



OPUNAKE & COASTAL NEWS

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Local news, local people, local businesses, local sport, local arts and events.
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OPUNAKE & COASTAL NEWS

I've had a great life

He was one of the first on the scene after the Tangiwai train disaster of 1953. Scrub cutting nearby it was a story Ron Brewer would tell his children and grandchildren. A great raconteur the story typified the man who had a huge fund of anecdotes about his adventurous life and also illustrated his selfless desire to help which also characterised his life.

Ron Brewer from Opunake who passed away recently aged 89 was many things. Something of a Barry Crump figure in his youth, he loved the outdoors and was a keen pig hunter, deer stalker and fisherman – the latter an interest he retained throughout his life.

In later years he added golf and contributed much to the community. He also served on the Egmont Plains Community Board and in 2020 received a South Taranaki District Council Community Award for service to the community.

Ron had a difficult start to life. He was just three when he and his two elder brothers were placed in an orphanage in Whanganui following the breakdown of their parents' marriage. He remained in the orphanage till the age of 11. He then went to live with his mother and stepfather but it wasn't long before he started his working life bush cutting, scrub clearing, fencing and shearing.

It was while returning by boat to New Zealand from Australia where he had been cutting cane in Queensland that he met Nevis who was emigrating to New Zealand from South Africa. Three days later while steaming into Wellington harbour he proposed. They were married 6 months later on April 1 1961.

Initially the young couple went farming in Hawera where



Ron in his workshop.

Ron contracted brucellosis. They subsequently moved to Oaonui. Farming "tested his resolve, his resilience and his patience," said younger son Ross. After some years dairy farming he went on to sell tractors and then became a stock agent and finally a publican when he and Nevis ran the Oeo Hotel.

Ron's many passions also included golf – he had a number of holes in one trophies – he also loved rugby and fishing remained a life long interest. In fact, he was recently out fishing when he fell over in the boat recalled Ross.

He added his father's "ferocious appetite for life" also included food, tobacco and alcohol. He was hard living, hard drinking and in

some ways a hard man, he said. In quieter moments however he found solace in literature, particularly the works of Banjo Paterson.

Those who worked for him might have described him as difficult and demanding.

However, he was also a kind, compassionate, loving, supportive and generous man.

Long time friend Gordon McDonald described Ron as a great mate who he would miss "badly." The pair had initially met over a mutual love of golf and the many hours they put in both playing and working at the Opunake Golf Club. He was such a worker. He could do anything he set his mind to do and fight for anything he thought was right. Gordon recalled one incident when some young

fellows were giving him a hard time across the street from the Club Hotel. Ron took off his glasses, put them in someone's letter box and strode across the street saying who's going to be first. He wasn't afraid of anything.

The Brewer and McDonald families would often go on holidays together on Gordon's boat to Lake Taupo and further afield.

John Poole also speaking on behalf of the Coastal Rugby Club and the U21s where Ron was assistant manager recalled that at half time after the manager had addressed the team, Ron's advice would invariably be Just get stuck

in, we can beat these bastards.

They would watch All Black tests at Ron's place where Nevis would put on a great feed, said John.

He was the most politically incorrect man he knew.

When he sprained his leg however it was Ron who turned up to milk his cows. He was a mighty guy with a heart of gold.

In later life Ron became very interested in woodwork expertly crafting tables and bird boxes. One of Ron's tables sits at the cliff top walkway overlooking Opunake Beach and some

Continued page 3

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While we welcome free speech, the views expressed in the Letters to the Editor do not necessarily reflect those of the Opunake & Coastal News. Please limit letters to 350 words as we sometimes struggle for space to fit them all in.

Mountains are not dangerous

I have decided to reply to Tom Stephens’s letter to the editor in the paper 27 June ‘All mountains are dangerous’.

Mr Stephens, first, mountains like Mt Taranaki or any mountain really are not dangerous to injure or kill people, even though some call Mt Taranaki a person. Mt Taranaki climbers only injure and kill themselves.

