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A concert in memory of Gabrielle Barr features two choirs. See page 7.



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Daffodils galore all over Taranaki. All for a great cause. See page 13.



Stratford physiotherapist with a difference. See page 9.



Young writer, Ivy Wall. See page 9.

Rahotu Fire Brigade celebrates 60 years of dedicated service



Cutting the cake are, from left, Ricky Chapman, Mick Guthrie and Colin Williams.

The Rahotu Volunteer Fire Brigade celebrated sixty years of service in style at the Rahotu Town Hall on Saturday September 19. The event was organised by a committee of six firefighters led by Dave Seymour under the watchful eye of Chief Fire Officer Paul Mundt.

The MC for the event was Mike Johnson a former firefighter who was once Principal of Rahotu School. Special guests included Pat Fitzell, Area Manager, George and Faye Kidney, Mick Guthrie, Colin Williams, Brian Vincent (whose 55 years of service was acknowledged), as well as Janine and Trevor

Vercoe (who gave the keynote speech, outlining the history of the brigade).

The first meeting of the brigade was held in 1953 at the Rahotu Dairy Company office, attended by eight prospective members. These men have all since passed away apart from Colin Williams who gave an informative speech. At first there was little in the way of facilities or equipment, but a 1952 Bedford truck was fitted with a water tank, portable pump and hoses and this served as the first fire engine. The brigade was under the supervision of the Opunake Brigade and their CFO Charles Fawcett.

The first station building had to wait until 1958 when it

was built by volunteer labour. It was situated behind the Rahotu Hotel.

When the phone exchange was automated a Red Phone was installed in the Four Square shop, as well as in several other firefighters' houses. This led to a complicated, time-consuming system and it was a relief when the 111 format was implemented.

In 1972 a Landrover Fire appliance was obtained from the Hawera Brigade. Egmont County Council supplied half the purchase funds with the remainder being raised by a raffle (A Holden Belmont was the prize). Trevor said, "This served the community very well indeed."

Protective clothing was

scarce until the 1976 NZ Fire Commission was formed. "This resulted in new protective clothing and dress uniforms, new hoses and equipment. Formal training sessions were also arranged. This training involved breathing apparatus, pumps and general firefighting skills, which greatly improved the efficiency of brigades," explained Trevor.

The early 1980s saw further improvements, with the station being extended and upgraded to include a large appliance bay, kitchen and social room. In 1983 a new 4 by 4 International Fire Appliance was supplied with state-of-the-art equipment.

Currently, all firefighters have first aid training as they are often first on the scene. An oxygen set and heart defibrillator are part of the essential equipment needed to save lives.

Mike and others spoke of "terrible" callouts including two at Parihaki Pa where life was lost in the early 1960s. The Opunake High School fire in 1982 was a notable event, although no lives were lost. Even the Four Square shop had a serious fire while Colin was proprietor. This fire was caused by an electrical fault in the refrigerator.

Despite the grim times, Mick Guthrie – amid the telling of a number of amusing anecdotes - probably summed up

the sentiments of most firefighters, past and present, "I loved every minute of it."

Prior to giving out a number of awards Pat Fitzell pointed out the evolving nature of the service. In fact, currently only a third of call outs are fires, a third are other matters (such as vehicle crashes) and the another third are – unfortunately - false alarms!

CFO Paul Mundt received an attractive kauri clock from Pat Fitzell on behalf of the brigade in praise of their 60 years of dedicated service. Gold Star awards were presented to Mick Guthrie, Trevor Vercoe and Doug Gibson for 25 years of service, as well as other awards.

A very special award was made to Paul Mundt, who has spent 21 years in the fire service (and CFO since 2000); he was made a Life Member by Pat Fitzell

Finally, the beautiful anniversary cake was cut by Ricky Chapman, Mick Guthrie and Colin Williams. The cake was baked by Janine Vercoe and decorated appealingly by Elva Symons.

For the rest of the evening, a four piece band called Smooth entertained the crowd with some great music – a mixture of new music and some older "easy listening" standards.

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Chief Fire Officer of Rahotu Fire Brigade Paul Mundt (left) receives a kauri clock from Pat Fitzell, Area Manager on behalf of his firefighters.



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School children add their mark to 150th celebrations

Two mosaic pieces of art done by Opunake children that grace the new public toilets in Opunake were unveiled at a special ceremony last Wednesday September 16.

The initiative was part of Opunake's 150th celebrations.

South Taranaki District Councillor Bryan Roach spoke to those gathered prior to the unveiling commenting with a grin "hopefully no one's going to graffiti it."

South Taranaki mayor Ross Dunlop also addressed the large gathering.

There are two separate mosaics, one facing Napier Street and the other King Street which were done by pupils from each of the two Opunake primary schools under the supervision of Michaela Stoneman, Arts Co-ordinator for the South Taranaki District Council, who had a major role in the project. The project was funded by the STDC. The designs were the children's idea.

Both feature Mount Taranaki, also the beach

depicted by waves. St Joseph's design, facing Napier Street, also included some stylised houses to represent Opunake.

Commented Judith Armstrong who is on the Committee of the Opunake 150th Sesqui Committee, they wanted current pupils to be able to contribute to the 150th celebrations.

"I met with Michaela and said I wanted to do something with primary school children so that children would be able to come back in 20 years times and say 'I did that'."

Michaela has had a lot of experience in organising community projects.

The new public toilets are next to the new CoastalCare facility and should be well used. Judith added she noted shortly after the ceremony two tourists making use of the facility. An hour earlier they would no doubt have been bewildered by the large crowd gathered outside.

The new toilets have been colour co-ordinated with the CoastalCare facility echoing the attractive teal blue and pale green colour scheme.



South Taranaki mayor Ross Dunlop with school children and others shortly after the unveiling.

The public toilets are open 24 hours a day.



ABOVE: Michaela Stoneman, Arts Co-ordinator for the South Taranaki District Council with the mosaic done by Opunake Primary School children.

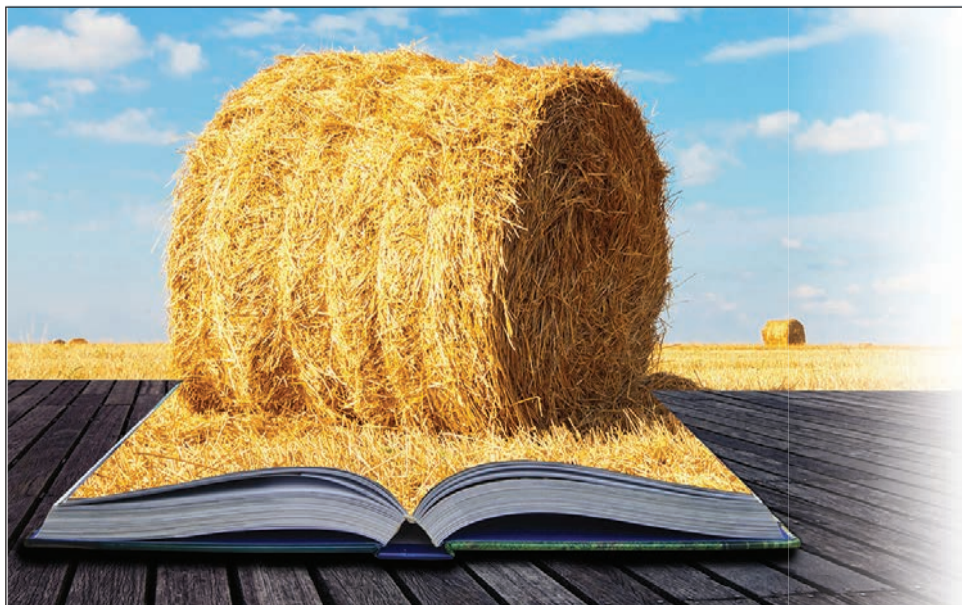
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COMMUNITY COMMENT



Cr Alex Ballantyne

Kia ora from Eltham, the heart of Taranaki

ports in the latest Community Board agendas that in 1900 human knowledge doubled every 100 years, but now it doubles every 13 hours! Amazing, and here's a few more staggering truths that have emerged recently: a pair of distinguished professors among others have presented to your Health Board, and plenty of food for thought has emerged.

We're living longer (about 20 more years than in 1900), and over the next decade or so the number of us over 65 will increase hugely. But don't panic, ageing is

only responsible for 0.1% annual increase in healthcare costs. Up to 80% of those in the health system are there because of factors such as housing or "environment". Sadly, inequality is rising in NZ "as much as three times faster than in other OECD countries."

There's the rub. If we moved from a concentration on "wealth" creation (which all seems to flow to the few anyway) to caring for those in need, perhaps the days of thriving communities could return. Michael Joseph Savage is the only politician in

this country's history that has had his portrait (still!) hang on kiwis' walls. His version of politics was "applied Christianity". Not GDP worship or amalgamation (well done Hawkes Bay ratepayers), but the lasting heritage of sanity and true kiwi value. Give a mate a hand. The volunteers of Eltham continue to show the way, the community garden and Rotokare are well worth a visit.

Manaaki me aroha,
Alex Ballantyne, STDC Councillor, Eltham-Kaponga Ward.

Council overcomes Tataraimaka sand build-up by streams

Two streams have been straightened at Tataraimaka to counter the damage caused by a sand build-up.

A large volume of sand that is drifting up the coastline from the Stony River had blocked the coastal outlets of the Pitone and Waiiau streams, which forced the

streams to run along the edge of the sand dunes.

"Because the streams had shifted, they were eroding the dunes and washing away plantings that bind the dunes' sand," says Manager Parks and Open Spaces Stuart Robertson.

"We got permission from

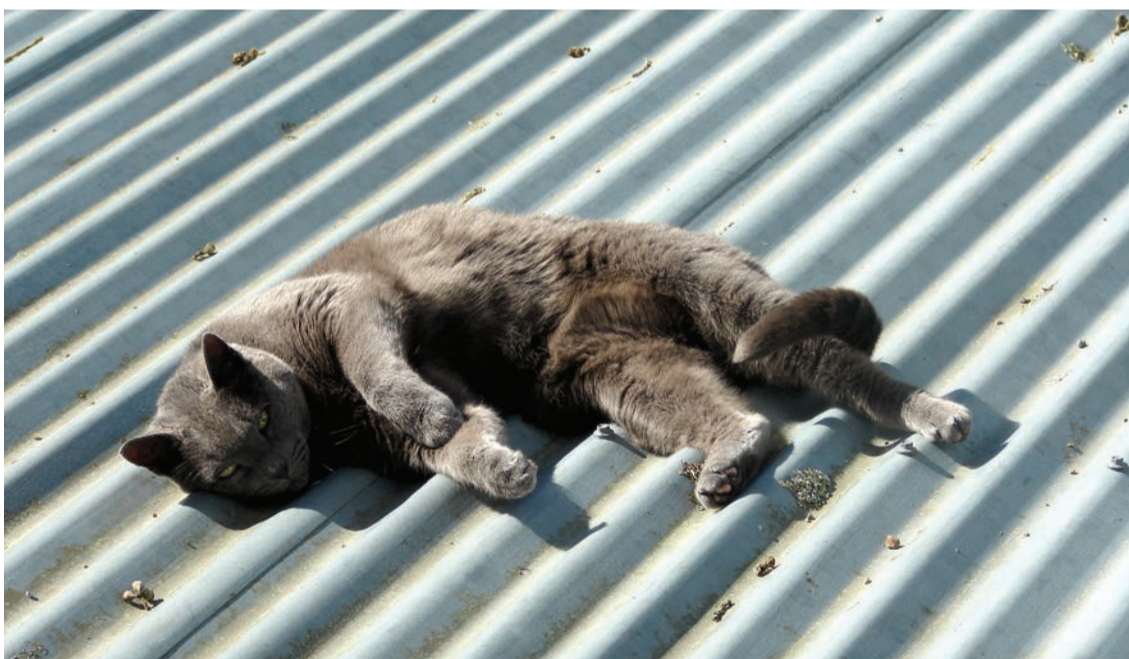
Taranaki Regional Council to straighten the streams again to prevent further damage. We'll now let nature take its course as the dunes heal themselves."

The coastal sand slug originates from eroding lahar material that travels down the Stony River. It is based out at sea but sand from it washes in

during storms, especially when they coincide with high tides.

It usually affects streams that empty to Oakura Beach but this area has not been affected so far this year.

"This is the first time I've known the sand slug to block streams at Tataraimaka," says Mr Robertson.



A hard day's night. Spotted this cat having a kip on a nearby rooftop.

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Pauline Cosgrove-Haggerty (left) and Rosalie Drummond holding up a sample of work.

President of NZ Embroiderers Guild visits Opunake

The Opunake Embroiders entertained the National President of the New Zealand Embroiderers Guilds Association Pauline Cosgrove-Haggerty recently.

From Christchurch, Pauline was in the North Island to open a regional exhibition in Palmerston North on August 29 covering the Manawatu - Whanganui - Taranaki embroiderers guilds.

Christine explained that part of her role as president involved visiting 59 embroiderers guilds in New Zealand and described her visit to Opunake as "absolutely wonderful". They'd had a show and tell and everyone had brought their work along to share.

