



# OPUNAKE & COASTAL NEWS

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## Inside



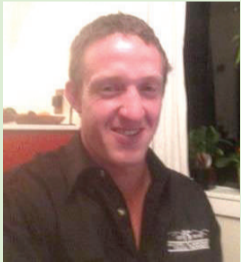
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# A time to take stock

There's a worldwide glut of milk, and not enough people wanting to buy. As a result prices paid to producers like Taranaki dairy farmers have taken a tumble. Fonterra has announced an opening forecast farmgate milk price for the 2015-16 season of \$5.25kgMS, but reduced its forecast farmgate milk price for the 2014-15 season to \$4.40kgMS. This is a far cry from times not too far distant when the payout was over \$8.

Concerns have been expressed for the viability of even established farming enterprises, and Fonterra has been talking about cost cutting.

"I'm concerned about the health and wellbeing of some farmers," Rahoitu farmer John Washer said. Nevertheless he sees grounds for optimism.

"You either believe in New Zealand agriculture or you don't. I'm certainly not getting out of dairying. All you can do is your very best until things come right. The prospects were so bright last year, then the markets turned quickly. Farmers can't change the weather and they can't change the payout. They have just got to look after themselves, their stock and staff and do the very best every day. I'm sure the sun will come up tomorrow."

Te Kiri farmer and former Taranaki King Country MP Shane Ardern said in tough economic times some farmers may wonder if they could get a better deal elsewhere, but the problem of low dairy prices is a worldwide one. This was made clear to him



The Mountain may be clear, but it could be a dark winter for Taranaki farmers. PHOTO: Dana McMurray.

on a recent visit to Ireland, he said.

"The Irish farmers are anxious about their futures. I stayed on a couple of farms and their payout has collapsed. The question any farmer would need to ask are we getting the best price at moment? The payout has reached a level which makes farming as we know it unsustainable. Every farm will be impacted by this. It's a grave concern, and I'm sure Fonterra directors are aware of it, but I haven't heard of a rival who has come out with a sustainably higher payout. I would struggle to know the logic of why you would want

the same payout or less."

Nevertheless he is still optimistic about the longer term prospects for dairying.

"All of the international signs indicate a short term or medium term speed bump. Hopefully it can come right sooner rather than later. We are still an efficient producer of low cost high protein food in a world which is still crying out for it."

Taranaki Federated Farmers dairy section chairman Donald McIntyre said the low payout has implications beyond the farming community.

"It will be very tough, even for the well established farmers. The younger ones haven't experienced this kind of financial pressure before in many

ways. They would have taken out mortgages, and there's not a lot of equity. It's time for the rest of the community to get round and support them.

"There might be the usual banter and argy bargy, but everyone's aware that if the farmers stop spending it has implications for the urban community Taranaki's very fortunate that there's been oil and gas to carry us through, and we can swap between the two, but oil and gas has been under stress at the moment, so the whole Taranaki community is going to feel the crunch."

Rob Poole, the Egmont

Plains representative on the Fonterra Shareholders Council said dairy farmers can expect a "Long cold winter." Everyone needs to look out for each other, keep an eye on the economic indicators and stay in communication with their bank manager, he said.

"I think Fonterra are doing their absolute best. It's a matter of weathering the storm. It's not a time to lose confidence in the co-op. Every outfit is always going to make mistakes and there are always things it can do better, but we have got to support the co-op if we want to stay in control of our own destiny."

Continued page 3



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The event is run by the Opunake Business Association in conjunction with the Opunake Surf Lifesaving club.

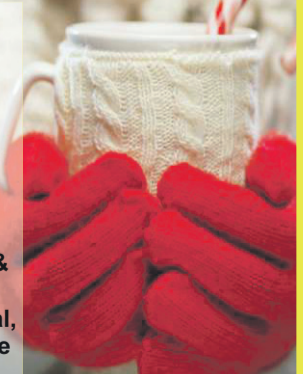
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 You are welcome to use a pseudonym but must supply your name and address to us.

## Deadlines

Could readers please note the following deadlines.  
 Editorial 5:00pm Monday on the week of publication  
 Adverts: 12noon Tuesday for display and classified adverts on the week of publication.  
 We are going to have to strictly impose these deadlines in order to meet our deadline with the printers late Tuesday night. We hope readers will appreciate this and co-operate in helping us with this.  
*Editor*

## Cancer Society - where are the results

The Cancer Society is commemorating 85 years in existence in New Zealand. What have they got to show for it? Not much when you consider that after 85 years of research and breakthrough cures (as publicised from time to time) more people are dying of cancer. Makes you think doesn't it? One could expect that after 85 years of research, the Cancer Society should know

everything about cancer, the cause, its progression and cures. It suggests that their researchers are not very competent or are hiding pertinent facts. I do not believe the researchers are incompetent.

The cancer society has turned into a billion dollar industry, much of which is donated by well meaning and generous citizens. Some of this money is now being used to promote the Society as caring for families, so where are the cures that are publicised from time to time for these people and their families?

This promotion, at prime television time, must cost a mint and some of the people who gave their time and effort to raise money for the Society must surely be wondering is this what they donated for.

Not only that, the protocol for treating cancer does not seem to have changed much, if any, in the last 60-70 years. To me it puts a question mark on the integrity of this organization, more so than if

someone suggests that there are natural and nutritional aids to deal with this disease. All they can say is "there is no scientific evidence that nutrition can cure any disease". (Q&A a few months ago hosted by Susan Wood) What happened to the quote, "let your food be your medicine, and your medicine be your food." Cancer cures are in what you eat. There are many natural and effective cures available that cost very little.

Dr. Otto Warburg A German physician (1883-1970) received the Nobel Prize for his work of cancer research in the 1930s, I believe. He got on to this over 80 years ago, when in his research he found that cancer cells live entirely on glucose. In fact they use 15 times more glucose than normal healthy cells. Starve your cells of glucose for a while. Warburg also discovered that cancer cells are anaerobic. This means they cannot survive in an oxygen enriched environment. Oxygen treatment should be the

first port of call for people diagnosed with cancer because of that.

Cancer is a virus, and viruses are anaerobic of course. Oxygen treatment is cheap and the big pharms cannot make their millions, and they cannot patent oxygen (bad for business).

Cancer cells do not like heat, so go for hot spicy foods, curries, chillies and the like. Could a sauna be beneficial? I do not know, but if I had cancer I would surely try it

Cancer cells like an acidic environment, so alkalise your bodily fluids. You can do this by drinking the juice of one lemon or lime before breakfast in a glass of warm(not hot) water and two teaspoons of baking powder or soda., and supplement with Magnesium and dash of apple cider vinegar.

In any case, if you have cancer, the first thing is to stop consuming simple carbohydrates, especially sugar.

I believe that cancer is not the incurable disease it

is made out to be. It is the Cancer Society that instils this image in the public's mind.

There are many sites on Google that will enlighten you about this awful disease, as well as Otto Warburg, Johanna Budweigh and others.

I strongly believe (as do others) that an independent and public inquiry is warranted because the Cancer Society in the USA have defrauded \$187 000 000 (million) of money donated by the American public.( Fox news). I would like assurances that the NZ Society is open and above board. This can only be established with a thorough investigation.

*A P Groot*  
 Your statement beginning 'Cancer cells like an acidic environment, so alkalise your bodily fluids...by drinking the juice of one lemon' does not make sense. Lemon juice is acidic.  
*Editor*

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## BBC: (Bible Believers Corner) Hebrews 2

W U A

Remember Hebrew is written from right to left.

Here is the ox head, meaning strength, then an arm and hand meaning work, followed by the picture of teeth, to grip. This word means man or husband.

E W A

This is the word for woman or wife. Again strength but this time the teeth follow

next and finally the E shape which, originally, was a picture of a person with their arms up to attract attention. This letter, which became our E. means look or behold.

Hebrew is a language of action and practicality. Adjectives are few and far between. It is also a personal language, based on how things affect the person speaking. In our Greek based language structure we might say, "It is a really nice day." That is an abstract

expression about a sunny, clear and warm day. In Hebrew a person would say, "The sun gives warmth to my face." Both sentences say the same thing but the Hebrew version is concrete. It is a practical statement of cause and effect, but most importantly, it is how it relates to the speaker.

Back to our Hebrew words for man and woman.

Two of the three letters in each are the same, after all men and women have much

in common. But there are two different letters. When a man and a woman become one in a genuine marriage those two different letters also make a word. They spell the name of God.

Not only that, but when you take those two letters out of a man woman relationship you spell another Hebrew word, fire. Two people without God creates a double fire, and that means a devouring destructive fire.

Isn't it incredible how the ancient Hebrew describes what happens in most of today's divorces.

But ancient Hebrew predicts even more. When God was going to judge Jerusalem in Ezekiel 9 He had a mark, the Tav, put on true believers so that they wouldn't be destroyed. The Tav is the last letter in the Hebrew alphabet. It means

completion. Here it is. †

*Richard Oliver*  
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# Letters to the editor



## Reply from the Cancer Society

Thank you for the opportunity to respond to some of the points in A P Groot's letter. The Cancer Society of New Zealand does fund research into both the causes and potential cures for cancer and the socio-psychological impacts of cancer. We are the largest non-Government funder of cancer research in New Zealand through our annual Research Grants programme. The applications for research funding that we receive follow a rigorous assessment procedure by experts similar to that undertaken by the Health Research Council. Each year grants approved for funding total over \$3 million and represent a wide range of research projects aimed at detecting and treating cancer more effectively. In addition a number of scholarships are awarded annually to allow students to undertake advanced research in the field of cancer, leading to a Doctorate in Philosophy from a New Zealand University. The Cancer Society also supports internationally regarded University social and medical research across New Zealand. The Cancer Society of New Zealand is not a billion dollar industry but it is a

charity supported by many caring New Zealanders. The funds and time they kindly give go towards a wide range of services not just research. In particular the Cancer Society provides a wide range of free services which no-one else does including: - supportive care for cancer patients and their families including counselling, transport and accommodation assistance, information and resources, and support of others who have travelled a similar journey. - health promotion initiatives aimed at raising awareness of the importance of preventative and screening processes which lessen the incidence and impact of cancer (Smokefree, Sunsmart Schools and Healthy Living). We are supported in what we do by wonderful volunteers who give their time and skills willingly to help others. Our accounts are public documents and any member of the public can see where our income comes from and where it goes to. Cancer is a worldwide problem and a growing one. Researchers and medical experts around the world are working to find better ways to prevent cancer or reduce the impact of a cancer diagnosis. To suggest that the Cancer Society of New Zealand is a small cog in this very large

fight could somehow know everything there is to know about cancer and to have found a cure is unrealistic - we and those who support us are however doing all we can to fight cancer and support cancer patients. As a final point of clarification cancer is not a virus. If you have any concerns

or queries about cancer we would recommend they use the cancer information helpline 0800 CANCER (226 237). Having cancer is hard, finding help needn't be.

Clare Crawley  
Chief Executive Central Districts  
Cancer Society of New Zealand

## Kina Road School

We have had some response to the appeal from a reader in the Letters to Editor for a photo of Kina Road School in the last edition of the Opunake & Coastal News. Unfortunately no one has unearthed a photo as yet. The nearest we've got is a floor plan brought in by Mrs McNeil from Opunake which we reproduce below.

Other people also have responded to the letter. In the photo of the Kina Road past pupils taken at the 1881-1981 Centennial which we published in the last issue alongside the letter Margaret Shepherd identified the first person in the front row at the left as Audrey Turner (nee Couchman).

Margaret also added that Audrey was sadly killed in a car accident at Waitotara. Audrey's sister Val was driving. Audrey's brother Dennis, also in the photo has sadly passed on too. We do have some information on Kina Road School.

Apparently at its height it had 33 pupils but dwindled to 9 after which it was absorbed into the then Opunake District School with pupils being taken there by school bus according to the Oaonui Hall centennial

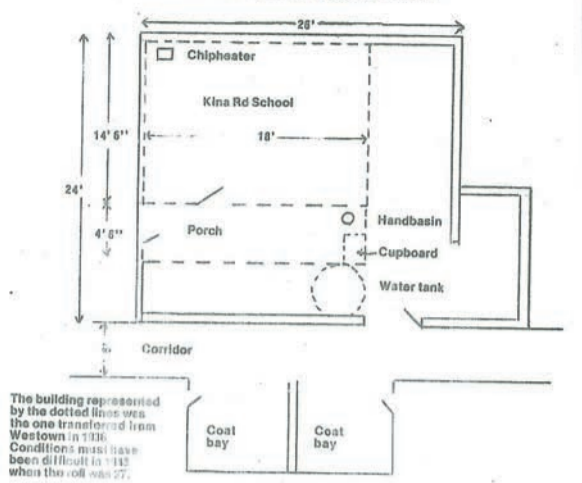
booklet published 27 years ago. The old Kina Road School was transported to Opunake and used as a prefab.

The initial idea of a school in Kina Road was first mooted in 1905, but rejected by the Education Board. The local people decided to start a school themselves on land belonging to Norman Simpson in 1908. The school and land was eventually bought by the Education Boards and operated until 1948 when the school closed. The building was eventually moved to Opunake Primary School where it was used as a lunchroom at the infant school. It was removed when the Opunake Playcentre was built.

Peg Baylis also brought in several photos of past pupils which included her late husband Ted and his brothers Bob and David who lived at the top of Kina Road. She recalls the three brothers in the photo at right went by train from Opunake to The Great Exhibition in Wellington and had a wonderful time. "I remember Ted talking about it."

If anyone has a photo out there of Kina Road School we'd love to hear from you.  
Editor

Scale Drawing of Kina Road School superimposed on the Smallest Classroom at Opunake Primary School



Kina Road School floor plan.