“ Our mountain is neither for you or against you but give it a chance it will get you every time.” One needs to put this into perspective. Hundreds/thousands of climbers successfully make their ascent and return safely and chuffed.

Yes, I agree with you regarding having mountain skills experience people at New Plymouth I-site and the Department of Conservation Visitors Centres might help.

Despite the fact that I don’t have a current guiding

concession for the Egmont National Park, my Mt Taranaki Guided Tours website is still on the internet and attracts climbers for up-to-date advice and who wish to speak to experienced climbers.

I agree with your comments about having mountain skill knowledge people in I-site in New Plymouth. The Department of Conservation doesn’t have any say, who work in I-sites, and seems to care less about the people who wish to climb Mt Taranaki, and when it comes to Mr Mt Taranaki local cultures know even less about park-users’ wishes to enjoy the ascent of the mountain.

I will say again, no mountains are dangerous unless they erupt, only park-users get themselves into trouble.

Ian McAlpine
New Plymouth



Delivering food parcels

Members of Grey Power South Taranaki have been delivering food packages to fellow members and others in the community.

The initiative is Fonterra’s who have made up and donated the parcels which they are running as a regular programme in consultation with organisations such as Grey Power. Fonterra has also been delivering parcels themselves.

ADELPHOS

On a family trip around the South Island we stopped on the Okarito Beach for ice creams from a Mr. Whippy van. The vendor told us about Okarito’s good ole gold mining days. And said that even today you might find a few small specks of gold panning in the river.

Here are a few golden proverbs from one of the richest and wisest men in the world:

It is better—much better—to have wisdom and knowledge than gold and

silver.

When wise people speak, they make knowledge attractive, stupid people spout nonsense.

Kind words bring life, but cruel words crush the spirit.

Hot tempers cause arguments, but patience brings peace.

Get all the advice you can, and you will succeed; without it you will fail.

You may make your plans, but God directs your actions.

Kind words are like honey—sweet to the taste

A few specks of gold

and good for your health.

Gossip is spread by wicked people; they stir up trouble and break up friendships.

The Lord sees what happens everywhere; he is watching us whether we do good or evil.

Peace of mind makes the body healthy, but jealousy is like a cancer.

A witness saves lives when he tells the truth; when he tells lies he betrays people.

Righteousness makes a great nation; sin is a disgrace to any nation.

A gentle answer quiets anger, but a harsh one stirs it up.

Better to eat vegetables with people you love than to eat the finest meat where there is hate.

The Lord wants weights and measures to be honest and every sale to be fair.

It is better to have a little honestly earned, than to have a large income gained dishonestly.

These are selected proverbs of King Solomon from chapters 15 and 16 in the Book of Proverbs (Good News Bible). He annually received 23,000 kg. of gold, besides many other sources of income (1Kings 10:14-15). Although he was wise and extremely wealthy, he didn’t always do things that pleased God—part of being human. I hope you find a few small specks of gold in these proverbs.

Noho ora mai ra, Adelphos

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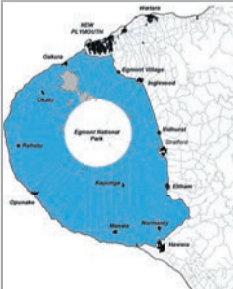
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Unchecked rentals threaten health of New Zealanders

Cold, damp rental homes are making Kiwis sick, prompting calls to enforce standards that are aimed at improving health and reducing hospitalisations.

The Asthma and Respiratory Foundation NZ, which advocates for the 700,000 Kiwis living with respiratory disease, is urging the Government to implement an assessment requirement so tenants know their homes meet the Residential Tenancies (Healthy Homes Standards) Regulations 2019. The standards, which became law on 1 July 2019, introduced minimum standards for heating, insulation, ventilation, moisture ingress and drainage,

and draught stopping in rental properties.

Currently, landlords can self-certify that their property meets the Healthy Homes Standards, and there is no requirement for an independent - or qualified - physical inspection of the property.

Foundation Medical Director Professor Bob Hancox says the need for healthy housing has never been more urgent, as hospitalisations for respiratory conditions continue to rise.