Among the many attractive items made by the members

of the Opunake Embroiderers Guild was a 'hussiff' which was a work kit originally carried by housewives and contained all sorts of sewing necessities.

"During World War 1 all the soldiers were given a little hussiff," said Rosalie Drummond, President of the Opunake Embroiderers Guild adding they were made by families and women's groups.

The advantage of belonging to a group was you were exposed to new techniques.

Contemporary embroidery was "very creative" and often used different material like wire and tyvek - a building material like heavy builders paper, said Rosalie. People use soldering irons now

and they burn fabric. Cross stitch is the most traditional however and still the most common and "probably where most of us started" she added.

There will be a regional exhibition in Stratford in October which will include Taranaki, Whanganui and Manawatu.

"It's been lovely having her," said Rosalie Drummond, President of the Opunake Embroiderers Guild referring

to their honoured guest. "We've had a lovely day chatting, eating and sharing ideas."

Pauline added that her sister who was visiting from Bahrain for three weeks was also with her and quipped she's told her "The only way was to see me is to travel with me."

The Opunake Embroiderers Guild meet fortnightly in the boardroom of the Opunake Business Centre.

On this month in history Bobby Fischer beats Spassky

On September 2, 1972 Bobby Fischer of the US beat Russian Boris Spassky in the 21st game to become the World Champion. Their final game was started on July 11.

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OPUNAKE COPPERS Mindless wilful damage

Hello again. What has happened to those warm sunny days from September if it's not raining its blowing a freezing cold Southerly. Bring on those long hot summer days.



Constable Kylie Brophy

Unfortunately the recent bad weather has not done much to slow down things on the crime front. We have been very busy lately with domestic assaults, car crashes and mindless wilful damage by a few younger people in the community who have no respect for our town or the property of anyone who lives in it.

111 is not only for when tornados are racing through town.

If you see or here something going on that shouldn't be call 111 and give us a fighting chance to catch them in the act. All too often recently we

have heard two or three days later about incidents where someone has seen something happening and not called 111 as they did not think it was serious enough. Please call and report what you have seen. I know that we are not always able to attend immediately but if you don't call these people just get to cruise around town and cause damage as they please.

The second matter is a delicate one. We all live in a small community where most people know each other or know of each other; the problem with this is that some people are reluctant to talk with us when they know someone has been doing

something illegal. However you must consider that by not coming forward you are only allowing the behaviour to continue and as with most things the more they get away with the more they do. Next time it might be your car that is kicked in.

The theme for this article as you have probably guessed is call 111 whenever you see anything illegal going on and help us keep the coast a great place to live.

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.



Get along to Stoney Oakes these school holidays.

Opunake Volunteer Fire Brigade News and Hints

This Sunday September 27 is Daylight Saving *turn your clocks forward time* and also a timely reminder to check and possibly change your smoke alarm batteries. We still are able to supply a few of the Lakeside Lions *free batteries* if you arrange to pick them up from the fire station. Unfortunately, we do not have any free smoke alarms, but are able to supply them at \$16 each or 2 for \$30. We are at the station for our training every Monday night if you wish to call in or phone on 761 8199, or call Beau on

761 7242 to arrange another suitable time.

While talking about reminders, I'll run over a few of the helpful hints we have covered over the past 3 months just to keep them fresh in your mind and hopefully, keep you and your family a little safer. Don't keep a battery charger on overnight, and definitely, don't put your cell phone under your pillow while it is being charged.

Before using your clothes dryer, clean the fluff out from the filter so that it doesn't overheat. Check that you

have not overloaded any of your electrical multi boxes, and extension cords are not running under carpet or mats from one side of the room to the other. Never leave stove top cooking unattended and if you do have a fire in the frying pan, cover the pan with a chopping board, a wet tea towel, a lid or an oven tray to starve the fire of oxygen. Please do not throw water over it and don't try to carry it outside.

If you are on a rural property, now is a good time to spray or clean around your

blue Rapid Number post at your gateway and to check that your fire extinguisher is in working order and it is inside the use by date.

The wheels on the fire appliance were rolling in the direction of a milking shed at Otakeho on Friday 11th. We were called to help the Manaia Fire Brigade extinguish a milk room fire near the Taikatu Road and Surf Highway 45 intersection. A substantial amount of damage was done to the room and meter board but fortunately the rest of the shed escaped the inferno. The following day we were called to a property on Fox Street but the fire was "out on arrival." A Good Samaritan was doing a little maintenance on his mother-in-law's motor mower when the hot spark plug he was cleaning ignited the petrol tin. The petrol can was quickly tossed out the door, but unfortunately landed where the new plastic rubbish bins were. Plastic, petrol and fire don't go well together and as a result new bins are required. Now that would be a good phone call to the South Taranaki District Council to listen in to!

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Val Wallace turns 90 in style

On Saturday September 12 a function was held in the Pihama Hall to celebrate Val Wallace's ninetieth birthday. However, to be strictly accurate, her actual birthday was a few days later on Wednesday September 16.

There was a huge turnout of friends and relatives, as well as such dignitaries such as Mayor Ross Dunlop, Mayoress Jan, as well as Mary Bourke, the former mayor of South Taranaki.

The Pihama WI had gone to great lengths to set up the tables in a most attractive manner and Lakeside Lions decorated the hall with finesse. Jenny Cavaney accidentally 'decorated' Opunake earlier in the day. She had blown up many balloons and opened her car boot for a few minutes, which was just enough time for a gust of wind to relocate the balloons all over the township; Jenny and husband Grant managed to find just a fraction of the many balloons!

A delicious meal was provided by Andersons Pies of Hawera, which provided a wide selection of food for the



Val Wallace with her granddaughter Constable Cassandra Power.

guests to consume.

Val was well represented by family members including siblings, nephews, nieces and grandchildren, such as Constable Cassandra Power. Cassandra was pleased to be there as she missed Val's 89th function because she was graduating from the Police College at Trentham at the time. One nephew (and godson) Alan Elgar was MC

for the event. He expressed delight at the huge and representative turnout of people at the event. He also read some humorous poems in praise of Val.

One of Val's sisters Jan Reeve commented, "We are very proud of her."

Another person who gave a speech was Anne Power who thanked Val for all she'd done as a mother and for the

special person she was.

Val herself also gave a speech with her usual rollicking humour to the fore. Initially she mentioned apologies with the Rev Mary Nicholas, now of Whangarei, being mentioned amongst others. She also regretted that her brother Keith, who lives in Brisbane, couldn't make it, but was pleased the rest of her siblings were present. "We all look a motley lot, but we scrub up pretty well."

She alluded to her recent health issues and commented, "I thought I wouldn't make it." Of the hall itself she said, "I came into the hall and it was absolutely beautiful." – and paid tribute the efforts of the Pihama WI and Lakeside Lions. "I love the Lions and what they stand for," she said. She mentioned a number of people who were present such as Mayor Ross and Mayoress Jan, commenting, "We go back a long way." She added that the three of them did the Peter Snell run. "I was in my walker and I came in last."

Jenny Cavaney who visits weekly was mentioned. "She's a great friend," Val

said.

In turn, Jenny had something to say. "Val was a wonderful volunteer role model. She certainly got everyone motivated for whatever she was fundraising for. She even organised her 90th from her room at Annie Brydon in Hawera."

Val concluded her speech by saying, I don't know of this

is a pre-wake or a post-wake. Have a fun time, have good time and don't cark it." – to great laughter.

The last word goes to Nancy Riddick who said, "I knew her back when she was a Bloor (Val's maiden name)." Nancy visits Val every Sunday. "Val is very caring, has a wonderful nature and is friendly to everyone."



Val Wallace with Mary Bourke.

Still Coasting – in honour of Gabrielle

A concert 'Still Coasting' was held in Opunake on August 30 at the Opunake High School hall. The event featured the Taranaki Male Choir and the Coastal Singers. The concert was held in honour of the late Gabrielle Barr, who founded the Coastal Singers in 1982. She has made an outstanding contribution to music in Taranaki. "We are delighted to dedicate this concert to the memory of Gabrielle Barr who gave so much over the years to enable people of all ages throughout Taranaki to enjoy the sound of music," said Rodney Dunlop, president of the Taranaki Male Choir.

Gabrielle's husband Jim was present in the audience and he stood up and joined the two choirs to sing their final song 'Go Now in Peace'. "I wanted to do this," he declared. "But I wasn't sure I would be able to," he said after the concert while speaking to his old friend Dr Paula McKellar QSM after the concert. Jim has now decided to join the Taranaki Male Choir.

The audience was greatly entertained by the choirs singing separately and in combination, as well as by a barbershop quartet Short



Jim Barr, centre front, performing a song in honour of his wife, the late Gabrielle Barr.

Back and Sides, comprised of Peter Pritchard (tenor), Allan Marsh (lead), Don Boyd (baritone) and John Hunt (bass).

The Taranaki Male Choir was having their 95th public performance and was conducted by Don Boyd, their music director. The piano accompanist was Peter Jackson. This was their fourth concert this year.

The Coastal Singers, most

capably lead by Noleen Moir, have had several concerts this year, with their popular dinner show still to come.

Noleen conducted and provided excellent piano accompaniment.

It's hard to pick out highlights from such an excellent musical feast, but here goes. I especially loved the Seekers medley, 'Hallelujah', 'Under the Boardwalk' and the

hauntingly poignant 'Streets of London', by the Coastal

Singers. 'Sentimental Journey' sung by the Short Back and Sides barbershop quartet was an old favourite very well performed. I thoroughly enjoyed 'Love potion Number 9' and 'Oklahoma' by the Taranaki Male Choir.

The concert ended fittingly with 'Go Now in Peace',

beautifully performed by the combined choirs.

The audience had been well entertained by a wide variety of music in honour of Gabrielle Barr, who will be greatly missed, musically and in many other ways.

Rolland McKellar

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Jonathan Young MP for New Plymouth

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by already performing an extra 5,000 operations such as hip and knee surgery.

Our HomeStart scheme is helping more Kiwis into their first home. In the first three months after the scheme began on 1 April the Government paid out \$7.2 million in grants to help more than 2,000 people into their own homes. Nearly 4,000 other applications are in the pipeline.

ACC levy cuts are helping car owners and we're continuing to invest heavily in vital infrastructure such

as broadband, roads, rail, schools and hospitals, and the rebuild of Christchurch.

We're pursuing high-quality trade agreements and this year signed a free-trade agreement with Korea which will make it easier for our countries to do business with one another and will save our exporters \$229 million in tariffs.

Despite market volatility around the world and the recent drop in global dairy prices we have a solidly performing economy delivering jobs and higher incomes for

New Zealanders.

The latest financial data shows New Zealand has recorded its 18th consecutive quarter of economic growth with the economy growing 0.4% in the three months to 30 June, and 2.4 per cent for the year.

Our 2.4% annual growth compares to 0.9% for Japan, 2% for Australia, and 2.7% for the United States.

New Zealand has also recorded 11 consecutive quarters of employment growth, with 69,000 more jobs created in the past year. The

average annual wage is now over \$57,000 – an increase of \$10,000 since National came into office.

This is only year one and we have much more to do.

I'm proud to be part of a Government led by a strong and reliable Prime Minister who keeps his word and delivers practical policies which benefit families while strengthening the engine-room of the economy for a better future.

Jonathan Young MP

Paid parental leave

We should be doing so much more to support babies and their parents. Between 18 and 26 weeks babies go through significant milestones such as starting solids and sitting up by themselves. All parents should have the opportunity to share those special moments with their babies. Evidence shows babies do better the longer they are with their parents and the longer they are breastfed. All mothers know how hard it is to continue breastfeeding when they have to go back

to work.

That is why Labour's Sue Moroney has been on a three year battle to extend paid parental leave to all families. Sue's Paid Parental Leave Bill was drawn out of the Ballot in February 2012. If National and ACT hadn't played politics with this issue, that extra help would have been available for all families from July this year. However they did play politics, and voted the Bill down in February of this year.



Adrian Rurawhe MP

But that's not where this story ends. Sue Moroney submitted an updated Paid Parental Leave Bill for the

Member's Ballot, and on 23 July 2015 her Bill was once again drawn. I was fortunate to be in House for the First Reading, where Sue spoke so passionately and with such compelling arguments in favour of her Bill. I can report that the 2015 Paid Parental Leave Bill passed it's First Reading 61 votes in favour and 60 votes against.

It's disappointing that National and ACT continue to vote against this Bill instead of seeing it as an opportunity to show they can put the needs of Kiwi families ahead of politics.

The bill aims to make a difference in the lives of working kiwis and to allow families to bond during those very important early

months with their new babies. Furthermore it adds provisions around work contact hours, where working parents are entitled to the flexibility of returning to work for a certain amount of time during the parental leave period without losing their entitlement to paid parental leave. OECD reports have found that children will have fewer cognitive and behavioural problems later on in life if they have essential bonding time within the first year of birth.

If women leave the labour market because the paid parental leave period is too short, accumulated skills and human capital are lost, and for longer than would otherwise occur if they spent

more time away from work. Parents are economically vulnerable during the first few months of a child's life. Relieving financial pressures at this time is key to making sure lower income families and their babies have the best start to life.