Kina Road School pupils.

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# A time to take stock

Continued from page 1

"At the moment supply and demand are so evenly matched that prices aren't moving. In the medium term demand is still predicted to outstrip supply once the lump of production around the world is churned through."

Last year Charlie McCaig,

with wife Jody won the New Zealand Sharemilker of the Year title. Now he chairs the Taranaki Federated Farmers Sharemilker section.

Challenging times are coming, he said.

"Coming out of a big payout has insulated most people to some degree this year. I haven't heard of too many people doing it really

tough yet but I suspect that might change not too far into the future."

"It's just a matter of hunkering down and seeking help if you need it, whether from your farm owner or your bank, looking as much as possible to trim fat from your business, looking after yourself and looking after your animals.

"It's easy to blame Fonterra, but I don't think it's their fault. You look around the world and most dairyfarmers are being paid less than the cost of production. Fonterra has been dealt a raw hand to pass on to us."



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## COUNCILLOR'S COMMENT

Kia ora from sunny Eltham, where the biggest talking points at the moment seem to be the weather, the price of dairy products, and Maori wards for councils.

It's winter for sure. A time of regret for some (who didn't get enough wood in) and perhaps reassuring for others (including some of your councillors) who "don't believe in" global warming. For most of us though, it's a time of rest and reflection.



Cr Alex Ballantyne

# Let's have Parihaka Day

For instance, economic terms and prices will change even more than the weather. Those of us of more advanced years will remember talk of \$2 payouts (and real \$6/hr milkings), and reflect that we survived. And as students of history we seem to at last admit the senselessness of the slaughter of millions in WW1, and the "smoothing the pillow of a dying race"

gobbledegook that prevailed for far too long. Any race that's still proud of its distinct culture and language, and makes up a quarter of your population (and the majority of under 25s) deserves a ward of its own. Or two. Or we can just await social evolution. And common-sense. And remember that 83 per cent – or even 100 per cent – of a minority

is still a minority.

Most sensible comment came from a kaumatua in the paper: "...the concept of working together for a common goal that's consistent with our legacy...." He's talking about gardens at, and the legacy of the prophets of Parihaka, but it's a thought that can be applied anywhere.

That prophet the pommies brought here isn't too bad ei-

ther (and he's lasted 2000yrs) and the Eltham e-kai garden is a good example of the way ahead. Forget Anzac or Guy Fawkes day. Let's have Parihaka Day and a Rotokare-style pest-free maunga. And a united community. Rotokare working bee every Sunday 9 am.

Alex Ballantyne, councillor, Eltham-Kaponga Ward, STDC

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## Books galore for Opunake Primary School

A bumper gift of hundreds of dollars of books was presented to the Opunake Primary School Library.

Kathryn Stanley, a member of the Maui CAG, used her donation from Shell Todd Oil Services, to pay for these books through her membership of the Opunake Lakeside Lions Club.

Former school teachers, Kaye Mourie, Louise Knapman, and Monique Sinclair, all Lions members, helped Kathryn select these books.

Mrs Lorraine Williamson, principal of the Opunake Primary School, thanked everyone involved in this project.



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## COASTAL OUTLOOK

# Welcome to something new

This column will bring you new ideas about things that affect Taranaki. It is a "critical comment", which means it takes a sharp and direct approach. Please feel



Dr Robert Shaw

free to reply by writing to the editor of the Opunake & Coastal News.

Each of us lives our own private individual life. We are on our own when we are born and when we die. Our thoughts are always private if we want them to be that way. But, between birth and death we depend on our family, our community, our region and our country. At each level we hit problems. Most of what happens to us is determined by forces

outside of ourselves. There is little we can control. Ask our dairy farmers about their ability to control the weather or prices. Does the farmer have any real ability to control government policy? They try. Ask children or teachers about their ability to control what they are taught or how they are taught. Most people attend the church their parents attended, or not, as the case may be. From birth we are locked into institutions such as kindy, school, university, workplace, farm, business, council, and country. Good people spend their lives making the best of what they encounter. Other people buck up against the institutions and try to improve them. There are different ways of doing this.

In Taranaki most people like to work "from within the system" but there are

others who take a radical approach. They set up their own alternative communities or plot the downfall of schools or political parties or whatever they oppose. Extremist groups like Islamic State are overwhelmed by their own narrow concerns. They lose their humanity in a cause. But most who want change in society take a moderate and reasoned approach. They write to newspapers, offer themselves for the myriad of committees that make our community work and they try to balance their family responsibilities with the advancement of our institutions. This new column is in that spirit.

I hope you contribute to our community and advance your ideals.

By Dr Robert Shaw robert@porirua.net

### On this month in history: Seddon dies

On June 1906 Premier Richard Seddon died, while on board ship returning to NZ from Australia. In Australia he had been attempting to negotiate a trade deal be-

tween the two nations. The Liberal Party politician holds the record for the longest time leading NZ – over 12 years. His Government effected many reforms including the

first old age pension in 1898 (now called superannuation) and women's franchise (1893). His statue is positioned in front of Parliament with his arm raised.

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Archbishop Philip Richardson tells a story at St. Barnabas' 150 year service.

## St Barnabas Patronal Day thanksgiving service

The St Barnabas Church in Opunake was packed for the Patronal Day Thanksgiving service, marking 150 years of the church's operation, as part of the Opunake Sequicentennial programme. The service was held on Sunday June 14, with a special guest the Right Reverent Philip Richardson, who is Bishop of Taranaki and Anglican Archbishop of New Zealand. Also officiating were three ministers Rev Geoff Wil-

liams, Rev Ian Sargent and Rev Hugh Coulton.

The congregation was invited to dress up in period dress of the 1880s and the service itself was couched in the language and terms of the services held over a century ago. There was a focus on the Ten Commandments. The service version used dates back to 1762 and compiled by John Baskerville.

Archbishop Philip arrived in a 1930s Chevrolet car,

after a brief tour of the town. Referring to one of the Ten Commandments he quipped, "not to covet my neighbours car would be what I'd have to watch," – to laughter.

A special moment was when long-serving member of the congregation Pat Gibson received a special Letter of Recognition from the Anglican church as commendation for her many years (40) of dedicated service during which time she has served

in a number of capacities, including 25 years as church Secretary. The Archbishop acknowledged Pat as a "caring and humble servant" who has acted with "great faithfulness and humility."

Another special moment, near the end of the service, was the recommissioning of the St Barnabas ministry team by Archbishop Philip. Taking part were Rev Ian Sargent, Rosalie Drummond, Pat Gibson, and Lynette Sargent.

During the service various readings from the Bible were heard with the readers, such as Rosalie Drummond, dressed in period costume for the role.

A number of hymns were sung, with organ accompaniment provided by Nevis Brewer and Beverley Williams. Beverley Williams is the wife of the late Rev John Williams who was a respected minister who officiated at many services in the past.

A highlight was the input of Archbishop Philip, who sat down with the children and told them a Biblical story about the hardships of winter and how hope can emerge regardless of grim weather and deprivation.

This well-organised and interesting service concluded with Holy Communion and an excellent supper.



Pat Gibson and Archbishop Philip.

## Te Kiri WI

We were welcomed to our June meeting by our president Sue and our hostess Pauline Clough. Sue and Rita reported on the officers meeting and gained some very useful hints on the council competitions.

Judith Armstrong was congratulated on receiving her Good Service badge.

Letters of thanks were re-

ceived from Pihama WI, Neo Natal, Salvation Army and our seeing eye dog. We discussed the craft day to be held in Manaia, making teddy bears.

These are to be modelled and taken to Hollard Gardens on National Children's Day.

Remits were read and discussed, and these proved

very interesting and thought provoking. Rita Kaiser is attending the annual meeting held in New Plymouth.

Our July meeting is our coffee morning and social meeting to be held at Judith and Ian Armstrong's home. Our handiwork competition was for a knitted garment for a baby. These articles were beautiful and the jacket that won first was just delightful.

Competition results: Bloom 1<sup>st</sup> Merle Clement, 2<sup>nd</sup> Pauline

Clough, 3<sup>rd</sup> Raima Karam. Shrub 1<sup>st</sup> Raima Karam, 2<sup>nd</sup> Joy Collins, 3<sup>rd</sup> Pat Barrett and Judith Armstrong. Cooking 1<sup>st</sup> Pauline Clough, 2<sup>nd</sup> Heather Radford. Floral 1<sup>st</sup> Raima Karam. Handicraft 1<sup>st</sup> Raima Karam, 2<sup>nd</sup> Aileen Simpson, 3<sup>rd</sup> Heather Radford.

Afternoon tea was served by Joy and Pauline.

Thank you Pauline for the use of your home.

Mavis West

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# A warm welcome to all newcomers and a small request



Constable Rhys Connell

Hopefully moving day went well for those that have moved in, out, and within the Coastal District, and that your new farms are what you expected.

If you are new to the Coast, welcome. Don't forget that if you have a firearms licence you have 30 days to inform police of your change of address. This can be done by accessing the Police website

and clicking on the Firearms Licencing link, and then "change my address." This will generate a file, and either I, or one of the Opunake boys will come and check your security. Don't forget to make sure your cabinet is secured to the wall and/or the floor, and you have separate storage for the bolts and ammunition.

I have noticed a lot of tyre skid marks around some of

our intersections with SH 45, and around other parts of the Coast. It's a terrible look for our region when people come for a drive and have to see all these marks left by these clowns.

Often they are in the middle of the road, so it is evident they are putting lives in danger with the way they operate their cars. I ask your help in identifying who these people

are. If you are on the road and see cars doing skids, or you suspect who someone is, please take their registration numbers, and I'll do my best to take their cars and licences off them. As well as it not being a good look for our communities, it is just an outright dangerous activity to do on an open road.

As a community member said to me recently "I hate

all those skid marks on the road, it's so untidy. It's as bad as graffiti". I'd have to agree.

Feel free to contact me on 021 1914920 if there is anything in the community that you want to discuss  
Have a good week

Rhys

## Opunake Volunteer Fire Brigade news and life-saving hints

If I lived in the country, and I don't mean out in the sticks, I would have at least two fire extinguishers ready to fend off a fire "attack". As efficient as our brigade is, quite a lot of time can tick by from when a call is made until we rock up your driveway. If the home owner can slow, or better still, put out the fire by using an extinguisher the happier everyone will be.

There are various classes of fire and many different types of fire extinguishers, so two types of extinguisher are required to cover most bases. A cooking oil or fat fire is the most common type of household fire and requires a "wet chemical" extinguisher. You must never use any other type on oil or fat as they will either have no effect, or really

"ramp it up" by spreading the burning oil all over the kitchen. The other extinguisher I would recommend is an ABE dry powder model. These are great for Class A fires (wood, paper and plastics), Class B (flammable and combustible liquids) and Class E (electrical equipment), and come in a range of sizes. You would be best to go with either a 2.5 kg or 4.5 kg (around \$75 and \$110 respectively), as anything smaller could run out before the job is done. The 4.5 kg model would be my pick as it will last a lot longer and give you a better chance to save your property.

Over the past 15 years, the brigade has attended six tractor fires which have apparently been caused by nesting starlings. I know insurance

companies now have strict guidelines for farmers regarding these nuisance birds and tractor storage, but I would imagine things can be overlooked if other matters are on your mind. My suggestion would be to have an ABE Dry Powder extinguisher in the shed or in the tractor as back up should an incident occur. By having this backup, your insurance broker will still be talking to you when he brings your bottle of wine at Christmas time. This type of extinguisher is well worth having should you have a fuel or an engine fire around the farm, milking shed meter board or other electrical issues, or even a rogue welding spark in the workshop.

All fire extinguishers should be mounted on a wall out of the normal reach of children. Extinguishers should never be free standing on the ground as they can be knocked over and cause their own problems. Some of you may remember the incident

in Eltham a few years back when an extinguisher was accidentally knocked, causing it to discharge and subsequently turning it into a missile. Sadly it hit and killed a lady who was visiting a trucking workshop. So please make sure you mount them in noticeable areas where they can be accessed easily and safely. It is a good idea to have signage so everyone is aware as to which fire each extinguisher is recommended for. Place the Wet Chemical extinguisher in or near the kitchen, but not too close to the stove or cooking surfaces- for obvious reasons.

Many people may be a little frightened at the thought of using an extinguisher. It is something that you only use when you have to, and you never get to "practice" with one. I could understand it being extremely daunting. After all there is a fire taking hold, your adrenaline is racing, and you have to grab this piece of equipment that you have

hardly ever touched before, get up close to the fire and pull the trigger. Yes, very scary but necessary as you have to protect your property. I will give you an acronym (PASS) to help you do the correct steps when using this strange piece of equipment. Pull the safety pin or remove the clip. Aim the nozzle at the base of the fire from a safe distance (2-3 metres away). Squeeze the handle. Sweep the extinguisher from side to side while aiming at the base of the fire.

If you remember PASS, your mind will be on the task of dealing to the fire, your fear will go, and you will restrict or halt the spread of fire and save the day. As I said at the start, we do try to get the wheels rolling as quickly as we can, but time is often against us. After all, we are volunteers so we have to get from home or work to the station, kit up and respond. If you can

do your part and purchase a fire extinguisher or two, and become familiar with them, you have prepared yourself should an incident occur. Remember, try and have someone on the roadside to indicate the property or relay directions, or even lead us in.

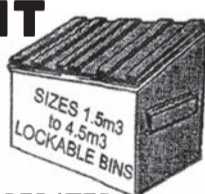
On Wednesday June 10, we were called to help the Rahotu Volunteer Fire Brigade at a house fire on the middle Kahui Road. One of Pickering Motors bus drivers had spotted flames shooting out of a window as she was doing her afternoon round. With her quick action calling it in, and both brigades responding promptly, the fire crews were able to restrict the spread of fire, but unfortunately most of the property suffered water and smoke damage. At this stage the fire investigator seems to think the fire may have been caused by a freezer motor packing a sad.

