we and our ancestors come from helps us to make connections with our family, whanau and wider world. By sharing this information, we are developing a sense of pride about where we and our friends and teachers come from.



Community/Tangata

WHERE DO YOU LIVE?

We have a large hand-made wall map on our dining room wall, that has all the kindy children, the kindy staff and many local place photos (like schools, supermarkets) on it, to show where we all live and visit.

The map came about as a result of our Induction and Transition into kindy self-review.

The idea was to create a resource to encourage conversations about where we live, and how we all belong to and are part of our wider community.

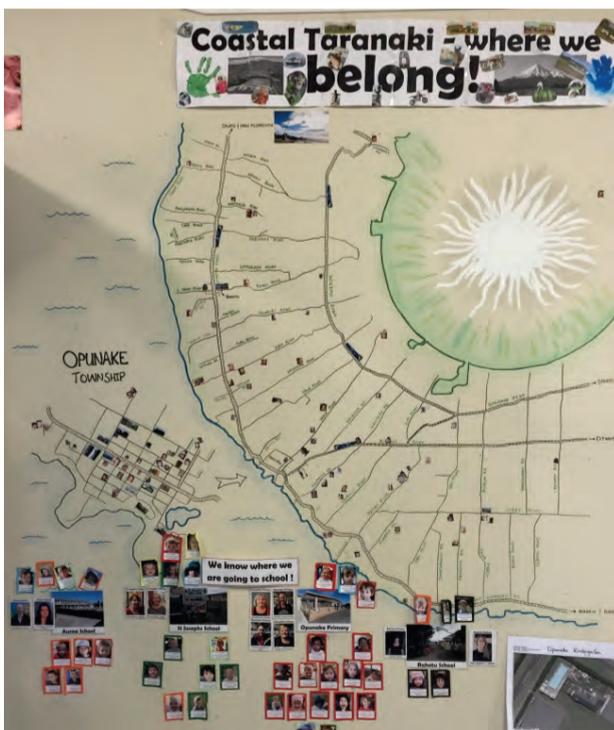
The results have been awesome. The children love it and are often standing in front of it

exclaiming that they live on that road, they discover that other children and teachers live on their road (or close by) and they talk about who and where they go and visit - often tracing the roads they take to get there.

We also included our "Who's going to school" wall below the map.

We always get favourable comments from families and visitors to kindy, who love the idea, and often spend time standing in front of it to take the map in. (Suzie Pentelow).

The article was written for an Inspirational Indoor Spaces competition run by the Early Childhood Council (Summer 2015) magazine. The kindy received a book called "Piri's Big All Black Dream".



Did you know?

Three of the most important social skills involved in bullying prevention are empathy, assertiveness and problem solving.

Empathy:

Children who can empathise respond caringly to what others think and feel. They understand that bullying hurts.

They are less likely to bully and more likely to help children who are bullied. Parents and Teachers can protect young children from being bullies by helping them understand how children who are bullied might feel and how they themselves would feel if they were bullied.

Assertiveness:

Children who are assertive can stand up for themselves and others in fair and respectful ways. They know how to respond to a bully in effective, non-aggressive ways and are less likely to be targeted by bullies in the first place. Parents and teachers can help young children use assertiveness to prevent bullying behaviours and to stand up to bullying when it occurs.

Problem-solving:

Children who are problem-solvers know how to analyze and resolve social problems in constructive ways. Parents and teachers can help young children understand the problem of bullying and how to use a variety of constructive, non-aggressive problem-solving skills to help stop and prevent bullying.



As part of the Oranga Mokopuna programme the Kindy received a Physically Activity Resource Kit.

Exciting News for Kindy!!

New Infants & Toddlers space soon

Building extensions for a beautiful, purpose-built infants and toddlers space are due to start shortly, catering for an extra 10 children. We know of parents in our area who require education and care for their infants, toddlers and young children, but for various reasons our current hours have not suited. We would like feedback from our community as to how we could accommodate your early childhood education and care requirements now and into the future. Currently we are open 9am to 3pm, Monday to Friday during school terms, for children 1 to 5 yrs.

Quick Survey:

How many days a week do you require to send your child/ren to an education and care centre?

What hours do you require per day?

What age would you like your child/ren to start?

What other requirements or suggestions do you have?

Please add your name and phone number here, so we can get in touch with you personally and talk more about how we can meet your requirements:

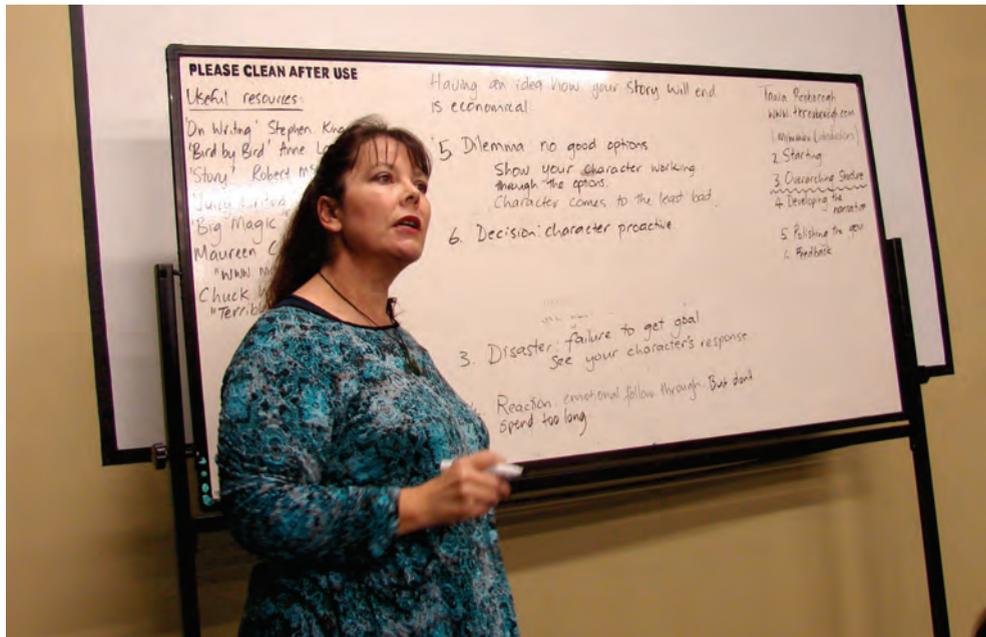
Please drop this survey off at Opunake Kindergarten (Whitcombe Road), or text info to Suzie 027 412 0913, or email opunakekindy@xtra.co.nz, phone 06 761 7440

Workshop for writers conducted by Tania Roxborough

Tania Roxborough, published writer and English teacher, conducted a writing workshop on Saturday June 25 as part of the Ronald Hugh Morrieson Literary Awards. This event is capably organised by Pam Jones of Hawera Library Plus. The workshop was directed at those writers likely to submit either a short story or play for the competition, which will be judged by Tania. The workshop was held at the Hawera Community Centre Lounge, Albion Street.