Parental leave provisions in New Zealand are among the least generous in the developing world. With 16 weeks, this puts us at only 29th equal in the OECD with Spain and Turkey. The Paid Parental Bill is about investing in our Nation's future, we ought to be doing better than this.

Adrian Rurawhe

MP for Te Tai Hauāuru

Greymouth Petroleum are struggling to drill in Tikorangi

A Greymouth Petroleum representative, Ms Dickie, admitted in court today that the oil company was confined to only one of several options for a proposed well site due to the community of Tikorangi not wanting them.

An entire street of residents had been avoided in one option. "The community of Tikorangi is quite... anti-petrochem," she stated when explaining why other options had not been pursued for the site they are pressing for now.

The company was in the Environment Court in New Plymouth today arguing in a case which sees crown lawyers for Heritage NZ (pre-

viously the Historic Places Trust), working with local hapu Otaraia, to prevent drilling of the previously secret grave site of what many call Taranaki's last paramount chief: Wiremu Kingi Te Rangitaake.

"Te Rangitaake stood against the selling of more land in Aotearoa. On 17 March 1860, colonial forces attacked his pā and fired the first shots in a war that would spread across the country. It was this war which ravaged across Taranaki for two decades sparking the passive resistance movement in Parihaka and sadly the confiscation of most Taranaki land," said Emily

Bailey of Climate Justice Taranaki. "It is interesting how 150 years later he is still in the way of greedy oil drillers desperate to extract more of this land's natural resources."

"Te Rangitaake led a very difficult life struggling to protect his people and their right to their homeland. Our group fully support the hapu and archaeologists who are trying to protect this old chief's burial site and prevent Greymouth Petroleum from drilling in a community which does not want them" concluded Emily Bailey.

Emily Bailey 021 037 6737



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Dr Sari Lim

Dr Sari Lim specialises in Deep Massage Therapy to help alleviate pain due to back pain and migraine, as well as other problems. However, she has another dimension to her physiotherapy – she has a medical degree from her native Indonesia. Sari has a very knowledgeable understanding of what is likely to be causing her clients' pain and stiffness.

Sari's full name is Dr Wiratsari Limbangjaya. However, now she lives in Taranaki with her husband David Deacon (of Scarpa's Shoes), she feels the simplified name is best. She operates from 2 Elsinore Street, Stratford and her clients come from most parts of Taranaki.

Although Sari started her practice just last month already the feedback has been most encouraging. "It was one of the best night's sleeps I've had for ages," said one happy client after Sari's therapeutic intervention.

Her fees are competitive and within the reach of all people.

On a client's first visit a discussion will ensure that a suitable treatment plan can be outlined. Sari believes in treating everyone as uniquely different and she is aware that it is important to diagnose (and resolve) previously undiagnosed condition, as well as those which have been recently suffered. Some of the conditions she can alleviate include lower back

pain, frozen shoulder, muscle soreness or cramp, restricted movement or migraine.

There are three tiers to Sari's therapy including Medical Massage, Relaxing Massage and Head Massage, although these can overlap to some extent. Sessions lengths are flexible but usually range from 60 minutes to 90 minutes. (A thirty minute session is for relaxation only, rather than being optimally therapeutic).

Please phone 06 765 6442 or 021 0400 507 to arrange an appointment. (Sari is available on a seven days a week basis). Friendly, sensitive, expert therapy is guaranteed.



Sari at work on her physio table.

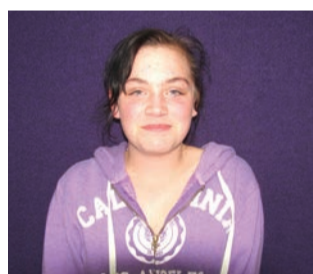
The Storm

The wind was pounding at the door, howling at me to let it in, "Patter, patter, patter." The earth's teardrops were getting louder and harder by the second, dripping against the roof. People were running and screaming, taking cover from the storm. People were trying to get away from the big event in the middle of the city. The rain was getting heavier, the houses were creaking, the hotels were shaking and the pipes were leaking. The roof was ripping. This was more than a storm, it was a deadly hurricane, tearing apart buildings. "Pew," suddenly all the fuses had blown.

The windows were cracking, shattering by the minute. Nobody could escape this. The house next door had been torn apart. Bits of wood flying. The wallpaper shredded off the wall – remnants of a wall. Green paper was zooming through the sky.

Just then there was a silence. No rain, no screams, no bangs, nothing. But that silence ended not long after it started. There were creaks, bangs, screams, cries, rips and booms. The windows had completely shattered. The roof had been pulled off, everything was flying. The TV had cracked.

I ran as fast as I could, trying to stay on the ground. I ran outside. The wind was pulling, grabbing at me. Ladies



Ivy Wall

were getting pushed, babies were screaming. The hail had hit someone – no one could outrun this.

Then when I thought it couldn't get any worse, it did. A flash of light streamed down the sky, then the thunder struck, making people jump, squeal. They did everything they could. The hail got harder and the bits of ice got bigger.

The hurricane got more powerful and the earth started shaking.

The idea popped in my head 'earthquake'.

I heard someone yell. It lasted for 5 minutes, 5 strong, scary, horrifying, disastrous minutes. Buildings came down with a thud. Trees went up with a roar.

And then the earth gave up, it had given up all it got and the storm died down, slowly, but it didn't matter, it had ended.

Men were pulling people up. Everyone stood glaring curiously at the sky, wondering where everyone was.

Had it finished this hour

of destruction? Was it over? People smiled, hugged and were thankful to be alive. Everything was broken, people were damaged, injured and dying.

But it was over and we couldn't have been more overwhelmed. **Ivy Wall, Opunake Primary School.**

Dr. Wiratsari Limbangjaya (Sari Lim)

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MAYOR'S COLUMN



Andrew Judd

collection, this means we'll have a weekly rubbish pick-up using the branded rubbish bags and a fortnightly collection (on alternate weeks) of general recyclables in the wheelie bins and glass in the blue crates.

The plastic rubbish bags are being delivered to households this week – so if you're in a collection area and haven't received your bags by the end of this week, give us a call on 06-759 6060.

If you want extra bags, they can be bought from the Civic Centre or one of our service centres. You can also swap any rubbish stickers you have for the bags at these sites – please be aware that the stickers won't be accepted on any rubbish bag from 1 October, when the new service starts.

In addition, the contractor will pick up rubbish in

the prepaid Council bags (but not recyclables) on designated rural roads that aren't in the collection area, if the road is safe for them to stop on. These designated roads include SH45 between Okato and Oakura.

We have a lot of information about the new collection system online at newplymouthnz.com, or you can go to our Facebook page at facebook.com/

Changing a long-standing service such as the rubbish and recycling collection is a huge change for the community. But I'm confident that we'll all get into the swing of things quickly once we start using the bags, bins and crates, and that we'll see much more household waste being recycling rather than sent to the landfill.

Hi everyone
We're less than a week away from the new rubbish collection system starting in our region. Each of the three districts has its own type of collection service, although they're delivered by the same contractor. For New Plymouth District residents who pay the targeted rate for rubbish

FROM THE BEEHIVE

Making the most of every opportunity



Chester Burrows

Most mornings I just eat my breakfast and do the crossword, listening to Morning Report on the Radio and hearing the worlds troubles in half-hourly news bulletins. You can get sick of the wingers, the whiners and those other 'w' people it would be rude to label. Last week I had breakfast with Zainder a year thirteen student. In old language that means a Seventh Former, so a young lady aged about 17. She has come to New Zealand from Pakistan having fled her homeland of Afghanistan.

The family got out of that country to get away from the oppressive regime that would have prevented education of women and girls and imposed a middle-ages mentality on a 21st century people. But Pakistan was not all that welcoming and so the family couldn't really take part in society in that country either. The children could not attend school and were seldom out in the public but hiding away indoors in the home of those sheltering them. A plan was hatched to emigrate to New Zealand being sponsored by

Zainder's uncle. Her dad had been killed and her Mum and four children needed a better life which was not going to happen in Pakistan. In preparation for the immigration process they learned from a tutor who came to their house for two years teaching the English language and other school subjects. It was important to be the best applicants for visas to come to New Zealand. Zainder speaks very well and has been in our country for about twelve months.

The impressions Zainder has of our country is warm, welcoming and friendly. A country of huge opportunity. A safe country, with everything available for those who want it enough. She finds it queer that people complain about a lack of opportunity here when all you need to attain anything is determination. She lives 20 minutes' walk from the bus stop and the family has no car. They live very cheaply because there is not a lot of money to come and go on. The family are without all the trimmings in life that most kiwi families would take completely for granted if not demand as a right, but they are happy and count their wealth in a currency you can't carry in your pocket or your purse.

I have come across a lot of folk in the last week who have been complaining about what they lack, instead of folk rejoicing in what they have. I have met a lot of people who want the world on a plate and in Zainder I met someone determined enough to work hard to get what she had, relished the opportunities open to her, and savoured the success of what she was

able to achieve. "You can do anything in this country if you are determined enough to do it" she said.

In gratitude for all New Zealand had done for her, Zainder volunteers for Save the Children and is a Youth Advisor for that organisation. She wants to go to University after she completes a second year thirteen so she will be in the best possible situation to succeed in the institution she would never have had the opportunity to attend in her home country, and she will study social work.

I was struck how this beautiful young woman who had nothing, had so much she wanted to give. Her desire was not to accumulate wealth, but knowledge, so that she could give it away to people who needed it. I learned so much over breakfast, and I would love to introduce her to all those other people who'd crossed my path this week. But I couldn't decide who I would introduce her to first. The ones who had their hand out demanding, those complaining that they wanted more, faster and at greater expense, or those who railed against the acceptance of refugees because they would cost us too much to house, educate and rehabilitate.

I think it would cost New Zealand too much to leave these people in their homeland and be denied their grace, charm, intellect and experience. Their good will, determination to succeed, and their willingness to share. What a marvellous opportunity we have to better ourselves by helping others.

Chester Burrows
MP for Whanganui

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Climate change

Continued from page 11.

should come from general rates. The other half should come from a special rate targeted at Opunake and the catchment area. Fortunately, Council's debt level is not too bad.

Our regional council should also contribute. Thus, the financial strength of the region can be used

to help Opunake. I was told by a council officer that the regional council's chief executive is open to suggestions. When it comes to local government funding, it is a good idea to spread the pain.

Robert Shaw

robert@porirua.net

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COASTAL OUTLOOK

1936

In February 1936 pigs drowned in South Taranaki! Opunake was flooded by the Hihiwera Stream. Opunake was completely isolated, when both road and rail approaches washed out.

The Waiaua River wrecked the rail bridge. The hydroelectric scheme was devastated – the flood filled the head race and lake entry with thousands of tonnes of silt and rocks. Te Namu Stream at the Opunake factory rushed across the flat. Again, there was significant property damage.

1956

Flooding in July 1956 at Opunake – this was a bit different from many of the earlier events, because it involved just the lower North Island. A depression to the north of us caused the flooding and cold temperatures.

1976

In February 1976 a Civil Defence Emergency was called in Opunake where we recorded 9.5 cm of rain in 24 hours. Opunake recorded 12.7 cm of rain over 48 hours. Patiki Road recorded 16.6 cm of rain in 24 hours.

1998

You may well remember this event which was over three-days in October and impacted on much of the North Island, but Opunake was the worst hit. Many homes damaged.

2008

There were minor floods in Opunake in July 2007, before a major event in April 2008. Massive rainfall blocked the intake to the Opunake water treatment plant. The storm caused the highest river flows ever recorded in the area between Opunake and Oakura. Flood waters from the Stony River severely damaged houses near Okato. Destroyed were the Dover Road bridge, two Katikara Stream bridges, and a Mangatete Stream footbridge. In an old dairy factory pigs swam.

Future

Scientists predict more frequent and heavier rain for Taranaki. I would suggest we consider 6 August as a warning.

Council cannot rebuild Dieffenbach Street because they do not know the capacity required in the storm water system. Already we have seen a new water detention pond built and overcome.

We have no hydrological and engineering reports at all regarding new works to protect the lower end of Gisborne Terrace, Ponderosa Place and Ihaia Road. I walked round there in the rain (before the fire-fighters arrived) and saw the depth of the water (just below the floorboards in many cases).

Council plans

I bet you have not read the STDCs “2015-2025 Long Term Plan”. The name itself is awful. It should be called “What we intend to do for you”. Or perhaps they should call it “How we will spend your money”.

The Councillors voted



Dr Robert Shaw

floods. They will be greater than any we have had before. The rain is going to get worse, not better. This is not my opinion, but that of climate scientists. Climate change has come to Opunake.

How much water?

It is impossible to predict how much water we could face, Scientists have models of rainfall, and they will make estimates using different assumptions. However, they may be wrong. It is amazing how often exceptional events occur.

Meteorologists say there was nothing special about the weather pattern on 6 August. It was rain as usual, but a bit heavier for a short time. South Taranaki District Council data indicates that the total rainfall and duration (245mm in 72 hours) equated to a return period of about 1 in 80 years, with the highest intensities estimated at up to 40 mm/hr.

What would have happened if the very heavy rain had lasted one or two hours longer? That might double the amount of water! If you live in Opunake expect your carpet and furniture to be ruined within about four years.

