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Inside

Future of rest home in question

A public meeting is to be held on the future of Opunake's Cottage Rest Home.

The meeting will be held at Sandfords Event Centre in Opunake on Tuesday June 27 starting at 7pm.

Anyone concerned with the future of this community asset is urged to attend.

The Cottage Rest Home manager Anne Woods and Cottage Rest Home Trust Member Lynda Corkill comment on the falling occupancy of the rest home and its viability in the following article:



Opunake's Cottage Rest Home.

tage is currently sitting at 57% and we can no longer stay viable unless we get more people filling our beds. Lack of numbers means lack of income and the cost is the same whether the residents are private or government

subsidised. Our income is determined by the government and likewise the wages we pay our caregivers. At present we are running at the minimum levels possible to ensure our residents continue to get quality care and remain

safe. The Pay Equity Settlement for Care Staff comes into effect on July 1. This means our dedicated staff will finally receive a well-deserved pay increase, but the increased bed rate will not cover these

costs unless we have over 95% occupancy. It is getting harder to fill beds as the criteria for Rest home Level of Care increases, because the government strive to keep people in their homes longer with support of home-help, tuck-in services, and meals on wheels etc. This in-home support is good, but minimal, and is not 24/7.

Nationwide many smaller Elder Care facilities will be seriously affected, and already there are rumours of closures.

The Cottage is a great asset in our Coastal community and we do not want to be forced into closing our doors prematurely. We are holding a public meeting on June 27 at 7pm in the Sandfords Event Centre and we invite you along to share your support. At present we have no debt.

Continued page 3

Sink or swim for Opunake Cottage Rest Home

There is a current trend across the region for decline in occupancy of rest homes to 87%, however, the Cot-

Suicide talk draws huge crowd

Barclay Hall at 158 Tukapa Street, New Plymouth was packed to the rafters to hear Jamie Allen and Labour electoral candidate Corie Haddock speak about youth suicide and how it can be countered. These addresses were given against a backdrop of some sombre statistics on teenage suicides; the recently released UNICEF Innocenti Report revealed

that New Zealand ranks last of the 41 OECD and EU countries. That is, more NZ teenagers kill themselves in this nation, on a per capita basis, than in any of these other countries. Corie Haddock said, "It breaks my heart that these young kiwis are dying at their own hand in record numbers." He also mentioned that he has worked in the mental health field and that

he has personal experience with the issue - although he did not elaborate. He added, "We need to talk as a community to de-stigmatise this health condition and work together to find a solution for the children of New Zealand."

Jamie Allen, who is the co-ordinator of the Taranaki Retreat, spoke at length and raised many issues, including the fact that funding for mental health had been greatly reduced by the Government when the opposite needs to occur. He also said that making unkind jokes about mental illness was likely to make the situation worse, especially for those affected, either directly or indirectly.

Jamie said he was "inspired" by the impressive turn out of people and that it was a "huge privilege" to be part of the community "opener." He continued, "The fact that so many attended expressed the concern and personal investment of many people." He was impressed by the personal courage of some people who came while currently dealing with suicide or a suicide attempt by someone close to them.

Jamie urged everyone present to read the independent document entitled 'The People's Mental Health Report', which can be found on the

Continued page 3



From left, Corie Haddock and Jamie Allen addressing the subject of youth suicide and what needs to be done.



Apology for wrongs committed at Parihaka page 7.



Taranaki's Rose wins the Rose of Tralee NZ title. See page 5.



From policing to real estate. Turn to page 10.



Opunake Surf Club triumphs. Page 17.



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Registered office: 23 Napier Street, Opunake
PO Box 74, Opunake

Telephone and Fax: (06) 761-7016 a/h ph: (06) 761-8206

e-mail: Advertising ads@opunakecoastalnews.co.nz
Editorial editorial@opunakecoastalnews.co.nz
Accounts accounts@opunakecoastalnews.co.nz

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Editor Bernice M'Kellar -
Journalists/Sales Rolland M'Kellar
Bryan Kirk

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Send your your views to:

Letters to the Editor
23 Napier Street, Opunake.
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email: editorial@opunakecoastalnews.co.nz
You are welcome to use a pseudonym but must supply your name and address to us.

Fluoridation

Fluoride is rearing its ugly head again, for those in favour of fluoridation of our water supply I suggest they consider the following about this process.

Fluorosisidillic acid is a by-product of aluminium and fertilizer manufacturing. It is 17% fluoride with the rest being poisons and heavy metals like arsenic and lead. It is illegal to dump it in any lake, river, stream or ocean. So it is important to find out what kind of fluoride a municipality uses. Sodium fluoride, as in toothpaste, has a warning on the tube not to swallow and if you do, to contact a poison control centre. Calcium fluoride is a little better because the calcium mitigates the fluoride poison.

Fluorosisidillic acid is just plain poison that even the CDC admits children 5 and under shouldn't swallow, and that baby formula shouldn't be mixed with fluoridated tap water. Good dental care, regular brushing and flossing, and low ingestion of simple carbohydrates such as bread and sugar are the best ways to keep incidence of cavities low or non-existent. And using a natural tooth paste and a safe mouth wash helps to avoid cavities. Magnesium supplements will strengthen teeth and bones.

The worse thing is mass medication with fluoride because it lacks informed consent and the dosage can't be controlled as each person drinks different amounts of water. And those of us who are allergic to fluorosisidillic acid face an even worse problem. Shower filters can't filter it out, whole house filters are very expensive, so taking a hot shower opens ones pores to absorb several glasses full of this stuff. And 98% of Europe has discontinued adding it to their water or never begun the practice because of the

increased incidence of hip fractures over the last 60-70 years.

A P Groot
New Plymouth

Ronald Hugh Morrieson

I enjoyed your article about Ronald Hugh Morrieson.

The house at 1 Regent Street was built by Ronald's father who was a cabinet maker by trade and constructed the building using those skills. This is probably the reason the building and the attic lasted so well.

The house was a much unloved flat for many years and hosted plenty of parties Ronald Hugh Morrieson would have been proud of.

The reason that there was a general apathy in Hawera at the time was that the collective memory of his misbehaviour in town and around the district was too recent a memory for most of the inhabitants of South Taranaki.

For most people who came in contact with him in later life it was not a pleasant experience, and they were not about to glorify his memory. Shame. But at least his legacy lives on as does his attic at Tawhiti Museum

Paul Christophers

Helping our unwanted youth

Health advocate Mike King stated we have a whole lot of young boys out there walking around thinking they are useless, worthless and hopeless. So what can our society actually do? Well, that's simple.

Firstly our society, local councils and MPs should talk to our Corrections Department and then in turn they can talk to the



Letters to the Editor

government of the day about reopening our closed down primary schools throughout the country, then rehire our retired teachers and volunteers to re-educate our youths, boys and girls, regardless of their cultural background or age, all who have dropped out of our education system.

Secondly our societies and organisations like Young Farmers, Lions, sporting organisations, and even some volunteer organisations should all take a bold step by simply asking them to be part of their organisation. If this was done, it would take them off our streets and stop them committing crime and ending up in our already overcrowded prisons, or as suicides, as over the years, I have had four relations commit suicide, and it was only afterwards I learned why they did this.

We ask ourselves where on earth and how does this problem occur? Well one has only to look at our youths' home environment to find out why they are like they are. Parents today who have families, regardless of their size do get a substantial family benefit, so instead of doing what they should be doing, they get involved with alcohol, drugs, parties and fights instead of being proper parents to their families, so that's why parents of today also need educating.

Look I am no physiologist or whatever, but I've seen quite a lot that's happened, and I can see what's happening.

So let's take heed. "Talking is a healing for the mind and spirit."

Tom Stephens
New Plymouth

Cobras bite the Warriors

Since the introduction of the rugby league around

the coast, it's gone from strength to strength.

This year for the very first time, a new rugby league competition called the Coast to Coast competition has involved teams from Hawke's Bay, Manawatu, Wanganui and Taranaki.

Our Coastal Cobras took on the Kia Ora Warriors in the final of this rugby league competition and defeated this side 32-26 led by former Taranaki rugby first five eight Mark Davis. I say congratulations to this Coastal Cobras team.

Over the years Taranaki rugby league hasn't had many league clubs, but in saying that we have the Hawera Hawks, Coastal Cobras, Western Suburbs, Bell Block Marist and Waitara. It's also now played in our schools. I remember while at Waitara High School being one of six Second Fifteen players who couldn't get a game, so we used to sneak out after school and practice with the Waitara Rugby League team as they then had two teams. Someone told the High School principal and the six of us fronted him. We were given the choice either play for the school or the league club. If we played for the rugby league club we were not allowed to play for our high school, so we all played for our high school instead.

I am a person who tries all sport, whether indoor or outdoor, so I hope our Coastal Cobras rugby league team can go out and win the New Zealand Rugby League Club title this year, which Waitara had won several years ago.

Tom Stephens
New Plymouth

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Suicide talk draws huge crowd

Continued from page 1

which can be found on the internet. This report was instigated last year by psychotherapist Kyle MacDonald with input from comedian and depression survivor Mike King and Action Station. It is an innovative and powerful document aimed at improving the NZ public health system by letting those within the system (patients and professionals) share their stories - 500 in all.

Jamie mentioned several cases known to him (with names/details changed), which highlighted different aspects of the less than optimal attention such troubled people receive. One case involved a young woman who was fobbed off for many days, such as "Oh, x (a health

professional) is away until next week, it's best you wait until they return to see you" - a response which had tragic consequences. Jamie wanted to stress that it was the system at fault and does not mean to criticize mental health professionals who are constrained by same.

Jamie spoke about the Taranaki Retreat he and wife Suzy work in conjunction with a dedicated Trust and kindly volunteers. The retreat opened in March, partly funded by Jamie and Suzy selling their own house. Generous donations by others were very important in the process and continue to be crucial. It provides time-out space for families and individuals to stay, free of charge when times are tough. The retreat is located at 517 Hurford Road, RD4, New Plymouth



A subject of interest to many.

4374. The retreat is set in two acres and has four bedrooms. The main focus is for people with suicidal

tendencies and/or family members. The website www.taranakiretreat.org.nz will tell you more. The

phone contact is 021 910 367 and the email info@taranakiretreat.org.nz. The evening ended with

a vigorous question and answer session. Jamie even asked Corie what Labour would do and Corie Haddock said that the initial key was the need for more money and resources.

The input of the police was mentioned and Jamie said he admired what they did, but perhaps their training and resources were not optimal.

This was an inspirational and timely event.

Other useful contacts are: Suicide Crisis Helpline 0508 828 865

Depression Helpline 0800 111 757

Lifeline 0800 543 354

Youthline 0800 376 633
Kidsline 0800543 754
Sylvia Huitson, counsellor (Active Intentions) 027 6000 302

Future of rest home in question

Continued from page 1

We are looking at a new kitchen because our current kitchen is not up to standard and this will be done using grants, not our day-to-day operating funds.

The Cottage has been in operation for 26 years and we offer a professional yet very friendly and homely environment for our loved ones and extended members of our community. About 15 years ago we experienced a similar period of low occupancy and we know there is still a need for us in the community. We strongly believe those in their twilight years have the right to remain living in the Coastal community in a stress free environment and not be a burden on family or society. These people are important to us, and they deserve the best possible level of care, after all, they made our community for us to enjoy.

The advantages of 'Cottage' care include: safe and warm homely environment where you have company and friendly professionals beside you around the clock, getting all your meals, help with personal cares and showering, laundry, regular 3-monthly visits to health professionals, or more if you are unwell, your medications given to you as prescribed. Compare this to staying at home where you need to cope with day to day living and are often dependent on help coming to the door. Living should at the very least mean: your home is warm, a minimum

of 3 freshly cooked meals on the table each day, clean clothes, running hot/cold water with daily showers, being able to get to a doctor or medical professional when required, the right prescriptions and taking them correctly, and clean warm beds. All the while you are paying for your phone, alarms, power, food, rent or rates and insurance, along with ongoing maintenance on your property. One major disadvantage of staying at home is often you are left alone for long periods between family, neighbours or visiting carers popping in for short periods.

There is the potential for all rest home fees to be paid for by the government if you are under the Asset Threshold set by them. See the information at the end of this article.

If you yourself, or somebody you know in our community, is struggling with daily living or is dependent on others to live at home - contact Anne or Sandra at the Cottage (06 761 8009) and they will be able to assist you with the transition from in-home, to Respite, or Residential Care. You don't have to be over 65 years to qualify for our care.

There are no restrictions while staying at the Cottage, you are free to come and go as you please. Your family and friends may visit or take you out anytime including over night(s). There is a daily activity programme in which participation is voluntary but encouraged. Help is readily available 24 hours per day/7 days per week, for your needs,

big or small, by caring staff in a family orientated environment. You have the company of the other residents, or your own space in your own room if you prefer. We have planned activities or outings/entertainment Monday to Friday. The Cottage is a residential home but in reality is just an extra-large home catering for the extended family of our community.

Our senior citizens have earned the right to enjoy the twilight years of their life, in a stress free environment, knowing that someone is always there to support them in time of need. Family should not feel obligated to personally provide 24/7 care and support senior members.

Right now the Cottage needs you more than you may need the Cottage. Come and see us now before your needs get too high and you require full time medical care (Hospital level) rather than residential care. We can help you down the appropriate line of care for your remaining years. It saddens us to hear of elderly people having gone under the health system radar and suffering in their own homes.

The most recent information from the ministry of Health about the 100 % subsidy on rest home fees

"Asset Threshold - The test used for determining whether you qualify for a Residential Care Subsidy is known as a financial means assessment. This assessment takes account of your assets over and above a set threshold.

The value of assets that you may retain (asset threshold) and still be eligible for subsidised residential care from 1 July 2017 are as follows. For a single or widowed person in care and couples and couples with both partners in care, the asset level is \$224,654.00. For couples with one partner in care, the asset level is either \$123,025.00 (the family home, car, and a pre-paid funeral of up to \$10,000.00 are exempt assets) or \$224,654.00 total assets.

How to apply for a Residential Care Subsidy - If you wish to find out information regarding your eligibility for the subsidy please contact your local Needs Assessment and Service Coordination agency who

will provide you with the necessary application form. Alternatively, contact Specialised Processing Services at the Ministry of Social Development, free phone 0800 999 727 or email msd_rcs@msd.govt.nz

If you have any questions please contact Adair Brown (TDHB Community Support Service for Older People) on 06 759 7214."

Lynda Corkill, Trust Member
Anne Woods, Rest Home Manager

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Feds heartened by Labour's election pledge on immigration

Federated Farmers is heartened by the Labour Party's proposal to create a regional skills shortlist which places emphasis on the settlement of skilled workers to the provinces.

Labour's election pledge made recently is in line with the Federation's view that rural New Zealand needs support to tackle significant labour shortages.

"Auckland's problems are not Balclutha's problems. Migrant workers are making a valuable and vital contribution to our rural communities. They help to fund infrastructure, build com-

munity and enhance social development through schools and community groups, says Chris Lewis, Federated Farmers' dairy industry spokesperson.