*The Sexy Siren*

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## Egg industry supports illegal importing fine of \$45,000

The Egg Producers Federation supports the \$45,000 fine given to a chicken enthusiast for attempting to illegally import live eggs for her hobby.

In a successful prosecution brought by the Ministry for Primary Industries (MPI), Karen Joanne Leggett, 52, of New Plymouth, was found guilty in the Auckland District Court on 29

May of three charges under the Biosecurity Act of knowingly possessing unauthorised goods. Judge Blackie fined Ms Leggett \$15,000 on each charge and \$630 costs - \$45,630 in total, reflecting the serious nature of her actions.

"New Zealand is uniquely free of major avian diseases, and any illegal imports of

live eggs pose a serious threat to New Zealand's commercial poultry industry," says Michael Brooks, executive director of the Egg Producers Federation.

"Illegal imports pose a grave risk of introducing diseases such as avian influenza which has devastated poultry farms in parts of Asia, Africa, Europe and

North America since 2003.

"The New Zealand egg and poultry meat industries provide over 4,000 jobs and earn over \$2 billion a year. Avian diseases also pose a potential risk to the native bird population of New Zealand."

## Manaiia celebrates 61st birthday with special lunch

The Manaiia Women's Institute celebrated its 61st birthday with a lunch at the South Taranaki Club.

Arrangements were made

to cater lunch for a bus load of members from the Gisborne Federation who will be visiting Taranaki for the National AGM in New Plymouth later

in the month.

Grandmothers had enjoyed a social afternoon in May with high tea at a member's house.

The wondering coin was won by Joy Brogden.

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Sera and Markus Hojdelewicz, owners of Dawson Falls Mountain Lodge & Cafe

## Dawson Falls Mountain Lodge wins awards

Despite the relatively short time Sera and Markus Hojdelewicz have owned Dawson Falls Mountain Lodge & Café – about 18 months – they have won two awards. Both Internet-based awards are based on the ratings of very satisfied guests who have sampled their unique hospitality.

The Swiss style lodge is nestled at 904 metres above sea level in the middle of Egmont National Park and can accommodate 24 guests. The Café is open Thursdays to Sundays during winter, 10.30am to 3pm. The restaurant is open Thursdays to Mondays with bookings essential.

In the Bookings.com award the lodge has scored an amazing 9.4 average (out of 10) in the ratings of the many satisfied guests who have stayed at the Dawson Falls Mountain Lodge. “It is one of the higher ratings in the region,” explains Sera.

“We were happy, of course,” adds Markus. The lodge is rated on several criteria which include location, staff, cleanliness, comfort, rooms and value for money. Here is a small selection of the many fulsome compliments posted on the website:

“Outstanding,” “Awesome hosts who made us most welcome,” “Amazingly thoughtful and friendly staff” and “The dinner was amazing.” Sera and Markus expect the comments about meals to



Swiss style guestroom.

become even more positive as a result of the excellent cook who has recently joined them. “We are very lucky we have got Fiona,” comments Sera. She adds, “It has freed us up so we have more time to talk to the guests.” Fiona Phillips lives locally near Kaponga. Not only does she produce food of “a really good quality” she also ensures “very good presentation” of what she creates for the hungry guests and “takes a lot of pride in her work.”

Sera and Markus are proud of the fact their seasonal menu is a reflection of their desire to produce “really good New Zealand food, with a European flavour.” And also that

“we make it up 90% from scratch.”

The TripAdvisor.com award is different in that guests who provide ratings do not have to have stayed at the lodge. The criteria are similar to those of Bookings.com. Markus and Sera are yet to receive their award certificate, but a feature is the acceleration of improved ratings since Sera and Markus took over. Before ‘the changing of the guard’, so to speak, the ratings were far less positive.

June is a bit less busy and Sera and Markus point out that this is when they can provide specials for local people. “Join our data base or follow us on Facebook to see what happens and find out about any specials,” they say. Recently, they have catered for work functions, family gatherings and they forward to more of these.

You can reach the Dawson Falls Mountain Lodge & Café readily. From Stratford head down Celia Street and keep going towards Mt Taranaki. From Kaponga head towards the Mountain down Manaia Road. Apart from the sumptuous meals, to stay in one of the ten unique Swiss Style guestrooms is an experience to be savoured and remembered for a very long time.

Dawson Falls Mountain

Lodge is located at the end of Manaia Road, Egmont National Park. Phone 06 765 5457 or email [info@dawsonfallsmountainlodge.kiwi.nz](mailto:info@dawsonfallsmountainlodge.kiwi.nz) You can also try their website [www.dawsonfallsmountainlodge.kiwi.nz](http://www.dawsonfallsmountainlodge.kiwi.nz)

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# That flag referendum

I read a letter to the editor with respect to the referendum on changing the flag. The writer emphatically stated that the Prime Ministers agenda for changing the flag was a move to republicanism. Pat Dudley said that a flag change is needed before this can happen. Not true and completely unfounded, Pat. Some republics have kept the Union Jack as part of the flag and other commonwealth states have removed it.

I recently attended the unveiling of a plaque commemorating the First World War winners of the Victoria



Hon Chester Borrows MP

Cross which will be placed in Parliaments grounds near the top of the new steps leading to the cenotaph. At least two of those VC winners came

from the Whanganui Electorate. It struck me on my recent visit to soldier's cemeteries in France and Germany where New Zealanders are laid to rest, that the country they were representing when they died, is vastly different than the one they left to fight. In Caterpillar Valley where I led a small ceremony we reflected on the fact that the mihi poroporoaki and karakia that was offered would probably never have been in the contemplation of my great uncle buried in the cemetery. If he was aware of what we were doing, he wouldn't recognise the significance. But the legacy of the winning of that war for us as New Zealanders has been to be able to exhibit the freedom to be unique in identity and to stand apart from other nations and Commonwealth countries in particular. We are no longer clones of the English, but have put our own stamp on the world and to jump out of the shadow of colonialism without forgetting our roots, at least for pākehā.

The discussion or argument around the referendum on the NZ flag seems to conflict. There is an innate sense of pride that kiwis have cut our own track and do not tug our forelocks to England, and

yet at the same time there is a strong voice for retention of the flag which makes that colonial connection. I guess the strongest argument in favour of change is to reflect what New Zealand has become since we took on the ensign as our flag, and also to differentiate us from the Aussies. I have to accept that differentiation is important. In travelling in motorcades in Europe recently, there was marked interest from pedestrians in all the areas where the motorcade stopped with motor cycles, police cars and limousines. The only emblem signifying who we were was a small flag on the bonnet of the vehicle carrying the Speaker and Ambassador. I got sick of hearing the murmurs of the crowds as we disembarked saying "Oh. It's the Austra-

lians!" Nobody makes that mistake with the Canadians since they adopted the maple leaf on their flag, and discarded the flag which closely resembled what we use today. That step by the Canadians was hugely unpopular at the time, but nobody wanted to revert to an ensign incorporating a Union Jack.

I start my consideration from a standpoint that I quite like our current flag and as we had it first, let the blimmin' Aussies change theirs, but am now leaning towards keeping an open mind until I see the alternatives. I sure won't be voting for any option for the sake of change. A nation's identity is bigger than a flag. At least in the process we have, the government can only be in trouble for giving people the option to change,

as the alternatives will be chosen by an independent group, and the whole voting age population will get to choose between the current flag and the most popular option. In the end at least half the population will have voted for the winning flag. The issue raises its head once every couple of years, and we've had this flag for about a century, so once settled, it'll stay settled for a lifetime thank goodness.

The debate will get hotter before it is over. I am already flooded with correspondence with threats as to what will rein down upon me should I vote for change, ignorant as they are that the only vote I get is the same as theirs; in the referendum.

Chester Borrows  
MP Whanganui

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# Addiction to gambling

People addicted to gambling on Pokie machines go for the free spins and free games in the hope of multiplying the amount of money they get out of the pokie machines. They keep on going because they want more, and they talk about the buzz they get in pursuit of the machine delivering more money. Addicted gamblers just cannot stop. It's because they always think that the 'next one. I am going to win back my money'; the money they have already lost. The odds are always against the gambling pokie addict. Unfortunately the statistics show that Māori and Pacific Islanders are over-represented. They are becoming hooked on the pokies, and cannot afford it. Local councils need to look at the harm being done to families and the communities they live in, and stop placing pokie machines in areas where they are too easily accessed. There are many Whanau living below the poverty line, and it is those most vulnerable who through desperation, give the pokies a go. There is however help for



Adrian Rurawhe MP

these people. Technology is available to address this issue, and I'm advocating that New Zealand implement a pre-commitment System. This is a system where all people using pokie machines are required to pre-commit to a maximum amount of money that they are willing to lose, and a maximum amount of time that they want to spend gambling. Once the gambler has reached the pre-committed money or time, they will be locked out of the machine they are playing on, and all other machines in NZ.. People do not intend to become addicted to gambling, and they do not consider that this will be the end result. Organisations that deal with the harm caused by gam-

bling are adamant that a pre-commitment system will prevent many people from becoming addicted in the first place, but will still allow ordinary Kiwis to have a flutter on the pokies.

A Pre-Commitment System is not included in the Gambling Amendment Bill (No3) currently before Parliament. This is a missed opportunity to address the harm caused from gambling. At the end of last year the Department of Internal Affairs ran their 'Mystery Shopper' operation. They visited 102 gambling venues, and their Mystery Shopper gambled and displayed the behaviour of a problem gambler. Only one venue upheld their host responsibility and intervened. Just one venue out of 102. That is a shocking result, and the venues that host pokies and the Societies that own them need to do a lot better. They need to lift their game and ensure that they are much better hosts. Failure to do so, would surely mean that further amendments to the Gambling Act will be required.

Adrian Rurawhe  
MP for Te Tai Hauāuru

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From left, Stratford Auto Electrical's Margaret Oakes, Warren, Daniel and Don Oakes.

## Stratford Auto Electrical changes hands

Don and Margaret Oakes now own Stratford Auto Electrical, since June 2. It's early days, but so far the respected business is busy and we are enjoying the different challenges," says Margaret.

"We'll continue the same excellent friendly service, with continued support."

The firm is retaining its existing staff (Warren and Daniel) and Margaret will take over office manager.

Don adds, "It will be the same top service, same staff and retained competitive prices, but just new owners."

Don and Margaret don't plan any immediate changes, but just plan to maintain the high level of service and quality vehicle supplies. However, there are a few additional services which will include, Warrant of Fitness checks (WOFs), Lubes, Car Valet and the provision of a

courtesy car. Another aspect they want to stress is that are happy to travel to you to attend to your vehicle needs. "We will come to your farm," says Don.

Stratford Auto Electrical are specialists in air conditioning, starter & alternator repairs, and Rhino Rack Installations. We will continue with our very comprehensive range of automotive parts and accessories. We are a

Battery Town outlet with a wide range of batteries and battery products. If we don't have what you want we will get it for you.

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## MAYOR'S COLUMN

## The glue keeping the community strong

## The glue keeping our community strong

It's National Volunteer Week from June 21-7, and as I put pen to paper I've just returned from the first of seven functions the Council is hosting to thank our volunteers and voluntary organisations for the fantastic work they do throughout our district. I am constantly impressed by the effort and commitment to others that so many of our volunteers make. Volunteers are the glue that keep our communities strong – they are the people who 'make things happen' and as Mayor it's a privilege to have the opportunity to thank these people for the contribution they



Ross Dunlop Mayor South Taranaki District Council

make. So if you volunteer your time for the service of others, on behalf of the residents of South Taranaki, I

say a big 'thank you'.

I'd also like to take this opportunity to thank the sponsors, organisers and exhibitors at the recent CONNECT 15 Jobs and Careers Expo which was held at the TSB Hub on May 22-3. CONNECT 15 was a project of the South Taranaki Mayors Taskforce for Jobs, the objective of which was to demonstrate the range of jobs and careers on offer in South and Central Taranaki. The expo was a great success, with 31 exhibitors and 1,529 people attending over the two days. Hopefully, as a result, some of our young people and their parents will have a better appreciation of the various jobs/careers available in

South Taranaki.

Next week the Council meets to adopt our Long Term Plan (LTP). This LTP outlines all the key issues, projects and services the Council intends to carry out over the next ten years, as well as the impact on your rates. In our LTP the average annual rate increase is 2.5 per cent. Thank you to the 368 people/organisations who made submissions to our LTP. As usual the quality of submissions was high, and gave councillors clear direction on the proposals put forward. A summary of the final LTP decisions will be published in a July edition of Southlink in the

South Taranaki Star.

The Council's Long Term Investment Fund (LTIF) has continued to perform strongly in the third quarter, almost doubling projected earnings. The Fund's earnings to March 31 2015 was \$13.26 million, which was \$6.4 million more than budgeted. Since March the Fund has also performed reasonably well, earning \$1.84 million over April and May. This means the total invested assets of the Fund up until May 31 is currently \$132 million. This means we now have a buffer fund of over \$16 million to get us through an inevitable down turn in earning in the future.

The LTIF is the invested

proceeds from the sale of Egmont Electricity. Each year returns from the LTIF are used to subsidise annual rates (\$3.87 million) and service interest and loan repayments for specific community projects (\$1.73 million). The LTIF has returned over \$84 million back to the South Taranaki community since it was started in 1997.

Since the LTIF began to June 2014 it has achieved an average gross return of 7.11 per cent and over the next ten years the Council is projecting the LTIF will achieve returns between 6.7 – 7.5 per cent.