At the same time a poetry workshop was conducted in the adjoining Hawera Community Theatre Lounge, which was run by well known poet Paula Green. This workshop caters for those writers who are likely to enter the Poetry section of the Ronald Hugh Morrieson Literary Awards. Both sessions ran from 8.30am to 11.30am. Each workshop was for adults, as workshops for secondary students have been held earlier.

As I attended Tania Roxborough's workshop this will be the focus of this review.



Tania Roxborough, who conducted the workshop for short story (and drama script) writers.

At the start of the session we were asked to share something about ourselves with the focus on writing. Tania did the same. Her story, like that of Dame Joy Cowley, involves an extremely tough childhood (eg alcoholic father, two violent stepfathers) and like Joy Cowley she has managed to rise above this

and establish herself as a very successful writer, as well as a positive person. She has written over 25 books including such titles as 'Third Degree', 'Twenty Minute Shakespeare', 'Fat Like Me', 'The Banquoui's Son', Trilogy and Space Gum'. She has also written books to help parents, as well as English textbooks.

Some of her books have an autobiographical element including an earlier problem with her weight and being seriously scalded by boiling water.

Her education background included at least seven schools as many shifts were part of her childhood. Recently she completed a Bachelor of Arts at Otago

University in Maori Studies. She is obviously passionate about both writing and her other role as a teacher - her workshop reflected this. She gave a lot of 'hands on' direction, read from her books as examples of what she sought and also gave us exercises to do. She quoted from the works of prominent writers, such as Katherine Mansfield, Ronald Hugh Morrieson and Ian Fleming (James Bond books). The workshop was superb and gave many valuable leads as to how to write, not just short stories (and plays), but

all writing in general. Later in the year she has the task of judging the short story and play section of the Ronald Hugh Morrieson awards. She suggested we write an indifferent "shitty" first draft, but ensure it is 'polished' before we send it in for her scrutiny.

Pam Jones and her team must be commended for inviting such as talented writer and teacher for this year's literary event. You can learn more about Tania by accessing her website www.tkroxborgh.com

Rolland McKellar

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Conservation Board appointment

An Opunake man has been appointed to a Government Conservation Board.

Dr Robert Shaw was appointed by the associate conservation minister Nicky Wagner to a three year term on the Taranaki Whanganui Conservation Board.

Conservation boards represent the public and offer interaction between communities and DOC, and give advice to DOC on plans and proposals.

Dr Shaw teaches applied management at the Western Institute of Technology.

He is "pleased to be able to

serve the community in this capacity."

He says he is the only member of the Board from South Taranaki, so has a responsibility to ensure that South Taranaki's voice is heard.

"Much of what the board has been doing relates to the Whanganui River, but some of it is going to relate to the Egmont National Park, and will be quite relevant to South Taranaki, so I'm naturally interested in pursuing this as it's going to affect us."

"I want to thank Jonathan

Young MP for nominating me", Dr Shaw said.

He comes with 18 years experience as a city and a regional councillor in Wellington, and has chaired hearings related to conservation and resource issues. He has also done research on environmental and social matters.



Dr Robert Shaw



Maata W.I. supports Eltham Toy Library

At the Annual Meeting of the Maata Womens Institute it was decided to support the Eltham Toy Library. Members recently helped with stocktaking, and have assisted with a sausage sizzle and garage sale to raise funds to buy new toys.

Parents, grandparents, and caregivers are able to borrow toys for a very small membership fee, and a large variety of toys are available for ages up to five

years old. The Toy Library is on High Street, next to the Eltham Plunket Rooms, and is open on the first and third Wednesday of each month from 10.30 a.m to 12.30 p.m.

The Eltham Toy Library provides a valuable contribution to Eltham and surrounding areas, and Maata W.I. is proud to be associated with them.

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The Legacy of winning Young Farmers, 30 years on with Leo Vollebregt

Wairarapa dairy farmer and Ravensdown shareholder, Leo Vollebregt, reflected on winning the Young Farmers Grand Final 30 years ago, ahead of attending this year's final in Timaru as part of Ravensdown's 30th year of sponsorship celebrations.

Winning New Zealand's ultimate rural challenge, Leo Vollebregt says, set him up to be a community leader and a successful business man. But it wasn't just the competition that inspired him to achieve industry excellence. His many roles within Young Farmers in the 70's and 80's taught, challenged and gave him the confidence to go on to achieve great things.

"It was an intense time back then, it took me 12 years to get to the winning position. I started off in 1975 competing in a club competition with Telford, and in Featherston and made it to the regional finals six times. Finally on the sixth time I made it to the national final and won (he was also National President at the time) – some would say I was a work in progress for quite some time," Leo says.

The now titled FMG

Young Farmer of the Year sets a benchmark of excellence for young people in the agricultural industry to achieve and aspire to. It is also an opportunity for agriculture to celebrate and reward its achievers and to showcase the industry to the wider community. The contest creates agricultural professionals who are credible and enter the industry with a wealth of knowledge and a hunger to learn more.

"The biggest thing I found with the contest is it put you in situations where you were forced to broaden your horizons and knowledge base. I have gone on to become quite competent on topics I knew little about at the time I was competing, because it sparked an interest in me."

"One of the things with farming is that you are surprisingly always dealing with people. Be it staff or the business community, you have to be able to communicate well with the others to operate effectively, and it doesn't come to all of us naturally. That is something that the Young Farmers Competition helps



Leo Vollebregt today.

you develop. It's helped me run my business and be an effective leader."

Having started on an unirrigated 67 hectare dairy farm, Leo now farms a 169 hectare fully irrigated dairy farm with a runoff and a third share in another.

More impressive still is his industry and community involvement over the past 30 years.

"After winning I was sent on a fantastic trip to Britain to represent New Zealand farmers at the Royal Agricultural Show in Warwick. I won't say I'm a hugely skilled ambassador but winning the competition is where it all started, and over time I gained more skills in presenting myself and representing New Zealand farmers."

Following his win, opportunities opened that saw Leo take leadership positions during the past three decades, where he stood on boards of trustees, was on various dairy company committees, and has been on the judging panels of various industry competitions, such as the New Zealand Dairy Industry Awards. He's also gone on to win industry titles such as the Sharemilker of the Year for Wairarapa in 1982. More recently, Leo and his wife Rebecca won the Greater Wellington area's 2015 Ballance Farm Environment Award after being encouraged to enter.