History

We can compare our recent flood to events in the past. From 1800 to the present, Opunake has had 10 significant rainfall flood events, according to NIWA. The earliest recorded “heavy rain” was in February 1883. It was throughout, Taranaki, Waikato, Auckland and Northland. Two people drowned.

1893

In February 1893 the Waiaua Bridge at Opunake was wrecked and the river impassable – all Opunake houses were flooded except for “one or two.”

In March, the Heimama Bridge was washed away, likewise for the Mongohotu stream. This left a gap in the South Road about 9.14 metres wide. The road between Rahoitu and Pungarehu was 61 centimetres under water and the gravel washed away.

1924 & 1925

In March 1924, many Opunake river banks were altered in rain events. The next year the big one hit: flooding all over our district, Ihaia Road was washed out, Te Namu Stream recorded its highest ever level. The Waiaua River brought a broad torrent of dirty water into Opunake – culverts were overcome and the whole town flooded with significant damage to houses, furniture, gardens and roads.

Climate change hits Opunake



The picture shows the catchment area which produced the Opunake floods on 6 August 2015. Those who attended the mayor’s meeting about the floods will recognise the picture.

for the Plan on 29 June this year. They did so after issuing a draft and hearing submissions. The plan is without a provision for flood mitigation in Opunake, because it had not become an issue.

Urgent action

STDC officers have decided on urgent action. This is fantastic news! They have commissioned research to assess our problem and develop options. The money for this is coming from the storm-water budget. After this first report, you can expect more research as the selected option is developed with costs and a timeframe.

Short-term

Council’s consultants will do preliminary flood and hydraulic modelling of the township. They will report in October. This modelling will enable Council to establish appropriate designs for pipe sizes and detention and (most important) give them the ability to investigate long-term options.

Council has begun a review of the Detention Pond looking specifically at improving the design of the screen and secondary flow path.

Long-term Council’s current work must be seen as but one step towards an integrated, comprehensive scheme to protect the whole of

Opunake and manage the catchment. This is not a job to do piecemeal. Do it once, do it right.

The major options involve either the diversion of catchment run-off from the town or major improvements to drainage systems and waterways within the town.

I believe we must divert the water in the catchment away from the town. To advance the diversion option, Council is already talking to the Taranaki Regional Council about new channels. But there is a rub: history suggests the rivers may not cope! Once the research is complete the capital expenditure

will have to be included in next year’s Annual Plan.

Private land

We can expect necessary work to be on private land. Most landowners will cooperate.

Nevertheless, Council should ensure it has the power to do what needs to be done. Council may have to buy land.

Who pays?

The question of who pays relates somewhat to how much money will be needed. The district as a whole should help Opunake. Opunake should also help itself.

That means (say) half the money for capital works

Continued Page 10

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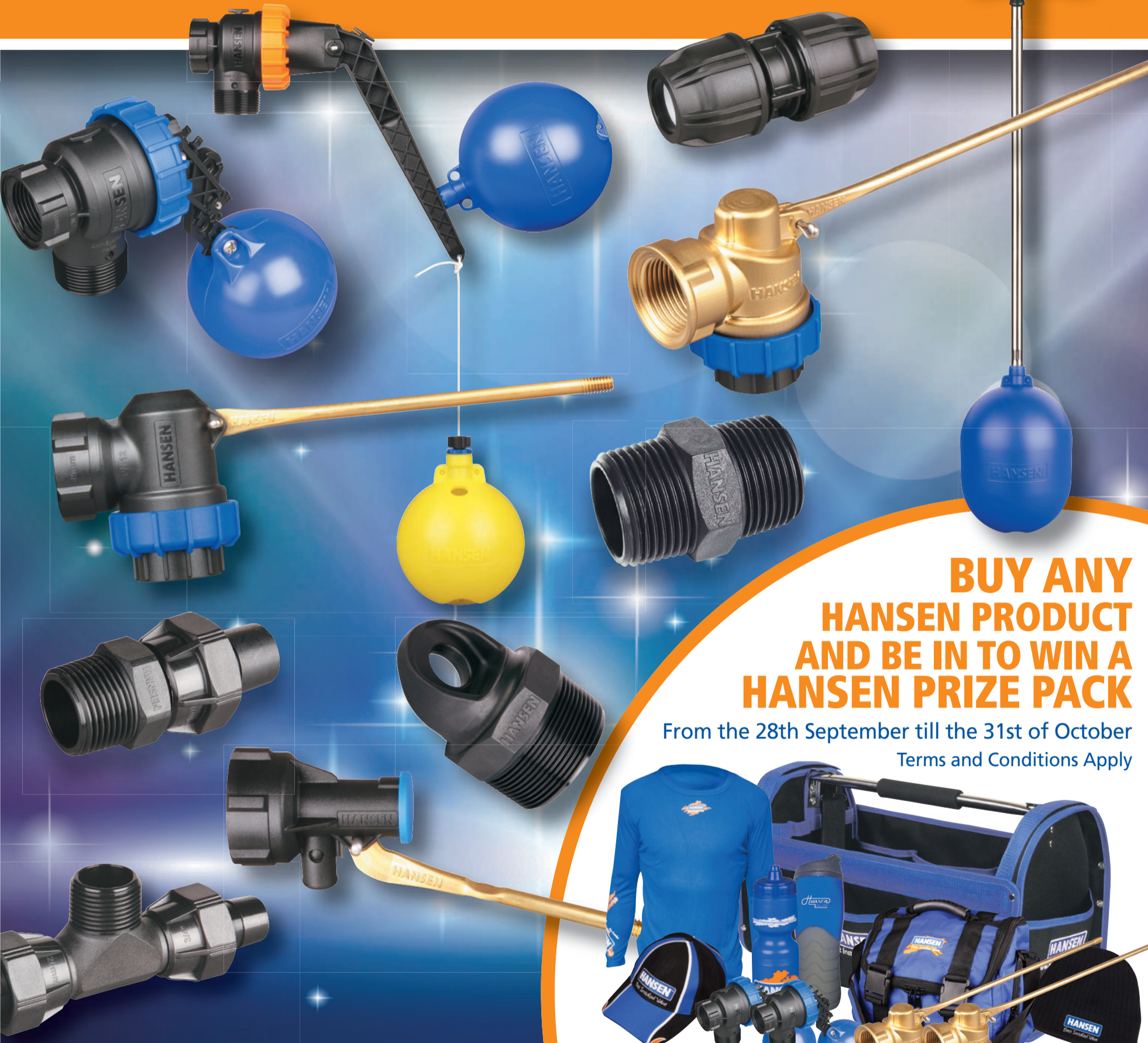
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The deed of settlement signing between the Taranaki iwi and the Crown held recently. The photo shows the group welcoming the official party.

Photo taken by Dr Robert Shaw

Raising money for Daffodil Day



Kaponga Lions held a sausage sizzle.



Opunake Primary School students held a stall in the main street of Opunake alongside other local organisations to raise funds on Daffodil Day.



The teachers and students from Kaponga Primary dressed in yellow for Daffodil Day, and raised donations for the Cancer Society.



Lakeside Lions Ann Hickey, Gladys Stuart and Niki Otene raising money for Daffodil Day in Opunake. "It had a been good day," agreed the women.

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Winner of the Ravensdown-PKW scholarship

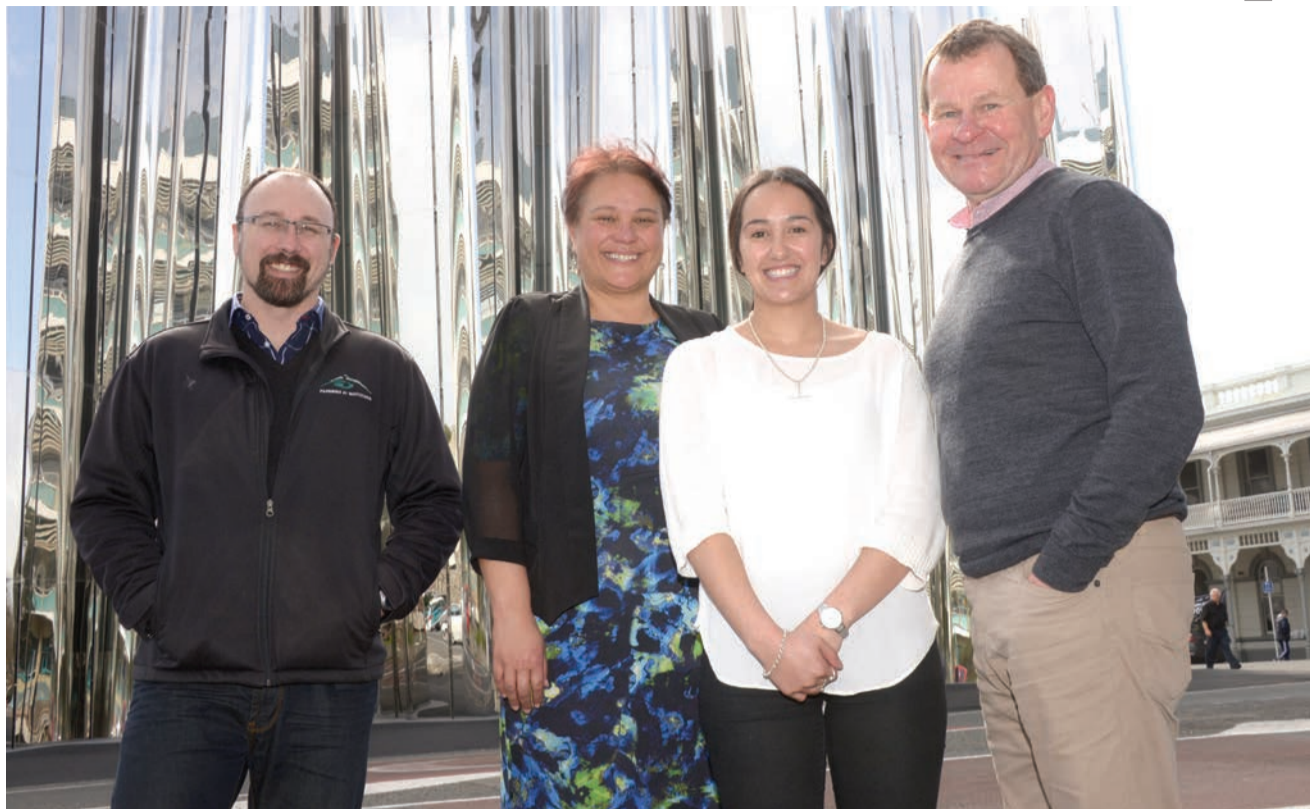
Alana Mako is this year's lucky winner of the Ravensdown University Scholarship of \$5,000 a year, granted for sons and daughters of the Maori Incorporation Parininihi Ki Waitotara (PKW) members. Mako is in her third year at Massey University studying a Bachelor of Resource and Environment Planning, minoring in Geography and is thankful for the support to not only complete her study but get involved with Ravensdown's Regional Team for further learning opportunities. "It's nice to know that PKW

and Ravensdown support students in agricultural related studies. I'm absolutely stoked to be given the funding and have a chance to apply what I've learnt in my studies out in the field."

Mike Manning, Ravensdown's General Manager of Research and Development, selected

Mako along with PKW judges on her well-reasoned view of what sustainable agriculture looks like.

"I was really impressed by Alana's values, attitude and



Mike Davey, Ravensdown Regional Manager (right) with scholarship winner Alana Mako (3rd right) and PKW's CEO, Dion Tuuta, and Bev Gibson, PKW Chair of the Human Resources Committee.

priorities when it comes to achieving a sustainable future for agriculture." "Ravensdown's scholarship is about

supporting the next generation of farmers not only by gaining the academic knowledge but by putting that knowledge to practical

use with our team of expert advisors on the ground." Mako added "For me it's about ensuring that the environment doesn't face

further degradation while being able to farm sustainably both economically and environmentally. I'm really thankful for the opportunity."

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Spotlight back on yacht biosecurity

The Ministry for Primary Industries plans to turn the biosecurity spotlight on international yachts visiting Northland this season. Last season MPI introduced a range of new biosecurity checks following two Queensland fruit fly finds in Whangarei.

"On the whole, the yachting community is very good at following New Zealand's biosecurity requirements, but last season showed there is value in providing more education and more layers of protection," says Sharon Tohovaka, MPI's North Ports Manager.

This season (from October to December) there will be four extra staff based in the region to carry out biosecurity inspections, says Ms Tohovaka. And following successful trials last season, biosecurity dog teams will be used to help check selected vessels for undeclared food, plants and other risk goods that could carry pests and diseases.

Biosecurity rules for arriving yachts
Yachts must arrive at one of New Zealand's approved places of first arrival, where a biosecurity inspector will inspect and clear the vessel and passengers for entry into New Zealand.

Once inside New Zealand waters (12 nautical miles from the coast), all rubbish on an arriving yacht must be contained in closed leak-proof containers or sealed in strong plastic bags.

Naval and aerial surveillance will also start in October to ensure vessels do not make landfall in New Zealand before they arrive at Opua or Marsden Cove (the only approved places for yachts to arrive in Northland).

Each person aboard the arriving yacht must complete a personal declaration. Any quarantine risk items must be declared.