Ross Dunlop  
Mayor South Taranaki District Council

## Former Opunake girl a first time winner



Golden Guitar winner Carylann Martin

Carylann Martin had never been to the Country Music Awards in Gore before. The former Opunake High School student entered this year, and walked off with two golden guitars. She nabbed the best traditional solo song for her rendition of You're just a country boy, and got another as part of the best group, Legal Tender.

"A couple of weeks ago I had been performing at the other end of the country in the Bay of Islands Country Rock Festival," she said. "Then it was down to Gore in my motor home. I had been invited to guest at a concert on the night before the awards opened, and I

thought I might as well have a crack. It was a long way to go so I thought I'd make the most of my time."

As well as the golden guitars, Legal Tender, which includes Carylann, along with Ian Campbell and Moira Howard-Campbell, won the Freeze Ya Bits Off busking competition, which is run alongside the awards.

Carylann has over 30 years in the music business. She operates from her motorhome in the Horowhenua, where she works as a performing arts music teacher at Otaki College, Waiopahu College in Levin and Manawatu College in Foxton.

These days Country is her

preferred musical genre although she has played jazz, blues and pop. She lists Bonnie Rait, Emmy-Lou Harris and Nora Gomes among the artists who have influenced her.

Around Christmas last year, she released her album Lone Star, which she sells at gigs and festivals.

"It seems to be selling plenty," she said.

She is also a founding member of the band Henpicked, which has featured on Maori Television's My Country Song programme, as well as occasionally on Radio New Zealand. Three years ago they opened the Nelson Jazz and Blues Fes-

tival, performing before 6000 people.

Carylann grew up around Opunake where her father Rex was manager of cheese factories at Kina Road, Arawhata Road, and Oaonui, before finally shifting to Opunake to manage the factory there.

"They picked up our house, put it on a truck and moved it to Hickey Place. So we had the unique situation of waking up in the same house in a different place," she said.

Her mother Jocelyn was president of the Opunake Beach Mardi Gras committee, and Carylann says the family camped and lived at the beach every summer.

## Finals a valuable experience

Taking part in the 2015 Master Electricians Challenge was "an opportunity of a lifetime," Opunake apprentice Daniel Carson said.

Daniel (17), who works for Sinclair Electrical in Opunake had made it through to the national finals of the Domestic/Commercial apprentice category judged in Palmerston North on May 26-8. Although the winner was announced at the end of the finals, Daniel is still waiting to hear where exactly he finished.

He is glad he went.

"It was definitely a valuable experience which not many people get to have, and all the sponsors gave us really good ideas on different ways to think about things," he said.

Daniel was allowed a maximum of two hours to do each of five challenges. This year the challenges involved wiring up a smart house,



Electrical whizz Daniel Carson

controlling power points and dimming lights via iPad.

"It was real easy to follow the instructions. It's not as hard as people might think."

Issues Daniel had to tackle included conduit work and checking on measuring and

meeting legal requirements. He also tackled a simulated situation of a digger going through a cable, and seeing how the joints stood up. The final challenge involved wiring up two switchboards in two hours.

## Community Board backs Manaia skatepark

On the night of April 26, 2006, the New Commercial Hotel in Manaia burned down. Nine years later, the site of the former pub continues to draw headlines, this time as the centre of a stoush about a proposed skatepark for the town.

On May 27, the Egmont Plains Community Board voted to grant \$5000 from the Waimate Plains Development Levy to help meet some of the additional costs faced by the project.

The South Taranaki District Council bought the 56 South Road site 18 months ago after deciding to put the new skatepark there. Work was halted earlier this year after a neighbour, Patricia Green said council contractors had damaged two sheds on her property,

ripping the lid off a septic tank and rendering the site a health hazard.

Ms Green said she was in favour of Manaia having a skatepark, but not on that site.

Since then the South Taranaki District Council has decided to proceed with work on the project, with additional security measures, and plans to locate and unearth any septic tank on the site.

On April 28, council staff carried out an excavation on the property, and it was later stated that no evidence of a health nuisance was found.

The costs of installing security cameras, placing security guards, erecting a boundary fence and septic tank investigation dig have

been placed at \$17,758.

At the May Community Board meeting, Cr Bryan Roach said that of all the available options, the council had decided that the 56 South Road site was the best one for the skatepark. Community Board member

Brian Vincent said he was pleased the Council had decided to go ahead with the project.

Cr Bonita Bigham said people in Manaia are keen to see the skatepark go ahead.

"The issues of the skatepark and Patricia's claims have been intertwined and mixed up, and trying to separate them has been a real challenge," she said. "I support those people who are keen to make the skatepark happen."



# Napier Street car accident

A car, in the process of trying to park in Napier Street, Opunake (almost on the corner with Tasman Street), side-swiped another occupied car, knocked over a veranda support and crashed into the metal railings leading to a shop. "I heard three big bangs pretty quickly," commented local business man Dean Sturzaker. The car ended up on the pavement, which was littered by broken glass. The shop railings were significantly bent by the impact.

The Toyota car was driven by an elderly lady who evidently accidentally pedalled the accelerator instead of the brake. The accident occurred

on Friday June 12 at about 11.30am. The driver was extremely distressed and sustained an injured knee.

The driver of the car that was side-swiped as he sat in it was local businessman Dean Sturzaker, who commented, "I'm ok. I just felt sorry for the lady because she was very distraught." His 2004 Commodore Crewman has sustained considerable damage to the right side of the car which took the brunt of the impact.

"I'm still hoping that she's all right and the insurance company comes to the party."



Damage caused by an out-of-control car in Napier Street, Opunake.



## Two sales mean all benefit

One man's trash is another man's treasure, especially for all the punters who turned out to both large garage sales on Saturday May 23. This was a win win situation - the

people of Opunake, getting a bargain with all manner of eclectic items. From a family of CPR dummies to household furniture, there was something for everyone between Lakeside Lions and CoastalCare both having large garage sales on the same date. Having two sales encouraged a large turnout of people, and resulted in rehoming most of the items for sale. Lakeside Lions and CoastalCare made around \$1500 each, giving both volunteer organisations some funds to do further good in the community. This is "pay it forward" in action.

The space cleared at CoastalCare enabled St Johns to make use of the half of their station where these were

stored, further increasing the benefits. The people of Opunake and visitors alike enjoyed transiting between

the two locations, grabbing much needed hot food and a coffee in-between to stave off the cold of the day.

## Stony River ghost



The apparition photographed at the Stony River Hotel.

The Stony River Hotel has a ghost and the owners have a photograph to prove it.

Proprietors Renate and Heimo Staudinger took the photo in their dining room.

"As far as we know it's female," said Heimo adding that a few Maori women had commented to them that they knew of her.

"Sometimes lights come on in our guest rooms. You can

see them from the outside and then when you go upstairs the lights are off," said Heimo. They've also noted that the old photos they have on display in the dining areas are sometimes all inexplicably crooked.

Neither Heimo or Renate seem fazed by the ghost.

"No, not at all," says Heimo when asked if he or Re-

nate were frightened of their resident ghost.

The Stony River Hotel received nationwide coverage when it was reported that no one had been able to crack the combination to a safe which was discovered during renovations.

The code is still uncracked and the contents of the old safe unknown.

## Uncanny experiences at another hotel

Another hotel on the Coast reputedly has a ghost.

At Opunake's Club Hotel centennial dinner last year, Linda Grace who with her brother Alan owned the Club Hotel from 1995-1998, said she experienced ghostly activities in the hotel.

She refers to the occasion when there used to be a single hanging light just by the fireplace in the dining room.

"It started to spin in a circle. I called the staff from the bar to witness it. It just kept spinning."

She says she had other uncanny experiences. She would hear people

walking down the corridor and noise and laughing like they were having a party. "One day my brother and I were standing in the kitchen in front of the fridge when a ping pong ball came from the restaurant. It would have had to navigate a circuitous route including several right angled bends said Linda. Adding to their amazement the ball stopped before them and kept spinning.

Initially Linda says she was a bit unnerved but says "you got used to it".

She recounts another experience for which she can find no explanation.

She was lying in bed going to sleep when she felt a pressure bearing down on her. Then the bed lifted up and banged down. She discovered next morning the bed had moved - there were dents in the carpet where the bed had originally been. And, no there wasn't an earthquake at the time.

Linda says someone did die in the fire in room 12 though Jack Davey refutes this.

She also says she saw the shadowy spectre of a woman. Eileen saw her too. There was "always activity in the hallways", often during daylight.

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Above: Phil with the new hoist at Opunake High School.

Below: The nonslip floors.

Opunake's Heartland Construction has completed considerable work in schools in Taranaki, including Opunake Primary School and Opunake High School. Both schools are impressed with both the quality of the construction work and the pleasant manner of Phil Brophy and his team.

Previously, they were working at Matapu and Aurora Schools for both special needs modifications and fencing requirements.

Most of the work at Opunake High School involves modifications to allow a student in a wheelchair to access all parts of the school readily and safely. The changes are many and – to mention just a few – these include ramps (concrete and wooden), railings, a specially designed room with a hoist, a bathroom, nonslip floors, and even a device for allowing the wheelchair to be lifted onto the stage in the hall.

Chairperson of Opunake High School Board of Trustees Andy Whitehead is highly impressed, to say the least. "They've certainly set the school up, not only for the student concerned, but also for special needs students in the future." He added, "The work done has been excellent." Andy is pleased that Phil is easy to deal with and listens carefully to requirements.

While Andy points out that the educational authorities are not always forthcoming when sufficient money is needed, he explains that the work Heartland Construction has done is "definitely value for money." He concludes, "We've ended up with a really good job."

At Opunake Primary School Heartland Construction has been removing end walls of stone from each classroom, which are deemed to be an earthquake risk and replacing them with safer materials. Phil's men work unobtrusively and Principal Lorraine Williamson finds the men easy and pleasant to deal with. Certainly, the end result is attractive.

"I think they are very professional. I'm pleased with the excellent level of



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# “excellent” work in schools

care,” she says. Lorraine pointed out that she mostly works with Doug, “who always goes the extra mile.” She is also impressed that specified time frames are kept to, despite the poor weather. She pays tribute to Phil’s “excellent” efforts

with Health and Safety. The quote for work was “very competitive” which is also pleasing.

One teacher at Opunake Primary School, Sally Potroz, commented on how nice and modern the

classrooms now look. She definitely prefers the new look. She also points out that the change includes greater insulation so the classrooms are likely to be warmer.

Soon Heartland Construction will be heading

to Eltham School to do more replacement of earthquake risky materials, after which they will return to Matapu School for more work there.

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Opunake Primary School's end walls before and after the earthquake proofing.



Above: The specially designed room. Below: The new railing and ramp




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Greg has been trucking around the coast for nearly 50 years.

# Greg is captain

Known affectionately as the Captain, Greg McLean knows the coast, and the coast knows him. He has been trucking around here for nearly 50 years. Originally from the East Coast, he began his Taranaki trucking career back in 1968 with David Fleming and Brian Hopson who had Coastal Transport. Back then, his petrol powered Commer truck had 100hp and could fit in 10 cows. Now driving for Sandfords, he drives diesel-powered trucks with 450hp, capable of taking 50 head at a time.

This is not the only change he has noticed.

"When I started we would carry half sheep, half cattle. Now someone would have

to show me a picture of a sheep," he said. "A hundred and ten cows was a big farm back then. Since then, sheep have slowly disappeared. It's all changed to dairying or grazing stock."

Another change is that these days there's a lot more carting of palm kernel and molasses.

"Now cows are not just eating grass, they're eating all sorts of stuff," he said.

There was a lot of work with haymaking in the days when haymaking meant conventional rather than round bales, as well as carting metal and fertiliser. In the winter there would be bobby calves to carry.

There were saleyards all around the countryside,

with the likes of Rahotu and Okato having their own, at a time when many farmers would walk their stock to the yards.

Opunake was among the last of these to close.

"Now there's just Stratford, and occasionally Inglewood," he said.

Having begun trucking in Opunake, Greg was later moved up to Okato. He carried on with Coastal

Transport after Lesters Transport bought the business, then worked for L.A.Chattertons. He has been with Sandfords for the last 10 years. Phil Sandford said he had headhunted him.

"I was keen on having Greg as a stock driver in our area as he was fairly well known to local farmers," he said. "I met him in the Opunake Tavern one night, and I thought it would take

a couple of jugs to talk him into it."

Opunake farmer Darrell Hickey said he has always been impressed with the way Greg has worked.

"He's very steady with the truck and never drives too fast, and he's very gentle with the stock," he said. "Nothing is ever a problem for him. Loading stock can be hard work. There's some element of risk or danger as

you never know if you are going to get quiet or mad stock, so you have got to have your wits about you. Physically it's a lot harder than a lot of people might think."

Darrell said Greg would know every farm along the coast from New Plymouth to Hawera, and he often gets drivers picking his brains about individual farms.

*continued over page*

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# of the coast



Greg (right) with farmer Darrell Hickey

continued from page 14

“Other drivers will call Greg, and say, can you get a trailer in here?”

He notes another endearing feature of Greg has been his willingness to give children lifts in his cab. “He would have taken heaps of kids in trucks with him over the years.”

Many a lifelong interest in trucks probably began this way, he said.

Greg has been all over the country, including three

times up to Kaitaia, frequent trips to Hawke’s Bay, Wairarapa, and to Petone, to the Gear meatworks.

“In 46 years, I’ve met a lot of good people,” he said. “There’s good people and there’s very good people. I’ve made a lot of friends, but I don’t think I made any enemies. I’ve known a lot of good stock agents, and there’s been a lot of good drivers I have worked with.”

He enjoys working with farmers and remembers

farmers who have been telling him for the last 30 years about the yards they are going to be building. He is still waiting.