"We support the regionalisation of skills shortage lists and would work with Labour to ensure provision for key dairy farm positions where there are demonstrated shortages."

The Labour Party proposes changes that will cut the number of work visas by between 5,000 and 8,000 visas annually. This would also involve increasing labour market test requirements for

those occupations not on the skills shortage lists.

While Federated Farmers believes that future immigration decisions should be ultimately determined by demand, it is wary of more bureaucracy getting in the way of what can be a laborious and challenging process for applicants and employers.

"I think you have to be mindful when you start tinkering around with labour market testing. For example, having to re-advertise a job and lodge it with a government agency is stressful for the employer and employee.

"Often there's a migrant

already employed in a position and wants to continue, but find themselves going through the uncertainty of whether or not they qualify for another visa, even when there are no New Zealanders available. This can't be good for instilling confidence in them or our primary sector for that matter.

"If our primary sector is to reach its goal in 2025 where we double our exports, the sector needs to be able to recruit workers as it needs, so there are actually enough people in our future workforce to satisfy the growing demand," says Chris.

Feds query Labour Party's election pledge on freshwater

Federated Farmers is questioning the feasibility of the Labour Party's policy on freshwater quality which was released recently because it's based on a false assumption that poor water quality is predominately caused by farmers.

The Labour Party's election pledge to work with urban local authorities to lessen the effect of sewage and storm water is welcomed - all the Federation asks is that farmers and rural communities receive the same commitment by Labour.

"It's all about respect, and working in partnership.

Farmers and their communities deserve the same spirit of engagement as urban," says Federated Farmers' Environment Spokesperson Chris Allen.

In their policy statement the Labour Party proposes a 12-point plan for improving the nation's waterways, however, their plan is lacking a balanced approach and could undermine regional economies.

Federated Farmers believes in sensible, practical and affordable solutions to water quality and we envisage a robust and growing economy coexisting alongside New Zealanders' aspirations for

good water quality.

"While we recognise farmers have an important part to play in improving and managing water quality, the reality is, all New Zealanders have a role to play.

"Farmers are taking steps already to address the situation, and all we are asking is the rest of society gets involved. Farmers and their communities taking the initiative and doing their part won't solve the problem alone.

"There are numerous examples of farmers and their communities working together to take ownership of their waterways, making significant gains in improvement.

"In the recent Green Ribbon Awards in Wellington, where two farmer led environment projects were honoured, demonstrates this," says Chris.

Federated Farmers believes in "local solutions for local problems," based on sound data, when it comes to tackling environmental issues and this vision is outlined in their soon to be released Farmers' Manifesto.

Should Labour lead the Government following the General Election, Federated Farmers would welcome the opportunity to work closely with Labour on finding sensible, practical and affordable solutions to water quality.

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Taranaki Rose of Tralee wins National title

Niamh O'Sullivan, the Taranaki Rose of Tralee has been selected as the 2017 New Zealand Rose of Tralee.

Niamh O'Sullivan is a 26-year-old Paediatric Dietitian. She loves working with children and their families and gets great job satisfaction from her work in Taranaki as part of a team that runs a life-style programme for child

and adolescent obesity in Taranaki. Working in the community she often draws a connection between the Irish and Maori cultures.

Niamh is Irish-born, and she and her parents hail from Cork. She has been in Taranaki for over a year with her fiancé and their two dogs (one called Guinness). She loves Taranaki, particularly being 5 minutes from the beach in Fitzroy

and near her fiancé's family who have welcomed her with open arms and been her family away from home.

Niamh has diabetes but doesn't let that get in her way and she believes one of her greatest strengths is her determination and independence. She says she tries to always remember to be a good role model and to reach out and lend a hand.



Niamh at her crowning of Taranaki's Rose of Tralee.

Driving the change to zero waste

The public can soon have their say on how we transform New Plymouth District into a Zero Waste community.

Public consultation has opened on the Council's draft Waste Management and Minimisation Plan: a six-year overview that details where the district is at with waste and recycling, the areas that can be improved on and what action can be taken to achieve

Zero Waste.

"It's important that we hear from the rural community, commercial operators and urban residents because we all have a part to play to reducing the volume of waste we produce," says NPDC Infrastructure Manager David Langford.

"As a community, we're doing better with our waste volumes, but there are some options we can consider that

would cut that volume a lot more.

"For instance, 40% of the waste that currently goes to the landfill could be diverted into reuse and recycling, and 60% of the waste that's put out in our kerbside rubbish bags could be recycled or composted."

The draft plan lists the district's key goals as maximising opportunities to reduce

levels of waste sent to the landfill (the region sends about 55,000 tonnes of waste to the landfill each year – about 40% of which could be recycled or composted), reducing the harmful and costly effects of waste, e.g. reducing the instances of illegal dumping, and improving efficiency of resource use.

Submissions close on July 14.

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Do you have any information about writer/musician Ronald Hugh Morrieson of Hawera? Perhaps you even met him or have some pictures. Phone Rolland on 06 752 4377 or email rtdmckellar@xtra.co.nz if you can contribute in any way. Thanks.

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COASTAL COPS

Winter means spike in rural thefts

Greetings from the Sunshine Coast – where the sun always shines but now often behind the clouds.

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

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



CONSTABLE KYLIE BROPHY

be the final nail in the coffin as far as evidence goes to catch them.

Please keep in mind that if someone offers to sell something to you at a price that is too good to be true then it most likely is. Don't help these "people" by taking stolen property off their hands. What they give you with one hand they are just as likely to take away with the other.

With the onset of the wet

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

I would also stress to all road users, remember to drive to the conditions. We haven't had too many accidents on our roads of late and we would like to keep it that way. Remember to wear your seatbelt. There are still a few of you out there throwing it on when you see us. No good I'm sorry. Put it on when you get in the car. If we see you reaching for it just because

you see the Police car expect to get a ticket.

There have been a number of domestic violence incidents attended in our area recently. One thing I stress is that any behaviour that makes someone else feel controlled and fearful is never OK. Everyone in a family or in a relationship should feel safe and nurtured. No one should be frightened of their partner or someone in their family. If you are frightened and fear for your safety, call 111 for immediate help.

That's about it for now, remember, all information will be treated as anonymous unless requested otherwise and alternatively you can call Crimestoppers on 0800 555111.

Constable Kylie Brophy

Treat your gas heater with respect

Pushing on with the safety aspects of keeping warm this winter, always treat your gas heater with respect. Before you use a gas heater at the beginning of winter, check to see that the hose is in good condition and that it doesn't show any signs of damage or wear. If the heater doesn't light straight away, turn it off and then try again. Don't let the gas build up before trying to relight it, and always have fresh air coming into the room where a gas heater is in use.

I recall an incident involving a Taumarunui couple who died in 2010 when they used an outside gas heater indoors to keep warm. You may have read recently about 3 people from West Auckland that were found unconscious when they used a barbecue inside to cook on, and then used it for heating. They were extremely lucky to survive this foolish act as carbon monoxide nearly claimed their lives as well. Carbon monoxide is a poisonous gas that is given off during the burning process and is basically undetected by the

human nose.

We had been to a few fires involving ashes that have been cleaned out of the fire place and either tipped into a container or just thrown outside. Ashes can take up to 5 days to cool down so if a little fresh air comes by they can be turned into an inferno and you have a problem on your hands. Always empty fire place or wood burner ashes and ashtrays into a metal container and pour water over them before disposal. We attended a fire a few years back when the home owner had sucked up the ashes from the fire place with a vacuum cleaner. You can guess what happened a little later that day. Yep. They not only had to get a new vacuum cleaner, but were looking around for

half a lounge as well.

The brigade members would like to thank Bernard and Roslyn Karam from Karam's Clothes on the Coast, and Anne Smith along with the rest of the Opunake St. Pauls Op Shop Committee for their wonderful donations. At present we are 'fund sourcing' to raise money to add on to our kitchen area. The space at present is far too small for our current needs and the NZ Fire Service doesn't have the finances to help out so we have to do it on our own. The Fire Service is going through an identity change because at the moment we are legally only a fire fighting group, but from the 1st July, we will have a far wider range of powers should an earthquake hit, severe flooding strike, a natural

disaster occur, or something major should happen.

The timing wasn't perfect, but that's the reality when you are a volunteer. Just as the Chiefs scored a try in Friday night's game against the Hurricanes, the town siren sounded so off we went. A car had hit a cow on the Wiremu Road, and we were dispatched to help out. On arrival, we found a local bobby Tony, had the situation well under control, so we turned around and headed back to the tele.

Those of us aboard the fire appliance were very lucky to have a Waikato born, rock crushing fire fighter as part of the team, because we were able to hear all about how great the Chief's rugby team is!

Firearms education programmes in schools

Rural Women New Zealand (RWNZ) is a strong supporter for education programmes in schools on all matter of safety in rural environments which includes firearm use. The aim is to increase student and teacher awareness of how to use firearms safely. In past years, in collaboration with ACC, RWNZ delivered 'Down in the Paddock' workshops on risks in the rural environment, such as animal safety, ATVs, poisons, water safety, civil defence, road safety, rural fires and home security. This included ses-

sions on firearms safety. "Research shows that teaching children at a young age how to handle firearms safely, decreases non-intentional firearms incidents, resulting in lives being saved," says Rachael Dean, RWNZ Finance Chair and RWNZ representative on Firearm's Safety Council and Firearm's Community Advisory Forum. "Towards the end of the 1960's, statistics show that on average, children were involved in an incident a month from a non-intentional discharge of a firearm. Once

education around firearms was introduced, the statistics dropped dramatically." Firearms are part of the rural environment and the first concern in educating children in firearms use is safety. Learning to shoot under suitable supervision teaches self-discipline, self-control, hand-eye coordination and concentration.

The benefit of firearms' training in schools is to educate students and adults to help create a better safety culture on farms and lifestyle blocks.

On this month in history television arrives in NZ

On June 1, 1960 the first non-experimental television broadcast was made from the Radio 1YA studio in Shortland Street in Auckland. The three hours of programming included a performance by the

Howard Morrison Quartet, an interview with a British ballerina and an episode of 'The Adventures of Robin Hood'. Christchurch and Wellington had television transmission the next year, with Dunedin

having to wait until 1962. There were four channels which were autonomous and film was flown from one to the other. It cost four pounds (\$8) for a television licence.

Historic event witnessed by thousands

A lone bass drum solemnly struck for several minutes dramatically heralded a formal apology and the signing of a Deed of Reconciliation by the Crown with the Parihaka community for events that happened at Parihaka 140 years ago.

The historic ceremony on Friday June 16 at Parihaka was witnessed by a crowd of thousands and included dignitaries from all over New Zealand. Among those present were the Leader of the Labour Party Andrew Little, former prime minister Jim Bolger, the Minister of Maori Development Te Ururoa Flavell and local MPs and mayors. The Crown has also given \$9 million to help the Parihaka community.

The gesture is Crown recognition and compensation for the action in 1881 in which Government troops sacked the village of Parihaka and arrested the two leaders Te Whiti o Rongomai and Tohu Kakahi who, along with



The Minister of Maori Development Te Ururoa Flavell (centre) and the Hon Chris Finlayson (right of centre) signing the Deed of Reconciliation.

many of the menfolk, were imprisoned in the South Island without trial. Ultimately there can be no reconciliation while one remembers and one forgets, said Attorney-General and Treaty Nego-

tiations Minister Christopher Finlayson.

The events that led up to the sacking of the village were also recounted to those gathered and relayed by Dr Ruakere Hond (in Maori) and by Trust Parihaka Pakainga Trust chair Puna Wano-Bryant.

Many present were moved by the occasion.

While these events are among the most shameful in the land and the history is an uncomfortable one, the sense of grievance is anything but historical, it's lived every day, said the Hon Chris Finlayson. The Minister in his address spoke of the two prophets at Parihaka who had each spent time on a mission, their promotion of peace and "their determination not to reject the Pakeha world and to engage with it".

The imprisoning of the two leaders and most of the adult

male population of Parihaka "deprived the residents of legal rights that applied to them as much as to any other citizen," he said. The action left its people impoverished and demoralised the Minister continued before the formal apology for "the immense harem this has caused the people of Taranaki".

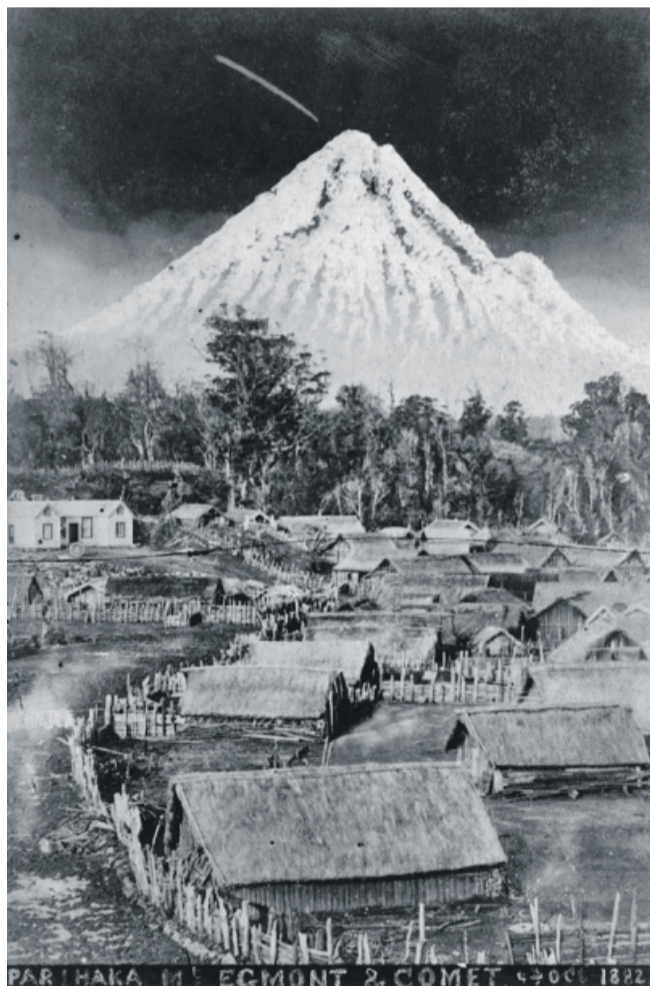
The Crown's failings and apology included the imprisoning people for the ploughing of the land, for enabling the people to remain imprisoned indefinitely, for depriving prisoners of their rights, for invading Parihaka in November 1881, for dismantling and desecrating their homes and heirlooms, for the rapes committed by troops, for the harm to the women of Parihaka, for the imprisoning the two prophets for 16 months without trial and for not returning land that the owners were deprived

of which remain in place to this day.

"The crown profoundly regrets these actions which has burdened the Crown with a legacy of shame," said the Hon Chris Finlayson ending with a message of hope that they can "acknowledge their shared past and begin to move forward in the spirit in which Ta Whiti and Tohu intended."

The \$9M is to go towards the development of Parihaka and its infrastructure.