Not short on



Leo Vollebregt receiving his trophy for the Young Farmers Grand Final in 1987.

accomplishments or respect within the farming and Wairarapa community, Leo says his biggest achievement is his family and his dairy farm.

"My main aims as a young man were to have a good family and a dairy farm – I got the dairy farm first, and then was lucky enough to marry my wife Rebecca and have six great kids. It is important to me to know I am farming the land well and have enough time for my family – it's never been about becoming the biggest farm on the block, and I feel I have achieved that."

With the grand final just around the corner, Leo is flying down to meet the contestants and impart some knowledge as part of Ravensdown's 30 years of sponsorship celebration, something he says he finds an inspiring experience.

"My son is in Young Farmers, I watched him at the regional final and was very impressed with the competition in general. The way these young guys and girls put themselves forward – they can only grow from it."

"For me being around young people who are

learning and competing is really inspiring, it's the same when I'm judging the dairy awards, you come back quite stimulated by all the young motivated people with great attitudes – I'm looking forward to meeting them in Timaru."

Imparting knowledge to this year's contestants, Leo says "Study well, work hard and enjoy yourself. When you get to this level, you've already proven to your peers that you're prepared to put yourself out of your comfort zone to get somewhere. The same applies to those who entered the district competitions. It just intensifies as you get closer to the final. You could have said no, but you didn't, and that really shows great value in your willingness to extend yourself."

"I can't say it better than my recently departed friend, Craig Cooper, who was a long time Young Farmers member and supporter, 'Young Farmers was my university', it's where I discovered what type of farmer I was going to be, clarified my opinions and really came into my own."



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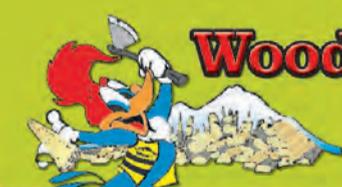
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Farming still has a good future says minister

Tough times means farmers need to stick together. This was the message Primary Industries minister Nathan Guy took with him through Taranaki on June 22 as he spoke to groups of farmers. The minister's visit had been hosted by local MPs Barbara Kuriger (Taranaki-King Country), Jonathan Young (New Plymouth) and Chester Borrows (Whanganui).

After speaking to meetings at Inglewood and Stratford, Mr Guy finished the day with a shed meeting at Young Road near Opunake where he spoke to around 20 people.

The Ministry of Primary Industries' latest situation and outlook report had shown strong growth in exports for the horticulture, arable, seafood, forestry, wine, processed food and honey sectors in the last year. Meat and wool had shown only a one per cent increase, while dairy exports were down by 6 per cent. The report said these figures cast doubt on the government being able to achieve its goal of doubling primary export receipts by 2026.

"It was always going to be aspirational," Mr Guy said. "We had set a target which we hoped the industry would focus on, but there are a lot of things that were always going to be out of our control."

For dairying these included the lifting of European Union quotas and slower

economic growth in China, while sanctions on Russia meant more dairy products were being directed into our traditional markets.

"It's a very unusual set of circumstances we see ourselves in at the moment. In the last 15 years, whenever we've had a peak in milk prices, we've then had a bit of a trough, but the last peak was higher, and this trough we are in now has been lower and gone on for longer."

Longer term he sees grounds for optimism.

"Consumption in Asia is going to grow, and as their incomes grow, they will choose to consume more protein."

This would be something innovative New Zealand farmers could be well placed to take advantage of, he said. As well as this, the Trans Pacific Partnership Agreement would deliver \$96 million in tariff savings for dairy farmers when fully implemented.

Having been at the Fieldays the previous weekend, the message he had got from the banks had been a positive one, he said.

"They want to support farmers as they see the medium term fundamentals are strong, and they want to avoid reputational damage with the sector. But there are going to be some farmers on the margins who will find it very very tough."

Farmers need to look out for their neighbours, he said.



Primary Industries minister Nathan Guy (centre front row) meets local farmers near Opunake.

To this end, the government had announced at the Fieldays that they would provide an extra \$600,000 for Rural Support Trusts

Mr Guy, who farms near Levin was a Horowhenua District councillor at the time of the 2004 Manawatu floods. He remembers them well.

"We woke up to a thousand acres underwater, and the water stayed around for three weeks," he said. "It was a time to talk to your neighbours and let them know that they are not dealing with this situation

alone. Farmers on dry land took stock in and kept them in milk, and the Rural Support Trust gave an amazing amount of support. Farmers are very good at helping one another, whether it be floods, droughts, snowstorms or anything else."

Another theme of the Opunake meeting was the need to get people to consider farming as a career. Mr Guy said farming was becoming more sophisticated with a greater emphasis on robotics, hence the need to show the "best and brightest" that farming was an attractive career option.

Mr Borrows said more needed to be done to push rural careers and opportunities in the schools rather than telling students that their futures lay in front of a computer screen.

Mrs Kuriger said issues like roading and connectivity had to be looked at in attracting people to the regions.

"Young people want to be able to pull out their phone and do what they can do in the city," she said.

Mr Young said he wanted to see schools and employers working together to ensure young people stayed in the province.

"I've got some sense that we are building momentum in this area," he said. "We want to counter the drift away from the regions so we can build our future work force. Otherwise the real economic backbone of the country is going to be weakened considerably."

Kina Road farmers John and Diane Baldie who attended the Opunake meeting said they were pleased with what they had heard.

"We're very happy with the support the government is getting, and the plan still looks positive," John said.

Stressful times on the farm

Increasing stress levels on the farm are being reflected in more calls to the Taranaki Rural Support Trust.

"The calls are starting to escalate. We're now getting one a day," Trust co-ordinator Marcia Paurini said.

"The stresses for everybody are just as varied. It can be problems with relationships, contracts, banks, the low payout, facial eczema. The drought around the coast has been pretty bad. A stressful partner can take their stress out by violence or by yelling. It could be losing staff through a little argy-bargy, so the farm owner ends up getting it."

The situation shows no sign of improving.

"Everybody tells me that come spring it's going to be tight," Marcia said.

The Taranaki Rural Support Trust is one of 14 around the country. Marcia said she is always on the lookout for volunteers prepared to offer support to somebody near them who may be going through a tough time.

"I have 27 rural support people who have put their hand up," she said. "There are so many willing people around. It's very humbling to know there are people out there who want to help."