Working for Sandfords has brought a lot of satisfaction, he said.

“I’ve enjoyed working with Les(Puku) and Arlene,

the transport managers at Sandfords Livestock for the last 10 years.

“What I like about working for Sandfords is that Phil has been loyal to me, and he has been loyal to the coast. Just look at all the groups around the coast he’s helped out with.”

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# \$500,000 boost to help rural mental health

Health Minister Jonathan Coleman and Primary Industries Minister Nathan Guy have announced a \$500,000 funding boost to support mental health initiatives for rural communities. "Rural depression is a significant

issue. The physical isolation as well as the uncertainties of being reliant on the land creates different pressures to those living in an urban setting," says Dr Coleman.

"The Ministry of Health and Ministry for Primary Industries have each

contributed \$250,000 to the one off funding boost.

"Health will be working closely with MPI to develop a programme that has both national and local components.

"While the details are still being worked through I expect

the programme will focus on the promotion, prevention and early intervention of rural mental health issues."

"This extra funding is recognition of the importance of farmers and their family wellbeing during challenging times. This year is a tough one for many with the ongoing drought on the east coast of the South Island, and

high volatility in commodity prices," says Mr Guy.

"The funding will improve the coordination of existing outreach services, and develop new support programmes and resources for those farmers and communities in great need.

"Farmers are really good at looking after the land, animals and machinery,

but they aren't traditionally as good at looking after themselves.

"It is very important for farmers and their families to realise they are not alone, and help is out there. There is a wide range of good advice and support from organisations like Rural Support Trusts, Farmstrong, and Dairy NZ."


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## Rural Bachelor of the Year

Geraldine-based fencing director Toby How, 29 is the Rural Bachelor of the Year.

Tony How has a Bachelor of Commerce and Agriculture from Lincoln University. He says there's no 'typical day' in the life of a fencer, except for hard work and lunch in the sun. When he's finished wire work and driving posts, he likes to kick back with a well-deserved cold beer.

"I'm a likeable rogue, quick with a joke, and even quicker on the footy field," he says. "In all honesty, I struggle to sell myself in words to the few ladies I do meet on my travels. So hopefully the exposure of a competition such as this will let my actions do the talking and my personality seal the deal," said Toby prior to the judging.

There were eight finalists



**Toby How, 2015 Rural Bachelor of the Year.**

in this year's Mystery Creek Fielday's Rural Bachelor of the Year. They included two Australian and six Kiwi bachelors as they put their skills, attitude and all-round charisma to the test in the ultimate battle to find fame, fortune and love.

The finalists were Craig Crampton from Foxton, Daniel Rogers from Telangatuk East, Victoria, Australia, Jarred Clode from Ashburton, Matt Barr from Whakatane, Mick Pearson from Tasmania, Australia, Sam McNair from Dannevirke, Toby How from Geraldine, and Tony Peake from Te Awamutu.

The competition has been described as an opportunity of a lifetime for these good, keen blokes, to not only enjoy

an all-expenses-paid trip to Fieldays, but also show themselves off to future employers and industry leaders – as well as bachelorettes.

The competition featured the Mystery Race, with all finalists beginning their journey at a secret location two days prior to Fieldays. Paired up and accommodated in Kea campervans, finalists completed various challenges enroute to the Fieldays.

Once at the Fieldays, the bachelors were tested in a number of competitive heats, from speed fencing to speed dating, log splitting to cooking. The challenges were largely agriculture based but had a few fun twists thrown in to test the character of these rural men.

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# Netball celebrates 150 years in Opunake

A special event was held at the Sandfords Event Centre on Sunday June 14 to celebrate 150 years of netball (once called basketball), as part of the Opunake Sesquicentennial year long programme. The event ran from 10am until about 1.30pm.

One of the highlights was the nine-a-side games where older players competed, but also on court were a smattering of much younger players. One little girl looked about eight and she was good too. Although the closely contested game was declared a draw by the referee, one spectator commented, "I think the 'old' ladies in the black school gyms showed amazing skills and speed and so deserved to win."

In the audience were some prominent personalities, including the Patron of Taranaki Netball Madge Cathro. She has been Patron for the past 22 years. She said she coached the Taranaki Netball team for 12 and a half years. The highlight of the event?



Old school line up.



The Arahi netballers give the old style uniforms a workout.

"It was watching the younger ones with their skill development," she said.

Also watching were two Life Members. One was Monica Corric, who was enjoying the day. "It was great, really good," she enthused.

The other Life Member was Cherryl Wylde, who said she really enjoyed watching the nine-a-side games, as well as the "littlies."



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# Coastal Cobras burned in top of the table clash

In a top of the table senior rugby league clash held at Opunake, Marist Dragons continued on their winning way with a powerful second half performance when they piled on 40 points against the Coastal Cobras. The first half was very even, and Coastal were first to score in the second minute after a slick backline move following some good lead up work by the forwards, resulting in wing Trent Deegan scoring out wide. Marist are a big side and were never going to lie down, and back they came with two good tries through

their props Egypt Tangitutu and Haoro Hond, to lead 10-4 after 23 minutes. They could easily have two more tries, but some excellent defensive work by Coastal fullback Jason Behrent on Kayne Newman and centre Isaac Hekenui on the try line averted them. Coastal worked hard to get back in the game, and scored through hard working prop Maloni Tuitupou, who crashed over beside the posts to make it 10-10 after 30 minutes. Marist crept ahead again to lead 14-10 through a try to Nathan Ransfield, but right on halftime Coastal

loose forward Jamie Taylor crossed for a well worked try to put his team ahead 16-14 at the break and it was game on. The Dragons hit back early in the second half after some smart work by half Aidan Prestney, who off loaded to wing Frank Te Wake to score under the posts, and this was followed quickly by a long range try to fullback Taani Prestney to jump out to a 26-16 lead. Back came Coastal with another try to wing Deegan after some neat work by the backs to close it up to 26-20, but from here on it was all one way traffic as Marist ran in five

unanswered tries in quick succession through some excellent inter play between backs and forwards, as the Cobras tired badly and the score blew out to 54-20. It was an impressive powerful display of quality league by the Dragons for which Coastal had no answers. Coastal centre Levi McPhee picked up a consolation try near the end, as he scooted away after a Marist player lost the ball in the tackle for a 54-26 final score line. For the Dragons, all the forwards played well again with second rower Jo Scholey particularly

impressive with some charging runs, while the props Egypt Tangitutu and Haoro Hond worked hard both scoring tries the former getting two. In the backs Aidan Prestney and standoff Dylan Hall, who was named man of the match directed play well, and Taani Prestney at fullback was strong on defence, and ran with purpose. For the Cobras, Jamie Taylor was the pick of the forwards, with some excellent go forward and stout defence while young Liam Kupe looked good early, until he went off injured, and

prop Tuitupou tried hard. In the backs Darren Parata continued his fine form with some darting runs and excellent last play options.

Scorers: Marist Dragons 54; Haoro Hond, Frank Te Wake, Aidan Prestney, Egypt Tangitutu 2, Taani Prestney, Isaac Hekenui, Jesse Pirini, Teimi Ransfield, Nathan Ransfield **tries**; **Dylan Hall 5 goals**, Taani Prestney 2 goals; Coastal Cobras 26; Trent Deegan 2, Maloni Tuitupou, Jamie Taylor and Levi McPhee tries, Mark Davis 3 goals

# Taranaki club team shooting results

Shooting teams from around Taranaki converged on the Inglewood Rile club for the Taranaki Club teams' competition on June 8. A total of 28 shooters and eight teams took part. Although only three hundreds were scored, shooting was close and tense, and the top three places were separated by only one point. Hawera team just squeaked in as the winners five inners away from Oaonui, and the Inglewood No1 team

was one point further back in third place. Bruce Cameron(Hawera) had the top score of 199.13, Heather Symonds(Eltham) had a 93.1 for her first shoot away. Also from Eltham was Alan Drake with 195.6, and Kat Mischiefski with 100.6. Team results were: Hawera: Bruce Cameron 199.13, Jason Cameron 194.5, Frank Eustace 192.8, Total 585.26, Oaonui: Dave Fake 197.9, Doug Gibson 195.8, Billy

Moratti 192.4, total 585.21, Inglewood No1 Kevin Bocock 195.10, Trevor Jupp 194.8, Brent Moratti 195.5 total 584.24 Inglewood No2 Brian Shewry 190.4, Robert Hine 197.10, Greg Moratti 191.4 total 578.18, Eltham: Paul Tidswell 194.7, Alan Drake 195.6, Kat Mischiefski 184.5 total 572.18, Inglewood No3 Ross Ingles 195.6, Lou Donalley 185.5, Sean Sahin 188.2 total 569.13 Inglewood No4 Brian McGregor 187.5,

Hanni Schuert 181.3, Ross Ingles 183.4 total 551.12 Inglewood No5 Ian Hayton

187.5, Lou Butler 158.1, Daryl Moratti 89.2, Hamish Till 85.1, Heather

Symonds 93.1, 87.0, Cameron Symonds 73, 68.1, Ash Large 94.0 92.1.



Opunake High School Junior Boys player CJ Tamaaru leaping in to shoot against New Plymouth Boys High School last month.

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# 50 years celebrated in style



Opunake High School and Manawatu College in Levin recently celebrated 50 years of their annual sports exchange. Some of the attendees were also former students, parents, coaches and teachers.  
**At back: Robyn Davey. Standing: Alastair Cook, Lyneyre Hooper, Haydn Langton.**  
**Seated: John Hooker, Brody Chapman, John McCarty, Philip Hooper**  
**Kneeling: Taylah Smith, Ashleigh Tito Collins and Mereana Hooker.**

## Six of the best for shooters

Something must have happened at the Hawera Target Rifle Shooters shooting at the Hawera Hub on June 3, as six shooters scored personal bests. Rico Symes Patterson had a 96group on the sling. First time shooter Rochelle Smith had a 99 group, as did Joe De Costa. Dwayne Ranghi had a 95.3, Mathew Peters had a 95.3, Kade Lott 93.3. Congratulations to you all, and keep up the good shooting. Alex Munro shot 2 x 100 groups and Jackson Jennings also a 100 group. An excellent night's shooting by you all. Scores were: Kade Lott 85.0, 93.3: Alex Munro 100gr,100gr: Rico Symes Patterson 91gr, 96gr:Brody Lott 95gr,92gr: Jackson Jennings 99gr,100gr: Kase

Walker 97gr,95gr: Rochelle Smith 99gr: Dylan Farr 97gr,97gr: Sean Michael Bower 97gr,98gr:Joe DeCosta 94gr,99gr,94gr: Dwayne Ranghi 89.1,95.3: Clayton Robinson 967gr, 98gr: William Chubb 91gr,93gr: Noel Hainsworth 99gr,76.3,84.0: Bruce Cameron 100.6,99.8: Jason Cameron 99.6,97.6: Frank Eustace 99.4,97.3:Sam Gooding 96.6,97.5: Mathew Peters 87.2,95.3.

At the Hub range on June 10, Mathew Peters scored a personal best for the second week in a row with a score of 96.4. Two shooters on the grouping card, Dylan Farr and Tim Greenhalgh scored 100s. Bruce Cameron was at the top of his game with 300.26 and Jason Cameron

had a 100.8. Gary Rowlands had a very good total score of 297.15 Scores were: Joe De Costa 98gr,98gr, Dylan Farr 99gr,100gr, Dwayne Ranghi 93gr,98gr, Tim Green Halgh 100gr,91.2, Paige Farr 96gr,97gr, Alex Munro 98gr,99gr, Joel Williamson97gr,68.0Scott Williamson 95gr,77.0, Rico Symes Patterson99gr, 88.1, Brody Lott 89gr,91gr, Kade Lott 83.1 87.2, Clayton Robinson 95gr,77.0 Noel Hainsworth 83.0 77.0 82.0, Mary Healy,Whitting 96gr, Max Hutchinson 92gr,91gr, Bruce Cameron 300.27 Jason Cameron 297.18, Frank Eustace 296.12, Sam Gooding 96.2, Mathew Peters 91.1, 96.4, Gary Rowlands 297.15.

Frank Eustace.

## Taranaki outshoot Wanganui

Taranaki proved too strong for Wanganui in their draw of the National Districts Team Shooting championships held on June 4. Taranaki now sit one point clear of Wellington Tigers in the second division.

The semi finals are getting close, and Taranaki will have to be right on target if they are to beat the strong

Wellington team. Neil Kinsey from Wellington was once again in top form with a 300.19 Neil scooped the top prizes from the recent Taranaki shoots. Doug Gibson from Oaonui was back up to his best with 297.20.

Scores were: Kevin Bocock 296.18: Bruce Cameron 295.16: Garry Rowlands 295.16: Jason Cameron

295.15: Brent Moratti 294.14: Dave Fake 292.13: Trevor Jupp 290.10: Sam Gooding 290.10: Steve Lye 288.10: Composite: Doug Gibson 297.18: Hayden Andreoli 290.9: Phoebe Lye 290.8: Brian Shewry 290.8: Graham Moratti 287.9: Junior, Monique Brownley 190.9: Rachel Dunkley 190.3: ElyEliah Mangnus 185.4

# Coastal Cobras Junior Rugby League results

In junior rugby league played on the weekend of June 6-7, the Coastal Cobras won one of their three matches against the Western Suburbs Tigers and lost two.

The Under 11s won their game 28-24, while the Under 7s were beaten 36-8, and the

Under 9s were beaten 40-12. On the weekend of June 13-14, the Under 9s and Under 11s took on the Waitara Bears. The Under 9s lost out 32-28, while the Under 11s lost by the larger margin of 40-12. The Under 15s defeated the Western Suburbs Tigers 22-18.