"We know that substandard housing conditions significantly contribute to respiratory illnesses.

"By enforcing these

standards properly, we can reduce the burden of respiratory diseases and improve overall public health."

The Foundation wants the Government to appoint accredited assessors to carry out physical rental house checks to ensure that every New Zealander has access to a healthy living environment.

Ensuring rental homes in New Zealand are healthy and safe should be a priority, Professor Hancox says.

"No one should live in a home that makes them sick."

According to Tenancy Services NZ, more than 600,000 households rent in New Zealand, and research shows that rental stock is

poorer quality than owner-occupied homes.

Dr Lucy Telfar-Barnard, a member of the Foundation's Scientific Advisory Board and a senior researcher at the Department of Public Health at the University of Otago in Wellington, says research consistently shows that poor housing conditions are linked to a range of respiratory health issues.

"The current state of many rental properties is unacceptable and avoidable - people are still living in cold, damp, and, often, mouldy homes, which exacerbates respiratory conditions.

"Effective enforcement of the healthy homes standards is essential for protecting our

most vulnerable populations and reducing health inequities."

The Foundation's call is part

of its ongoing commitment to improve the health outcomes of those living with respiratory conditions in NZ.

Good helping of light could aid sleep and better depression

US researchers say getting some bright light into your day could have a positive effect on a more regular sleep schedule, and in turn, help lower symptoms of depression. The researchers looked at survey data for over 6600 people and found people who had a greater exposure to bright light to have fewer depression symptoms, as well as having a more regular sleep schedule. They say more vitamin D was also associated with

more regular sleep, but not with fewer depression symptoms. However, they do note that a better sleep schedule is associated with lower depression.

While this kind of study cannot directly prove light's effect on depression, they suggest getting some bright light in your day could improve numerous mood outcomes, even if it is a by-product of its effects on sleep and our circadian rhythms.

I've had a great life

Continued from page 1

of his exquisitely crafted starling boxes attractively painted by Nevis can be found on the Opunake walkway.

A person of strong opinions he was known for his honesty. He also loved to laugh and particularly liked telling funny stories said older son Mike. He was not however a fan of new technology. Once he learnt to use a remote and the microwave his interest and expertise in new technology abruptly stopped. He never touched the on button on the computer or used a cell phone, said Mike.

Ron also had a refreshingly positive outlook on life. Commented Nevis, he never had a hard word to say about the orphanage. I haven't got any bad memories of the place he would say. He also had a gift for friendship and retained lifelong friends.

His sister Dale said Ron had asked her to state that he'd had a great life which she did at the memorial service to celebrate Ron's life held at the Opunake Golf Club where he had spent many happy hours.

Though not especially religious he absorbed the Ten Commandments at an



Ron and his beloved Nevis on their wedding day.

early age and lived by them his entire life, said Nevis.

Man looks at the outside appearance, God looks at the heart and I know Dad had a great heart, said Mike who, in keeping with his father's great sense of humour, then went on to read his father's favourite poem, the

very funny Mulga Bill's Bicycle by Banjo Paterson.

Ron and his wife Nevis had three children Gail (deceased) described as the apple of her father's eye, sons Mike and Ross, ten grandchildren and six great grandchildren the last of whom was born shortly after Ron's passing.

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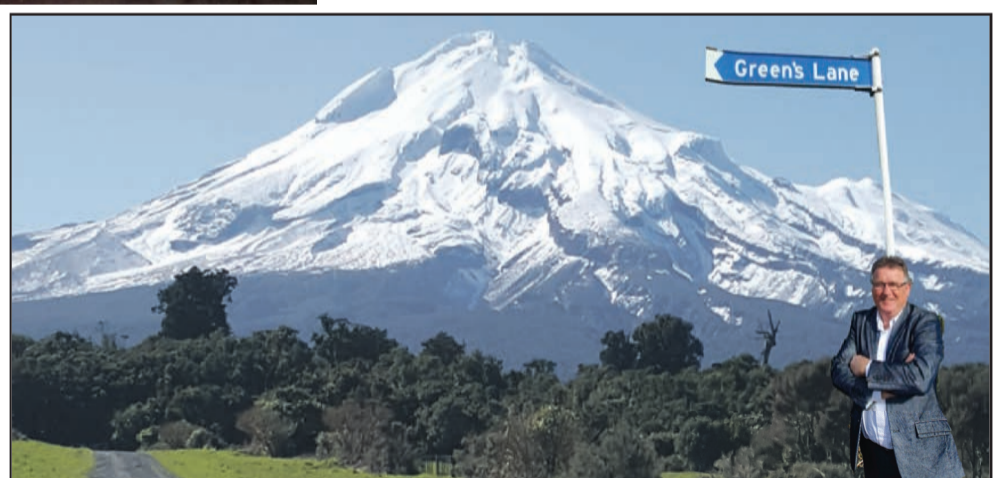
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Friendship Club says goodbye