Help could come in many forms, including food

parcels, relief milking, babysitting, or ensuring somebody stressed-out can get away and have some time out.

Keeping rural communities going is important as people need to be able to connect with those around them, and having a conversation helps people to focus and problem solve, she said.

"They just want someone to come along and offer support. We don't want to take over."

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Numbering the targets at the Hub.

Bruce Cameron hits top form

Bruce was running hot at the Hawera weekly club target shoot at the Hub once again.

Bruce had a combined score total of 300.26. Only four Grouping cards were shot. All the rest were whole cards, Aidan Kelsen 90gr, 97gr, and Tenneile Crump Conchie 95gr, 98gr, of the juniors Alex Munro was the best 88.1, 96.3, 94.4, Other scores were: Dylan Farr 87.0, 81.0, Llewellyn Farr 87.3, 86.1, 96.1, Dwayne Rangi 170.2, 182.5, 92.1, Clayton Robinson 157.2,

82.0, 164.1, Christina Starr 86.3, 85.0, Rico Symes Patterson 91.2, 86.1, Joe De Costa 92.1, Bruce Cameron 100.7, 100.9, 100.9, Jason Cameron 98.4, 97.3, Frank Eustace 99.5, 96.3, Mathew Peters 188.5, 96.3

A week earlier, Jason Cameron was right in the zone, scoring not one, but three possible cards out of four. Father Bruce had a 100.7 and Frank Eustace was back in the possibles with a 100.6. Staring in the juniors was Joe De Costa with a personal best

of 95.1. Mathew Peters had a group of 16.5mm. Scores were : Dylan Farr 86.1, 91.2, Llewellyn Farr 89.1, 173.2, Alex Munro 99gr, Dwayne Rangi 89.1, 177.2, 88.2, Christina Starr 80.1, 88.3, 88.2, Tenneile Crump Conchie 97gr, 99gr, Joe De Costa 95.1, 92.2, Bruce Cameron 100.7, 99.6, 99.6, Jason Cameron 100.4, 100.8, 100.6, 99.5, Frank Eustace 100.6, 99.5, 194.7, Sam Gooding 96.3, 96.3, 194.10, Mathew Peters 91.2, 100 group. Frank Eustace

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Hawera shooters hit Shield target

The Hawera target shooters have taken the Inter Club Shield at the Taranaki Interclub target shooters held at Inglewood on June 13. The Shield had been previously held by Eltham. Hawera's Bruce Cameron top scored with 198.11,

one centre in front of Sam Gooding who is coming into some top form this season. Inglewood No1 was second 8 points in arrears. Scores were: Hawera: Bruce Cameron 198.11 Sam Gooding 198.10, Jason Cameron 194.10, Frank

Eustace 191.4; 781.37, Inglewood No1: Kevin Bocock 197.12, Trevor Jupp 191.5, Robert Hine 191.4, Brent Moratti 194.7; 773.28, Inglewood no2: Graham Moratti 193.7,

Continued on page 15

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Junior indoor bowls

The Taranaki Indoor Bowls Centre played their Junior Singles at Kapuni on June 24.

Four players qualified for post section play – Jamie Pretty (Riverlea) Rebecca Schrader (Riverlea) Nigel Berry (Normanby) and Tyler

Gullery (Turi)

In the very close playoffs, Pretty defeated Berry 9 – 8, and Gullery defeated Schrader 13 -12. The final between Pretty and Gullery was a great contest with the score being all even after seven ends. Pretty scored

seven shots on the next four ends, and Gullery scored four on the final end, with Pretty winning the Junior Title 15 -12. He will now go onto North Wellington to represent the Taranaki Centre at the New Zealand Junior Singles.

Pihama Indoor Bowling Club News

The Pihama Indoor Bowling Club held an enjoyable Triples tournament at the Pihama Hall on May 23.

The winners were the Pihama team of R. Ratahi, M.Clement, and P.Barrett. Second were T. Bourne, S. Bourne and M.Holgate (Cardiff). Third were

A.Podjursky, K.Davidson and B.Oliver (Cardiff). There were also fourth and fifth prizes and spot prizes.

On June 16, the Riverlea Club hosted a tournament for teams from the Waimate Plains Association (Kapuni, Otakeho, Pihama and Riverlea).

Otakeho won, with Pihama

as runner up.

Championship results for the Pihama Club in 2016. Fours – S Dimock, M Clement, P Barrett, J Hurley

Triples – R Ratahi, M Clement, J Hurley. Pairs – S Dimock, M Clement. Singles – M Clement

Triples title for Otakeho

The Taranaki Indoor Bowls Centre played their Open Triples at Stratford on June 26.

Seven Teams qualified for post section play: Noel Thompson (Midhirst) Lindsay Willis (Club 2000) Alister Wilson (Hillsborough) Trevor Bourne (Cardiff) Rose Ratahi (Pihama) Noeleen Picard (Turuturu) and Gordon Hamley (Otakeho)

In the first round of playoffs, Thompson defeated Willis 8-6 Hamley defeated Ratahi 7-6 Wilson defeated Bourne

8-7 on a deciding end.

In the Semi Finals Noleen Picard, Bruce Chapman and Colleen Reynish defeated Noel Thompson, Bari Oliver and Maureen Dravitski 9 -7, and Gordon and Jenny Hamley and Jane Augustine defeated Alister Wilson, Ivan Phipps and Len Spick 10-6.

The final between Hamley and Picard was dominated by Hamley who went on to take out the title 10-4.

On Saturday the Taranaki Centre Senior Representative team played Manawatu at

Marton – Manawatu won the challenge 87-57.

Continued from page 14

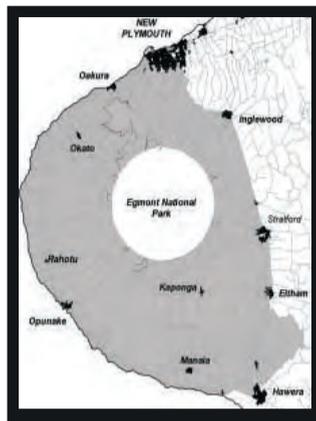
Hawera shooters hit Shield target

Brooke Lawrence 194.9, Craig Cleland 190.5, Phobe Lye 193.7: 770.23: Eltham N01: Paul Tidswell 195.5, Paul Longstaff 175.2, Adrian Clark 192.8, Bob Bramley 180.4.: 742.19, Oaonui : Dave Fake 195.11, Doug Gibson 196.9, Ross Drinkwater 190.2,

Ashleigh Shoter 183.5.: 764.27: Inglewood No3: Hanni Schubert 157.1, Lou Donnelly 195.7, Ian Hayton 187.7,Brian Mc Gregor 189.5: 728.20, Eltham No2 : Allan Drake 186.3, Clare Bramley 186.4, Kat Mischefski 181.3, Lou Butler 166.1.: 719.11.