"I know some of you are disappointed it was not more," said the Treaty Negotiations Minister but added that it was a first step and that he believed in the future more funding will become available.



LEFT: The village of Parihaka (photo retouched)

BELOW: The assembled troops before their advance on Parihaka



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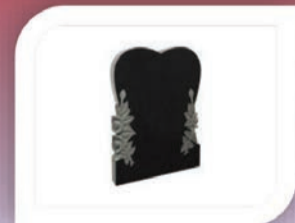
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MP FOR NEW PLYMOUTH

A: Corner Gill & Liardet Streets
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Jonathan Young Mp
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Authorised by Jonathan Young MP, Cnr Gill & Liardet St, New Plymouth



Adrian Rurawhe MP for Te Tai Hauāuru

Labour Taranaki Office
21 Northgate
Strandon
New Plymouth

Office hours:
10am - 2pm
Monday to Friday
3 - 7pm Thursday

labour.taranaki@parliament.govt.nz
06 757 5662 | 0800 ADRIAN

Authorised by Adrian Rurawhe,
Parliament Buildings,
Wellington



Andrew Little Labour Leader

Labour Taranaki Office
21 Northgate
Strandon
New Plymouth

Office hours:
10am - 2pm
Monday to Friday
3 - 7pm Thursday

labour.taranaki@parliament.govt.nz
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New targets focus on giving kids the best start in life

National believes New Zealanders deserve high-quality health services and delivering better services remains our top priority.

At the same time, we're focused on delivering better results for New Zealanders and their families. That's why this Government has introduced refreshed Better Public Services targets to help ensure young New Zealanders get the best start to life.

The new health-led results and targets have a strong focus on improving outcomes for pregnant women and babies, as well as supporting kids to have a healthy childhood.

The healthy mums and babies result aims to have 90 per cent of pregnant women registered with a Lead



JONATHAN YOUNG MP FOR NEW PLYMOUTH

Maternity Carer in the first trimester by 2021, with an interim target of 80 per cent by 2019.

Early and continued regular engagement with a Lead Maternity Carer is associated with normal healthy births and better pregnancy outcomes.

The Lead Maternity Carer, usually a midwife, connects

the mother and child with core health services, such as general practice, immunisation, and Well Child Tamariki Ora checks. As well as oral health services and other social services.

The keeping kids healthy result aims to have a 25 per cent reduction in hospital admission rates for a selected group of avoidable conditions in children aged 0 - 12 years by 2021, with an interim target of 15 per cent by 2019.

Avoidable hospitalisations include dental conditions, respiratory conditions (such as bronchiolitis, pneumonia, bronchiectasis, asthma and wheeze), skin conditions (such as infections, dermatitis and eczema), and head injuries.

To achieve this target, the Ministry of Health will work closely with DHBs and the wider health sector, as well as other Government agencies such as MSD, the MBIE and Housing NZ.

This target will be supported by the free under 13 GP visits and prescriptions introduced by this Government. By intervening early, we can prevent conditions getting worse to the point where hospitalisation is needed.

Focusing on results, we are working towards specific, measurable targets to improve the lives of families, particularly the most vulnerable.

Jonathan Young MP

Regions skills needs vital in immigration debate

It's time to take a breather on immigration while we fix the housing crisis, and make sure our cities can cope with rapid population growth. At the same time, we need to better match immigration for regional skills shortages so businesses can get skilled workers if there genuinely aren't Kiwis to do the work.

New Zealand is a country built on immigration. New migrants make New Zealand a better place, but the fact is, after nine years the National Government hasn't made the investments we need to cope with our expanding population.

This is contributing to soaring house prices, growing congestion, overcrowded schools, and strained health services. Labour will invest in those areas, and ease pressure from immigration. Labour will get the balance right.

One way we'll do this is closing an unintended immigration backdoor route.

National changed the rules to allow more international students to work while studying, causing a surge in visas granted for low-level courses. Most international students say they intend to stay after finishing study to work here. It has become a first step to immigration, rather than real education.

Labour will remove the ability to work on student visas for low level courses. Providers delivering high quality courses will not be affected.

We are also going to help Kiwis into jobs by ensuring businesses are going the extra mile to look locally first. All our employment plans are about upskilling Kiwis to fill the gaps. But if there are genuine skills shortages, we will help businesses get skilled labour from offshore.

Currently, there is a one-size-fits-all approach that means visas are issued for jobs in regions where there are no shortages and regions



ANDREW LITTLE MP

with a specific shortage can't get it on the list if it doesn't exist in other regions. We'll work closely with local businesses, unions, and councils to develop regional skills shortage lists.

We all know there is a housing crisis. A priority for my government will be to build the houses people urgently need. Labour's KiwiBuild policy is about building houses at prices people can actually afford to buy. To do that, we'll need more construction workers. So we're creating a special KiwiBuild Visa so builders can bring in a skilled worker as long as they also

train an apprentice.

All up, our moderate reforms will reduce net migration by 20,000-30,000 from over 70,000 a year currently. It's a fresh approach that will take the pressure off while we make urgent investments and still ensure we get the skills we need to grow. We will make immigration a win-win for everybody.

Andrew Little

On this month in NZ history becomes nuclear free

On June 8, 1987 the New Zealand Parliament passed the NZ Nuclear Free Zone, Disarmament and Arms Control Act, which banned from our territorial waters any vessels which were propelled by nuclear power. Also prohibited was the dumping of nuclear waste, manufacturing or owning any nuclear explosive device.

The United States attempted to get NZ to toe the nuclear line under the ANZUS (as did Australia) with an element of bullying before withdrawing its obligations to NZ - making the treaty null and void.

The prime minister at the time was David Lange who famously debated the right wing Rev Jerry Falwell in the Oxford Union debates. The famous line was "I can smell the uranium on your breath." to an American student.

Chester Borrows MP FOR WHANGANUI HAVE AN ISSUE OR NEED TO SPEAK TO YOUR MP?

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TSB Bank donates native trees to Opunake Primary School for posterity

TSB Bank has donated five native trees to Opunake Primary School as part of a Bank-wide community support activity.

Three Pohutukawa and two Kowhai trees were presented by TSB Bank Opunake Customer Service Consultant Amali Larsen to a group of school students and Principal Lorraine Williamson. The donated trees will be planted at the main school entrance, as well as replacing damaged trees around the school grounds.

TSB Bank has donated a range of tree seedlings as part of a nationwide tree donation initiative which gave each TSB Bank employee the option to support a New Zealand community organisation of their team's choice by donating a native tree.

'Reaching \$6 billion in Depositor's Funds recently has been a great growth milestone for the Bank. Giving back to the communities throughout New Zealand and thank-



Principal Lorraine Williamson (left, back), Amali Larsen of TSB (right, back) and senior students at Opunake Primary School with the donated trees.

ing our customers for their support was important to us. And as a New Zealand owned bank, native trees, which represent the growth and strength of our organisation were a great choice' says Kevin Murphy, Chief Executive of TSB Bank.

Over 250 trees have been donated to communities throughout New Zealand as part of the one-off tree donation initiative, including supporting the re-greening of the Christchurch Port Hills, Taranaki Retreat, King Edward Park (Stratford), Inglewood Golf Club, Trees for Survival (Auckland), Motutapu Trust (Auckland), Otanewainuku Kiwi Trust (Tauranga), Karitūwhenua Stream Walkway (Hawkes Bay), Te Awa School (Hawkes Bay), St John Bosco School (New Plymouth), Opunake Primary School, Nowell's Lake Walkway (Hawera) and Eastwoodhill National Arboretum (Hawkes Bay).

Taranaki Mounga wins Green Ribbon Award

Environmental restoration project Taranaki Mounga has won the Philanthropy and Partnership category in this year's Green Ribbon Awards.

Taranaki Mounga chairman Jamie Tuuta says he is

delighted to win the award amongst so many deserving environmental groups.

"Taranaki Mounga works in collaboration with many conservation organisations in Taranaki and this award recognises the effort being invested into environmental

restoration across the whole region," he says.

Another Taranaki project, South Taranaki Underwater Club Reef Life Project won the Coasts and Oceans category.

Taranaki Mounga director

Jan Hania says it has been astounding to see the level of collaboration in Taranaki with many players all working towards a common goal. "Taranaki Regional Council, Wild for Taranaki, Taranaki Kiwi Trust, Rotokare Scenic Reserve Trust, Nga Motu

Marine Reserve Society, iwi and others are all contributing and supporting each other in many ways including volunteering, sharing resources

and skills to help achieve the challenge of restoring the ecological vitality in the region alongside the Taranaki community," he says.

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On this month in history Bruce McLaren killed

his own design. The wins were shared between himself and his driver Denny Hulme.

Bruce was the youngest driver to win a Formula One race, although was never World Champion (Although Denny Hulme was - just once).

Currently, the Roger Donaldson film 'McLaren' about Bruce is well worth seeing, which also has interesting footage from people who knew him including his wife Patty (who died two weeks after she was interviewed).

The next issue of the Opunake & Coastal News is on July 7

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Blair Burnett Rural Property Consultant

After just eight months in real estate McDonald Real Estate consultant Blair Burnett enjoying his relatively new vocation. "It's quite exciting," he enthuses. His position is as a Rural Property Consultant. For many years he was a policeman. "The Coast is my new beat," he says, "from New Plymouth to just south of Opunake - Waiteika Road."

He continues, "It's going great so far. I've managed to sell a few farms and lifestyle properties. I'm gearing up for the next few months as September to February is the busy time for farm sales if they are to be marketed to best effect."

One of the many aspects



Blair Burnett, Rural Property Consultant for McDonald Real Estate.

Blair likes about his new career is contact with people from the farming sector. "They are great people.

Good people, the salt of the earth." He adds, "I like the fact they call a spade a spade."

Blair was in the police force for 25 years reaching the senior position of Detective Senior Sergeant. He was previously based in Hawera as Senior Sergeant and responsible for the Opunake area in his leadership capacity. He was later Detective Senior Sergeant responsible for serious crime in the greater Taranaki area.

Policing can be a tough ask and he feels that some colleagues stay in the police force a bit too long. "I've seen policemen burnt out and unwell," he admits. His own thoughts of possibly mov-

ing on were stimulated by an approach from a McDonald Real Estate Director and a comment by a police psychologist who said, "If you are going to leave you've got to leave well. That hit the nail on the head."

He considers his police background, dealing with all sorts of people and situations, can only be of help in his new job, including dealing with people under stress. He says his strengths include honesty, integrity, empathy, trustworthiness, sensitivity and hard work. "It's really all about communication," he explains.

Blair is enthusiastic about working for McDonald Real

Estate. "They are family-based and have been in Taranaki for over 100 years," He feels their values mirror his own, such a family values, principles and going the extra mile. He says, "They look after their staff, they are very generous with their sponsorship and they give a lot back into the communities."

Blair concludes, "I'll do a good job, I'll look after my clients best interests and ensure a process with minimal stress."

You can contact Blair by phoning DDI 06 927 3584 or try his cell phone 021 190 7728. The email address is blair.burnett@eieio.co.nz

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On this month in history the Rose-Noelle capsizes

On June 4, 1989 a trimaran yacht, skippered by John Glennie, overturned in heavy seas off the Wairarapa coast on its way from Picton to Tonga. The yacht was designed and built by John and it was his pride and joy. He

had most of his possessions aboard.

The four occupants, all male, lived in the upturned yacht for 119 days until it was washed up onto a reef on Great Barrier Island and smashed to bits. At first,

there was some doubt as to their story as they seemed in such good shape.

The men were very different in natures, but had to learn to co-exist to survive. Their meagre stocks of food gradually dwindled, but water

shortage was a more serious issue. They devised a way to collect just enough water to drink.. They also managed to catch fish and the occasional seabird to eat.

A concern to the others was the personality clash be-

tween John and Rick Hellreigel, an ex-policeman with an explosive personality, but somehow they did not come to blows.

The yellow yacht was named in honour of a young Tahitian woman called

Rose-Noelle, a friend of John. She was killed in an aeroplane crash.

Sadly, Rick died from a brain tumour within months of their return to safety. He was survived by his wife and son.

Clifftop improvements under way

On Sunday June 4, volunteers from the community, along with members of the Opunake Clifftop Committee (OCC), completed planting and

mulching of an area along the north end of Middleton Bay clifftop. This boulder bollard has been established as a trial in consultation with the community, homeowners



Michael Griggs and Dave Collins discussing the positions of boulders.



Dave Collins who donated his time and equipment for the project.

on Halse Place and the South Taranaki District Council.

As well as the bollard trial there is a sample of the intended crown lifting of the Pohutukawa and the planting of a Hebe hedge (plants provided by OHS) at the base of these maturing trees.

Many thanks to Dave Collins of SOS contracting who was happy to volunteer his time and machinery to work with OCC to position the boulders. The Opunake Clifftop Committee would also like to recognise and thank Opunake High School Agricultural students under the guidance of Matua Paora Laurence (Agricultural Teacher) for the propagation and the donation of the Hebe plants for the trial and sample hedge planting.

Dairy gears up to lower greenhouse gas emissions

Modern, science-based farming is the way to achieve a future for New Zealand where dairy farming has a lower environmental footprint, says DairyNZ's chief executive, Dr Tim Mackle.

His comment follows the announcement of the Dairy Action for Climate Change at National Fieldays 2017.

The Dairy Action for Climate Change was launched during the opening of the 49th National Fieldays by Deputy Prime Minister Paula Bennett.

The Dairy Action for Climate Change lays down the foundation to reduce greenhouse gasses on dairy farms. The plan is spearheaded by DairyNZ, which represents all dairy farmers in New Zealand, and is in partnership with Fonterra. The plan has the support of the Ministry for the Environment and the Ministry for Primary Industries.

Dr Mackle says dairy farmers, and the scientists working alongside them, are

serious about improving the environment.

"This plan lays down the foundation for dairy's sustained, strategic approach to a lower carbon future. We're taking the first steps in understanding what dairy can do – in conjunction with the wider agricultural sector, plus industry and urban communities – to help meet New Zealand's Paris Agreement emissions reduction target.

"Our farmers are already working on lowering emissions – they are used to rising to challenges, and they're dedicated stewards of their land who want to do the right thing by the environment."

Dr Mackle says addressing on-farm emissions – methane, which is formed when ruminant animals burp, and nitrous oxide, formed when nitrogen escapes into the atmosphere – is one of the most challenging issues facing the dairy and food producing sectors, globally and in New Zealand.

"Tackling the reduction

of on-farm emissions is not going to be easy. It requires our Government and the agricultural sector to work together and, as such, the plan is an important part of a broader work programme underway."

Fonterra's Chief Operating Officer Farm Source, Miles Hurrell, says it is crucial to take an integrated approach to all the challenges facing dairy – from climate change and animal welfare, to the protection of waterways – and all the while maintain productivity and the profitability of dairy.

"The plan complements the environmental commitment dairy farmers have voluntarily undertaken through their work under the Sustainable Dairying: Water Accord.