On Monday July 29 around 80 people attended the closing of the Opunake Friendship Club and the celebration of the St Barnabas exercise groups seventh Birthday.

We met at the Opunake Bowling Club at 11.30am, a delicious fruit punch was served to the 80-odd people who were invited to attend. Many people represented many different groups involved in either Friendship Club entertainment or the exercise programme at St Barnabas.

The Friendship Club provided a roast meal of ham, chicken, pumpkin, kumara, carrots, peas,

beans and gravy which was prepared and cooked by the Te Kiri Women's Institute.

Then the St Barnabas group presented a dessert of pavlovas, fruit salad, chocolate eclairs, fruit crumbles, Yarrow's apple and Apricot slice and ice cream.

The highlight of the day was the entertainment provided by the Schooners, a male quartet who harmonise amazingly and sing a lot of songs about the sea.

Bert Treffers leads Brian, Richard and Tony (who was unable to attend this event) as they sing together, solo, with or without music, they are fantastic. We bopped and

jived in our seats as we sang along with them.

There were speeches from Ian Sargent, who gave a history of the exercise group starting for St Barnabas and Pauline Clough from the Friendship Club. The Friendship Club has been going for over 54 years providing fun, friendship and entertainment for the older people of Opunake. Pauline thanked the groups who faithfully provided entertainment and afternoon tea for all these years.

This included the Pihama Woman's Institute, The Catholic Church, the Te Kiri women's Institute, the St Paul's Church, the Wave Church, St Barnabas Church and the Opunake Lions Club who have provided a Christmas lunch every year for over 50 years. It is sad



Pauline Clough and Jenny Cavaney cut the cake made by Daphne Holley and iced by Janice Walsh from Hawera.

to see the Friendship group close as it was started by Dr Hefford and a group of people to meet the needs of lonely people in our town. But it is a sign of the times as we move along with technology and differing needs of our elderly people.

Pauline Clough and Jenny Cavaney then cut the cake made by Daphne Holley and iced by Janice Walsh from Hawera, which was very much enjoyed by all accounts.

A lovely day, a special day and the end of an era for the Friendship Club, but a great celebration of the tremendous work being done by the St Barnabas group to provide safe muscle strengthening and balance exercise for us older Olympians in Opunake.

Daphne Holley

Oil and gas ban to be reversed

The government intends to reverse the ban on oil and gas exploration beyond onshore Taranaki.

Associate Professor David Dempsey, Civil and Natural Resources Engineering, University of Canterbury, comments:

"The first type of long-term contract is a permit.. These are issued by government under the Crown Minerals Act 1991 and grant a right to the permit owner to engage in certain oil and gas activities. There are two main permit types: exploration and mining (resource development and production). The exploration permit allows companies to explore an area for a commercial resource and, if one is discovered, provides a right to apply and be granted a mining permit. The mining permit grants the owner exclusivity to the resource and assurances they can develop and extract from it for a long time. The latter is important, as the cost to develop an oil and gas resource can exceed a billion dollars – an investment this large can take decades to recover."