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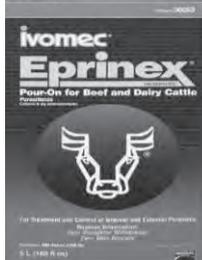
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Still a chance to make the semis

The Coastal Division 1 team has continued its roller coaster season. With five wins and two losses in the first round, we headed into Round 2 with a positive attitude of making the semifinals. We played Stratford in wet conditions, and after a slow start we got into the game, but unfortunately a last minute try gave the win to Stratford 20-16. Tries to Alex Gawler and Trent van der Poel. Next up was Clifton at Tikorangi. After a big win against them in the first round, the boys were confident, but instead came away with a disappointing 20-22 loss. Bryn Chard had a strong game at flanker, with Jordan Fleming the pick of the backs. We then lost to Southern 45-17 and Spotswood 22-20. We regained some momentum with a strong game against Tukapa. Our forwards were led by Richard Beckett who scored two excellent tries and we won 37-13 earning



Andrew Trolove threatens to sidestep as he takes the ball up.



Thomas Watt is supported by Brett Goodin, Emmett Hurley, Jacob Gopperth and Dylan Juffermans.

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Blade Crawford (Colts) Blade Crawford tries to avoid heavy traffic as the Colts have a good win over Tukapa at Opunake.

a bonus point. Last week we played NPOB at Rahotu with a must win game to keep our hopes alive for a semi final. The first half we played into a strong wind and were down 17-3. We eventually wore down Old Boys in the second half with plenty of possession and tries were scored out wide by David Hughes and Trent van der Poel. With a minute to go and

needing a converted try to win Liam Parker at fullback ran in under the posts with Jamie Fevre converting on full time to give us a well deserved 24-22 win. Player of the day was Nick Horo. If we can manage a bonus point win against Inglewood next week we still have a slim chance of making the semi finals.
Gerard Kalin (Manager)

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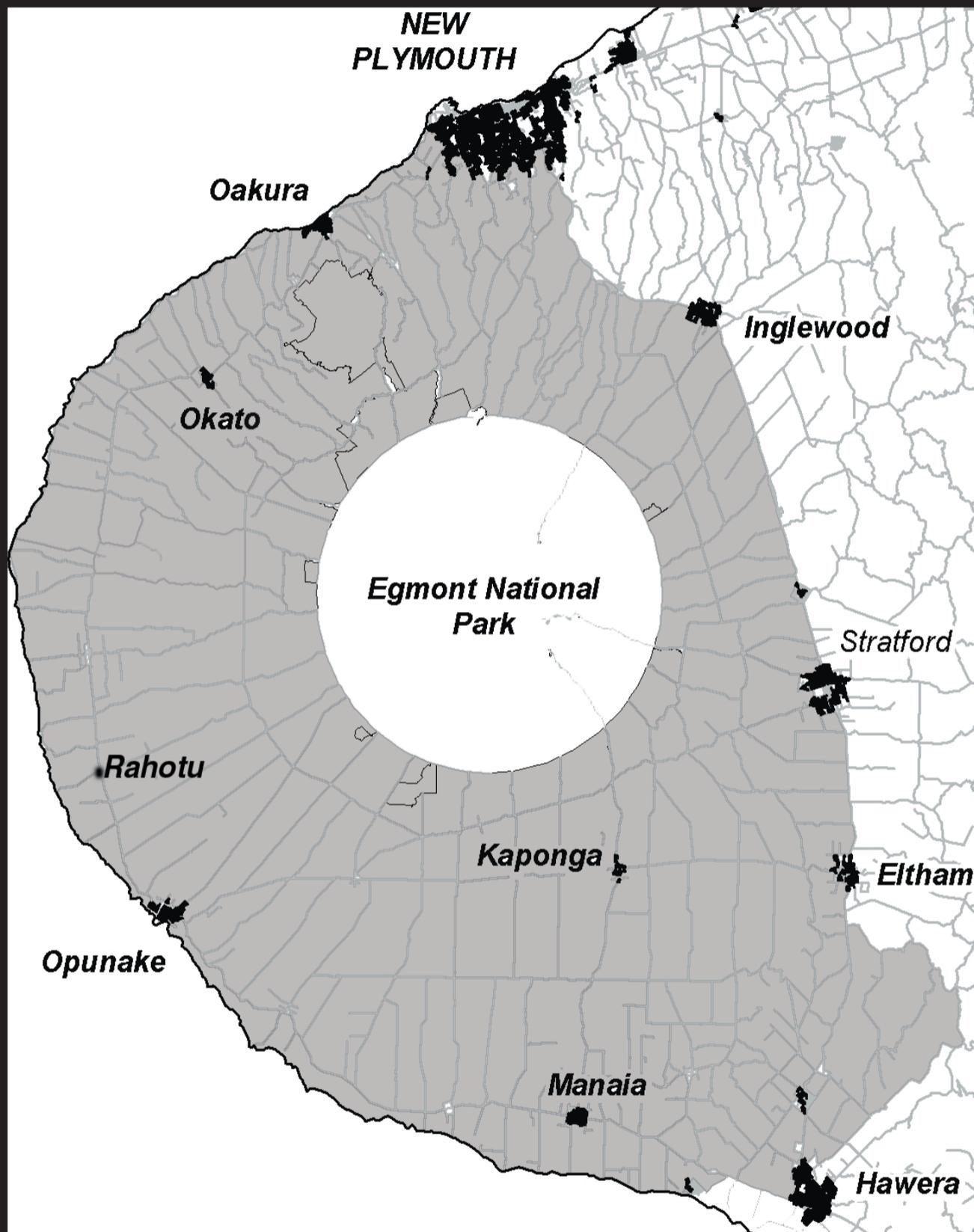
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We are an independent newspaper based in Opunake, which is targeting both the towns and rural communities and we aim to have news coverage within all the areas of our distribution.

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OPUNAKE & COASTAL
NEWS

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An exhibition to brighten up a dreary night

On a day when the weather was grey and cold, there was light, colour and laughter happening at the Percy Thomson Gallery.

The event was the opening celebration of Fibreworks 2016. This selected exhibition showcases the work of members of Creative Fibre Taranaki.

This year's guest artist is Rosalind Thomsen from Wanganui, with her piece 'Summers Bounty.'. In Rosalind's words, "the spirals represent cornucopia spilling over with the bounty of the harvest while the thread flowers are loosely based on orchids and daisies.