"Some of their work – such as tree planting, better soil management and reducing nitrogen leaching, therefore reducing the release of nitrous oxide – is already helping to address emissions. Then there are the other science-based endeavours

that are well underway, like the research to breed cows that produce fewer methane emissions, and a methane inhibiting vaccine."

Dr Mackle says the Dairy Action for Climate Change dovetails with the work of the Biological Emissions Reference Group (BERG), a joint sector and Government reference group. The BERG's purpose is to build robust and agreed evidence on what the sector can do on-farm to reduce emissions, and to assess the costs and opportunities of doing so. The BERG's final report in late 2017 will be necessary to inform future policy development on agricultural emissions.

"New Zealand's agricultural output of greenhouse gas is accentuated because we have a relatively small population, and we are not heavily industrialised. In other countries where there are larger populations the greater contribution is from the transport, manufacturing, construction, and energy

sectors.

"Our agricultural sector is a very efficient producer of high-quality food – food that feeds many millions, not only in our country, but also around the world."

New Zealand is acknowledged as a world-leader for efficiently producing milk on a greenhouse gas per unit

of milk basis, as identified in a 2010 report from the United Nation's Food and Agriculture Organisation.

Dr Mackle says this position is the result of New Zealand dairy cattle being healthier and largely grass fed, unlike animals in many other agricultural countries which are fed grains and other supplements that are harvested and transported.



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Social media workshop for Taranaki farmers

Smartphones are an essential tool to help Ben and Belinda Price manage their 650-cow dairy farm in South Taranaki.

They're used to keep tabs on the weather, monitor milk quality results and analyse animal records.

But the 50/50 sharemilkers believe the pocket-size device also has a vital role to play in changing perceptions of their industry.

"A lot of dairy farmers currently feel under attack; smartphones and social media give us a voice to tell our stories," said Belinda.

The 36-year-old is keen to use Facebook and Twitter more, to share the good

things happening on their farm.

That's why she's signed up for a free social media workshop being run by Taranaki Federated Farmers in Stratford on June 27.

"Social media's an ideal platform for farmers to share positive stories and celebrate successes," said the organisation's office manager Jessie Waite.

"When used properly it's an easy way to help educate and connect with consumers, influential people and city dwellers."

"Consumers are hungry for information about where their food comes from," said Jessie.

But social media can also be a dangerous tool, which can damage agriculture's image and crucial markets if used incorrectly.

"The workshop's designed to build farmers' confidence and provide useful tips to avoid potential pitfalls," said Kaponga contract milker Brad Markham.

The former ABC News journalist is one of several presenters at the interactive event.

He hosted a social media seminar at the Dairy Environment Leaders' Forum in Wellington last December.

"Most farmers are proud of what they do, but just need a

nudge in the right direction," said Brad.

"It's awesome to scroll through Twitter now and see dairy farmers like Jane Hutchings posting photos of the important pest eradication work she's doing to protect kiwi on her Northland property."

"We can't rely on people in suits to change perceptions of our industry; it has to be driven by farmers in swanndries and overalls," said Brad.

Other presenters include Federated Farmers' national dairy chairman Andrew Hoggard and communications manager Leigh Catley.

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National Fielddays- a farming event like no other

The strength and relevance of the New Zealand primary sector was showcased and celebrated at last week's national Fielddays at Mystery Creek in the Waikato.

The annual event, now in its 49th year, attracted all parts of society with an estimated 1456 exhibits on view, ranging from the conventional tractor and farm machinery to rural health and education/careers hubs.

Federated Farmers'

National Vice President Anders Crofoot was at the event. He said the diversity on offer makes it particularly appealing to all New Zealanders.

"Fielddays really demonstrates how progressive and fascinating farming and the primary sector is with the science and innovation hub very popular with young and old alike.

"They've predicted around 120,000 visitors onsite this week, a wide range of urban

and rural people.

"I'm interested to see what injection the economy gets from this event. Last year they estimated about \$430 million, which goes to show that the primary sector is undoubtedly the backbone of the country's economy when you consider that investment is made over a few days," says Anders.

For farmers, Fielddays was opportune time to get off-farm to learn and invest in new trends and innovations

which would improve and add value to their businesses.

"Fielddays is an important event that many farmers put aside in their calendars knowing that it will be an interesting and uplifting experience.

"It's a great place for sharing ideas with fellow farmers and getting first-hand experience of handling a new tractor or mobile based software with apps for farm management," Anders says.

The Federated Farmers team at Fielddays reported a busy week talking with farmers and visitors about the work the Federation does in the provinces, on behalf of members and all farmers.

Provincial presidents and staff were present, answering questions and advising farmers on a range of topics from on-farm compliance whether it be environmental, employment, health and safety or to what might happen in the upcoming General Election.

"Our team is well qualified to assist farmers on those daily issues that affect their businesses and livelihoods. It's our strength and sets us apart from other primary sector groups, having farmers acting for farmers.

"An event like Fielddays also helps Federated Farmers connect with the provinces and farmers, to find out what they are thinking and what we can do for them to improve our leadership and services," Anders says.

Colds and Flu come with winter

Winter is well and truly upon us now and winter colds and flu will become more common. We have all experienced the symptoms, which often start with a dry (raspy and sore) throat, leading on to other symptoms such as coughing, sneezing, runny nose, blocked nose and headache. Sore throats are usually caused by virus infections like colds or the flu but may also lead to other things. If you have a sore throat that lasts more than a few days, or you have difficulty swallowing, enlarged tonsils, swelling of the neck, earache or joint pain then it could be something more and it is really important to see your GP.

The common cold usually lasts one to two weeks and there is no cure. The nasal passages and throat get infected by viruses that keep changing every year, so it is hard to develop a cure. Your own immune system is your best defence. Recovery is helped by resting in bed and staying at home stops you passing the virus to

others in the workplace and those in the outside world. Drink plenty of fluids, water is best and not smoking (this is a good time to quit, so ask your Self Care pharmacist about the *Quit Smoking* fact card).

Colds are not serious for healthy people. People often, mistakenly, think that antibiotics will treat a cold. Antibiotics won't because they don't work on viruses, which is what is causing the cold. Antibiotics will be useful for a cold only if you develop a secondary bacterial infection - like a chest or sinus infection. So when you have a cold, don't go to the doctor expecting to get a prescription for antibiotics.

People often refer to a cold as the flu (influenza). While it is caused by viruses and, like the common cold, spread by coughing and sneezing, the flu is a much more serious and severe infection. The flu comes on very quickly and often will be accompanied by very sore and achy muscles, and a high fever. It also tends to last

longer than a cold (about 1-3 weeks). Flu vaccinations are the way to guard against getting the flu, but you need a new vaccination each year because the viruses keep changing - making the past year's vaccine ineffective against current flu. Accredited pharmacists are now able to administer the flu vaccine in the pharmacy for your convenience. In particular circumstances the flu vaccine may be free for you, so check this out with your *Self Care Pharmacist*. See the Fighting Colds and the Flu and the Influenza fact cards for more information.

Although medicines can't cure the common cold they can help relieve symptoms, especially when you are feeling miserable and having trouble sleeping at night. Self Care pharmacists can help you choose the right medicine for your symptoms. Nasal sprays or drops are available that will give relief from that congested bunged up feeling. However you must stop using decongestant nasal products after about

three to five days of usage. This is very important with this group of medication or otherwise there is a risk of "rebound congestion" where a blocked nose returns when you actually do stop using the medication. Antihistamines can be used to help to dry up runny noses and watery eyes and paracetamol and ibuprofen will help reduce fever and relieve head ache.

Products with many different ingredients are available to treat more than one symptom at a time. "It can be a bit confusing" advise Self Care pharmacists, "so it is best to ask us for advice." Taking products with lots of different ingredients also

makes it easy to double-up on medicines without realising. The most common example is cold preparations containing paracetamol for pain and fever when you are already taking paracetamol on its own for headache. Check with your pharmacist to make sure and also check with your pharmacist in regard to any regular medication you have been prescribed.

And a very important warning. Do not give cough and cold medicines to children under 6 years of age. Current research shows they aren't always effective, and can cause harm. Children with colds

should be allowed to rest, made to feel comfortable and be given plenty of fluids. In some cases it may be appropriate to give saline nose drops, or to give honey drinks to children over one year of age to soothe a cough. Talk to your Self Care pharmacist about this, and about what alternatives are helpful for children and babies. The "Coughs and Colds" fact card is also very helpful so get this from your pharmacist too.

Prepared by Pharmacy Self Care, Pharmaceutical Society of NZ Inc,
PO Box 11640 Wellington 6142.

Author releases new book exploring wisdom and wonder of visible world

Professor Cyrus Varan, an applied sciences expert, provides confirmation of evolution's non-random nature

A New Zealand-based author with expertise in physical sciences and mathematics has released a book that explores the beauty of the visible world and also pursues the catalyst behind evolution. In "The Wisdom and Wonder of Life," Professor Cyrus Varan delves into the biological discoveries of the 20th century, DNA and the world within cells to demonstrate the non-coincidental nature of evolution.

With emphasis on scientific discoveries relating to DNA, Varan offers an inspiring exploration, from the viewpoint of a scientist, of the mysteries of the biological world. In this, Varan highlights the notion that evolution is the process of

creation rather than the causation.

"The Wisdom and Wonder of Life' explores the writings of the greatest minds of our time, including Albert Einstein, who believed 'the universe is governed by an external causation,'" Varan said. "It is my belief that science is not atheistic and that there is natural harmony between science and spiritual ideology."

Written in simple language, the book also explores in-depth the limitation of chance events and their inability to cause mass-

es of matter to experience self-consciousness and love. "The Wisdom and Wonder of Life» emphasizes the significance of life's non-random nature as well as the gift of experiencing human life.

Professor Cyrus Varan holds a Ph.D. in applied sciences with minors in mathematics and physics. He has authored several articles for scientific journals. A recognized inventor, Varan is credited with patents in both the U.S. and U.K. Now 82 years old, Varan resides in Red Beach, New Zealand.

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Shout it out – youth voices heard

A New Plymouth student who applied for an internship at a local engineering company and was told ‘no girls allowed’ described her dismay at her experience of gender inequality during a youth forum organised by Massey University.

Mental health, gender inequality, the living wage, poverty, the cost of tertiary education, and protecting the environment were among topics debated by senior secondary school students at a Young Leaders Symposium in New Plymouth organised by the College of Humanities and Social Sciences.

The 35 participants at the *Shout It Out: Young People Find Their Voice* event were split into mixed school groups and asked to define the biggest social or political challenges facing young people today. They then had to come up with potential solutions. They were also asked to think about how the responsibility for implementing their ideas should be shared between young people and existing political decision-makers.

Many spoke passionately about a wide range of issues in presenting their views and solutions to a panel, which included Pro Vice-Chancellor for the College, Distinguished Professor Paul Spoonley, as well as local councillor Stacey Hitchcock and chair of the Taranaki Chamber of Commerce Sophie Braggins.

One group said they would like to see legislation to



Panelists Professor Paul Spoonley; Sophie Braggins and Stacey Hitchcock (right).

change gender pay inequities in affected sectors, and felt education as well as a petition, protests, and a social media campaign could bring this about.

Another group raised the issue of pressures and unrealistic expectations on the young to succeed and fit in – socially, at school and

at home – which can lead to anxiety, depression, self-harm and suicide.

They felt more awareness of the impact of pressure on youth is needed, and that school counsellors could play a greater role in supporting students who struggle with these issues. Schools need to better promote counsellors’



Students from New Plymouth Boys’ and Girls’ High Schools, Francis Douglas College, Sacred Heart Girls’ College, Opunake High School and Inglewood High School at the youth symposium.

services and “take the counsellors to the students, rather than the opposite,” they said.

The idea of a Kiwisaver fund specifically set up to help students pay for education was the brainchild of a group concerned about how students can afford to study and pay for living costs, while another wanted to see the living wage adopted more widely.

Each group received feedback from the panellists and, in some cases, offers to continue the conversations and pursue solutions through more youth representation on council.

Professor Spoonley reminded students that Taranaki is the New Zealand province with the highest percentage of people aged over 65. He said it was the interests and views of this age group that tended to dominate the province.

“The trick for a province

like is how to get *your* voices heard.”

He challenged the students to take their passion to find or create networks and mechanisms to get their views and voices heard – through local councils and other organisations, and social media – and to get involved in decision-making. He was impressed by their passion and hoped they would become more involved in shaping a future of their choice.

“It would be great to get more people on council who represent younger age groups. Be politically engaged and why not re-define politics?”

Other panellists offered words of encouragement too. Sophie Braggins told the group that the nature of the work environment was changing fast, but technology, automation or AI (Artificial Intelligence) could never replace or take away their voice and the things that made them unique.

Stacey Hitchcock

implored students: “Don’t underestimate the power of lobbying,” saying that discussing their concerns in the forum was a political act. By speaking out, “you plant seeds in the minds of decision-makers and policy makers.”

When asked by host Professor Richard Shaw what they had learned from the experience, one young man said it was a revelation to him to know that “there are people in education who want to talk to us about stuff that really matters”.

The symposium was the final of this year’s three symposiums run by the College held in the Hawke’s Bay, Palmerston North and Taranaki.

Professor Spoonley said he was “really impressed by the understanding and engagement of the students. They spoke about the issues of importance to them with passion. New Zealand is in good hands if these are our future leaders. It is a pity that these youth voices are not heard more widely.”

Location of additional police officers announced for New Plymouth

Police have announced how 14 new constabulary staff will be allocated throughout the Central Police District over the next 12 months, says Jonathan Young MP.

“The National led-Government is investing \$503 million as part of our Safer Communities package to provide new staff and associated policing services across the country.

Included in this announcement are three staff allocated to Waitara

as part of the Public Safety team

“The allocation decisions have been made by District Commanders, based on crime patterns and police demand across the region.

“This is just the allocation for the first of four years. Central Police District will see a total increase of 67 staff over this time, and allocate the remaining staff over the following three years based on need.

“The National-led

Government is focused on delivering a more responsive police service, prevent harm and victimisation, resolve more crimes, and more effectively target crime in our community.

“Twelve new mobile police stations will also be set up around New Zealand, and we’ll be setting new challenging targets for police including 98 per cent of home burglaries attended within 48 hours and one minute faster emergency

response times.

“The first recruits will start police college next month and be on the beat in October.

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Way to go Waiokura

Latest results from a long-running scientific study strongly suggest Taranaki is taking the right approach to protecting and improving the quality of its rivers and streams.

Marked improvements have been progressively obvious in the Waiokura catchment, near Manaia, in the past 15 years and especially since 2014 – with the credit going to farmers' efforts in fencing and planting waterways on their properties, and switching to land-based disposal of dairy shed effluent.

"The Waiokura was originally chosen for this study because it wasn't doing very well at the time," says the Taranaki Regional Council's Director-Environment Quality, Gary Bedford. "So seeing good

results here means we can be sure of good results elsewhere across the ring plain."