"We need to make sure that yachts are clean before they start exploring the region or other parts of New Zealand." MPI has also been working to raise the level of biosecurity awareness among the yacht community, says Ms Tohovaka, who has just returned from a visit to Fiji to speak with yachties intending to sail to New Zealand. "The two main yacht gathering points in the South Pacific are Musket Cove in Fiji and Vava'u in Tonga. "Last season we sent officers to these locations to answer questions about New Zealand's biosecurity rules. It was a very useful exercise for building biosecurity awareness, so we're repeating it again this year, this time working closely with local biosecurity authorities."

The vessel's master must complete a declaration of all risk items aboard that are either restricted or prohibited.

Biosecurity clearance to cruise New Zealand waters will only be granted if prohibited goods are surrendered or undergo treatment.

Biosecurity risk items may include food, rubbish (particularly food waste), plants, live animals, and endangered species items such as coral, turtle shells and ivory.

Further information on entry requirements for yachts is available on the MPI website - www.biosecurity.govt.nz/enter/ships/

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Silver Fern Farms and the family silver

Bill English's comments around the SFF debacle are disturbing, but are entirely consistent with this Government washing its hand around provincial and regional aspirations. His comments are a cop out and are indicative of the government turning its back on rural communities and NZ in favour of foreign control. It is our understanding that there was indeed a farmer-based initiative to raise capital, but that option has probably come up short and may be closed down by the banker imperative. The National government has sat on the sidelines and watched as this industry, New Zealand's second largest export earner, shrinks its way to success. (3000 sheep a day since 1990s). With the pragmatic cynicism that is the hallmark of this administration they have paid lip service to the concerns that have been mounting over the past years as farmers become increasingly worried as to the future

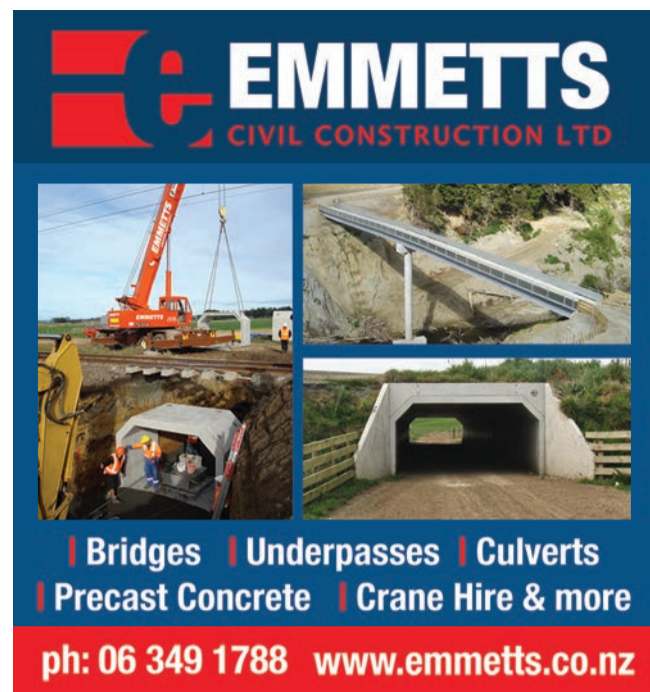
viability of their farms and their intergenerational opportunities. It was a precursor of things to come when 800 farmers met in Fielding, 1000 in Gore etc... and MIE (The Meat Industry Excellence group) was formed that Minister Guy was notable by his absence, preferring instead a photo opportunity at the TUI Brewery Drought shout down the road. His refusal to engage was made even more stark by the attendance and ongoing support of the agricultural representatives from the other parties.

This Minister, the Honorable Nathan Guy, has been missing in action in the Red Meat space and the reasons for that are encapsulated in the dismissive party political line by his senior house master the Honorable Bill English. There is an emerging irony around this administration that they seem happy to subsidise and

invest in most areas of the economy but it immediately is hands off the government cheque book if it is a regional or rural problem.

This government is all about smuggling up to the Chinese opportunity and it appears they are prepared to do so at any cost, including, in this instance, a passive sanctioning of increasing sales of NZ family silver. To question the logic around this is not xenophobia, to the contrary, it is a recognition and a tribute to the trading prowess of the Chinese and an understanding of the patterns and potential pitfalls that are the flip side of that huge opportunity. One only has to look over the ditch to the Australian mining industry to see the pattern. Sure, we can take a purist view and there is no doubt that SFF are the authors of their own demise. There is no doubt that their foreign banker consortia have their reasons for wanting to get out of Dodge. This though is bigger than that. This

is a watershed for New Zealand, it is a crossroads for NZ inc and has the potential to change the face of our rural communities and our to blur that unique point of difference and global opportunity. I note the Minister's comments in the house that it will be up to the shareholders to decide. That is patently not true and he should know that. The shareholders will in essence be delivered a banker driven ultimatum probably with a couple of 'sweeteners' to lessen the blow. Just as the Goldman Sachs process has been tightly regulated so will the preferred banker outcome. The shareholders will have very limited options. There is, though, an alternative. The NEWCO proposal as developed by MIE in conjunction with major banker input and commitment has the potential to turn this industry on its head and to grow the NZ opportunity for New Zealanders.



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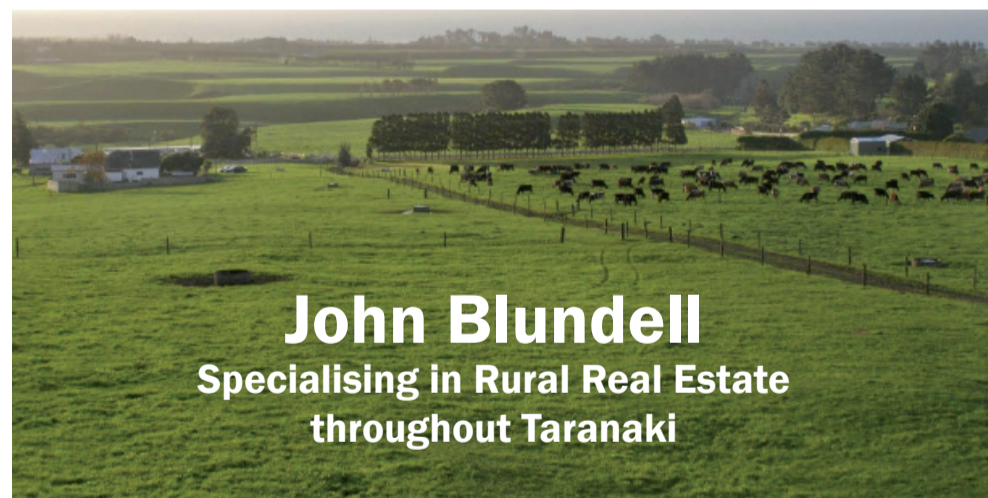
Quiz the candidates, says Dairy NZ

As voting gets underway for DairyNZ's 2015 elections, this year farmers are encouraged to get involved and question the director candidates. Ten farmers have put their hands up for three seats on DairyNZ's Board of Directors - voting for which opened on September 14. The dairy industry body's second election involves four candidates for three spots on the Directors' Remuneration Committee (DRC). But it is the Board of Director candidates who will this year participate in an online Q&A at dairynz.co.nz/election, where any farmer can put a question to all 10 candidates - and get the candidates' answers published online. DairyNZ corporate communications manager Bernie Walsh encourages

voters to learn about the candidates, before casting their votes. "Levy paying farmers should receive their voter packs this week - where they can read about all candidates. "They can also learn more about them at dairynz.co.nz/election, where their 14 profiles are and where questions can be put to the director candidates. Usually our director elections only get around 20% of farmer levy payers turning out to vote. It would be great to see many more having their say this year when we have such a large field of candidates stepping up to take part in the process. Sharemilkers and farm owners can both vote in our elections," says Bernie. "Directors govern DairyNZ's investment priorities and decide how farmers' levy money is spent, so they carry out an

important leadership role on behalf of the industry. Farmer levy payers can vote by the internet, post or fax until 12noon October 12 - or in person at the Annual General Meeting." The farmers seeking a four-year term as a DairyNZ director are vying for election following chairman John Luxton and directors Michael Spaans and Ben Allomes retiring by rotation. Mr Spaans and Mr Allomes are standing for re-election but after 12 years, Mr Luxton is standing down from the board. Election results will be announced at the DairyNZ Annual General Meeting in Morrinsville on October 13. The Board of Directors All dairy farmers including sharemilkers who pay a levy on milksolids can vote in both elections. Farmers

who haven't received a voter pack by the end of September can contact elections@electionz.com or telephone 0800 666 030. View [candidate profiles](#) and [the Q&A](#) at dairynz.co.nz/election. For other election information visit electionz.com.



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2015 Awards of Excellence finalists announced



Michael Corkill from the Opunake Surf lifesaving Club has been nominated for NZ Instructor of the Year

Some of New Zealand's most elite Surf Lifeguards and members will be recognised for their dedication to preventing drowning and injury on New Zealand's beaches this weekend at a formal awards ceremony.

The 2015 Surf Life Saving New Zealand Awards of Excellence will be held at the Amora Hotel in Wellington on September 19 following the SLSNZ Annual General Meeting and Club Chairs Strategy Meeting.

Every year, national and local awards are given to Surf Life Saving members to officially recognise them for their hard work and dedication to Surf Life Saving in New Zealand.

Most awards are nominated locally with winners then becoming finalists for the national Awards of Excellence.

Some of the night's top awards include NZ Lottery

Grants Board Lifeguard of the Year, DHL Volunteer of the Year and the BP Surf Rescue of the Year.

TV presenter Stephen McIvor will act as MC for the evening. Along with the lifeguarding and sporting awards, there will be a number of Service Awards presented on the night and these will be announced this week.

We are pleased to announce the following award finalists:

NZLGB Lifeguard of the Year

Zane Rademaker, United North Piha

Thomas Yule, Omanu Christiaan Maarhuis, Waihi Beach

Samuel Teteina, Midway Aidan Charman, Westshore

Scott Busing, East End David Clarke, Palmerston North

Kate Suter, Sumner Paige Newman, Brighton

BP Rescue of the Year

Kariaotahi

Raglan

Whangarei Heads

Taranaki Callout Squad

Westshore

Muriwai and Northern

Region

State Insurance Instructor of the Year

Jessica Reilly, Raglan

Gary King, Mount

Maunganui

Eden Bray, Whangamata

Diego Pedrioli, Midway

Brian Quirk, Westshore

Michael Corkill, Opunake

Nick Mulcahy, Titahi Bay

Bruce Lomax, South

Brighton

Seth McPhee, Brighton

Innovation of the Year

Raglan: solar roof panels

Thomas Yule, Omanu: K9

rescue dogs

Ngati Porou: community

based surf lifesaving

practices, including roving

patrol

Simon Kay, Pacific: Surf

Education song

Fitzroy: Woodgroup PSN

first aid partnership

Foxton: patrol camera

DHL Surf Official of the

Year

Wayne Franich, Orewa

Ross Merrett, Papamoa

Debbie Hutchings,

Waikanae

Harley McLaughlin,

Waimarama

Carol McLeod, Fitzroy

Natasha Perkins,

Paekakariki

Lawrence Taylor, Sumner

Swanee Taiawa, Brighton

DHL Coach of the Year

Steven Ferguson, Piha

Justin Martin, Papamoa

Matt Sutton, Midway

Michael Harman,

Waimarama

Allan Rothwell, East End

Walter Maxwell, Lyall Bay

Jonelle Quane, Sumner

Michael Trembath, St Clair

Jason Pocock (Mairangi

Bay) & Scott Bartlett

(Omanu)

Hawera Hub Target shooters scoring high

There was a very busy night at the range, with a good turnout of shooters. First timers the Faires family of five all shot well with Jade and Jahn scoring 100s on grouping cards. Three other

100 groups were by Rico Symes Patterson, Jackson Jennings and Joe De Costa. Cyril Faires had a PB of a 94 group and on the full card Alex Munro had a 92.5 PB. Jason Cameron scored very

well only dropping 2.6 over his two cards.

Scores were: Rico Symes Patterson 100gr, 87.0, Jackson Jennings 100gr, 92.3, Maddison Greenhalsh 96gr, Jenna Dodunski

96gr, 97gr, Jade Katene Faires 96gr, 100gr, Kairo Faires 96gr, 100gr, Kayden Faires 98gr, 97gr, Josiah Faires 91gr, 96gr, Jahn Faires 97gr, 100gr, Hika Tamihana 65/70 gr, 92gr, Joe De Costa

100gr, 83.0, Cyril Faires 94gr, Dwayne Rangi 89.0, 92.0, Alex Munro 92.5, 87.0, Clayton Robinson 73.0, 81.0, Toni Greenhalsh 75.0, Noel Hainsworth 83.0, 81.0, Dave Kelsen 96.4, 93.3,

Garry Dyke 92.4, Mathew Peters 89.0, 88.1, Hayden Andreoli 97.4, 96.3, 97.4, Jason Cameron 99.8, 99.6.

Frank Eustace 06-2785978



Are you using a Quality Silage System?