"The second type of long-term contract is a gas offtake agreement. These are signed by mining permit holders (being resource developers) and large users who want assurance of future gas supply. The largest user in New Zealand is Methanex who convert natural gas into methanol for export – they have supply agreements out to 2029. Methanex account for about 45% of our total gas use – carbon emissions are not realised (nor counted against New Zealand's inventory) until the exported methanol is used in the overseas jurisdiction it is exported to. Other gas users include Ballance (producing ammonia for fertiliser), peak and strategic power generators (Huntly), industrial heat users, and transmission and storage providers (FirstGas, now Clarus). There is a spot market for gas, so not all users rely on long-term contracts.

"Many gas users have been decarbonizing their operations, e.g., replacing

natural gas for heating with electricity or bioenergy, with prior governments co-funding some of this work. Petrochemical processes (methanol and ammonia) can also be decarbonised, e.g., via hydrogen of CO2 feedstocks produced by renewable means. Such decarbonisation efforts tend to have long timelines for asset procurement (e.g., electrolyzers, boilers) and cost recovery."

"Greymouth Gas Turangi Ltd were granted an offshore exploration permit during the ban period following a successful High Court legal challenge, however, this permit was applied for prior to the ban taking effect.

"In the decade prior to the ban, there were 49 exploration permits granted, many of these in offshore basins around New Zealand. The last offshore mining permits were granted in 2004/05. There have been four onshore exploration permits issued since the offshore ban came into effect (to Greymouth, Todd Energy and Riverside).

It is difficult to predict how removing the offshore ban will affect applications for new exploration permits. Companies wanting to finance a new resource over the several decades it takes to explore, develop and extract, will be carefully weighing the political risk of future changes in exploration and mining laws.

"Companies will also be considering what future demand for natural gas looks like. For instance, were Methanex to exit their NZ operations, this would reduce demand for future gas offtake agreements. Other ongoing decarbonisation efforts are also likely to curtail future demand."

"The law change was fairly swift following the initial announcement. An urgent briefing from MBIE shortly after the announcement highlighted some legal risks around infringing existing rights and downstream impacts on climate policy goals."

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From Youth MP to UNICEF Young Ambassador



Youth Ambassadors with Carmel Sepuloni Instagram (UNICEF Panel at Parliament).

Former Opunake High School head boy Tom Tito-Green now combines being a UNICEF Aotearoa Young Ambassador with studying law at Otago University.

It's just over two years since Tom was a Youth MP representing New Plymouth MP Glen Bennett. At the time Tom was Head Boy at Opunake High School and on the Board of Trustees. Now he has been selected as one of seven UNICEF Aotearoa Young Ambassadors.

He is also a former president of Otago University Hayward College, was a Local Hero medallist for the New Zealander of the Year awards and an inaugural member of South Taranaki Empower Youth.

Having shifted to Dunedin he said he wanted to do more.

"I wanted to continue my mahi and use my platform to be a voice for rangatahi," said Tom. "I wanted to do more for my people and my country. So one night I did some research into organizations that aligned with the sort of values and kaupapa I support and that's how I found the UNICEF Young Ambassadors program."

"UNICEF Young Ambassadors play a key role in advocating for children's rights. This year's cohort will be focusing on social

protection, mental health/well-being, and climate change.

"We also provide a platform for rangatahi to voice their issues and concerns and we take on queries and voice them to the proper avenues, for example Parliament and other organizations."

Tom and the other Young Ambassadors had their induction week at the UNICEF office in Wellington from July 19-23.

"Throughout our time in the capital we got to know more about UNICEF and their mahi," says Tom. "On Monday we got to talk at a

panel in Parliament, in which we answered questions with our thoughts and how they related to the key issues we were focusing on. With this we got to meet with the Children's Commissioner, MPs, other distinguished guests, and talked to them about their thoughts and their on-going mahi surrounding our rangatahi. During our induction week we also spoke about some of the events and ideas we could see ourselves being a part of throughout our tenure."

So far what particularly satisfying moments have there been?

"Being able to meet so many people and also being able to have a better understanding of UNICEF," says Tom.