The Waiokura is part of a national project in which researchers from NIWA, AgResearch, DairyNZ and regional councils have been studying five 'best practice dairy catchments' – two in the north Island and three in the South Island – since the mid-1990s.

Latest findings, published in the Journal of Marine and Freshwater Research, include strong improvements in the Waiokura that have become particularly evident since 2014 – across ecological health (assessed by monitoring the number and type of small creatures living in the river), nitrogen levels, suspended solids, bacteria levels and water



Doing the job. Riparian protection on the Waiokura.

clarity. "Notably, improvements in (ecological health) were greatest at the Waiokura catchment where active planting of riparian

vegetation was greatest," says the report, which focuses on the effectiveness of environmental measures in all five catchments nationally.

Mr Bedford says that early on in the project, researchers and farmers had concluded that stream health could be improved by riparian (streamside) fencing and

planting, and by disposing of dairy shed effluent by spreading it on land rather than treating and discharging it to waterways.

"Both these measures are key Council environmental requirements right across the ring plain," says Mr Bedford. "Thousands of kilometres of streambank across the ring plain have been fenced and protected with millions of plants by farmers, working in partnership with the Council. And as consents for effluent treatment ponds expire, farmers are being required to switch to land-based disposal."

Of the Waiokura catchment's 115km of streambank, 90 per cent is now protected with fences and almost 70 per cent is protected with vegetation.

Continued page 15.

NZ FARMERS LIVESTOCK

Bulls, Boners and Store Cattle making top money

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Confidence streets ahead of last year's lows

With the 2016/2017 season looking more positive than the previous one, John Blundell from Bayley's talks about farm sales, confidence and Bayleys.

So John, it's now been 18 months since you started working for Bayleys Real Estate, how is it going?

To say "good" would be your typical Kiwi understated answer. But instead I'll say "extremely well." The culture and professionalism of the company, the brand, the nationwide networking, together with the top of the range marketing available are not only a great attribute, but install a confidence that the job is being done right.



John Blundell

So what are your numbers like for the 2016/2017 season?

Selling seven dairy farms, three run offs and a handful of lifestyle blocks has kept me fairly busy. Usually it all slows down a bit by April but I was still working on deals recently. I have listed a nice 130ha dairy farm at

Warea which will be fully marketed in the spring and have a couple of other good farms that were listed a bit late in the season, still available. Increased interest out of the Waikato area has been an interesting feature this year.

With next season's payout looking quite positive, what do you think next seasons sales will look like?

I guess a lot of farmers were still recovering from the shocking payout in the 2015/2016 season, throughout the season just finished.

But with the 2016/2017 season now looking like \$6.15kmMS or better plus dividends and an expectation of \$6.50kmMS next season, confidence although not off the charts is certainly streets ahead of the lows of spring 2016. So I'd predict more

people coming through open days and a bit more action.

On a community note I see your Company and personal logo around at community events of late?

It's nice to support the kids on the Coast in particular. It was great to see all the Coastal junior rugby players using the gear bags that I recently donated. My marquee is now being used more and more with Lions clubs, school calf days, athletic days the odd clearing sale and other events.

So what has been the highlight of the last year?

Without a doubt the fact a lot of my recent farm sales have been the result of the vendors having been recommended by friends and/or previous vendors to "ASK4JB". And of course Coastal rugby being at the top of the table.

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Feds reach out to Young Farmers

Federated Farmers is hoping a new deal with NZ Young Farmers will inject fresh blood into the organisation.

The rural advocacy group has instigated a special joint membership, which was launched at Fieldays.

The chief executive of NZ Young Farmers, Terry Copeland believes the deal will benefit both organisations.

He said young farmers who join Federated Farmers will be able to keep building their leadership skills.

“We see ourselves as a pathway to leadership across the food sector in New Zealand and have an emphasis on developing our members, so they can fulfil any ambition they have,” said



From left. Matthew Herbert, James Lawn, Nick Brown and Jessie Waite.

Terry.

“We appreciate Federated Farmers needs to look to the younger generation to come through into its ranks.”

The deal was first announced at the Taranaki Federated Farmers AGM in New Plymouth in April.

“There’s an increasing recognition that young farmers have a lot to offer,” Federated Farmers chief executive Graham Smith told the meeting.

Four NZ Young Farmers members - Matthew Herbert, James Lawn, Nick Brown and Jessie Waite - now hold key positions within Taranaki Federated Farmers.

It’s hoped the joint membership will encourage the next generation to have input into decisions affecting

their future.

“Young farmers are going to have to live with most of the rules and regulations being made now,” said Federated Farmers manager Lyndel Stone.

“We want them to be involved in the rule-making process and understand what’s happening and have an influence at that level.”

The new cut-price membership is \$150 and does not include all the benefits of a full membership.

Heavily discounted governance training and leadership courses are available to all members.

Bridget Kelly, Wintec journalism student

Way to go Waiokura

Continued from page 14.

and work is continuing to complete the job.

Meanwhile, 15 of the catchment’s 23 consented dairy discharges are to land or primarily to land, and conversions to land disposal will continue as consents expire. Over the study period, there has been a 67 per cent reduction in the volume of treated farm dairy effluent discharged to the stream.

“It’s very clear that we’re now starting to see how these changes have led to a significant improvement in stream health and freshwater quality,” says Mr Bedford. “These latest research results can be seen as an independent validation of the Council’s approach, and a vindication of the investment and effort by farmers.”

Crucially, farm productivity in the catchment has increased at the same time as stream health, he says. In 10 years, milk solids per hectare are up 21 per cent and milk solids per cow are up 31 per cent, while nitrogen loss per kilogram of milk solids is down 11 per cent and nitrous oxide emissions per kilogram of milk solids are down by 7 per cent.

Mr Bedford says the Waiokura is unusual because it is fed by groundwater originating from beneath dairy pasture, rather than springs fed from Mt Taranaki. “We never put it up as being a typical ring-plain waterway – it has fewer natural advantages in its favour. Our thinking was that if ‘best practice’ could make a difference here, it could make a difference anywhere. These results suggest we’re on the right track.”

He also says it’s interesting to note that the research report’s authors caution

against making too much of a correlation between ecological stream health and nitrogen levels.

“The results are too inconsistent. Yes, Waiokura is enjoying both improved ecological health and reduced nitrogen levels. But another catchment in the study, Toenepi in the Waikato, is seeing increases in both nitrogen and in ecological health. The relationship between nutrient levels and stream ecological health is a complex issue, and the report suggests seasonal factors may be a stronger influence.”

The latest report will feed into the current review of Taranaki’s Freshwater and Land Plan.

Bill to tackle stock theft welcomed

Federated Farmers has given the thumbs up to Rangitikei MP Ian McKelvie’s Sentencing (Livestock Rustling) Amendment Bill being drawn from the ballot to go before Parliament.

Livestock theft is not only a financial burden to farming businesses but also a risk to people’s safety. Farmers are often alone when confronting stock thieves.

“It’s frightening when you are faced with someone in a remote rural area who is most likely armed. The successful passing of this bill would show the victims of livestock rustling that the

justice system is prepared to take these crimes seriously,” says Rick Powdrell, Federated Farmers’ Rural Security spokesperson.

It is estimated that livestock rustling costs the farming community over \$120 million a year. The bill is intended to deter people from engaging in livestock theft by identifying it as an aggravating factor at sentencing.

“Federated Farmers would like to see harsher penalties for crimes such as stock theft, including the threat of losing vehicles and equipment used in the crime as is the case with fisheries

prosecutions,” says Rick.

He says the bill partners well with the Police announcement that 177 new frontline staff will be posted around New Zealand

over the next 12 months, and 880 sworn staff over the next four years. These additional officers will see an increase in 24/7 policing in rural areas.

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Champion long driver to be joined by his brother

Twenty year-old Manaia golfer Sam Jones admits to being surprised at his recent win in the New Zealand Long Drive Championships.

"This was the first time I'd ever done the long drive," he said. "I had always watched it and had wanted to give it a go."

He had won the North Island title at Papamoa in the Bay of Plenty before flying to Auckland where he watched the South Island final being held at Clearwater in Christchurch. After that it was a one-on-one hit out against the new South Island champion. Each player was given eight balls and Sam hit 297 metres on his penultimate shot as well as 290 metres on another shot. The best his opponent could do was 287 metres.

Taking a break during the American summer, Sam holds a golfing scholarship at the University of West Georgia and is half way through a degree majoring in Finance with a minor in Mathematics. Over there, he is currently the lead player of his seven-strong men's team.

When he goes back in August, his 18 year-old brother Ethan will be going with him, also on a golfing scholarship.

Ethan will be majoring in

Psychology, which he says would "definitely help with golf."

"I've been watching videos of the top guys talking about the need to have a good mental attitude."

He says he would have preferred to study sports psychology which is unavailable at West Georgia, but hopes he can still do this at a later time.

The two brothers have been preparing for the big trip, taking part in golf tournaments as well as having regular sessions at the Te Ngutu Golf Club.

This will be Ethan's first trip out of New Zealand. Sam says that although it can get hotter in summer, the temperatures in Georgia are otherwise similar to those in New Zealand.

He says their father had got him and Ethan interested in golf when Sam was 12 and Ethan was 10. From there, they concentrated on developing their golfing skills through the Manaia Golf Club. Previously their sporting interests had revolved more around rugby and cricket.

"I like the longevity of golf," Sam says. "It's something you can play for your entire life without having to worry about



Ethan and Sam Jones.

injuries. I like the idea of doing it yourself and only having yourself to blame. It's not like cricket where you might practice once or twice a week. With golf you have got to be out there all the time."

Manaia Golf Club junior convenor Margaret Putt says Sam and Ethan have always been conscientious and very loyal to the Manaia Club. She remembers them going to tournaments in Dunedin and Hamilton.

"They just got the bug and would be out practicing all the time," she says. "When they went to Hamilton you could see that they were good enough to be there. Whatever these boys are going to be doing, they are going to do good."

After graduating, the two brothers want to carry on with their golf. Sam says he is also interested in learning how to coach.

"I don't want to work in an office for the rest of my life," he says.

Opunake Ladies Golf win Taranaki Mid-week pennant competition

The Opunake Ladies Golf Club battled hard throughout the 2017 Mid Week Pennant competition to take them to the Finals Day held in Stratford on May 22.

The team, consisting of Ann Marie Siciliano (Captain), Carol Hill, Joanne Cathie, Diane Williams, Wendy Vickers and Marg Wellington beat Te Ngutu 5-1 in the morning round and then went on to secure the overall competition for a second year running with a win against Patea 3 1/2 - 2 1/2.

Other Opunake Ladies Golf Results. 2017 Season to date. Summer Cup A Siciliano, Brennan Shield T Hurlly, Strokeplay Silver C Hill, Bronze I J Cathie, Bronze II C Forsyth, Bronze III J Forsyth, Teams Event J Cathie, P Smith, A Siciliano, M Wellington, Coronation Medal A Siciliano, Aoteroa Cup P Smith, Vets P Smith, Nancy McCormack & Club Foursomes D Williams/P Smith, Annie O'Sullivan A Siciliano, Top Dog W Vickers/P Smith



Opunake's winning Mid Week Pennant team.

Bridgeman Shield shooting results

The defending team holders of the Bridgeman Shield Hawera came in third behind Inglewood's No 1 team 1st and Oaonui 2nd.

Oaonui shooter Dave Fake shot the only 100 of the night, but the stand out would have been Hawera shooter Christina Burr with 196. This is a really good score because Christina is only in her second year of shooting.

Inglewood No1: B Moratti 197.11, B Moratti 196.9, K Bocock 198.6 total 787.35, Oaonui: D Gibson 197.7, D. Fake 199.10, H. Andreoli

193.10, C. Burr 196.11, total 783.38. Hawera, J Cameron 197.10, B. Cameron 196.7, S Gooding 198.14, F Eustace 188.7, total 779.38, Inglewood No2 C Clealand 193.6, G Moratti 196.10, R Drinkwater 189.5, R Hine 195.6 total 773.27, Eltham, P Tidswell 196.10, A Drake 191.5, C Bramley 189.2, B Bramley 180.4 total 756.21 Inglewood No3. M Michel 195.10, A Stuart 191.7, I Hayton 190.3 L Donnelly 179.3 total 755.23. S Barkley 187.5, L Butler 147.2, P Lye 191.8.

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Top awards for Opunake Surf Life Saving Club

Top awards for Opunake Surf Life Saving Club
The Opunake Surf Life Saving Club won big at the annual Surf Life Saving Taranaki Awards of Excellence at the weekend, taking three top awards.

Mikey Corkill was Lifeguard of the Year. The club also picked up the Club of the Year for the second year running and got the award for Rescue of the Year.

Surf Life Saving Clubs in Taranaki include Fitzroy, East End, New Plymouth Old Boys and Opunake.

Mikey completed 88 recorded patrolling hours throughout the season and averaged 20 hours per week of voluntary non-patrol hours. He held a number of roles including Lifeguard Coordinator, Club Captain, Powercraft Officer and Head Instructor and was responsible for running and coordinating a number of trips as developmental opportunities for lifeguards at the club.

"It's a recognition not just of what Mikey does on the beach, but of a lot of work the public don't get to see," club president Mike Roach says. "If anyone deserves anything, it's Mikey and it's good to see him get his reward."

The last time anyone from the Opunake Club won Lifeguard of the Year was back in 2007 when Claire Langlands won the Award.

Mikey first joined the club in 2001, going on to be a lifeguard in 2006. In 2010 the club president asked him to step in and be club captain.

"All these years later I'm still here," Mikey says. "It's been an interesting time. There's been quite a few challenges and it's been rewarding to see the



Opunake Surf life Saving Club president Michael Roach (left) and Taranaki Lifeguard of the Year Mikey Corkill with awards the Opunake club picked up at this year's Taranaki Awards of Excellence.

club develop people who have stepped up and moved through the ranks. It's cool to be part of a team that's done really well."

Opunake's Rescue of the Year was awarded for a rescue which took place on February 5. Taine Morgan had spotted two swimmers in trouble just after the patrol had closed. A 40 year-old female and 15 year-old male had gone into the tail race and been sucked out to sea. Taine told Jordan Hooper and Brook Smith and the three of them brought the swimmers back to safety.

Mike Roach said most rescues take place outside patrol hours which is itself a credit to how well the patrol system works. He says the awards cap off a good year for awards which began with

recognition in the South Taranaki Mayoral Awards.

"These awards have been won by the whole club. Everyone has contributed to these," he said. "This year has been the best ever for juniors. We're really starting to kick away now. We've got some fantastic kids and a very good bunch of parents in the club. We've been consistently winning awards for the last seven years and we haven't been in that position for a long time."

He said he wanted to acknowledge the work of fellow committee members Mikey, Fiona Climo, Donna Cram, Jo Morgan, Sian Hickey, Jordan Hooper, Trent Oliver and Claire Hunn.

In 2023 the club will be celebrating its centenary and has no intention of resting on its laurels.

"Next year's work begins on Sunday," Mike says.