Quality Silage information and onsite field services are now available in Taranaki. This is a free, on farm service available to all rural farmers and contractors. This program will maximize both your Forage crop yield as well as Forage quality, and ensure wastage is kept to an absolute minimum. The aim is to retain the maximum nutritional value of the crop and that to be available to the animal at feed out. Covering all aspects of Forage manufacture, Quality Silage Systems (QSS) helps identify how to maximize the return to the farmer by reducing waste, improving overall Forage processes and ensuring maximum yield of the particular silage crop.

Timing is everything

Quality Silage systems look at the optimum time to harvest, to ensure maximum quantity and quality. Given the ever-increasing changes in pasture species, harvest times can vary depending on type of grass forage that is grown.

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Successful sealing of the bunker or stack and looking after the baled forage is critical to producing quality forage. Poor sealing techniques are one of the biggest causes of wastage. There are often small changes that can be made at no or little cost that can improve the result significantly and are well worth the time invested.

What is Quality Silage Systems?

Quality Silage Systems is not something you buy like a product, but rather a service offered free to the Taranaki farmer to ensure that they get the best possible result from their harvest and the Forage produced is of the highest quality.

Quality Silage Systems bring together the latest trial work from their global network. This information and research data can assist farmers to make good decisions. Helping farmers to maximize and produce quality forage, and therefore ensuring the best possible forage and return and economic benefits for their farming operation.

What is the catch?

In this case, there is no catch. There is nothing for you to sign up for or commit to. Quality Silage Systems is part of the Lallemand Animal Nutrition group. As an international yeast and bacteria company dedicated to providing forage and nutrition technologies, Lallemand are working with Taranaki rural contractors to offer advice and services that can benefit the rural farmer. We even have a QSS App for your phone which can give you instant information and contact for questions and advice.

For more information on Lallemand Inc
contact your local rural contractor

Tony Milham 027 369 3708

or contact our New Zealand office 0800484832

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Eltham Shooters

Stratford and Midhurst scouts had their annual competition recently. Midhurst had a higher average to win the competition. Double 100s by Adrian Drummond and Ruth Heine helped their cause. Scores for Stratford were Ryan Hiestand 100,97; Kelston Wanakore 96, 97; Thomas Elmo 96, 94; Devin Coley 96, 96; Samantha Buckley 96, 95; Henry Armond 98, 94. Midhurst scores were Jack Gavan 98, 96; Cameron Dallinger 97, 94; Katherine

Hoyle 99, 98; Ruth Heine 100, 100; Luke Heine 97, 98; Daniel Drummond 96, 97; Brayden Fale 98, 95; Ben Dodunski 100, 98; Dean Dodunski 98, 100, Adrian Drummond 100, 100. Four of the parent-helpers had their own close match with Richard Armond scoring two 100s to beat Robert Stone 99; Stan Buckley 100, 97; and Hamish Hiestand 100, 99. There was good scoring by the Eltham Junior shooters on the single bull cards with Keira McLeash,

Alex Munro, and Jackson Jennings each scoring 100s. Keira went on to score a personal best of 91.5 on the full card shooting off a rest. Others shooting off a rest were Bob Bramley 74.0, 85.0; Clare Bramley 93.1, 88.2, 78.1; Angie Harris 81.0, 89.1, 86.0, 90.1, 91.2. Of the senior shooters, Paul Tidswell and Frank Eustace managed possibles of 100.8 and 100.6 respectively. Other scores were Matt Sulzberger 92.1, 92.1; Murray Chinery 94.2, 91.1; Alan Drake 97.1;

Matt McLeash 84.1, 84.0; Paul Tidswell 97.5, 99.4, 100.8, 99.6; Paul Longstaff 97.3, 95.1, 95.3; Clayton Robinson 76.0; Alex Munro

90.3; Jackson Jennings 78.0; Kathryn Mischevski 93.1, 93.1, 98.3, 94.3; Frank Eustace 93.3, 100.6, 98.7; Adrian Clark 91.3, 98.4, 97.4,

92.3, 97.5; Don Litchfield 94.4, 97.1; Garry Rowlands 98.7, 97.6, 99.4, 97.3; Noel Hainsworth 93.2, 90.1, 89.1, Brian Hicks 96.1, 93.4.

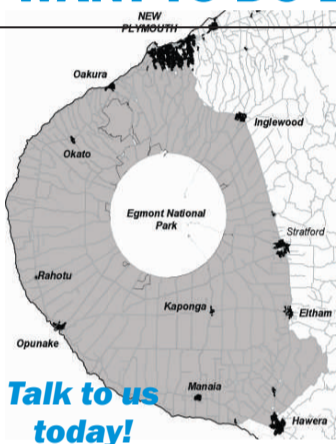
Kaponga School cross country outing

On Friday the 11th of September Kaponga Primary School had their annual Cross Country.

The farmland was muddy and perfect for classic cross country run. The weather held out and it was an enjoyable day.

Congratulations to the winners on the day who will do it all again on Thursday for the Cluster Cross Country.

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Opunake and Coastal News is distributed free to every home & 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 Hawera city border and inland to Kaponga & Eltham.

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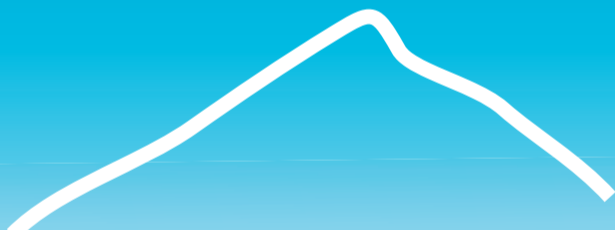
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OPUNAKE & COASTAL NEWS

Next issue out
October 9

CHURCH NOTICES

Opunake & Okato Co-operating Parish CHURCH SERVICES

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

Opunake Catholic Church

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

Other areas

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

THE WAVE

Pentecostal Church 64 Domett Street, Opunake
Sunday Services 10.30am
Women's Group 10.30am Tuesday
Men's Group 7 pm Wednesday
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The Opunake & Coastal News is looking for someone to help assist in the production side of the paper. Experience required. Familiarity in working on newspapers a decided asset. Please contact the Editor on (06) 761 8206



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PUBLIC NOTICES



OPUNAKE ATHLETICS CLUB AGM
1st October 2015
7pm
Sandfords Event Centre
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All Welcome

OKATO RUGBY & SOCIAL CLUB INC. A.G.M.
Tuesday
September 29th 2015
7.30pm in the clubrooms,
Kaihihi Road, Okato



OPUNAKE BUSINESS ASSOCIATION

MEETING ON OCTOBER 5 2015 AT 5.30PM

Hughsons & Associates Boardroom at the Opunake Business Centre, 23 Napier St, Opunake
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18th October 2015 at 11.30pm.
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All present & new members welcome



SPORT NEW ZEALAND RURAL TRAVEL FUND

Applications for financial assistance under the Sport NZ Rural Travel Fund are now open. The fund is open to sports clubs and school teams with young people aged between 5-19 years who require assistance with transport expenses to regular, local sporting competitions. Application forms are available from all LibraryPlus centres, the Council Contact Centre in Albion Street, Hawera, or the Council website www.southtaranaki.com. For further information please contact: Maryse Ropiha Executive Assistant Community Services Phone: 0800 111 323 or 2780555 Email: maryse.ropiha@stdc.govt.nz Applications close **Friday 6 November 2015** at 4.30pm.

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PUBLIC NOTICES

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Friday October 2 - 8.30am - 6pm
Saturday October 3 - 8.30am - 3pm
St Joseph's Hall, Victoria Street,
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Contact Lucy Graydon at Venture Taranaki to discuss your idea. Tel: 06 757 6054 or email: lucy@venture.org.nz



WHAT'S ON



JONATHAN YOUNG

MP for New Plymouth
Need to speak with your local MP?
Monthly clinics being held in Opunake, 3rd Monday of each month. 10am-12pm at the Opunake Business Centre. Please email or phone to book a time.

PIHAMA INDOOR BOWLS

Pihama Hall, Monday nights, 7.30 start

OPUNAKE BUSINESS ASSOCIATION

Meet on the 1st Monday of each month.

OPUNAKE COUNTRY MUSIC CLUB

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

BARNEY AND CO

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

SCHNITZEL NIGHT

Every Wednesday at the Stony River Hotel, Okato

ELTHAM HISTORICAL SOCIETY

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

SURF INN

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

COASTAL YOUNG FARMERS

Meet 2nd Thursday of every month at 7pm at the Okato Bowling Club.

TARANAKI COUNTRY MUSIC HALL OF FAME, MANAIA

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

EGMONT EUCHRE CLUB

Meets every Thursday 1pm at the Opunake Bowling Club

CAPE EGMONT HISTORIC LIGHT & MUSEUM

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



Ackworth Art Antics

28 September to 23 October

Paintings by Bev Terry, Sheila Connell, Margaret Irving, Marjorie Pederson, Varien Steele, Ngaire Smith, Joy Ann Stallard, Dorothy Saywell at

The Village Gallery 166 High Street, Eltham

OPEN MONDAY - SATURDAY 10AM - 3PM

TODD ENERGY AQUATIC CENTRE

Family fun times 10.30am to 4.30pm.

COASTAL SINGERS

7pm every Thursday night. Contact 761 8654.

ELTHAM BUSINESS ASSOCIATION FRIDAY MARKETS

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

PERCY THOMSON GALLERY

PORTRAITS & PORTRAYAL

LIMINAL SITES:

18 SEPTEMBER - 11 OCTOBER 2015 Refer advert.

THE VILLAGE GALLERY ELTHAM

Ackworth Art Antics, 28 September to 23 October. Paintings by Bev Terry, Sheila Connell, Margaret Irving, Marjorie Pederson, Varien Steele, Ngaire Smith, Joy Ann Stallard, Dorothy Saywell.

OKATO RUGBY & SOCIAL CLUB INC.

A.G.M. Tuesday September 29th 2015 7.30pm in the club-rooms, Kaihihi Road, Okato.

3 DAY KETE MAKING WORKSHOP

with Nicola Wright, suitable for teenagers & adults \$20pp. Tuesday 29 September - Thursday 01 October, 9am - 4pm. Orimupiko Marae. Refer advert

OPUNAKE ATHLETICS CLUB

AGM - 1st October 2015, 7pm, Sandfords Event Centre.

SOUTH TARANAKI TRUST & HAWERA GENEALOGY ANNUAL BOOK FAIR

Friday October 2 - 8.30am - 6pm and Saturday October 3 - 8.30am - 3pm, St Joseph's Hall, Victoria Street, Hawera.

OPUNAKE COMMUNITY BATHS OPENING DAY

Saturday 3rd October, 1 - 4 pm.

TET CUE THEATRE, INGLEWOOD

Beckys New Car, 3 - 17 October. Refer advert.

ANIKA MOA AT BULTERS REEF CAFÉ, OAKURA

Sunday October 4 at 3pm.

8 WEEK BLOCK LATIN, BALLROOM & MODERN JIVE DANCE CLASSES

12 Oct - 3 Dec, Opunake Town Hall every Mon, Hawera Presbyterian Centre every Tues, Avon School Hall, Stratford every Thursday

OPUNAKE SURFCASTING & ANGLING CLUB

A.G.M. & Prizegiving held at the Opunake Boat Club 18th October 2015 at 11.30pm.

ST MARYS UNDER THE MOUNTAIN ARTS & CRAFTS EVENT

Saturday October 24, Labour Weekend, 9am to 3pm, held at school grounds. Access via Pembroke Rd, Stratford.

HAWERA CHRISTIAN SCHOOL CALF/LAMB DAY

Wednesday 28th October, 10am - 2pm. Refer advert

TARANAKI NATIONAL ART AWARDS

Friday 30 October - 7 November.

Performing Arts Grants

Your invitation to share the dream

The Dame Malvina Major Foundation is proud to provide funding opportunities to talented young Taranaki Performing Artists.

Applications are now being invited for the second annual funding round, closing at 5 pm on Wednesday 30 September 2015.

Grants are available in three categories to support the cost of education, training, and development in the performing arts in New Zealand or overseas

Secondary: For Taranaki Secondary School Students aged 12-18 years

Elite/Tertiary: For performers from Taranaki pursuing a career in the performing arts through tertiary qualifications

Group: For groups whose student members are based in Taranaki and are providing training and/or development opportunities in performing arts.