## Indoor bowls Championship results

The Waimate Plains Indoor Bowls Association held their playoffs for the Champion of Champion Triples at Pihama. After the round robin event, the Otakeho and Pihama teams were even, and in the playoff, the Otakeho team of Paul Midgley (Skip) Kath Whyte

and Gillian Bird defeated the Pihama team of Scott DImock (Skip) Marleen Clement and Graham Dorn.

Another Challenge in the Hudson was held between Otakeho and Kapuni Clubs, with Otakeho retaining the shield by 16 points to 14.

Send us your Sports Stories

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**PUBLIC NOTICES**

**NOTICE OF ANNUAL GENERAL MEETING**

Members and the general public are invited to attend the Annual General Meeting of the Oakura Bowling and Social Club, which will take place in the Clubrooms at 1160 South Road Oakura at 2pm on Sunday 21 June 2015. The purpose of the meeting is to review the 2014-2015 season; to elect a Committee for the 2015-2016 season and to effect changes to the Club constitution.

*M J Burr, Secretary.*



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**Opunake & Okato Co-operating Parish  
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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  
Okato - St. Patricks - Saturday 6pm

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**He Pānui**

**2015 Trustee Election**



Later this year, Donna Leatherby and David Tamatea must retire by rotation as existing trustees of the Taranaki Iwi Trust and as establishment trustees of Te Kāhui o Taranaki (the Taranaki Iwi Post Settlement Governance Entity).

The Taranaki Iwi Trust now invites nominations to fill these two positions. For clarity sake, the successful candidates will act as trustees on the Taranaki Iwi Trust and also as establishment trustees on Te Kāhui o Taranaki Trust.

Donna Leatherby and David Tamatea are eligible to stand for re-election and have indicated their intention to do so.

Nominations must be made on an official nomination form and close at 5pm on Friday 10 July 2015. If more than two nominations are received, an election will be held by postal and internet voting with the voting period closing at 5pm on Friday 4 September 2015.

**Membership Registration**

The Taranaki Iwi Trust invites all adult members of Taranaki Iwi who have not already registered, to do so by completing a registration form. Registration forms and nomination papers can be sourced from the following:

Taranaki Iwi Trust office  
Cnr Bayly Road and Oceanview Parade  
New Plymouth  
Ph 06 751 4285  
www.taranakiwi.org.nz

The Returning Officer  
electionz.com Ltd  
PO Box 3138, Christchurch  
Ph 0800 666 031  
elections@electionz.com



# South America, Central America, Antarctica



Travelsmart will be holding an information evening on Tuesday July 7 for anyone contemplating a trip of a lifetime to South America, Central America or Antarctica. There will be guest speakers with the latest specials and knowledge of how to plan the trip. Come along to the Beach Street Hall, Fitzroy on July 7 at 7.00pm.



**Promote your events in the**  
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**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.**

Ph/Fax: 06 761 7016 - Call in at 23 Napier Street, Opunake or e-mail us: ads@opunakecoastalnews.co.nz

## WHAT'S ON

### JONATHAN YOUNG

MP for New Plymouth

Need to speak with your local MP?

Monthly clinics being held in Opunake, 3rd Monday of each month. 10am-12pm at the Opunake Business Centre. Please email or phone to book a time.

### PIHAMA INDOOR BOWLS

Pihama Hall, Monday nights, 7.30 start. Everyone welcome

### OPUNAKE BUSINESS ASSOCIATION

Meet on the 1<sup>st</sup> Monday of each month.

### OPUNAKE COUNTRY MUSIC CLUB

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

### BARNEY AND CO

Mondays 1.30pm. St Barnabas Church Hall. Games, friendship, cuppa. All welcome.

### SCHNITZEL NIGHT

Every Wednesday at the Stony River Hotel, Okato

### ELTHAM HISTORICAL SOCIETY

Corner York and Bridge Streets. Open 1.00 p.m. - 3.30 Thursdays and Fridays

### SURF INN

Every day free pool. Every Friday free sausage sizzle from 5. Every Sunday afternoon. Pool comp

### COASTAL YOUNG FARMERS

Meet 2<sup>nd</sup> Thursday of every month at 7pm at the Okato Bowling Club.

### TARANAKI COUNTRY MUSIC HALL OF FAME, MANAIA

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

### EGMONT EUCHRE CLUB

Meets every Thursday 1pm at the Opunake Bowling Club

### CAPE EGMONT HISTORIC LIGHT & MUSEUM

Open 11am - 3pm weekends, Bayly Road, Warea.

### TODD ENERGY AQUATIC CENTRE

Family fun times 10.30am to 4.30pm.

### COASTAL SINGERS

7pm every Thursday night. Contact 761 8654.

### ELTHAM BUSINESS ASSOCIATION FRIDAY MARKETS

8am to 1pm, Carpark of Touch Point, High Street, Eltham

### OAKURA BOWLING AND SOCIAL CLUB AGM

AGM of the Oakura Bowling and Social Club, at the Clubrooms at 1160 South Rd Oakura,

2pm on Sunday 21 June

### OPUNAKE BUSINESS ASSN POLAR BEAR SWIM

Sunday June 21 at 12 midday. Refer advert.

### RAHOTU PLAYCENTRE OPEN DAY

Tuesday June 23 - 9.30-12.30. Morning tea provided.

### STRATFORD SINGERS PRESENT 'OVER THE TOP'

Kaponga War Memorial Hall, Wednesday June 24 at 7.30pm. Refer advert for details.

### THE COASTAL RUMBLE

Sandfords Event Centre, Friday 26 June, doors open at 6.30pm.

### PERCY THOMSON GALLERY

McDonald Real Estate Canvas Challenge, June 26 - July 19. Refer advert for details.

### MUSO DAY AT RAHOTU TAVERN

Sunday, June 28 from 2 to 6pm.

### "BE PURE" NUTRITIONIST

Warren will be speaking in New Plymouth at 7pm on Wednesday the 1st of July at the Quality Hotel Plymouth International (Cnr Courtenay & Leach Streets)

### OPUNAKE PLAYERS PRODUCTION "JERSEY GIRLS"

July 2<sup>nd</sup> - 10<sup>th</sup> at the Lakeside Playhouse. Tickets on sale now from Sinclair Electrical.

### ST. MARYS HAWERA FARMING SERVICE

Blessing of the New Season, Sunday 12<sup>th</sup> July at St Mary's Hawera corner of Princes and Collins St, 10 am. All Welcome

## More about the Collage Exhibition

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So many people emailed about Philippe Lemaire's exhibition saying "lovely work, wish we could see more," that I've scanned the cover images from his stunning book and added them to the exhibition. Have a look on tart.co.nz And yes, there will be another International Collage Exhibition/Exchange next year. Yes for 2016, no for 2017. Sorry if I gave any other impressions. The Taranaki Arts Trail went really well, thank you to visitors and buyers, and to whoever left the bag of fruit and biscuits. Very much appreciated by two artists who are usually quite reclusive but had over 170 visitors through our studios over the weekend.

Dale Copeland



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# Nutritionist reveals simple changes to get healthy and happy at New Plymouth seminar



New Zealand nutrition and holistic health expert, Ben Warren, is coming to New Plymouth on July 1 to hold a seminar on how to live a happy and healthy life in the modern world.

Founder of the Be Pure revolution which has transformed thousands of people's health, weight and energy levels, Ben Warren is holding a nutritional seminar to raise awareness and encourage people to look at what they are eating and their current lifestyle choices.

"Spreading this message is what gets me up in the morning. Educating adults, children and communities about quick, simple food and lifestyle habits that can completely transform their health

and in turn, their ability to enjoy life at its fullest," says Ben.

"It's not as hard as people might think, you don't have to go vegan or eat sprouts to be eating well, there are just a few basic principles we need to go by, the problem is that a huge chunk of New Zealanders don't know what they are."

Over 35,000 people have attended Ben's seminars and his approach to health and energy has been featured on 60 Minutes, TVNZ's Good Morning and in a Ted Talk in 2014.

During his seminar Ben will reveal: What foods you really should be eating to maintain vibrant energy, health and vitality, how to eat

right for your unique genetics so you can look and feel your best, as well as two of the most common everyday foods that are making New Zealanders tired, unhealthy and overweight, and the surprising truth about what is really causing modern diseases and the best ways for you to prevent them

Warren will speak in New Plymouth at 7pm on July 1 at the Quality Hotel Plymouth International.

Tickets are \$20 from [BePure.co.nz](http://BePure.co.nz) or on the door on the night.

Ben Warren aged 41, comes from Bath, England. At the age of 20, Ben was an elite golfer and received a scholarship to play golf and study at the University of South

Carolina. After graduating with double honours in Experimental Psychology Ben pursued his passion of golf, until a back injury ended his playing career. He was a professional golf coach for two years.

It was in the pursuit of excellence in golf that Ben discovered optimal joint mechanics and began studying to become a certified golf biomechanic. The more that Ben learned about the body and the shared nerve innovation between muscles and organs, the more Ben's interest swung to organ function and nutrition. During the next three years Ben studied Nutrition extensively through the Chek Institute in California, a health and exercise institute.

## Author Graeme Lay visit very soon

Less than a week after this issue of your newspaper, the long awaited visit of famous writer Graeme Lay will occur. His visit will cover the days Wednesday 24 June and Thursday June 25 with several events he will feature in. The foremost event will be the Short Story and Poem

Prizegiving and Awards evening at Opunake Library Plus, starting at 7.30pm on Wednesday June 24. Graeme will present awards to the writers of outstanding short stories or poems written by participants in the Opunake Sesquicentennial Literary competition. The competition was divided into two sections, one for adults and one for high school students. The larger sections have an allocation of first, second, and third prizes and two commended awards with less where there was a smaller number of entries.

Graeme will also introduce his new book 'James Cook's Lost World'. Graeme is an expert on the life of the acclaimed explorer.

Organisers Judith Armstrong and Jean Roach of the Sesquicentennial Committee are grateful to the sponsors who have provided monetary and voucher awards for the writers whose work is recognised by Graeme. Judith and Jean hope this important event has great community support by way of attendance, general public is welcome.

Also on offer is a meal (from 6pm) on the June 24 with Graeme, Councillors and members of the Committee at Headlands Hotel, although this is mostly fo-

cused on participants in the literary competition and their families. There is still room for more meal bookings.

Another important event is Graeme's literary workshop from 11.30am to 1.30pm at Opunake High School on Thursday 25. We hope this will result in more people from our area printing their stories to share.

Preceding the workshop will be a special assembly (10.05am - 11.05am) at the Opunake High School, which will be an opportunity for Graeme to address the attendees and give out some awards to students unable to attend the presentation night at Opunake Library Plus. Cr Bryan Roach, Chairperson of the Sesquicentennial Committee will be with Graeme.

Anyway, if you are interested in any of these events (awards, dinner, workshop) can you contact Judith at email [IJ.Armstrong@blast.net.nz](mailto:IJ.Armstrong@blast.net.nz) or text 027 213 2470 or by post to 2856 Eltham Road, RD32, Opunake.

**The book and the dilemma**  
The organisers had wanted to publish a book of the short stories and poems to be sold for about \$20 per copy. Maree Drought has done a sterling job producing the draft copy which runs to about 68 pages complemented by a selection

of pictures. "I was really amazed," commented Judith, who was most impressed with the quality.

However the quote from the publishing firm is \$1750 which is beyond the immediate reach of the Sesquicentennial Committee. Yet it would be shame if there was not a way to have this commemorative book published. If you could help with a financial donation, this would be greatly appreciated. Judith says some of the donation could, on request, be returned once a significant number of books have been sold. But the problem is *now* - to find a way to overcome the shortfall to cover the publishing.

**CAN YOU HELP?**  
If so, donations can be sent to Judith Armstrong address at 2856 Eltham Road, RD32, Opunake. Please mark donations 'Sesquicentennial literary competition book'.

We look forward to seeing you at the presentation, an event which will be attended by Mayor Ross Dunlop, Deputy Mayor Ian Armstrong, Cr Bonita Bigham Cr Bryan Roach. Also invited is the Chairman of the Egmont Plains Community Board Craig Dingle and his Board members. It should be a great night.

**"Be Pure" Nutritionist Ben Warren**  
speaking at  
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Tickets \$20 from [bepure.co.nz](http://bepure.co.nz)

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Hot Showers at the Surf Club  
Tea - Coffee - Soup can be purchased from the Surf Club after the swim.



# Youth Show 2015 Opening Friday 26 June



This show runs at Percy Thomson Gallery, Stratford from June 26 to July 19. This year 'Milarky' a young New Plymouth street artist, who is currently based in New York, has been invited to send art works back to us to exhibit alongside the Youth Show exhibitors.

Several schools have confirmed their displays and over 20 canvas packs and paints have gone out to entrants. Once again we have been sponsored paints by Resene and McDonald's Real estate are sponsoring the major prize, alongside other prizes from The Stratford Art Society and the youth council.

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**Youth Exhibition & School Display**  
Guest Artist Milarky

**Opens 6pm Friday June 26 - 19 July**

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## Taking a cue in Becky's new car

Ever feel like your life needs a major tune-up? Cue Theatre are getting geared up for their next production. The comedy *Becky's New Car* by Steven Detz and directed by Sharren Read will be shown on October 3-17.

to a whole new life, Becky must choose which route to take. Roll the top down, turn on the radio and buckle up for this laugh-out-loud joyride through the twists and turns of one woman's midlife U-turn

loyal family man with a big heart.

Chris Foster (23-28): is Becky and Joe's son. He lives in the basement. He is a graduate student studying psychology. He is smart, funny, easy-going, yet passionate - a good kid.

works with Becky. He is neurotic, emotional, whiny, manic, and clueless. He's a bit timid, but not a bad guy underneath it all.