"Although we have only just entered our roles, most may think I'm looking forward to being surrounded by high status people in prestigious positions, but what I'm actually looking forward to is getting out in the community and youth areas to hear issues and concerns of our rangatahi. To show them that their voice is valued and cared for. For me, if people with high office can't represent us in these institutions, someone's got to go out there and show people kindness, compassion and empathy and truly mean it, and that's what my main focus is."

Although the roles last only for a year, Tom is looking forward to carrying on his interest in the youth sector.



Tom with his local hero medallists medal and photo of grandparents (George and Mary Tito).

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STDC Natural Environments Fund open

The South Taranaki District Council's (STDC) Natural Environments Fund opened for applications on 1 August 2024.

STDC environment and sustainability manager, Cindy Koen, says the Fund's purpose is to promote the protection, restoration, or enhancement of areas

of significant indigenous biodiversity or significant habitats of indigenous fauna on private land throughout the District.

"Many of the remaining indigenous species and ecosystems of our District are threatened. The Natural Environments Fund encourages private

landowners to work alongside STDC and other agencies to help protect and enhance areas of significant indigenous biodiversity remaining on private land in our District," says Cindy.

Individuals, trusts, incorporated societies, and other groups are eligible to apply, however funded

project sites must either already have permanent legal protection status or be prepared to seek legal protection status within twelve months of receiving funding.

Natural Environments Fund applications are expected to include non-Council co-funding contributions to

the project. Cindy says that depending on the project type, applicants and/or co-funders must contribute between 50-66% to the total project cost, with STDC funding the balance.

"An applicant's contribution towards the total project costs does not need to be financial and can

include volunteer time or in-kind support," she says.

If you have any queries about the Natural Environments Fund email envirosus@stdc.govt.nz or call 0800 111 323 and ask for the Environment and Sustainability Team.

Applications close at 5pm, Friday 20 September 2024.



Local brigades attend Awatuna fire

Five fire brigades were called in to attend a fire at a disused cow shed in Awatuna on Monday evening. The alarm was raised at 4.49pm

and the Opunake, Kaponga, Manaia, Hawera and Stratford brigades attended.

FENZ group manager Clive Lennox said the

firefighters were there for about three hours.

He said so far the cause of the blaze had not been determined.

Fringe Festival a treat for Opunake Garden Circle



The Joys of Spring was the topic which Anne Clough, Secretary and Administrator of the Taranaki Garden Trust spoke about at the July meeting of the Opunake Garden Group.

Anne Clough was photographed in front before enjoying lunch. From left, Andrea Thomas. Next, Robyn Chard who has been a Fringe Festival gardener before. Centre was Lorraine Mullin, President of this garden group for 50 years. Next, was Val Wadsley. Standing tall was Cathy Ardern whose Taranaki

Rhododendron garden has been open to visitors in other years. Julie Gargan, far right, is an accomplished nature artist and gardener.

The Taranaki Fringe Festival is from November 1 - 10. Gardens are only \$2 entry fee. Contact Lorraine Mullin 06 7617295 for more information about joining in the Opunake Garden Circle. It's a good way to meet enthusiastic folk and enjoy monthly outings. The cost is only \$5 joining fee.

Kathy Stanley.

We welcome your contributions
Please send to
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OBITUARY Ross Alexander Corrigan MNZM

24 March 1936- 25 July 2024

When Alec Corrigan wanted someone to put together the first purpose-built mobile start for a harness racing event in the Southern Hemisphere he turned to his son Ross. It was 1957 and Alec, a Hawera farmer who was a member of the New Zealand Trotting Conference had returned from a trip to the United States with ideas he thought could work in New Zealand. These included night trots and the use of a mobile starting barrier. Undeterred by the lukewarm response of his fellow Conference members Alec decided to go out on his own. He borrowed a land rover and put together a primitive barrier with the help of Mortlock's Garage in Hawera. As a result the Hawera Easter Trots in 1957 saw the first use of a mobile start in the Southern Hemisphere. Visitors from Christchurch were impressed and asked Alec if he could put something together for New Brighton. Alec gave the job to Ross.