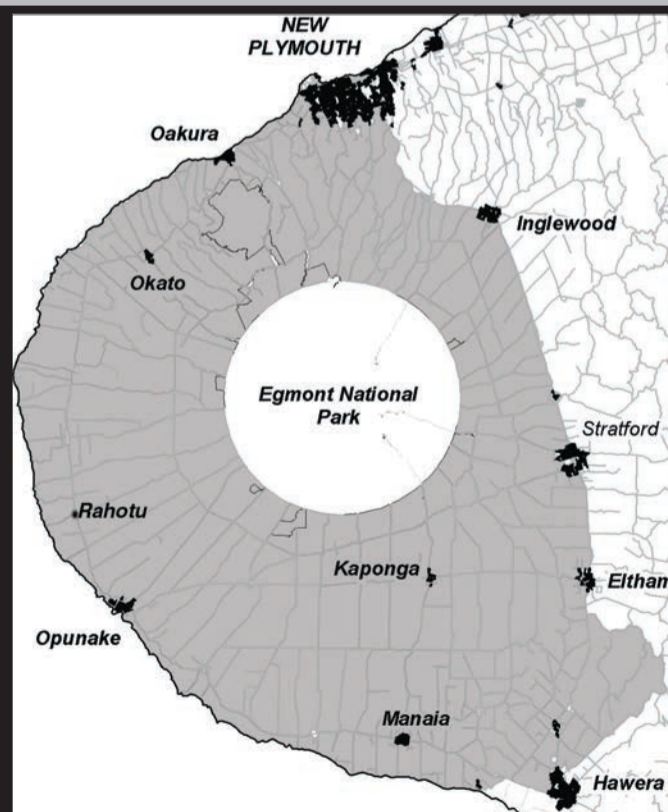
For an application pack and further information, please contact Rebekah Lock on 06 757 3155 or email dmmf@staplestaranaki.co.nz



**Dame Malvina Major
Foundation**

www.dmmfoundation.org.nz

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.

COVERING THE COAST

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New Plymouth District New Rubbish & Recycling System



We're pleased to be launching a new rubbish and recycling collection system that allows us all to recycle more and reduce our waste going to landfill! To help you be prepared, here are some commonly asked questions and answers.

When does the new system start?

The new system starts on 1 October 2015.

How will the new system work?

Every household on the collection route (who pay the targeted rate) receives a yellow topped wheelie bin for their mixed recycling (plastics 1-7, cans, tins, paper and cardboard), a blue crate for glass and 52 red Council-branded bags for rubbish. Rubbish will be collected every week and recycling will be collected on alternate weeks - the wheelie bin one week, the blue crate the other. See newplymouthnz.com/rubbish or your information booklet for more details.

When will we receive our bags?

Rubbish bags will be delivered in September.

Will collection days change?

Many people's collection day will change. The sticker on the side of your wheelie bin tells you your collection day. An address search is also available on our website, which will tell you when your next collection is and what recycling to put out.

Will the new system increase rates?

Yes, the annual rate for the recycling and refuse collection service is \$96 for the 2015/16 year, compared to \$73 in 2014/15.

Can I get extra crates and bags?

Additional rubbish bags will be available at Council service centres, the Civic Centre and authorised commercial outlets for \$3.30 each - purchases will need to be a minimum of five bags at a time. Additional glass crates are available from the Council for \$14.50 each and will be emptied with the other crate.

What happens if someone sells their property part way through the year?

Bags for the remainder of the 12-month period should be left for the new owner or tenant. Bins and crates should also stay with the property.

Can I still get excess stickers and use black bags?

No, stickers will not be available and are being phased out. These will be replaced with pre-paid Council-branded rubbish bags. Black bags will not be picked up after 1 October 2015.

If you have excess refuse stickers left after 1 October 2015 these can be exchanged for the Council bags or a refund of \$3.30 at the Civic Centre and Council service centres within six months of the changeover.

Are supermarket bags able to be recycled?

No, plastic bags are not able to be recycled as they get tangled in the sorting machinery. They are not recycled under the current system.

Is there assistance for elderly or disabled householders?

Any refuse collection system requires some amount of lifting to get rubbish and recycling from the house to the kerbside. While the new system will be fine for most people, there will be some who cannot carry their waste or recycling to the kerbside. We have looked at a number of options to address this issue and we are not able to offer different bins to suit everyone's needs, at an affordable cost that still allows the contractor to collect in a safe and efficient manner.

We recommend the following:

Do not wait until your glass crate or recycling bin is full before putting it out - it will then be lighter to carry.

Get a neighbour, friend or family member to assist. Your rubbish and recycling can be put out on the kerb the night before collection day if required.

If you only have a small amount of glass, ask your neighbour if you can place it in their crate to save carrying your crate.

Please give it a try when the service begins; and if you still find the system difficult to use, then contact us.

Does the service to rural properties change?

Rural properties that are within the designated collection area and that pay the targeted rate will continue to receive the rubbish and recycling collection service.

Properties on 'designated roads' may put out pre-purchased Council rubbish bags if it is safe for the contractor to pick these up. The designated roads are: SH45 between Okato and Oakura, SH3 between New Plymouth and Inglewood, SH3 between Tikorangi and Urenui, SH3 between Urenui and Pukearuhe Road, Pukearuhe Road between SH3 and Nopera Road and, Mimi and Wharekauri roads.

Currently there are rural properties outside of these areas from which the current contractor has been picking up stickered bags and recycling at the same time as collecting private bins. As the new contractor will not be travelling these roads and none of these properties are within the collection area, on designated roads or pay the targeted rate these properties will no longer have stickered bags or recycling collected. Instead, they can take their rubbish in Council bags and recycling to the nearest transfer station for free drop off or they can arrange for a private contractor to pick up their waste.

Can I still use the green wheelie bins from Waste Management Ltd?

If you hire a green wheelie bin from Waste Management Ltd (or another private company), you will be able to continue to use this service even when the Council's kerbside collection system is changed. This is a private arrangement between you and Waste Management Ltd and that agreement is separate from the Council service. The emptying of these leased bins will not be done at the same time as the Council's weekly rubbish collection and if you are in the collection area you will still be required to pay the Council's targeted rate for rubbish and recycling.

**The recycling system is also changing in South Taranaki and Stratford.
Please contact your local council for specific queries about your service.**



Q&A on Why Are You So Tired?

There seems to be an epidemic of tiredness amongst people today, what are the main drivers behind this?

The reasons are different for each and every one of us – but I think one of the main reasons is that we are taking on more and more, demanding more of ourselves mentally and physically than ever before. Many people struggle with restorative sleep, fill themselves with stimulants such as caffeine because they aren't sleeping well and often surround themselves (often unintentionally) with people who drain their energy. But it's more than that – there are so many biochemical and emotional processes at the heart of whether we feel energized or not and this is really what I want people to understand. For many of us it's easier to hide behind "it's work, it's the kids, it's winter etc" than to truly address the heart of the matter and it doesn't have to be that way. The other part of this picture is that I see so many people who have created amazing lives – children, partners, work, study, travel... yet they can't enjoy the life they've created because they are too exhausted. I want to help people live their lives with more energy so that they can enjoy what they've created.

You talk about energy in terms of deposits and withdrawals, can you tell us more about this?

If we think of the energy we have on a daily basis as a bank account it's easier to think about what "adds" or "takes" away from our energy. Energy supplies us with the power to function, grow, heal and regenerate ourselves daily. We are designed however, to supplement this original endowment of energy with what we generate from eating, breathing, sleeping, working, playing, learning and relationships. Each day we make withdrawals and deposits; we invest or deplete. And when the balance of the scales tips in the direction of us using more than we put back in, we begin to live in the red with the potential of falling further and further behind.

To keep the currency analogy going, we are then forced to dip into our savings. When we continuously withdraw from our savings account, alarm bells can begin to sound telling us that our survival is being challenged. These alarms present to us as symptoms in the body, often of the type that don't initially lead us to stay home from work... so we soldier on and often do nothing about them.

You are a biochemist – what exactly is happening in our body when we feel

so depleted of energy?

Some of the symptoms of dipping into our energy savings accounts include fatigue, low mood, anxious feelings, apathy, unrefreshed sleep or insomnia, brain fog, lowered resistance to infections, stiffness, digestive system problems, "unexplained" changes in body fat levels, and signs of rapid aging. These are just some of the ways our body might choose to let us know that we are physically, mentally and/or emotionally exhausted.

The symptoms themselves don't have a voice to let you know what they want you to do. It is up to us to decipher them. And when we are running on empty, our body does its best to let us know that it is time to slow down, rest, better support and enhance detoxification pathways, repair, replenish and restore. Yet too many people ignore this, throw another pill down, or write it off to "I must be getting old".

I know reducing stimulants is one way to have more sustained energy. Are there any alternatives you recommend for coffee lovers?

Coffee actually does serve some people, I explain this in more detail in my book – but often it relates to how much is being consumed. Green tea is a wonderful alternative to coffee as it has an uplifting effect with a substance that helps to keep us a calm. Plus, it's a wonderful source of antioxidants so it really is a fantastic substitute or alternative.

What are "open loops" and how do they impact our energy?

We understand that our computer or smart phone slows down and burns more battery, the more programs we have open and they more things you are asking it to do. Twenty-three open tabs of web pages, spreadsheets, documents and presentations, the photo editing, movie playing, music, software updates... our mind can feel very much the same. The more things we have open and unresolved, the bigger the drain on our mind power and energy, from all of these open loops.

How many times across a day, a week, a month, a year, decades even, do tasks or situations open up, yet they are never resolved, finalised, or closed? How many emails do you read that you don't immediately reply to, and they hang in your mind and add to your task load of what's not yet done? It's as if you walk around each day with so many tabs open – like websites sitting open on your computer screen – that



Dr Libby

you never feel like you've got it all handled. You never feel like you can rest. You can just imagine what that does to your energy!

What is the role of dopamine - the neurotransmitter - in our energy?

Dopamine is now seen as a core neurotransmitter to address symptoms such as poor energy in general, but particularly related to the lack of energy that can occur with a depressed mood. Science has shown that low dopamine levels are a major contributor to why people with low mood don't feel like doing anything. People with fibromyalgia report similar findings.

In the opposite scenario, dopamine may be involved in addictive behaviours leading to, what has been described as "an attitude of compulsive perseverance". If dopamine production is excessive and somewhat unregulated, people can find themselves feeling out of control in seeking thrilling stimulation – anything that will create more dopamine to sustain their heightened state. This might show up as sky-diving, drug taking, aggression, or a host of other behaviours. Dopamine is a critical but often overlooked component of health, happiness and energy.

What are your personal practices for having an abundance of energy and vitality?

I have a morning ritual that I don't compromise. I also schedule my downtime and prioritize it. That usually involves a gentle walk in nature. I know that I cannot best serve others and my mission if I don't ensure my battery is charged. A form of restorative yoga called Stillness Through Movement is absolute bliss for me and

I feel completely revitalized after doing it. I know people think the word gratitude gets overused but I am truly grateful for life itself plus everything I have in my life – such a clean water and fresh air. An attitude of gratitude can be very energizing – as is having a clear purpose.

Where is the best place to start when making a health or wellness change?

All of the knowledge about creating a healthy lifestyle does little good until it leads to a change in daily behaviour, a change to what you do consistently. Research and my experience from working with people to support their health has shown me that when an individual connects the better decisions they make with improvements in their daily energy, they are more likely to make them a new habit. Connecting their choices with better daily energy does more for people than anything they might learn about poor choices increasing their risk for major diseases. It's a huge reason why all of my health information is framed in the positive – it's about what you can experience, what life can be like if you make these changes, rather than threats of what may happen if you don't change.

What are your top 5 tips for having more energy?

1. Work on closing what I call "open tabs" - these are tasks, emails or jobs that haven't been resolved. It's as if we walk around each day with so many tabs open in our brains – like tabs sitting open on your computer, or phone. It's no wonder we feel drained or flattened.

2. Incorporate more resistance training or muscle building exercise. This helps to build lean muscle mass.

More muscle means more energy-producing mitochondria in our cells – resulting in a higher metabolic rate, which assists with body fat management as well as energy production. Naturally you gain better energy reserves as your glycogen (glucose stores) increase, as well.

3. Explore your immune system function – whether this is your susceptibility to viruses or infections, glandular fever or simply hayfever, anything that triggers your immune system can be fatiguing. Getting to the heart of these reactions can replenish the energy that is currently being spent fighting these infections/reactions.

4. Be conscious of how your perceptions influ-

ence your mood and energy state. Write a list of what makes you feel alive and energised, and what saps your energy - your "energy vampires." Actively work on doing more of the things that make you feel energised while simultaneously reducing your energy vampires.

5. Stop sitting on energy - many adults spend most of their waking hours sitting, with studies showing that some spend an enormous 11 hours per day on their bottoms. Those hours tend to be clocked up working at a desk job, commuting to and from work, watching television, or at the computer. Whatever the reason, research shows that too much sitting isn't good for health or energy. Move every hour!

Why Are You So Tired?
Dr Libby's Australia and New Zealand Tour

Join Dr Libby in New Plymouth

Dr Libby is an internationally acclaimed nutritional biochemist, author and speaker. Join Dr Libby at 'Why Are You So Tired?' and discover more about what is making you tired - and more importantly what you can do about it!

Wednesday 7 October 2015
7:00pm - 8:30pm
(doors open 6:15pm)
Tickets are \$39.95 online, limited door sales are available for \$45.

For more information or to secure your seat visit www.drlibby.com.

Dr Libby

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The Modern Jivers

www.themodernjivers.co.nz
 Contact Maria 027 727 1749



Get along to this years Book Fair on October 2 and 3.

Annual Book Fair

South Taranaki Museum Trust and Hawera Genealogy will be holding their third Annual Book Fair on October 2 and 3.

Originally run by the Hawera Lions', the two

groups saw it as an opportunity for them to raise money and get involved in the community.

Volunteers from both groups have sorted hundreds of donated books every fort-

night for the past year.

There are children's books, autobiographies, cooking, health, war, travel the list goes on. This year's selection of books is the best ever.