Ginger (35-55): is Walter's single neighbor who has recently lost all of her money and the things that go along with it. She is jaded, funny, honest, and lonely. She's on the prowl.

Becky Foster (45-55+) is the centre of the story. Charming, funny, engaging, honest and charismatic, Becky is a wife and mother. She is loyal, hardworking, and missing something. What? She's not sure. Becky is required to interact with the audience during the production.

Walter Flood (50-65) is a very wealthy businessman recently widowed. He is charming, friendly, gentle, and a bit out of touch, especially when it comes to members of the opposite sex.

Kensington (Kenni) Flood (23-28) is Walter's daughter. She is pretty, cynical, smart, a bit spoiled - yet grounded.

Steve (40-55) is a recently widowed car salesman who

Auditions for four male and three female parts will be held on June 21.

Becky Foster is running on cruise control in this hilarious, life-affirming comedy. With a marriage that's stuck in neutral, and a mediocre day job, she dreams about shaking up her humdrum routine. But when a handsome billionaire sweeps her off her feet and offers her the keys

Joe Foster (45-55) is Becky's husband. He is strong, pragmatic, honest, sharper than he looks, and a

## Pruning tips at Hollards

The seasonal task of fruit-tree pruning will be the focus of a free home gardening workshop at Hollard Gardens, Kaponga, on Sunday June 21.

harvest from their fruit trees. There will also be pruning demonstrations covering pip fruit, stone fruit and mature trees and tips on how to make pruning easy.

Gardens, 1686 Upper Manaia Road, Kaponga. It is part of a year-round programme of free public events at Hollard Gardens, Pukeiti and Tupare, the three heritage properties owned and managed by the Taranaki Regional Council.

Participants will learn simple pruning methods that will help them get the best

Sunday's workshop runs from 2pm to 4pm at Hollard



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Upstairs Adults \$10, Students 4-16 \$8 Under 4 Free  
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**June/July 2015**

	<b>Avengers: Age of Ultron</b> Action, Adventure, Fantasy, Science Fiction   2hr 21mins   M   Violence. The 11th Marvel film, this time our heroes battle the sentient robot Ultron. Friday 19 <sup>th</sup> 7pm Saturday 20 <sup>th</sup> 1pm Wednesday 24 <sup>th</sup> 7pm		<b>Pitch Perfect 2</b> Comedy, Music   1hr 55mins   M   Sexual references. The Bella's take their talents to an international competition that no American team has ever won. Sunday 21 <sup>st</sup> 7pm Friday 26 <sup>th</sup> 7pm
	<b>Tinkerbell and the Legend of Neverbeast</b> Final screening Animated, Family, Fantasy, Kids   1hr 16mins   G. Saturday 27 <sup>th</sup> 1pm		<b>A little Chaos</b> Final Screening. Drama, Historical   1hr 57mins   M   Sex scenes. British period drama about a landscape gardener who wins the contract to construct the grand gardens at Versailles. Sunday 28 <sup>th</sup> 7pm
	<b>That Sugar Film</b> Documentary   1hr 37mins   PG   coarse language, nudity. The truth about the sugar content in supposedly 'healthy' food. Wednesday 1 <sup>st</sup> July 7pm		<b>Spy</b> Action, Comedy   2hr   R16   Violence, sexual references and offensive language. Susan Cooper (the brilliant Melissa McCarthy) and her misadventures as a secret agent. Friday 3 <sup>rd</sup> July 7pm Sunday 12 <sup>th</sup> July 7pm
	<b>Jurassic World</b> Adventure, Science Fiction   2hr 05mins   M   Violence. Twenty-two years after the disastrous events of Jurassic Park. Saturday 4 <sup>th</sup> July 1pm Wednesday 8 <sup>th</sup> July 1pm		<b>The Ground We Won</b> Documentary, Sport   1hr 31mins   M   Offensive language, sexual references, nudity & content that may offend   Country of Origin: New Zealand. Grassroots rugby. Wednesday 8 <sup>th</sup> July 7pm Friday 17 <sup>th</sup> July 7pm

**Coming in July/August: San Andreas, Paper Planes, Terminator, Far from the Maddening Crowd, The Minions, Magic Mike XXL, Man Up.**

Wednesday	Friday	Saturday	Sunday
17	19 Avengers: Age of Ultron 7pm	20 Avengers: Age of Ultron 1pm	21 Pitch Perfect 2 7pm
24 Avengers: Age of Ultron 7pm	26 Pitch Perfect 2 7pm	27 Tinkerbell and legend of Neverbeast 1pm	28 A little Chao 7pm
1 That Sugar Film 7pm	3 Spy 7pm	4 Jurassic World 1pm	5 The Ground We Won 7pm



# Stratford Singers keep on singing

It was after the final performance of Oklahoma! on stage in Stratford in 1993 that the cast declared that they had had such an amazing time singing in harmony that they just didn't want to stop. And from there the Stratford Singers began. First of all as an adult night class at Stratford High School, and then moving on to rehearsals at the Methodist lounge, before increasing numbers meant another rehearsal venue was needed. Various places were tried out, but the choir finally settled for the Upstairs Gallery Lounge for many years, until moving to the Avon Ladies Bowling Club Rooms

four years ago.

Along the way there were various name changes (firstly starting off as Stratford Mountain Chorale), numerous membership changes and several accompanist and choral director changes.

Music has been varied. From the classic rock song Bohemian Rhapsody to Vivaldi's Gloria, to show music, folk music, popular music, Gilbert and Sullivan, sacred music, Christmas music, and just about any type of music you can think of.

What makes people turn up week after week for rehearsals? Why the appeal of choral singing? There is now

scientific evidence(not that we needed it), proving that singing in a choir can boost your mental health, improve your well being, aid with breathing, and give choristers a sense of belonging.

We know of no other activity that gives so much, and is this affordable and accessible. Just show up for choir practice. Singing might be the most perfect drug, the ultimate mood regulator, lowering rates of anxiety, depression and loneliness, while at the same time amplifying happiness and joy with no discernible unpleasant side effects. The nerds and the church people had it right.



Words with the Birds performing at the Kaponga Memorial Hall

## Over the top at Kaponga

The Stratford Singers will be in concert on June 24 at the Kaponga Memorial hall in Over the Top, a show which will combine lyrics, melodies and rhythms from old favourites such as 'Keep the Home Fires Burning.'

Special guests will be Words with the Birds, a trio of New Plymouth Girls High School students who will perform songs made famous by the Andrews Sisters. Sa-

mantha Nicholas, Cambel McGregor-Ferneer and Kimberley Fenton, are using their singing talents to raise money to fund international leadership trips they will attend this year. Their close harmonies and choice of songs will be sure to delight audiences. Tickets are available from any Kaponga Lions club member or contact Shelley Pope 067646429 or Bernard Hughes 062748671 Mobile 0274540678

## A big bang

This German built gun was used during the First World War by Germany, the Ottoman Empire and Rumania.

There were 1260 of these in service at the start of the First World War. It weighed 1500kg and had a range of 10.25km. This gun is in Eltham, and is being given close scrutiny by Richard Askin of Eltham, a long standing member of the Stratford Singers. The Stratford Singers will be performing in Over the Top, showing at Kaponga on June 24.

The show, presented by the Stratford Singers, with the support of the Kaponga Lions Club will be kick started with some action followed by a variety of old favourite songs performed by different groups. The evening's theme is World War 1 trench warfare and the songs that were popular at the time. The second half of the show, which will follow a supplied supper, will be based around the years coming out of the Great War. It promises to be a great evening of entertainment.



Richard Askin of Eltham admiring the German built gun.

# STRATFORD SINGERS PRESENT OVER THE TOP

hokonui

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AND REMEMBERING THE HORSES WHO WENT WITH THEM.

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TICKETS \$30

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# THE COASTAL RUMBLE



## Brent Davies

As Coastal Rugby club captain, Brent Davies' sporting interests have centred more around rugby, so taking part in the Coastal Rumble will be something new for him.

Nevertheless taking up this boxing challenge is something he had wanted to do.

"If not now, I was never going to do it," he said.

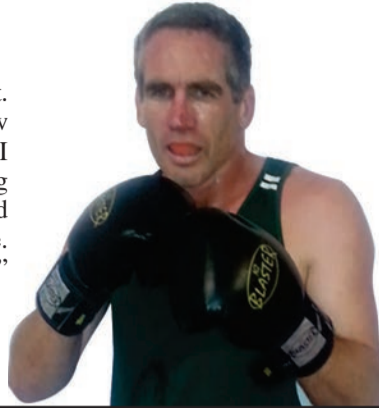
He says his only previous contact with the sport has been from bit of boxing training and watching the occasional bout on TV.

He says he has started training, but so far has had trouble finding time to do much.

He says he doesn't know

much about his opponent.

"I wouldn't even know him if I ran into him. I know he's been training a bit longer than me, and he's a bit bigger than me. I'll find out on the night."



"All the best James, you're ready"

From  
Bill and Val  
Martyn

## James Crowskey

On July 18 last year, James Crowskey was sitting at a corporate table at the Sandfords Event Centre watching the boxers at the Coastal Rumble.

"I thought it would be so cool to be in there, and now I am," he said.

On June 26, he will be taking on Shane Lark in this year's Rumble. He has been training for the last seven

weeks, and says he has been enjoying the experience.

"I've lost a bit of weight, learned some new skills, and met a few new people. I might keep it up for the fitness."

A few sacrifices have had to be made along the way.

"I've stopped drinking for the last six weeks, and given up my daily habit of pies and Vs. I've done a lot more cardio and training. I'm

trying to get fit, stay healthy and not get sick or anything."

He is looking forward to the fight.

"It should be a very interesting fight and a good matchup. I couldn't have asked for a better opponent. I'm a southpaw fighter, or left handed boxer, which could be an advantage maybe," he said.



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## Nigel Corbett

Nigel Corbett had boxed when he was younger, but in the years since has left it on the back burner. "I fought as a young fellow for a year or two, but that was a long time ago," he said. All that will change on June 26 when he takes part in

this year's Coastal Rumble. Although he says he needed a bit of persuading, he is looking forward to the challenge. "I was probably reasonably keen to have a bit of a go. I do a lot of running, but this is something a bit different for fitness. "

He has been training with Ali Brooks from Ohawe Beach for the last six weeks, and says he has been enjoying the experience. However he has no plans to take it any further. "This will be a once off thing for me," he said.



## Rhys Izett

Rhys Izett is different in several ways from some of the other fighters taking part in the Coastal Rumble. For one thing he has been here before. He was called up as a replacement fighter at last year's event, losing out by one point to Troy Sorenson. He enjoyed the experience. "It was good ring experience. A good scrap in a good environment," he said. "This

time I'm hoping to do better." As soon as he saw fighters were needed for this year's Rumble, he was keen to give it another go. Also unlike some of the other fighters, training for a fight is not a new experience for him, having been involved in the Brazilian Ju Jitsu, kickboxing and MMA scene for some time now. He had also entered last year's Rumble with some

boxing experience behind him, having taken part in one of Sam Rapira's fight nights. Boxing does, however require a different mindset from other types of fighting though, he said. "In boxing you get in close, while with kick boxing you are a bit further back. With boxing, I wouldn't say you have less to worry about, but you have only got to look out



for half of the body," he said.

## Brook Smith

When James Langton first posted on Facebook that he was looking for fighters for this year's Coastal Rumble, Brook Smith was keen to give it a go. So he contacted James and told him he would be in.

"I thought that as it was a home fight, I would do it," he said.

Although he had been involved in karate, kick boxing and ju jitsu before, boxing was something new to him.

"I had watched boxing on TV, but I hadn't done a proper fight," he said.

He has been training for a few months now, taking more protein in his diet and cutting back on the carbohydrates.



## Daniel Maxwell

Daniel Maxwell has been a long time in boxing. His boxing career stretches back 11 years, the last four as a pro. He is the current New Zealand super welterweight NZPBA champion. On June 6 he fought for the NZNBF middleweight title against Ivana Siau from Auckland at Waitara. As the fight was a draw, that title will stay locked away until the next challenge. He is expecting his

bout against Keiron Toa to be a tough one, given his opponent's record as an amateur champion. "He hasn't fought for over 10 years now, but he's ex SAS, so he's mentally tough and physically strong. I'm expecting a tough fight. "We are both from Waitara, so there's going to be a bit of history. The fight is only four rounds, so it's going to be flat out from the bell. I'm definitely going to be

pressing in from the start."

This time round he will be giving away two weight divisions to fight in a higher division. He also sees something else counting against him. "Everything will be on the line. I've got everything to lose, as I'm the champion. He's got nothing to lose. That's his advantage at the moment." He is looking forward to the taking part in the Coastal Rumble.



"I used to play rugby league for the Waitara Bears, so I'm looking forward to coming and fighting before a coastal crowd," he said.