The spirals are wire forms wound around with wool and spilling crocheted rivers and the flowers are machine stitched on to Solvay cloth which is dissolved just enough to keep them a little firm.

Why did I made them? I was exploring spider webs with crochet which lead on to the spirals, then progressed on to the web of threads which make up the flowers."

The piece forms an impressive display as you enter the gallery.

Another display worth viewing is the Australia / New Zealand travelling tapestry exhibition. The year's challenge was to weave something on the subject of 'Flight'. The piece had to be no more than 20 x 20 cm. It is amazing how many interpretations of that theme can be found. More than 50 pieces form



Rosalind Thomsen hangs her display.

this exhibition which travels from Stratford to Western Australia after Fibreworks closes.

Sunday's event also saw the presentation of a number of sought after awards for members of Creative Fibre Taranaki.

Artistic design – for the most artistic design. The

design must be the original work of the artist. Winner Beth Pottinger Hockings 'Out of the Darkness... into the light.' Merit Lorna Davies.

Colour award – for an entry showing the best use of colour. Winner Bernice Mitchell 'Love me in Red Too.'

Taranaki award- for an article inspired by the natural environment of Taranaki. Winner Maree Liddington 'Kereru at the Lake.' Merit Janette Theobald.

Silk award – for the best silk rich article showing the characteristics of silk. Winner Debbie Dawson 'Sparkles in the Sand.' Merit

Pavi Old.

Alpaca Fibre award – for the best alpaca rich article showing the characteristics of alpaca fibre. Winner Olga Forsyth. 'Spun skeins of Alpaca.'

Accessory award – for the most innovative accessory item. Winner Susan Imhasly 'Waterplant'

Recycled fibre award – for the best use of recycled materials to create something different, using creative fibre techniques i.e. Spinning, weaving, felting, knitting etc.. Winner Bill Hunt 'Memories.' Merit Beth Pottinger Hockings.

First time entrant award – for a member not having exhibited previously at any regional, national, or international exhibition. Winner Susan Imhasly 'Butterfly.'

Black and coloured award

– for an article in 100 per cent black and coloured wool originating from a naturally coloured sheep. (no white or over dyed wool) Winner Susan Imhasly 'Simplicity.'

Mohair award - for the best mohair rich article showing the characteristics of mohair fibre. Winner Maureen McPhillips 'Forest Sunset.'

New weaver award – for a new weaver with less than two years weaving experience. Winner Gail Thompson 'Teal Ruanna.'

Excellence awards – knitting: Florence Potts; Spinning: Deb Kirk; Weaving: Gayleen Schridder; FELTING: Beth Pottinger Hockings.

The exhibition runs from 25th June – 17th July. The gallery is open 10.30 am – 4p.m. (3 p.m Weekends)



Opunake Music Workshop

7:30pm Tuesday, 5th July 2016

Catholic Church, 33 Whitcombe Road, Opunake..

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A musical trio

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It takes courage and audacity to attempt a piece of music that's never been done before. Opunake is enticing songwriters from all over Taranaki to the Tuesday evening workshops at the Catholic Church. Original music is being created by artists, and then performed in collaboration with other musicians in the group. It's refreshing to witness this blend of music that's totally unique, drawn from personal

experience, and sung with such soul and feeling.

On Tuesday 21st June, Blossom Eiffe (16 years), Mike Anderson, and Sam Mc Neil (14 years), teamed up to perform Blossom's original composition "Illusion of Happiness." The trio illustrated their ability to combine their distinctive musical talents with a reggae style rhythm. The emotion, and peacefulness generated from this combination had

to be seen to be believed. Spontaneous and without any rehearsal - simply magic.

Anyone who would like to develop their talents further with expertise, mentoring and training from regular professional musicians and singers, please join us at 7:30PM on Tuesday June 28 at the Catholic Church lounge, 33 Whitcombe Rd, Opunake.

Anne Montgomery

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The Residents, Staff and Trust of the Opunake Cottage Rest Home wish to pay tribute to a very special man. Bell Phillips our 'no problem' fix or make anything maintenance man.

We were extremely lucky and very honoured to have the services of Bell over the last few years. Our sincere sympathy goes out to Carol and all of their Whanau.

Rest in peace Bell, we miss you heaps.



PUBLIC NOTICES



OPUNAKE COMMUNITY BATHS A.G.M.

Wednesday 20th July 2016
7pm at Headlands.

We need numbers to hold our AGM, please come along and support your community pool.

Call us today to advertise
06 761 7016 - Next issue out July 15



OPUNAKE BUSINESS ASSOCIATION

Meeting 1st MONDAY OF EACH MONTH
AT 5.30PM

Hughsons & Associates Boardroom at the
Opunake Business Centre, 23 Napier St, Opunake
(opposite the CoastalCare Medical Centre)

We welcome new clients in the COASTAL AREA

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St Paul's Opunake Co-op & Raho
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

ALL WELCOME

THE WAVE

Pentecostal Church 64 Domett Street, Opunake
Sunday Services 10.30am
Women's Group 10.30am Tuesday
Men's Group 7 pm Wednesday
Youth Group 7pm Friday
Come along or contact Pastor Murray
027 688 7378

ST. BARNABAS

Anglican Church 141 Tasman St, Opunake
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Communion 1st, 3rd & 4th Sunday
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Friday 8th July 10am – 11am

For more information phone: 06 7591363
Or email newplymouthmp@parliament.govt.nz

OPUNAKE BUSINESS ASSOCIATION

Meet on the 1st Monday of each month.

OPUNAKE COUNTRY MUSIC CLUB

First Sunday of each month at the Opunake Town Hall, 1-4pm. All welcome

SCHNITZEL NIGHT

Every Wednesday at the Stony River Hotel, Okato

COASTALCARE – LISA KEEN AUDIOLOGY

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TARANAKI COUNTRY MUSIC HALL OF FAME, MANAIA

Running every Thursday night from 7.30pm, 11 Surf Highway, South Road, Manaia.

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PERCY THOMSON GALLERY

Fibreworks, Saturday 25 June - Sunday 17 July. Refer advert.

THE VILLAGE GALLERY

COLOUR and SOUL, a solo exhibition by JONI MURPHY of New Plymouth

Runs 4 July – 29 July.

18th July Workshops for Children

register at the Gallery \$2 per child.