The Hawera Genealogy

and South Taranaki Museum Book Fair opens at 8.30am on Friday at St Joseph's Hall on Victoria St Hawera, and closes at 6pm on Friday and 3pm, on Saturday.



BECKY'S NEW CAR

Written by Steven Dietz
 Directed by Sharren Read

TET CUE THEATRE, INGLEWOOD
 3 - 17 October
 Tickets from
INGLEWOOD BOOK CENTRE
 PH 06 7567 032
 www.cuetheatre.co.nz



Becky's New Car

Ever feel like your life needs a major tune-up? There is a group of talented people at TET Cue Theatre, Inglewood who are asking this question on a daily basis. TET Cue's latest production 'Becky's

New Car' by Steven Dietz and directed by Waitara Central School Principal, Sharren Read is in full throttle.

Becky Foster is running on cruise control in this hilarious, life-affirming comedy.

With a marriage that's stuck in neutral and a mediocre day job, she dreams about shaking up her humdrum routine. But when a handsome billionaire sweeps her off her feet and offers her the keys to

a whole new life, Becky must choose which route to take.

Read is delighted with her strong cast. Cat Jordan and Stephen Leeks bring much experience and skill to the stage. Waitara resident Tyler McGlone, Cassandra Woller, Linz Franklin, Vickie-Ann Ritchie and Chris Allemann are all new-comers to the TET Cue Stage; in fact some of these actors have never been in a stage production before. 'Their enthusiasm and talent is very motivating.'

Sharren is thrilled to be directing this play. She says that due to the pace of the play, and the eagerness and commitment of the cast, crew and the TET Cue Committee she needs power steering. She warns that although the play is a comedy, the road it travels is filled with potholes of pain and discomfort. This play promises to be a fast entertaining ride.

The play opens on Saturday 3rd October until 17th October. Tickets are available from Inglewood Book Centre Ph 7567032



PORTRAITS & PORTRAYAL

Sue Morton

An exhibition featuring a series of digitally manipulated character studies



LIMINAL SITES: materialising an everyday

Viv Davy

AUT art and design masters candidate



18 SEPTEMBER - 11 OCTOBER 2015

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Awards Ceremony 7pm Friday 30 October 2015

Exhibition 10am-4pm 31 October -7 November 2015

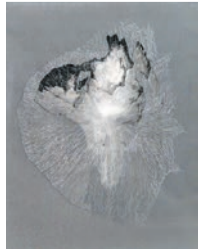
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2014 Category Winners

Israel - past, present and future

Sitting where the three continents of Asia, Europe and Africa all join together is the Middle East. It is the news centre of the world. We might hear quite a bit about the USA, a little of Britain, less of France and Germany but basically nothing of South America, Canada, India or the Russian Steppes; unless, of course, there is a catastrophe. The Middle East, however, draws almost daily attention, year in and year out. The question has to be asked, why?

To visit the region is to visit western civilisation's beginnings. To make sense of all that is there requires more than a historical knowledge. It requires an understanding of religion. This area is monotheistic, the worship of only one God. Virtually every other area in the world and every other culture has a pantheon of gods. This one small area is the birthplace of Judaism, Christianity and Islam.

Israel is the centre of Middle East news. Its existence as a nation is a modern day miracle. Israel has been a people who remained a nation for about four thousand years, two thousand of which outside their own land. In the last sixty or so years they have returned. This is just as was spoken by their prophets and written in the Bible. Within those last sixty years they have, against all odds, held

onto their land, their identity, and their sovereignty. That first two thousand years of Israel's as a nation gave us so many fabled sites. Sites such as Shiloh, Bethel, Jacob's Well, and, of course, Jerusalem.

Stories straight from the Bible become real when standing on Mount Carmel where Elijah called down fire from heaven for his sacrifice. It also makes stories still to be fulfilled more believable. Looking down from Mount Carmel is the Jezreel Valley, better known in films and books as Armageddon.

Brother Tony from Canada led us there with an Israeli guide. A jet fighter from the airbase in that valley screamed up and over us, its afterburners on full. Our Israeli guide turned to us and said with awe in her voice, "That is our sound of freedom."

We walked on the site of Solomon's Temple. We met people from the Temple Institute who have everything ready to build the third temple on that site, and we visited Jordan, a Muslim nation, to see the place where John the Baptist baptised Jesus of Nazareth. There was also Mount Nebo where Moses died looking down into the rich Jordan Valley. We also visited Petra the city of Edomites, descents of Esau, Israel's brother, situated near the old camel routes from Babylon to Egypt.

Brother Tony, our tour manager, will be at Merrilands Hall on Mangorie Road in New Plymouth to present a free talk and slide show on Israel's past present and future (as well as its place in



Petra in Jordan.

Brother Tony, our tour manager, will be at Merrilands Hall on Mangorie Road in New Plymouth to present a free talk and slide show on Israel's past present and future (as well as its place in


Biblical prophecy) at 7 PM on Saturday 17th October. All are most welcome.

What's On **butlers reef**

ANIKA MOA

Sunday October 4 - 3pm

1133 Main South Rd, Oakura
Phone 06 752 7765 - www.butlersreef.co.nz



Pet Day

When? Wednesday 28th October, 10am - 2pm

Where? 466A South Rd, Tokaora

Why? Animals to see, games to play, pony rides, hay rides, yummy sausage sizzle for lunch...and get your face painted! Bring your entries for a range of competitions!

Join us for a day of fun!

Events for pre-schoolers include: best dressed Teddy or doll, best decorated trike or bike, best decorated hat and vegetable animals. Come along with your entries on the day.






2015 Arthritis Appeal

Nicola Wearne was diagnosed with rheumatoid arthritis (RA) at the age of 38. "At one point I was on so much medication I rattled," said Nicola.

After two years of battling unexplained joint pain and fatigue, she put her symptoms down to being a full time mum of two, working full time and being a keen runner.

But her nursing instinct told her something wasn't quite right.

"I'd find myself trying to sleep sitting up. I went through a stage of not being

able to lift the jug off the bench or to hold my arm up to put make up on."

After countless visits to her GP, Nicola was referred to a specialist, who diagnosed RA.

Nicola is now on medication that she injects every fortnight that has given her back her health.

To celebrate she will next month head off to Greenland to run in the Polar Circle marathon, the first NZ woman to compete in this challenging event. She will have crampons on her shoes for

around 8 kilometres, due to the terrain, and no venturing outside of the flags due to the crevasse risk!

This is a challenge for any runner, let alone one with arthritis. 'I cant believe with medication help I'm now well enough to run on and around the giant icecaps of Greenland.

Recently, Nicola was the guest of Arthritis New Zealand and their Parliamentary friends of arthritis, in the Grand Hall, Parliament to launch the 2015 Arthritis Appeal.



A presentation on Israel's past, present and future prophecy by tour host Brother Tony of Canada, late of the Middle East

israel

7 PM on Saturday 17 October
At Merrilands Hall,
Mangorei Road, New Plymouth
All Welcome

Sponsored by Eltham Message Church.
www.messagechurch.com
With support from
Rapturing Grace Tabernacle, Stratford



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Lollies, popcorn, drinks, ice-creams, chocolate bars, tea/coffee for sale

Downstairs only Adults \$10, Students 4-16 \$8 Under 4 Free Senior Citizens \$8. No Eft-pos (due to renovations)

Straight Outta Compton
Drama, Music, True Story & Biography | 2hr 27mins | R16 | Sex scenes, violence, drug use & offensive language
N.W.A - Dr. Dre, Ice Cube, Easy-E, DJ Yella and MC Ren - biopic, chronicling the group's rise in the mid-1980s in California. Striking terror into the hearts of conservatives and parents, N.W.A proved instantly controversial with their lyrics to songs like F--k da Police and their debut studio album **Straight Outta Compton**.

Saturday 26th September 1pm
Sunday 27th September 7pm

Maze Runner - The Scorch Trials
Action, Adventure, PG-13 | 129 min
Thomas (Dylan O'Brien) and his fellow Gladers face their greatest challenge yet: searching for clues about the mysterious and powerful organization known as WCKD. Their journey takes them to the Scorch, a desolate landscape filled with unimaginable obstacles. Teaming up with resistance fighters, the Gladers take on WCKD's vastly superior forces and uncover its shocking plans for them all.

Saturday 3rd October 1pm
Sunday 4th October 7pm
Friday 9th October 7pm

Love and Mercy
Drama | 2hrs | PG13
LOVE & MERCY an unconventional portrait of Brian Wilson, the singer, songwriter and leader of The Beach Boys, the film intimately examines the personal voyage and ultimate salvation of the icon whose success came at extraordinary personal cost

Friday 2nd October 7pm

Blinky Bill
Animation, Adventure 91min | G
An adventurous young koala embarks on a journey across the wild and dangerous Australian outback in the hope of finding his missing father, but he soon discovers that there is more to being a hero than meets the eye.

Saturday 10th October 10:30am

The Incredibles 2
Action, Adventure, Animation
Ethan and team take on their most impossible mission yet, eradicating the Syndicate - an international rogue organization as highly skilled as they are, committed to destroying the IMF

Saturday 3 October 10:30am
Saturday 10 October 1pm

Everest
Drama, Action & Adventure, Mystery & Suspense PG13
Adventure docudrama set in 1996, when a number of simultaneous expeditions up Mount Everest resulted in the deaths of eight climbers. ~ Jason Buchanan, Rovi

Sunday 11th October 7pm
Friday 16th October 7pm

Friday	Saturday	Sunday
September 25 Mission Impossible 7pm	September 26 Straight Outta Compton R16 1pm	September 27 Straight Outta Compton R16 7pm
October 2 Love and Mercy 7pm	October 3 The Incredibles 10:30am Mazerunner -The Scorch Trials 1pm	October 4 Mazerunner -The Scorch Trials 7pm
October 9 Mazerunner-The Scorch Trials 7pm	October 10 Blinky Bill 10:30am The Incredibles 2 1pm	October 11 Everest 7pm

DOUBLE FEATURES ON SATURDAYS 3 & 10 OCTOBER DURING THE HOLIDAYS 10:30am & 1pm



Promote your business or event in our area, call us on:

Ph/Fax: 06 761 7016 - 23 Napier Street, Opunake



Opunake Community Pools

This season the pools will open one week into the school holidays on Saturday 3rd October 1-4pm. Entry is \$4 Adult, \$3 child/senior, \$2 preschool, we will be providing a free sausage sizzle to all swimmers on this opening day, be quick as they are limited.

Renovations which began last year are complete, including access ability for wheel-

chair and strollers through the ramp and new entrance way. We also have a new water cooler, so bring your water bottles to rehydrate after exercise.

Thank you to South Taranaki District Council for ongoing support to allow us to maintain this community facility for everyone to enjoy. Also thanks to David Knapman and Curtis Wright

who continue throughout the off season to maintain and prepare the pool for the upcoming season.

The pool is community owned and operated by a charitable society representing a number of community groups which use the pool. Our 2015/16 committee consists of Chairperson – Trish Anderson, Secretary – Leanne Harrop, Treasurer

We are providing morning lane swimming, Aqua Fit classes, Aquatots Preschool Program and Learn To Swim (Provided by Opunake Swimming Club). Private hire of the pool is also available and has been a great success for childrens birthday parties and family events, call Hannah to secure your spot today!

Our fantastic senior lifeguards back to keep our families safe this season are Nina Anderson, Sadonie James, Clare Young and Claude Clarke. We also have four new trainee lifeguards who are working on their qualifications to join our team, these are Sarah Starsmore, Brody Hitchcock, Aleisha Cram and Shaun Brider.

Like us on Facebook for daily updates.

Can't wait to see you all there for a swim!

New season SWIMWEAR, CAPS & GOOGLES



Size 1 to 22 - Layby available

80 Tasman Street, Opunake Ph 06 761 8171



Opunake Community Pools

Opening Hours Effective October 3rd 2015 (School Holiday Hours)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swimming	6:30-8:30am 6:30-7:30pm	6:30-8:30am 5-6:30pm	6:30-8:30am	6:30-8:30am 6:30-7:30pm	6:30-8:30am		
Public	1-4pm	1-4pm	1-4pm	1-4pm	1-4pm	1-4pm	1-4pm
AquaFit	6:30-7:15pm	9-10am 5:30-6:15pm		9-10am 6:30-7:15pm			

NOTE: Public hours every day during school holidays only.

Lane Swimming/AquaFit excludes public holidays. *Children under 8 must be supervised!*

Adult \$4 Senior/Child \$3 Preschool \$2 Spectators FREE. Concession Cards Available.

OPUNAKE COMMUNITY POOLS

FRIENDS!
FAMILY!
FUN!

**2015/16 Season
Opening Day!
Saturday 3rd October
1 - 4 PM**



AQUATOTS PRESCHOOL PROGRAM

Babies to school age lessons, Tuesday mornings during Terms 1 & 4 at Opunake Community Pools

Contact Clare Moss on 027 932 5420 or email knitterclare@yahoo.co.nz

Term 4 registrations are now closed. Starting Oct 13th.
Pre-enrolment for Term 1 2016 essential to secure a spot.



Get along to the Opunake Community Pools on October 3 for Opening Day starting at 1pm.

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