Good luck my nigga xo much love from the Rua haha smash it bro, you'll be mean as!! Lucky you not fighting me aye hahaha, *Daniel.*

Chur Brooky. Good luck n Go hard brotha. Aussie Aussie oi oi oi.  
*Josh*

Good luck brooky go hard hit hard, it's just a job. Grass grows, birds fly, waves pound the sand. U beat him up. *Robert*

Chur Neff finally putting that anger to good use ha. Nah good luck bro. *Ford*

"hurry up mate, get over here already!"  
*Craig*

Good luck Brook, Nikayla said "Smash him, Uncle Brook" lol. We cheering for ya! :) *Aimee*



TICKETS \$30

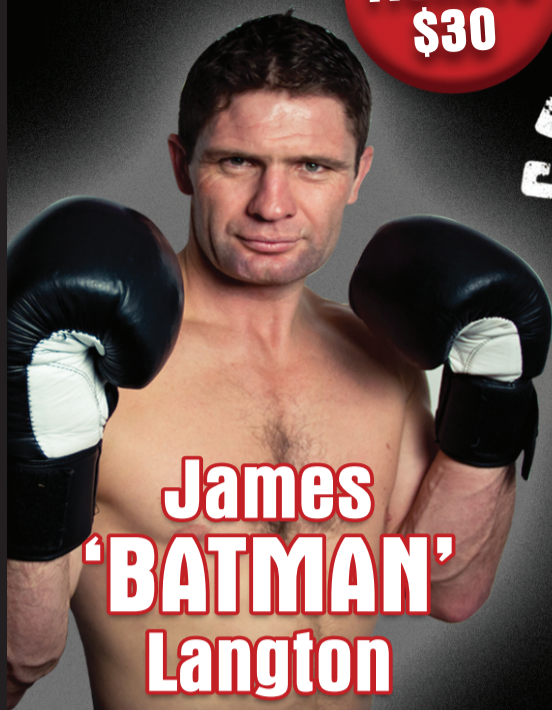
# THE COASTAL RUMBLE



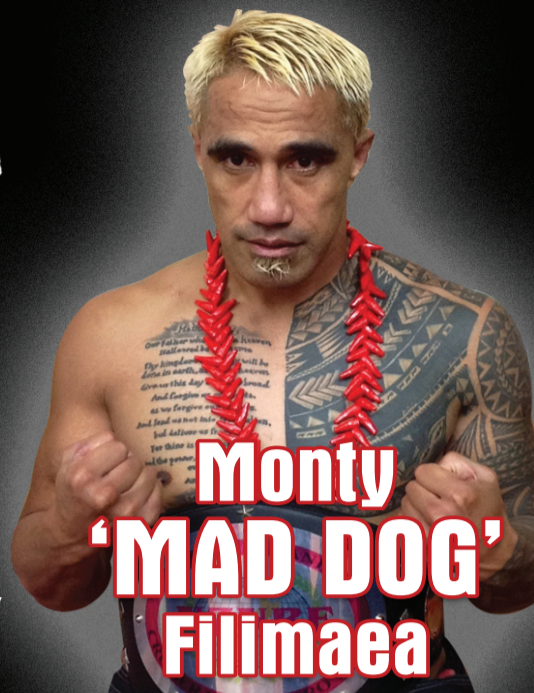
## OPUNAKE

BOXING FIGHT NIGHT

Wiremu Road Quarry  
NZNBF Cruiserweight Title



**James 'BATMAN' Langton**



**Monty 'MAD DOG' Filimaea**



**Sam 'TERROR' Rapira**



**Sam Loli**



**Daniel 'The Graverobber' Maxwell**



**Keiron 'Kraka-Toa'**



**Shane Lark**



**James Crofskey**



**Philip Drought**



**Brent Davies**



**Rhys Izett**



**Dan Smith**



**Nigel Corbett**



**Tony Milham**



**Brook Smith**



**Danny Fonohema**

**FRIDAY 26 JUNE**  
DOORS OPEN 6.30PM

**SANDFORDS EVENT CENTRE**  
TASMAN STREET, OPUNAKE, TARANAKI

**TICKETS AVAILABLE AT SANDFORDS EVENT CENTRE / OPUNAKE SURF INN**







# THE COASTAL RUMBLE



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To our Dad  
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of you. You always  
encourage us to try  
our best.  
We thank you, you  
are awesome!  
Love from Ari, Eden,  
Kobe and Tobias



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Welcoming  
new Members!

## James Langton



James Langton is in no doubt about the challenge he is facing. "The NZBF had been hinting that I was getting close for a title shot. I was told that if I beat Eden McGrath (he did) I would be given a NZ title shot."

After a unspectacular start to his professional boxing career Monty Filimaea was taken over by David Tua and

then proceeded to win seven fights in a row, culminating in his winning the NZ title. "It's going to be one hell of a fight between two guys in their prime." James conceded, "Monty gets all the best sparring in Auckland, but I can overcome that. I'll have plenty of training and make sure I'm incredibly fit and I'll do as much sparring with Sam Rapira as I can."

James wants to thank his sponsors and is keen for the community to "get behind" the event, which is "not just about me."

James concludes, "This will be the biggest sporting event held in Opunake, without a doubt."

## Sam Loli



Sam Loli has been a pro since 2014 and hasn't lost a fight. On June 26 the Auckland will take on Sam Rapira in this year's Coastal Rumble. Now aged 23, he has been boxing since he was 19, and went to fighting pro without having much of an amateur record behind him.

Sam went on to beat Jake Paul, boxing on the undercard in the Joseph Parker-Brian Minto fight, winning on a points decision. "That was big for me," he said. He rates his next opponent, and is looking forward to taking part in the Rumble. "I've seen him on TV now and then. He's a solid guy and I would rate him as one of the best in New Zealand." Also, like his opponent, his immediate focus is on this fight. "I want to see how this fight goes first," he said.

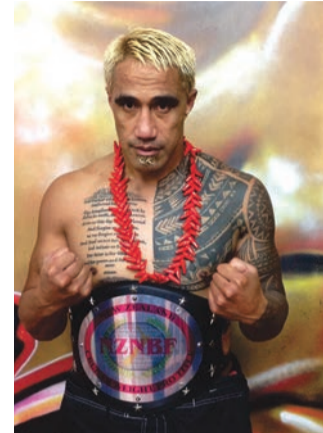
## Title fight comes to Opunake

There is a special sporting occasion coming up on June 26. There will be a challenge for the NZ Cruiserweight boxing title (NZ Boxing Federation) between champion Monty Filimaea and the challenger James Langton of Opunake. This will be one fight of many, at a night of boxing to be held at the Sandfords Event Centre, - with the programme starting at 7pm. "I'm really quite confident that I can win this fight," comments James.

Monty, who comes from Auckland, is trained and managed by David Tua,

the Olympic medallist and former world ranked Heavyweight boxer. James expects David Tua to accompany his boxer so that will be an added attraction. On the undercard to the title fight will feature Sam Rapira, who holds the Asia Pacific Light Heavyweight crown, which he won in April of this year. He will be up against Sam Loli. A third professional bout will see Daniel Maxwell fight it out with Kieran Toa. Apart from the three professional fights, there will also be five Corporate bouts.

## Monty Filimaea



Monty Filimaea credits boxing with changing his life. "Before I took up boxing, I was a pretty heavy drinker and I was on the wrong side of life. Boxing has made me see the positive side of life," he said. Now he trains every day except Sunday, which is dedicated to attending church. He started boxing in 2010. He bypassed the usual amateur apprenticeship. After only three corporate fights he turned pro. Wanting to start at the top, he took on the top fighters in

the country, and ended up losing his first six pro fights. Then along came manager David Tua, who he credits for changing his attitudes to boxing. "He's been a big influence and very inspiring. Before I started with David Tua, I'd normally try to knock my opponent out. But since then, I've been getting into a good mindset about thinking out a game plan and being smart, but if the opportunity for a knockout comes up, I will take it." Monty has been cruiserweight champion since 2013. He's not sure of exactly what to expect from James Langton.

"I don't know much about him, except that he's coming to win and to fight, and that's a positive thing. I'm expecting a good fight from James and I'm looking forward to it. You never underestimate anyone from a farm. They are hard people."

## Sam Rapira



I'll be thinking about is Sam Loli and beating him on the night,' he said. "Then I will move on to the next thing."

Preparing for this fight has involved studying his opponent. "I've seen him fight on the undercard when Joseph Parker fought Brian Minto. He hasn't lost a fight yet. He's quite fast and moves really well. He's quite scientific, while I feel I'm a bit more aggressive. He'll be looking to frustrate me. "I think I've got some idea of how he moves and how to approach this fight. I just feel my skills and my experience are going to be too much for this guy."

The Rumble is something he is looking forward to. "I'm excited about fighting in Opunake and giving the locals a good show."

Since turning pro in 2013, Sam Rapira has done a lot in his boxing career. In April he lifted the IBO Asia Pacific light heavyweight title. He has been a good friend to boxing in Taranaki through bringing some top level boxing to the province, and the fight nights he has organised. Yet when he gets into the ring on June 26, there will be only one thing on his mind. "I'm going to be fighting how I want to fight, so all



Go Brent!



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# THE COASTAL RUMBLE



To James  
 Congratulations on  
 your title shot.  
 We love you  
 From  
 Kelly, Shamus, Ellie,  
 Celeste & Anneliese

## Philip Drought

In 12 months, Philip Drought lost 40kgs, going from 130kgs down to 90kgs. "I lost half that weight through boxfit training, so I thought I'd reward myself with a crack at a fight," he said. As a result he will be entering the ring against Brent Davies in this year's Coastal Rumble. Like several

others taking part it will be a new experience for him. He has been to six fight nights, and particularly enjoyed going to this year's Golden Gloves North Island amateur boxing championships. "I have never boxed before in my life," he said. He has been box fit training for the last six months and

doing boxing training for the last six weeks. "I'll carry on in some shape or form with the boxing, but this will be the only fight I will ever do," he said. He said he doesn't know much about his opponent, and doesn't know what to expect on the night. "Whatever happens happens," he said.



All the best Batman!



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## Shane Lark

Shane Lark said he had never done any boxing or followed it to any great extent, but did enjoy last year's Coastal Rumble. "I enjoyed that. It was quite good to watch, so when James asked me, I thought I would give it a

whirl and see how I got on." Since then he has been training away at Coastal Boxing, while carrying on with his own fitness training, including running. He does however see some problems with his buildup to the Rumble.

"I've cut out a lot of sugars. I've got young kids, so it's hard to make different types of meals. I'm dropping a lot of the rubbish, so the kids aren't getting it either." Shane said he isn't sure how he will go in the ring on June 26. "I don't know a lot about James (Crofskey). I'll give it all I got and see what happens."



## Tony Milham

With only a short time to prepare for the Coastal Rumble, Tony Milham was advised against taking part, but agreed to put his hand up, and will enter the ring against Nigel Corbett, who he says he has known for a long time. "This takes me right out of my comfort zone. I have never done contact sports before," he said. "I am doing this at short notice with only 12 days

to be fight ready and my trainer Colin Smith would normally not allow this to happen, but he understands my determination and commitment to leading a healthy and active life, and is doing this to protect me rather than let me go into the ring with only my fitness behind me." Tony has, however, been doing kickboxing training to get in shape for iron man events.. He has competed in

the New Zealand Iron Man at Taupo, as well as half Iron Mans in Taupo, New Plymouth and Tauranga. He has run 10 marathons in three years, and done a number of events like running from Midhirst to Whangamomona to raise funds for various causes. This time round, he will be raising funds for the Koru kindergarten and teen unit at Stratford. "I've just added this to my bucket list. If you're healthy and active, there's nothing you can't achieve,



if you're inspired to do so. You just have to take the opportunities as they arise."



Good luck Brent  
 Go hard, you have  
 alot of support  
 behind you.  
 From  
 Deb, Meisha, Laine,  
 Nicole and Jacob.

## Dan Smith

When Dan Smith goes into ring against Rhys Izett on July 26 it will be mate against mate. "I was sparring with Rhys at the Box Office gym in New Plymouth. His opponents kept pulling out, so as a joke I said I'll fight you, so here I am," he said. He has boxed before, but this will be his first time

boxing in New Zealand. He hails from Cornwall where he grew up on a farm. "It's quite similar in scenery and culture to Taranaki, and not like the rest of England," he said. Dan has taken part in boxing and MMA in England and Thailand. He has competed in boxing for the last two years, and in combat sports

in general for the last three. His last boxing bout was in England back in October before he came to New Zealand. "I love the feel of being in the ring, the rush, it's awesome," he said. "The training's going quite well, but anything can happen on the night."



Good luck Shane  
 Give it heaps  
 From  
 Andy & Debi  
 Troy, Beate,  
 Kallum  
 and Seonaid

## Danny Fonohema

Danny Fonohema's sporting interests tend to focus more around rugby, but on June 26, he will enter the ring to take on Brook Smith in this year's Coastal Rumble.

apart from rugby," he said. This will be his first crack at boxing, or any other type of martial sport, although he has been to fight nights at New Plymouth and Waitara. He said he has been training

in freestyle fitness since last year, and his trainer had suggested he have a crack at the Coastal Rumble. Danny said he doesn't know anything about his opponent or what to expect.



We'll all be cheering for  
 you from the deep south.  
 GO HARD UNCLE JAMES  
 GO THE BATMAN  
 Love the Schrader family

## Kieron Toa

In 1998, Kieron Toa lost his bout in the New Zealand trials for the Oceania Games on a majority decision. That was the last time he has boxed, until he enters the ring for his first pro fight against Daniel Maxwell in the Coastal Rumble on June 26. Before then he had a strong career as an amateur, but one thing always eluded him. "I had knocked over a lot of

New Zealand champions, but when it came to the New Zealand nationals, I was quite unlucky to not get a title," he said. In the buildup to this fight, he has been training in different gyms under the likes of Malcolm Nichol from Palmerston North, and Steve Hartley, who has also been coaching James Langton. "Steve has a real wealth of

knowledge and brings a lot to the game as well," he said. Kieron respects his opponent. "He has been boxing for a while and has a bit of experience with over 30 fights against some of the top fighters in Oceania. It's not something I want to do to fight someone from my own home town for my first professional fight, but that's the way it goes.



"I've got a traits and skills of my own, and his weaker points are probably my stronger ones. I've got a bit of power and a lot of determination."

To all the fighters  
 Thank you for being part  
 of the Coastal Rumble  
 Enjoy the night.  
 Kelly and James