Award winners: Lifeguard of the Year: Michael Corkill, Opunake. Volunteer of

the Year : Darren James, Fitzroy. Rescue of the Year: Opunake- Taine Morgan, Jordan Hooper and Brook Smith. Club of the Year: Opunake Surf Life Saving Club. Patrol Club of the Year: East End Surf Life Saving Club. Innovation of the Year: New Plymouth Old Boys Café (NPOB Executive Committee). Michael Taylor Award : Dean Spicer, New Plymouth Old Boys. U19 Sportswoman of the Year: Claudia Kelly, East End. Sportswoman of the Year: Claudia Kelly, East End. U19 Sportsman of the Year: Zac Reid, Fitzroy. Sportsman of the Year: Javon McCallum, Fitzroy. Sportsperson of the year: Zac Reid, Fitzroy. U19 Sports Team of the Year: Taranaki Youth Representative Team. Sports Team of Year: New Plymouth Old Boys U21 IRB Crew. Coach of the Year: Joel Meuli, East End. Official of the Year: Brian Velvin, Fitzroy. Instructor of the Year: Todd Cations-Velvin, Fitzroy. Taranaki Service Awards: Darren James, Fitzroy. Wendy Clough, Fitzroy.

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Central win indoor bowls trophy

The Bankhart trophy was played at the Stratford A & P Hall on Friday night June 9. This is an inter-association competition with four teams of triples representing the Central Waimate and South Associations.

Three games of 8 ends were played and home

advantage favoured the Central Association and they took out the trophy with 15 points. South Association were second with 12 points and third was Waimate Association with 9 points.

The evening concluded with supper and presentation of the trophy.

Manaia Golf results

Manaia Golf Club results Junior Golf. Nine Holes Gross. 1st Joe Gibson (51). 2nd Ashton Sharp (53). Field putting. 1st Ashton Sharp(16). 2nd Joe Gibson(1) Pee Wee. Five holes. 1st Kahui Harrison and Olivia

Symes. 2nd Riley Symes. Juniors. Seven holes. 1st. Carter Symes(60), 2nd Lucas Symes(63). 3rd Jayda Sharp(69). Field putting. 1st Jayda Sharp(14). 2nd Carter Symes(19). 3rd Lucas Symes(20).

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Premiers say good-bye to Kelvin



Troy Stephenson hits the gap for the Farm Source Prem's v Inglewood

The Coastal Premiers travelled to Inglewood on June 10 hoping to maintain top spot in the competition. Several front line players were rested to get over some bumps and bruises. The match was up for grabs at half time, with Coastal holding a slim 13 - 10 lead. A couple of quick penalties followed by two more tries in the second half made

the game safe for Coastal and the final score was 31 - 17. Standout players were Logan Crowley, Troy Stevenson and Daniel Rae.

On June 17, the boys hosted Clifton in Okato. The match was a very close physical contest with the visitors dominating territory and possession. Both teams scored two tries in the first half and Coastal took a

15 - 12 lead into the break. Points were hard to come by in the second half, with the only points coming from the boot of fullback Rick McKenna. The final score was 18 - 12 to Coastal. Coastal's points came from tries by Kelvin Weir and Cal Davies, one conversion and two penalties by Rick McKenna. Man of the match was Jeremy Newell.

This was the last game for the season for long serving Coastal player Kelvin Weir. All the team wish him well as he heads overseas. Next week Coastal return to Rahotu to take on Southern. There are only two games remaining in the regular season and a win is very important to ensure that Coastal play a semifinal at Rahotu.

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Joe Brophy looks as if he is about to take a forearm somewhere that will hurt.

Still the only unbeaten team

Coastal Division 1 had a comprehensive 57-0 win over Inglewood at TET Stadium in week 11. The skill and accuracy displayed by the whole team was outstanding. The forwards were able to dominate and provide Jarrod Davey at half back with good ball to set the backs alight. This resulted in tries to Ryan Anderson, Trent van der Poel, David Hughes (2) and Jarrod Davey (3). This impressive team effort showed why Coastal are still the only unbeaten team in the competition. Player of the Day was Ryan Anderson. Last week Clifton defaulted, giving maximum points to Coastal, who have now secured a spot in the semi finals with two rounds to go.

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A win and a loss for the Colts



Trent Brophy swerves up field for the Corkill Colts as they take on Inglewood

On June 10 the Colts travelled to Inglewood. It was a fine day playing into the sun in the first half, but it wasn't until the second half that the boys really gelled together and put on

a very good performance winning 24-10. Player of the Day was Sam Hughson who was all over the place. The next game was against Clifton at Okato in good conditions. Coastal

struggled to get a full team and only had two reserves. Despite this, the boys played well but ran out of gas in the second half with Clifton winning 12-5. Player of the Day was Ryan Bolt. The

boys have been playing well together for the last couple of weeks and hopefully can finish strongly in the last two round robin games with a possible top four finish.

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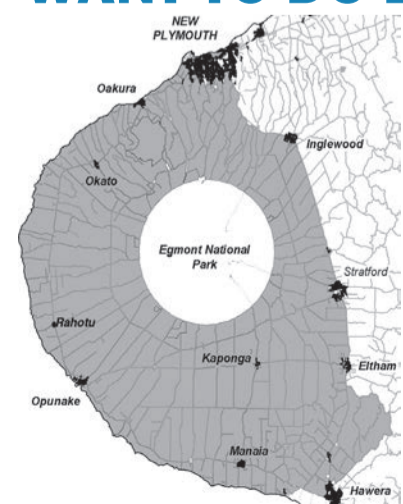
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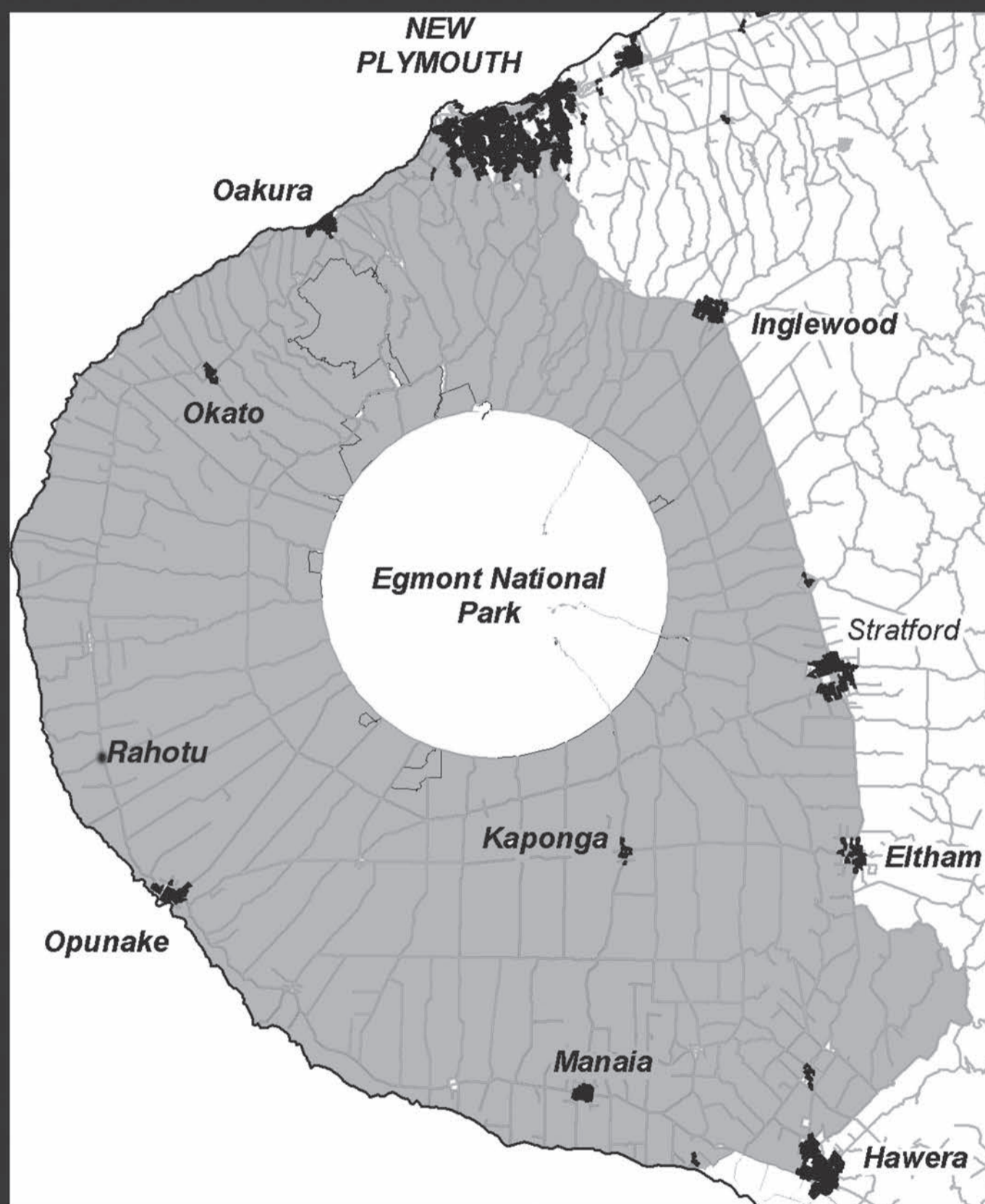
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PREGNANCY HELP TARANAKI

Is now in OPUNAKE! Are you pregnant? Do you have a baby or young family? To hear more, like us on facebook www.facebook.com/preghelptaranaki/. Please come and meet us and find out how we may be able to help you.

OPUNAKE FRIENDSHIP CLUB

Meeting last Monday of each month in Opunake Town Hall at 1.30pm. All welcome.

ST. BARNABAS ANGLICAN CHURCH TAINUI DAY CENTRE

Monday, weekly 10am – 12.30pm. Refer advert.

PERCY THOMSON ART GALLERY EXHIBITION

June 2 – 25, Taranaki Arts Trail

MID_WINTER CHRISTMAS AT STONY RIVER HOTEL

21st June - 2 July 2017. Refer advert for details

'ROCKFACE' AT BUTLERS REEF

After the All Blacks Test June 24. Refer advert

SAVE THE COTTAGE REST HOME PUBLIC MEETING

Sandfords Event Centre 7pm June 27. refer advert

DOTTERAL DEFENDERS FIELD EVENTS

June 24, July 1, July 30. Refer to advert for locations and times

SUCCESSION PLANNING SEMINAR

Tuesday 27 and Wednesday 28 June. Refer advert for details

THE VILLAGE GALLERY ARTFUL FRENZY

work by Friends of the Gallery, June 5 - June 30.

OPUNAKE FRIENDSHIP CLUB

Meeting at Te Kiri Hall on June 26.

OPUNAKE MUSIC WORKSHOP

7:30pm Tuesday, 27th June 2017. Refer Advert

HEADLANDS RESTAURANT AND CAFE

Bollywood Night with Belly Dancing on June 30. Refer advert

OPUNAKE SURF INN TUI OVER 60s POOL COMP

Tuesday 4th July

TUMAHU RURAL WOMEN

To all ex-members, a celebration of our 80th Birthday will be held on July 5 2017. If interested please Contact: Joyce 06 753 4122 or Jan 06 752 7850 RSVP by June 28

PIHAMA HALL SOCIETY AGM

July 5 at Pihama Hall 7pm

COASTAL TARANAKI HEALTH TRUST AGM

July 17 at 5.30pm at the CoastalCare Community Lounge

COASTAL COMMUNITY TRANSPORT AGM

July 18 at 10am at the CoastalCare Community Lounge

PUBLIC NOTICES

Join our free
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Perpetual Guardian, FMG and Federated Farmers invite you to come to the seminar closest to you.

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or

Wednesday, 28 June 2017, 11 am - 2 pm
TSB Hub, Waihi Road, Hawera

RSVP by 4 pm, Monday 26 June 2017
to Debby Aston via email at
debby.aston@pgtrust.co.nz
or phone 06 968 8586

www.perpetualguardian.co.nz



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TO OUR CONTRIBUTORS

Please could our contributors note that supplied photos should preferably be high resolution jpg files of between 1MB and 4MB.

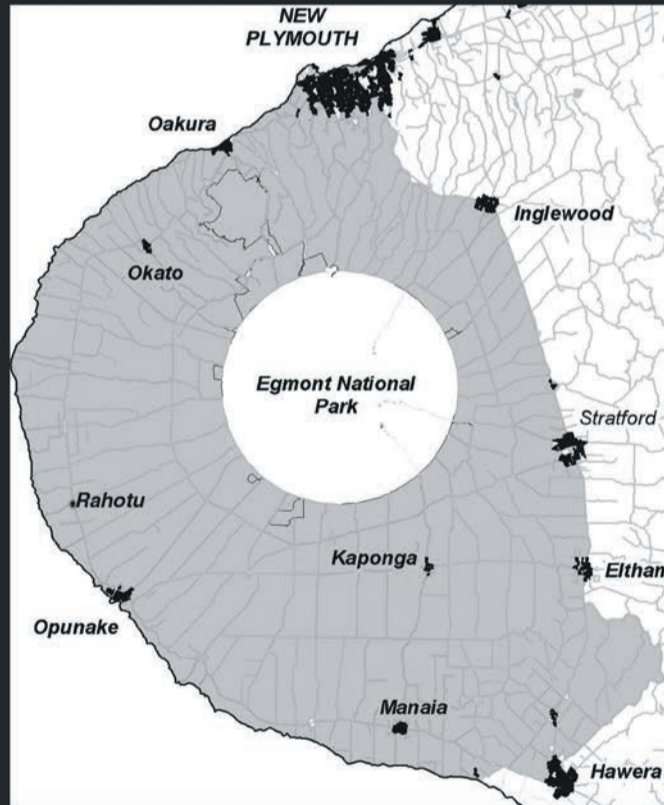
If sending photographs by email please do not reduce the size of the photo.

Many thanks in your co-operation with this.



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.

WANT TO DO BUSINESS IN OUR AREA? TALK TO US



Opunake and Coastal News is distributed free to every home and business within the rural area, bounded in the north by the New Plymouth city border, extending east to Egmont Village, and around to the edge of Stratford, south to the Hawera city border and inland to Kaponga and through Eltham.

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

We want to be involved with your business call today and discuss your marketing options with the team.

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Mystery, magic and metamorphosis at Pukeiti

Pukeiti is famous world-wide for its rhododendrons, the plants regarded as the royalty of the shrub world. Now their magical rainforest kingdom is presenting a new face for a new era.

A multimillion-dollar makeover is giving visitors of all ages new opportunities to encounter and learn about the rhodos, and their unique rainforest environment, in all weather and at all levels. The mix includes tree houses, secret trails, hidden gardens, covered and aerial walkways, digital access and good, old-fashioned storytelling. For the people behind the project, the mission is to achieve diversity – enabling a diverse range of people take part in a diverse range of experiences.

And at the heart of the project is the magic that Pukeiti has always worked. When founder William Douglas Cook first laid eyes on the place in 1950, he was entranced by its lushness and the filmy ferns. “One walk through was enough,” he said later. “I knew I’d found the right spot.”