Adult workshop 4-p.m. same day \$20 or phone Lorna 765 8121

OPUNAKE PRIMARY SCHOOL

Open Day Display “Full STEAM Ahead.” Wednesday 6th July 9am to 3pm; 6pm to 7pm,

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Food – Entertainment – Quick fire raffles

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For tickets and enquiries please visit our facebook page, or email us opunakesurflifesaving@gmail.com

AGM

Sunday 10th July 1pm at the Surf Club

All members and intending members welcome. Any questions or nominations to Michael De Bique 0275826224

OPUNAKE COMMUNITY BATHS AGM

Wednesday 20 July 2016, 7pm, Headlands. All welcome.

HAWERA REPERTORY SOCIETY PRESENTS

Biggles Flies Undone!. 21-30 July 2016. Refer advert for full details.

BUTLERS REEF

Medieval Winter Feast, Saturday July 23. Refer advert for full details.



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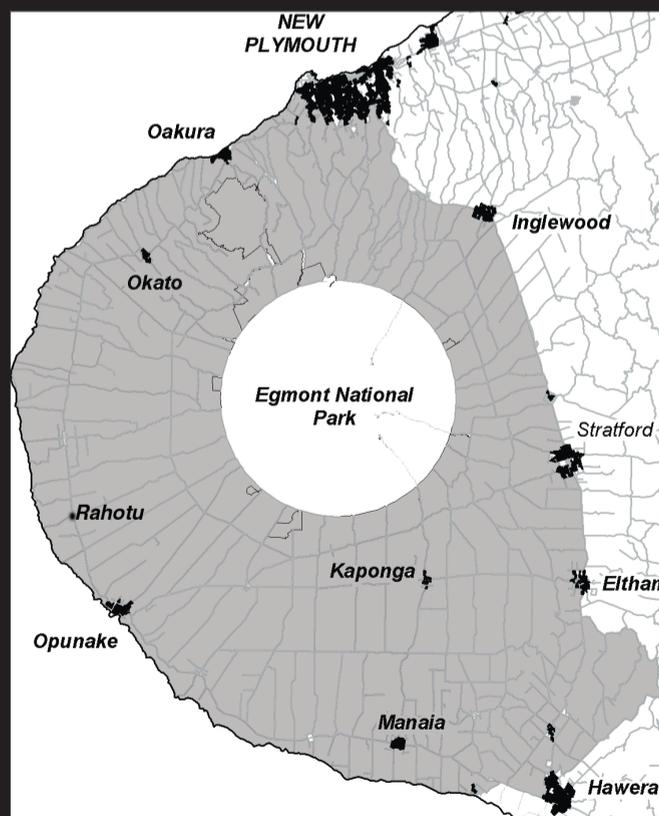
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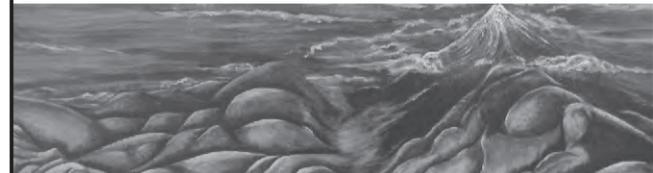


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COLOUR and SOUL

a solo exhibition by JONI MURPHY of
New Plymouth
Runs 4 July - 29 July.

18th July Workshops for Children
register at the Gallery \$2 per child.
Adult workshop 4-p.m. same day \$20
or phone Lorna 765 8121



The Village Gallery 166 High Street, Eltham
OPEN MONDAY - SATURDAY 10AM - 3PM

Promote your events in the

**OPUNAKE & COASTAL
NEWS**

People who put in public notices
and display adverts in the
What's On Section
for events are welcome to additionally
provide extra editorial and photos
FREE OF CHARGE,
to help promote the event.



Taranaki Cloudy Feathers by Joni Murphy of New Plymouth.

Colour and Soul at The Village Gallery

Beautiful images of Te Raukura over Mount Taranaki were the inspiration to research its story, for Joni Murphy of New Plymouth.

This has led to further research into the symbolism of feathers in many cultures throughout the world. There are many recurring themes of ascension and spirit messages.

Collecting, drawing and painting feathers has paralleled Joni's journey with colour.

In her latest exhibition at the Village Gallery, Eltham she displays a series of paintings, featuring boldly coloured sunset skies and the silhouette of Mount Taranaki.

The exhibition is the result of her ongoing fascination with the exploration of colour, as well as symbolism, meaning, and the effects they have on us.

Black and White by Joni Murphy.

The subtle language of colour is the language of the individual human soul. Everyone experiences it with a commonality, but with

differing responses.

In Joni's words, "I have selected these paintings to share the uplifting quality I feel from these colours."

'Colour and Soul' runs from July 4-29 at The Village Gallery, Eltham. Open Monday - Saturday 10am - 3pm



\$10 LUNCHES

Available 12pm - 3pm

\$15 DINNER MEALS

Available 5pm - 9pm

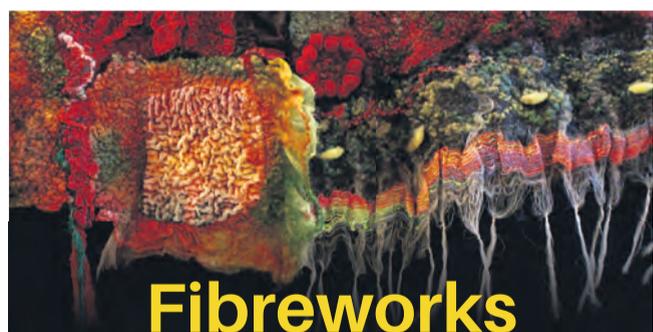
BRUNCH

Available 9:30am - 3pm

WEEKENDS

Snacks available all day

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Fibreworks

A Selected Exhibition
of Fashion and Fibre Art

Sat. 25 June—Sun. 17 July

Creative Fibre
Taranaki



Image: Bernice Mitchell, Love Me In Red Too (detail)

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Laundry Mat**
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**\$15 Wash, Dry & Fold
\$7 Dry & Fold**
8am - 8pm - 7days

Pushed for time? Worried about getting your washing dry now that the weather has turned erratic? Figure you might not have the time to attend to your laundry needs with calving season gearing up?

Relax. You need look no further than the laundry mat at the Opunake Beach Holiday Park. They can sort out your clothes for you any day, any time from 8am to 8pm. \$15 wash dry and fold. \$7 dry and fold.



Wave Arms.

Paint the Rainbow.

Welcome Fragrance.

Tai Chi is all about personal health and wellbeing

In 1986, Nigel Cliffe had a lower back injury. This, combined with poor posture, prompted him to consider Tai Chi. So in 1998 Nigel decided to learn Traditional Chinese medicine, and to start with, Tai Chi was a compulsory part of the learning. "I had tried a raft of medicines and exercises but it wasn't until I discovered TCM (Traditional Chinese Medicine) and Tai Chi that I felt I was being taught to walk again" he said. "It has helped with postural adjustment, which has helped in minimising lower back

problems." Nigel now takes Tai Chi basic classes at the Coastal Care Health Facility from 9-10am on Thursdays. Entry is by gold coin donation, and if there is sufficient interest he would be prepared to take other classes at other times. There are numerous styles of Tai Chi, but the one that has worked for him and which he teaches is the Yang style. It is a gentle exercise which is suitable for all ages, and classes are child friendly, he said. It involves core exercise combining deep breathing

and 18 specific movements. Exercises can be done anywhere, inside or outside, and no special equipment is needed. People can do as much or as little of the exercises as they want to. "It encourages personal health and wellbeing, relaxation and de-stressing, and helps with sleep for some people," Nigel said. "It's about being mindful of the moment, focussing on deep breathing, and putting aside thoughts of the past and the future." With the 18 moves you are working every part of the

body." Nigel has worked previously in the dairy industry but now works full time as an acupuncturist, having qualified in 2001, and operates from premises across the road at the Opunake Business Centre. He has also opened a clinic in Hawera. The option of traditional Chinese acupuncture can be complementary to Western medicine, and treatment for injuries can be covered under ACC, he said. Nigel is also qualified in Chinese herbal medicine and Tuina or Chinese medical

massage. Further information on his Tai Chi classes at the Coastal

Care Health Facility can be found on the Coastal Care Facebook page.

What's On

Medieval Winter Feast

Saturday July 23 \$45pp

Includes entree, main & mulled wine!
Dress up Medieval - Band 9pm
Bookings essential

1133 Main South Rd, Oakura
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CoastalCare is pleased to announce

Tai Chi Classes with Nigel Cliffe
Every Thursday 9-10am
CoastalCare meeting room – Gold Coin donation
Child friendly



What is tai chi?

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Who can do tai chi?

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

Why Tai Chi

Although tai chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning. Tai Chi also helps reduce stress and anxiety.



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For information email: everybodystheatre@gmail.com or check facebook- Everybody's Theatre

July

Lollies, Popcorn, Ice-creams, Chocolate bars, Coffee & Tea For Sale		Adults \$10, Students 4-16yrs \$8, Under 4 free Senior Citizens \$8. No Eft-Pos	
	TEENAGE MUTANT NINJA TURTLE 2 Action, Adventure, Comedy, Fantasy, Science Fiction, Blockbuster 1hr 52mins PG Violence & scary scenes Friday 1 July 7pm Saturday 9 July 1pm		ME BEFORE YOU **Boutique** Romance 1hr 49mins PG Coarse language & sexual references Sunday 3 July <i>Boutique</i> 7pm Wednesday 6 July 7pm Saturday 9 July 7pm
	ALICE THROUGH THE LOOKING GLASS Adventure, Kids & Family, Fantasy, Blockbuster 1hr 52mins PG Some scenes may scare very young children. Saturday 2 July 1pm Wednesday 6 July 1pm		MONEY MONSTER Drama, Thriller 1hr 38mins M Violence, offensive language and sex scenes. Friday 8 July 7pm Sunday 10 July 7pm Saturday 16 July 7pm
	FINDING DORY Adventure, Animated, Kids & Family, 2D 1hr 43mins G Monday 11 July 1pm Saturday 16 July 1pm		NOW YOU SEE ME 2 Action, Crime, Fantasy 2hr 09mins M Violence. Wednesday 13 July 7pm Friday 15 July 7pm
	ZOOTOPIA Animated, Comedy, Kids & Family 1hr 48mins PG Wednesday 13 July 1pm		BAD NEIGHBOURS 2 92min comedy R16 Saturday 2 July 7pm

Monday	Wednesday	Friday	Saturday	Sunday
		1 Teenage Mutant Ninja Turtle 2 7pm	2 Alice through the Looking Glass 1pm Bad Neighbours 2 7pm	3 Me Before You 7pm
	6 Alice through the Looking Glass 1pm Me Before You 7pm	8 Money Monster 7pm	9 Teenage Mutant Ninja Turtle 2 1pm Me Before You 7pm	10 Money Monster 7pm
11 Finding Dory 1pm	13 Zootopia 1pm Now You See Me 2 7pm	15 Now You See Me 2 7pm	16 Finding Dory 1pm Money Monster 7pm	17 The Legend of Tarzan 7pm
18 Teenage Mutant Ninja Turtle 2 1pm	20 The BFG 1pm The Legend of Tarzan 7pm	22 The legend of Tarzan 7pm	23 The BFG 1pm Love & Friendship 7pm	24 Love & Friendship 7pm



INVITATION - LEARN TO PLAY
TEXAS HOLDEM POKER

Starting Friday 17th June from 7pm
at the Club Hotel - Opunake 761 8213

Hawera Repertory Society presents

Biggles
Flies Undone!

written by Mike Isle directed by Charles Pittams

21-30 July 2016

Repertory House, 59 Collins Street, Hawera

Guaranteed to Offend!

Tickets \$28

(Booking fees apply)

Tickets from **TicketDirect**

Biggles flies undone

What Ho Folks. Your good chums at Hawera Repertory are busy at it again, bringing you another fun filled show.

Biggles Flies Undone is in rehearsal and promises to deliver the perfect winter tonic, laughter. If rehearsals are anything to go by, the show will be a side splitting, non PC, guaranteed to offend (in the nicest possible way) evening of comic relief.

The show is being performed in the newly refurbished Repertory House on Collins Street in Hawera. Be amongst the first to try out our brand new auditorium seats, where every seat is the best seat in the house. You can also enjoy your refreshments from the bar during the show.

With Charles Pittams directing, you can be assured every line has been worked to the nth degree to deliver every laugh available in the script - and there are many. With a mix of new and old faces to the stage, the cast is working hard and also enjoying the craziness that is Biggles. The cast includes; Pat Whyte as Biggles, Donald Campbell as Algy, Donnella Weir as Anne, Katrina Fraser as Beaconfield, Samantha Turner as Baroness, and Ben Thomas as Mustapha. The play was written by Mike



Donnella Weir as Anne.

Isle and is a wonderful farce which spares no one and nothing from his brand of humour.

The show runs from Thursday July 21 to Saturday July 30. You can book tickets at the I-Site in Hawera or

online at Ticket Direct. Tickets are just \$28.00, so get a group together and kick those winter blues.

Our next issue is due out July 15

Phone us today to advertise your event
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