Cook’s vision was a vast natural garden of rhododendrons framed by the vibrant native rainforest. He and equally passionate comrades formed the Pukeiti Rhododendron Trust and poured body and soul into making the vision a reality. Seven decades on, Pukeiti boasts a high-quality, world-class rhododendron collection – the largest in New Zealand – and the biggest display of vireya (subtropical) rhododendrons in the world.

Now the 360ha property is under public ownership and administered by the Taranaki Regional Council. “There’s a rich cultural heritage here, stretching back to tangata whenua and

the more recent activities of early settlers and loggers and, of course, the Pukeiti Rhododendron Trust,” says the Council Chairman, David MacLeod. “One way or another, the magic of this place has been important to generations of Taranaki people. These new developments will ensure the magic continues and can be appreciated.”

Pukeiti lies halfway between Mt Taranaki and the coast, in environmental conditions that are ideal for growing rhododendrons.

The Council’s Regional Gardens Manager, Greg Rine says the amazing thing about Pukeiti is its range of rhodos, from the majestic and mysterious large-leaf species to the delightful and tender vireyas.

These plants and their stories will be an important feature of the new Rainforest Centre opening in early spring. It represents a major transformation of what was the old gatehouse and completes a ‘front-of-house’ quadruple that’s also seen development of new car-parking and entrance way, large covered areas for the vireya collection and an aerial walkway.

“Most people think of rhododendrons as a spring experience, although the temperate species flower from July until April,” says Greg. “And, in fact, vireyas flower throughout the year. So we’ve created opportunities for people to visit regardless of the weather and time of year, and experience wonderful gardens out of the rain and under a roof.”

If visitors find their thirst whetted for more botanical knowledge, they will be able to access a new online, user-friendly digital database of all Pukeiti’s plants. They can explore the listings at the Rainforest Centre, or at



ABOVE and BELOW: The revamped building will help put Pukeiti on the map as a major tourist attraction to Taranaki.

home.

The younger generation has also been front of mind during the revamp. New developments within the gardens include a series of kid-friendly treehouses, linked by ‘secret trails,’ and an education area for school groups.

Also new are three new landscaped features designed to provide contrast and stimulate the imagination. One is a domestic rhododendron garden – which Greg hopes will inspire visitors to have a go in their own gardens. The second is an enchanting surprise – a secret garden. It’s already a big hit with children of all ages.

The third, soon to be constructed, will be a contemporary twist on a New Zealand wetland.

Meanwhile, out in the rainforest, pests are being eradicated and native growth is



being actively regenerated.

Greg says the Council’s mission now is to spread the word and encourage people to come to Pukeiti and see for themselves.

“Pukeiti’s slogan is ‘encounter the mystery’, and there’s mystery and magic here galore,” he says. “Physically, it’s stunning, from the gardens into the rainforest.

And there are untold stories of the people, the plants, the environment. It’s all here. And the most recent transformations make it all so accessible.”

St Saint Barnabas Tainui Day Centre for over 65s



St. Barnabas Anglican Church in Opunake have pleasure in announcing our Tainui Day Centre, our new programme to be held weekly on a Monday at our Parish Hall. This is following on from our previous, successful ten week Age Concern, Steady as you go Programme.

Tainui Day Centre is for all over 65 years. It is hosted in association with Anglican Churches and jointly funded by Tainui Home Trust Board and The Bishop’s Action Foundation.

We offer gentle exercise, friendship, social activities, morning tea, laughter and fun, varied programme of activities, information and personal support.

We hope all the ladies and gentlemen who participated in our Steady as you Go programme will continue to come and we welcome new members.

Please don’t be shy to come on your own, we promise you a warm welcome and know you will find a friend or friends.

Where: St. Barnabas Parish Hall, 141 Tasman Street
When: Mondays 10am – 12.30pm

Cost: \$2, includes morning tea, transport can be made available

Contacts: Jenny Cavaney 06 761 8080 or 027 379 6844
Glenys Clark 06 655 8025

We are in the process of purchasing a new carpet for

our Church Hall. This will be advantageous for our new programme, as it will make the hall warmer and supply a safe environment without snags, meeting our Health and Safety regulations. Please if you could help financially we would very much appreciate it.

Cheques can be sent to St. Barnabas Anglican Church, PO Box 22, Opunake. If you prefer to transfer directly into our bank account you can do so by calling for more information: Maureen Martins 06 761 8228.

In anticipation we say thank you, we are going to make this a wonderful happy programme.

Maureen Martins

Wayne's wisdom and Sam's enthusiasm

Wayne Pike regularly travels from Kaponga, and sets up his drum kit fortnightly. He keeps the pace and speed of each song, to support his fellow musicians. A metronome, a guide, and a steady rock for all to keep in time.

Harnessing the wisdom and time of a mature adult can be mutually beneficial for older and younger generations. The younger person gets the help and encouragement they need, and the adult satisfies their need to be generative (able to produce or create something). In this case, we're creating and producing music. I've seen the impact of these types of intergenerational connections through my involvement with the Opunake Music Workshops.

Sam McNeil (age 15 years) is an example of one teenager who has benefited immensely from his connection with the more mature, experienced musicians in the group. I still recall a shy 13 year old rocking up to the Lakeside Players Theatre about 17 months ago. Bashful about fetching his guitar from his Granddad's car, he was apprehensive about playing on stage, having only practiced in the comfort of his own home. On April 23 he wowed the audience at the Pihama Lavender Jam, with a selection of electric guitar instrumentals. Now he's bursting with confidence, and playing a much wider variety of music than he was before his involvement with the group. A huge Black Sabbath fan, Sam is now playing tunes like 1983's "Pride and Joy" by Texas singer/guitarist Stevie Ray Vaughan, released more than 18 years before he was even a twinkle in his mum's eyes.

Research shows children need four to six involved, caring adults in their lives to fully develop emotionally and socially.

The problem today is that children often get too much peer socialisation, too much contact through computers and texting, and not enough one-on-one, personal time with mature adults. Sam is one of the lucky ones - he's interacting with adults in the music group, and also has supportive parents and grandparents Peter and Marion Mc Neil, who regularly bring him along to the Music Group. He's developing invaluable social skills, always eager to play along with other musicians and singers, no matter what style. The older musos will often suggest song ideas to Sam, and he'll go away and practice before the next session. His Dad recently accompanied him to a music session in Kaponga, where he jammed with some of the guys from the Opunake Music Workshop, including Wayne Pike who shares a common interest, which happens to be their mutual love of music. Wayne, originally from Auckland, has played in numerous bands, and offers a wealth of experience to share with younger musicians like Sam.

We welcome all ages and genres to join us, as we work toward future concerts. The next Opunake Music Workshop meeting is at 7:30pm, Tuesday June 27 at the new venue, CoastalCare - Community Lounge, 26 Napier Street, Opunake (opposite Opunake & Coastal News). Please bring along your \$2 coin, which will be donated to the CoastalCare Trust.



Sam McNeil and Wayne Pike

Virtual Tart

At last! It's only when a big venture is totally over that you realise what a big chunk it's taken out of your life. The exhibition in Paris was good, we're back home, all the reports are written, it's done. And now, at last, I'm not only back at tinkering in my studio, but I've updated all

the 'Rooms' on my website at dalecopeland.co.nz And also on my part of the Showcase section of the Virtual Tart site at tart.co.nz It's been way over a year. Feels good to be back. Rejoicing.

Dale Copeland

Opunake Music Workshop

7:30pm Tuesday, 27th June 2017

CoastalCare, 26 Napier Street, Opunake.

Bring instruments, basic amplification provided.



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Writing awards celebrate 30 years

Taranaki's premiere literary competition, the Ronald Hugh Morrieson Awards, celebrates its 30th anniversary this year.

South Taranaki District Council (STDC) Libraries and Cultural Services Manager, Cath Sheard says over the last three decades the Awards have gone from strength to strength.

"When the awards first started, only secondary school students in South Taranaki could enter, whereas today the competition is open to anyone throughout Taranaki," says Cath.

"Last year we also offered a new section for secondary school students to cover non-fiction writing. This section is a research article piece and is kindly sponsored by the

Normanby Lions Club and the Taranaki Daily News," she says.

The Awards, sponsored by the Lysaght Watt Trust, honour the work of one of New Zealand's most preeminent authors, Ronald Hugh Morrieson (1922 – 1972). Morrieson wrote four novels: a coming of age tale *The Scarecrow* (1963), *Came a Hot Friday* (1964), *Predicament* (published in 1975) and his only contemporary novel *Pallet on the Floor* (1976). All have been adapted for the cinema, the only New Zealand writer to have acquired this achievement. Two short stories were published posthumously, in 1974; *Cross My Heart and Cut My Throat* and *The Chimney*.

"Each year the authors who

judge the awards always come away impressed at the wealth of talent we have in Taranaki, so I encourage anyone who has wanted to have a go at writing, to put forward a piece – whether it be a drama script, a short story or poem."

"For those interested we also run several writing workshops. You have until 16 August to get your entries in, so put pen to paper, or fingers to the keyboard," says Cath.

There are five categories in the Awards; *The Secondary School Poetry and Short Story categories*, the Open section Poetry and Short Story categories and the Secondary School Research Article category – the winner of which receives a one year subscription to the Taranaki Daily News and \$500.

Book signing at Pastimes



Author/illustrator James Davidson signs a copy of 'Moa' for Tina Chapman.

"Hear the people sing"

Song and Dance from the World's Greatest Musicals.

The Hawera Memorial Theatre Trust is poised to stage a full scale musical theatre extravaganza in the Memorial Theatre at the end of November 2017. The show will be under the direction of Russ Standing with Cameron Curd as musical director and Michelle Glover as choreographer.

This production of song and dance from the world's greatest musicals by the Hawera Memorial Theatre Trust is part of a continuing project to raise funds to refurbish and re-equip the Hawera Memorial Theatre.

The Trust is calling on all singers and dancers from throughout Taranaki to audition and support this exciting Hawera Memorial Theatre Trust production.

This is your chance to be part of a Song and Dance ensemble that will comprise a choir, solos, duets, trios, quartets and adult dancers. So, if you can sing or dance and would like to take part in this exciting musical theatre show in any way, the Trust wants to hear from you.

Auditions will be held at the Hawera Memorial Theatre Lounge on June 24-25, Patea Aotea Utanganui Museum on June 26, Stratford On Stage, The Castle June 27, Opunake Lakeside Playhouse June 28, all at 7pm to 9pm. For further details please check out the website - www.haweratheatrefriendstrust.weebly.com or any inquiries contact Russ Standing on 0272423904

Some of the musicals we hope to feature include: Annie, Cats, Chess, Chicago, Evita, Fiddler on the Roof, Godspell, Grease, Half a Sixpence, Joseph, Les Miserables, Miss Saigon, My Fair Lady, Oliver,

Phantom of the Opera, Showboat, South Pacific, Sound of Music, Sunset Boulevard, West Side Story, Wizard of Oz and a number of others.

We have assembled a strong experienced production crew to stage this production and this is your opportunity to be part of a refreshing, vibrant and colourful piece of South Taranaki entertainment.

Director Russ Standing has had a lifetime involvement in both the performing and visual arts. Born in Wimbledon, London, Russ had his first theatrical experience at the age of ten at the Wimbledon Theatre, London, in a minor pantomime role, school productions and talent competitions, and this early on stage adventure was the beginning of a love affair with the performing arts. Over the past 50 years Russ has been involved in over 90 productions either as an actor, director, set and lighting designer, set painter or scenic artist. Russ was instrumental in establishing the Hawera Memorial Theatre Friends Trust in 2011 which has been responsible for refurbishing and re-equipping the Hawera Memorial Theatre into the first-class asset that it is today. Since embarking on learning the piano at age seven, musical director Cameron Curd has hundreds of piano performances and concerts under his belt. As a member of the New Plymouth Operatic Society, he was cast in the shows *Godspell* (2006) and *Miss Saigon* (2009), was the rehearsal pianist and keyboardist for the Taranaki Hospice season of *Grease* (2010), a sell-out show that received rave reviews.

"Hear the People Sing" is Cameron's first undertaking as musical director and he's excited about the challenge, "When I was asked to come

on-board, I jumped at the chance both to work alongside Russ, and to this breathtaking, toe-tapping musical extravaganza. Taranaki audiences are going to love "Hear the People Sing."

Michelle Glover began dancing lessons at the age of five. She competed in various dance competitions around the North Island from age five through to age 16 in ballet, modern jazz and tap dancing. Michelle has been teaching dance for 33 years and currently runs the highly successful Michelle Glover Academy of Dance in Hawera, teaching 120 children to dance. She has undertaken various dance roles in the chorus of many stage productions. Michelle has choreographed Hawera Repertory productions of *Nonsense*, *The Wizard of Oz* and other varied productions for Hawera Repertory. She has been closely involved with Hawera High School's productions *Alison and Grease* and is the choreographer for the High School's current production, *Rock of Ages*. Hawera High School currently holds the Taranaki Champions title of the secondary schools' Stage Challenge competition. In addition, Michelle has taken on many lead roles for Hawera Repertory; *Liesel* in the *Sound of Music*, *Prince Charming* in *Sleeping Beauty*, *Lead Teacher* in *Stepping Out* and various dance roles in the chorus of many other productions.

Hear the People Sing will be a show that will bring back memories of a number of the world's greatest musicals. There will be something for everyone to enjoy. So, tag the audition dates in your diaries and come and present your talents so that you can be part of this musical extravaganza.



Stephanie Mullin has her copy of 'Moa' signed by author/illustrator James Davidson.

James Davidson, the author and illustrator of the book 'Moa' was busy at Pastimes in Opunake signing copies for customers on Friday June 16. The book is published by Earth's End Publishing and is a collection of issues 1 to 5, originally published by Pikitea Press. The colourful comic style book is highly imaginative and amusing, while relating the adventures of the Moa Rangers, Kiwi Pukupuku and Possum Von Tempsky. The book was reviewed in the June 9 issue of this newspaper (page 9).

One keen buyer of the book was Tina Chapman, who intends giving the signed book to her son Brody, whose 20th birthday is this month. The author took time to carefully draw pictures such as a dice beside the message 'Keep rolling.' "I hope he enjoys it," said James.

Another keen purchaser was Stephanie Mullin, who was buying a book for her daughter Emma who is now in her mid 20s. "James used to teach her," commented Stephanie.

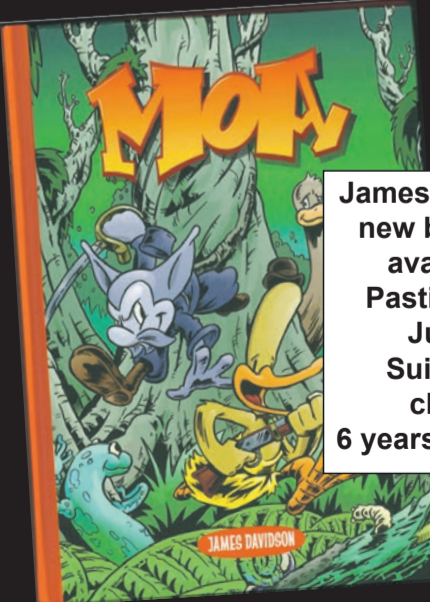
When asked if he plans another book James, who is Deputy Principal at Opunake High School, replies, "Yes, I've got some ideas. It's just

to find time." James explains that each of the five issues took about 150 hours, with the first one published in 2011.

This sturdily bound book by Opunake's talented writer and artist James Davidson, would

make a most worthwhile gift. Pastimes have a good stock, but it is expected they will sell quickly so make sure you don't miss out. It is suitable for readers of all ages six to 100.

James Davidson



James Davidson's new book 'Moa' available at Pastimes from June 22. Suitable for children 6 years - 100 years

Pastimes

87 Tasman St, Opunake Ph 06 761 8151

Rachel Stedman's writer's workshop most informative

Rachel Stedman conducted a writer's workshop on Saturday June 10. This was intended for writers who wish to enter the short story/drama script section of the Ronald Hugh Morrieson Literary Awards. Rachel writes as RL Stedman and is Dunedin based. The twenty participants came away much wiser about the writing process and how to get work published.

Rachel is an award-winning writer, yet has had her share of setbacks and disappointments. She was very open about her own life, both literary and otherwise. Despite her obvious success she was told by the NZ Book Council "You do not qualify as a writer", because she does not follow the usual pattern of writing and publishing. In her case she is a do-it-yourself author (Waverley Publishing), which has both advantages and disadvantages. One advantage is that she can secure a greater percentage of the financial fruits of her creative labours.

Rachel is trained as a physiotherapist and has worked for the ACC, Ministry of Health and District Health boards. She has an MBA amongst her various qualifications. She is open about the fact she has suffered from depression in the past.

Her manner during the work-



Rachel Stedman (RL Stedman) who is judging the short story/drama script section of the Ronald Hugh Morrieson Literary Awards.

shop was friendly, with lots of humour and she obviously does not take herself too seriously. She smiled and laughed a lot. I thoroughly enjoyed the workshop and learnt a lot.

Her first published book was

'A Necklace of Souls' which was published by Harper Collins under the Voyager Imprint. Other books include 'A Skillful Warrior' and 'The Prankster and the Ghost'. Much of her writing is fantasy.

There are a number of ways to be published, with on line taking an accelerating impact. For example, currently 70% of adult fiction is digital in the United States. The online publishers include Amazon (74% of Online),

followed by iBooks, Kobo and Nook.

However, children's books and adult nonfiction remains mostly as print.

One issue is whether to approach one of the large publishing houses (Penguin Random, Harper Collins, Hachette, MacMillan and Simon Schuster), or take your chances with one of the many smaller publishing firms which are often owner-operated. With the big 5 it is hard to get a contract plus they can sit on your manuscript for over a year. They also take 85-90% of the money. The small firms are vulnerable to either closure or acquisition endangering your world wide rights to the book.

Perhaps the worst option is assisted publication where

you pay them for everything which can be very expensive and scams are not unknown.

With children's books in NZ you are likely to be given a \$2,000 advance from a publisher (if the manuscript is accepted), but that is all you'll likely get and they are rarely reprinted.

If you are given a contract she urged the writer to read it carefully, as some budding writers have lost their worldwide rights by not doing so. She also suggests checking out contracts with a body such as the NZ Society of Authors.

All in all, an excellent workshop. Start writing so Rachel has some great stories/drama to judge; the last day for submission is August 16.

Rolland McKellar



CoastalCare Health and Community Centre

CoastalCare offers for hire, quiet, private, well-appointed room's for meetings, training opportunities & social gatherings. This will seat up to 60 people or it has the flexibility to be divided into two smaller rooms. The facilities include a lounge area & kitchenette for self-service of coffees and tea

Some of the regular services we currently have running are:

LISA KEEN - AUDIOLOGY

Every 2nd Wednesday hearing evaluation, hearing aid assessment, ACC hearing evaluation and complimentary hearing checks.

TAYLOR DENTAL PRACTICE

Offering full dental services every Thursday.

ACUPUNCTURE CLINIC

every Thursday afternoon

SURFSIDE MIDWIFERY - JO LOCKTON

supporting you from conception until baby is 6wks old - home visits & clinics as needed

TAI CHI - NIGEL CLIFFE

every Thursday, 9am-10am, low impact exercise all welcome, gold coin donation.

FOODBANK

Monday - Friday 9am - 4pm, providing basic food parcels for those in need.

BUDGET ADVICE

advice and assistance with budgets and finances, every second Wednesday.

TARANAKI PODIATRY

every 3rd Tuesday - specialised foot care for all ages in clinics

HAUMIRI MASSAGE

Every 1st Thursday

COUNSELLING

Various providers and various specialties including, relationships, drugs, alcohol, quit smoking, change support, family violence and anger management

DAIRY NZ

once a month course - delivers industry training to those in the Dairy Industry

PLUNKET MUMS COFFEE GROUP

Every 2nd Thursday 10am-11am. All mums welcome.

COASTAL PRINTERS

Wednesday and Friday 9am - 5pm, on other days orders can be made at reception.

Also permanently residing in the building are:

OPUNAKE PHARMACY

OPUNAKE MEDICAL CENTRE

ST. JOHNS AMBULANCE - PLUNKET

HEALTH BOARD SERVICES.



CONTACT: ARETHA, MANAGER, on 761 8488

What's On

ALL BLACKS vs LIONS

Saturday June 24, 7.35pm

Guess the Score to WIN \$100 Bar Voucher.

Must be here to win.

Band 'Rockface' playing after the game

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JUNE/JULY 2017

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| Lollies, Popcorn, Ice-creams, Chocolate bars, Coffee & Tea For Sale | | Adults \$10, Students 4-16yrs \$8, Under 4 free Senior Citizens \$8. No Eft-Pos | |
| | <p>SNATCHED Action, Comedy 1hr 31 min R 13 This is the Closest they have been in Years Amy Schumer and Goldie Hawn (returning to the screen after a 15-year hiatus) are a daughter and mother who find themselves enmeshed in a criminal underworld in Ecuador. Wednesday 21 June 1pm Saturday 24 June 1pm Friday 30 June 1pm</p> | | <p>KING ARTHUR: Legend of the Sword Action, Adventure, Drama, Fantasy 2 hrs 6mins M Violence and Offensive Language Writer-director Guy Ritchie (Sherlock Holmes) casts Charlie Hunnam (Pacific Rim) as King Arthur in this retelling of the classic tale. Wednesday 21 June 7pm Saturday 24 June 7pm Sunday 25 June 7pm Wednesday 28 June 1pm Friday 30 June 7pm</p> |
| | <p>JOHN WICK 2 Action, Crime, Thriller 2hrs 2mins R 16 contains graphic violence and suicide. ID required. John Wick, Bound by a blood oath to help him, Wick is lured away from retirement once more. Friday 23 June 7pm</p> | | <p>MY PET DINOSAUR Action, Science Fiction, Kids & Family 1 hr 7 mins PG Coarse language Jake finds it increasingly difficult to keep his new pet a secret. Saturday 1 July 1pm</p> |
| | <p>PECKING ORDER NZ Documentary 84mins PG Course language Feathers will be ruffled. The unusual world of competitive chicken breeding between Kiwi farmers is revealed in this comedic documentary. Wednesday 28 June Wednesday 5 July 1pm</p> | | <p>BAYWATCH Comedy 1hr 56mins R13 Violence, offensive language & sexual themes Devoted lifeguard Mitch Buchannon (Johnson) butts heads with a brash new recruit (Efron). Together, they uncover a local criminal plot that threatens the future of the Bay. Sunday 2 July 7pm Saturday 8 July 7pm</p> |
| | <p>VICEROY'S HOUSE Drama, Historical 1hr 46mins M Content may disturb Hugh Bonneville and Gillian Anderson star in this historical drama set during the Partition of India. In 1947, Lord Mountbatten (Bonneville) assumes the post of last Viceroy. Saturday 1 July 7pm Wednesday 5 July 7pm Sunday 9 July 7pm</p> | | <p>PIRATES OF THE CARIBBEAN Action, Adventure, Comedy, Blockbuster 2hrs 9mins M Supernatural themes & violence Johnny Depp returns as bumbling pirate Captain Jack Sparrow in Disney's latest swashbuckling adventure. Sunday 2 July 7pm Saturday 8 July 7pm</p> |
| WEDNESDAY | FRIDAY | SATURDAY | SUNDAY |
| 21 Snatched 1pm King Arthur 7pm | 23 John Wick 2 7pm | 24 Snatched 1pm King Arthur 7pm | 25 King Arthur 7pm |
| 28 King Arthur 1pm Pecking Order 7pm | 30 King Arthur 7pm | 1 My Pet Dinosaur 1pm Viceroy's House 7pm | 2 **Boutique Night** Bay Watch 7pm |
| 5 Pecking Order 1pm Viceroy's House 7pm | 7 Pirates of the Caribbean 7pm | 8 Pirates of the Caribbean 1pm Bay Watch 7pm | 9 Viceroy's House 7pm |

Motorbikes pose threat to endangered birds

With only 2000 left, the northern New Zealand Dotterel or tuturiwhatu is classed as endangered. Although mainly concentrated in Northland and Coromandel, in recent years they have been making their way down the West Coast to places like Coastal Taranaki, including Rahotu and Sandy Bay.

The southern New Zealand Dotterel based mainly in the South Island only has 200 left.

“Rahotu Beach is extremely important for shore birds, particularly the dotterel,” Emily Roberts of Dotterel Defenders told a recent meeting of the Egmont Plains Community Board.

Yet even here, in the likes of Rahotu and Sandy Bay, the birds are not always safe.

“Threats include vehicles smashing through driftwood areas above high tide which

are their nesting areas,” she said.

“We will be investigating the threats to New Zealand Dotterels at key coastal locations around Taranaki. We are finding the main threats differ depending on the location, and motocross bikes can be an issue at Rahotu.”

“New Zealand dotterel are conservation dependent which means without help numbers will decline.”

Dotterel Defenders is a Curious Minds funded participatory science project bringing together the Taranaki Conservationists in partnership with MAIN Trust, scientists and coastal communities.

Emily says Dotterel Defenders is keen to work with local groups to protect dotterel populations, and will be holding beach clean, coast blitz and predator tracking and trapping sessions at Ra-



A northern New Zealand Dotterel.

hotu Beach, Sandy Bay and Komene 13B Maori Reservation in coming weeks. Everyone is welcome, but dogs will not be allowed, so as not to scare the birds.

Egmont Plains Community Board deputy chairman Andy Whitehead is also chairman of the Ngatitara Oaonui Sandy Bay Society and says

vehicles are a threat to dotterel populations at Sandy Bay.

“Any time a motorbike or vehicle goes through the sand dunes they disturb the sands and the ecosystems. The birds don’t nest below the high tide, but above the high tide in the fore dunes and fore-shore,” he says. “The noise

also scares the birds away.”

The eggs and the chicks can be easily crushed or eaten if the adults are away from their nests.

“The babies are only small balls of fluff, so anyone on a motorbike going at that speed is not going to see them,” Andy says. “There are not that many places in Taranaki

where they nest, so we don’t want to scare them away. It’s a site of cultural significance as well, so it’s not the correct place to be having fun on a motorbike.”

Motorbikes cause damage in other ways, such as damaging plants which are taking root, leading to more sand movement.

“You can stop access by placing logs, but because the sands are moving, there are still places they can get in.”

Andy said it was a matter of educating the public and he wants to see more signs alerting people to the presence of dotterels and other birds as well as the area’s cultural significance. For similar reasons he wants to discourage dogs being brought on the sand dunes.

“They will scare off the birds and destroy the nests, and the dogs’ owners might not even know they are doing it.”

The Dotterel Defenders

will be at Rahotu Beach on the Lower Kahui Road from 1-3.30pm on Saturday June 24, at Sandy Bay on the Tai

Road from 9.30am to midday on Saturday July 1, and at Komene 13B Maori Reservation on Komene Road from 9.30am to midday on Sunday July 30.

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NON MEMBERS MOST WELCOME

It’s show time for a local business

Coastal Taranaki entertainment business Raybern Entertainment is about to take on their biggest “show” production to date.

Owner and director, Ray Hayward says “while we have produced several shows over recent years the show that we are putting on in July is our biggest and bravest show to date. We understand that no one has attempted this show before given what is being performed.”

The show called “A Tribute to the Pop Divas and Girl Groups” features seven of Taranaki’s finest female singers performing on the same stage on the same night. Ray

says “each of the ladies will be performing two or three songs from their chosen pop diva and then they will perform together in a tribute to the Girl Groups from the 40s to today.”

The line-up of singers is Berna Hayward, Tira Wilson, Unity Wara, Monique Matthews, Hafren Thomson, Lavinia Winter and Dannica Kelsen.

Mr Hayward says, “this is a major undertaking for us, but we’re so fortunate to have seven amazingly talented singers performing. Trust me they are so good at their craft that this show is going to be a very memorable one.”

And the Pop Divas that have

been chosen are Tina Turner, Aretha Franklin, Whitney Houston, Mariah Carey, Celine Dion, Adele and Madonna. However there will be songs from other pop divas including Barbara Streisand, Beyonce, Shakira, Donna Summer, Cher, Olivia Newton John, Sarah Brightman, Etta James, Kelly Clarkson, Pat Benatar, Kate Bush and Amy Winehouse.

The girl groups will feature songs by the Supremes, Andrew Sisters, Sister Sledge, Three Degrees, Abba, Pointer Sisters, Bananarama, All Saints, En Vogue, Spice Girls, Pussycat Dolls, Destiny’s Child, Little Mix and

much more.

The show (of 3.5 hours) takes place on Friday July 21 at the New Plymouth Club from 7.30pm. Doors will open at 6.45pm. Tickets are just \$10.00 per person and have been capped at 300. To date more than half (150)the tickets have been sold.

Mr Hayward says “you don’t have to be a member of the NP Club to attend this show. Tickets are available from the NP Club or by contacting us at Raybern Entertainment via Facebook. Personally I think that this could be the best value for money show that’s put on in Taranaki this year.”



Dotterel Defenders

JOIN US FOR FIELD EVENTS:

You can decide what activity to help out with from beach cleans, CoastBlitz, predator tracking and trapping

[facebook.com/DotterelDefenders](https://www.facebook.com/DotterelDefenders)

| | |
|--|---|
| Rahotu Beach Lower Kahui Rd Sat 24 June 13:00-15:30 | Sandy Bay Tai Rd Sat 1 July 9:30-12:00 |
|--|---|

Komene 13B Maori Reservation
 Komene Rd
 Sun 30 July
 9:30-12:00

New Winter Menu on FB and at restaurant now

European and Indian Cuisine

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Tickets only \$25 pp with Indian buffet food

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