"I built it at the little workshop half a mile up the road.," Ross told the Opunake and Coastal News in 2019. "All I had to go by were a couple of slides of the starting gate at Yonkers Raceway. I had to work through it and took it to Christchurch on November 23 and did the start there. It was the first mobile start in the South Island. We did 84 race starts in three years and none of them was a failure. My father said we were busy with our own business, so we had to give it away."

Ross who was made a Member of the New Zealand Order of Merit in 2012 for services to farming and the community passed away last month at the age of 88.

In his time he was involved in many local groups and organisations.

He was a steward of the Egmont A & P Association from 1952, a member of the show committee from 1960, and he was made Patron in 2007. He was also Patron of



Ross Corrigan outside the family home Parkhill near Hawera.

the Mt Egmont Alpine Club. He was Chair of the Taranaki Federated Farmers Sharemilker Employers Section for 28 years, and a member of the Section's national executive for 40 years. He was a steward and committee member of the Egmont Sheep Dog Trial Club from 1952 to 2008 and was made patron in 2009. He was a committee member of the West Coast Settlement Reserves Lessees Association for 15 years, including a term as President from 1965 to 1975. He was a Justice of the Peace and was President of the local association from 2003 to 2005.

Ross was known for his prodigious memory, whether

it be of stock statistics or the history of farming families in South Taranaki. He was President of the Hawera Historical Society for 10 years, and his more recent projects have included researching the origins of Hawera street names with fellow local historian Arthur Fryer.

Ross was the third generation of a high achieving Hawera farming family. In 2019 on the 120th anniversary of his grandfather James Corrigan buying land at Hawera, the Opunake and Coastal News spoke to Ross at Parkhill, the two-storeyed family home which Alec had built on the outskirts of Hawera in the 1930s which was Ross's

home for most of his life.

"My mother was interested in having a garden so it was decided to have a garden laid out," said Ross. "Initially until the shelter belts were got up, growth was pretty slow, but they took off after that and I've been busy with the chainsaw for the last 60 years."

His grandfather James was chairman of the Hawera Dairy Co-operative from 1917-34, and when the Tawhiti Dairy Factory

burned down in the middle of the 1917 season, he unilaterally decided to get another factory going. Although long since closed, this later factory will be familiar to many as home to Nigel Ogle's Tawhiti Museum.

James was elected MP for Patea in 1922. He wanted New Zealand to have a single seller of dairy produce overseas and although an opposition MP who served only one term he helped guide through legislation setting up the Dairy Export Board. He died in 1935.

His son Alec, Ross's father came back from World War I in 1917 after having been wounded in the jaw at Messines. As well as South Taranaki, he had farming interests near Inglewood and in the Bay of Plenty. In the 1920s his 1200-strong flock was the largest flock of commercial Southdown ewes in the country.

Ross Corrigan was married to Claire (deceased) for 43 years. They had three children, 13 grandchildren and five great grandchildren.



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TARANAKI

It's all in the soil



BARBARA KURIGER MP
TARANAKI-KING COUNTRY

“Six Inches of Soil” is a new grassroots UK documentary that shares the inspiring story of three young British farmers transforming how they produce food to heal the soil, improve our health, and provide for local communities.

Soil is the essence of farming—of life—but for most urban New Zealanders, that goes no further than what they see—green, verdant pastures.

It's only when we dig deep into it, beneath the surface, that we discover an additional benefit. Soil is an excellent storage medium for carbon, reducing emissions into the atmosphere, enriching the soil and its productivity, and maximising water infiltration and filtration.

New Zealand farmers know this. They are aware of the organic benefits of carbon retention in soil and actively cultivate it. Yet, the sequestration of carbon in the soil and the consequent reduction of carbon emissions are either not known by the wider public (which is understandable) or, more insidiously, largely ignored or obscured by certain sectors of society

Many from outside the farming community take it for granted, and that is understandable because, for them, it is simply the medium in which grass grows.

But farmers know it is much more.

Soil also filters and purifies our water, reduces flooding, helps regulate the atmosphere and plays a crucial role in driving the carbon and nitrogen cycles. It is also key to tackling climate change.

The true impact of soil on all aspects of our life came to light when I watched an incredible movie that the rural advocacy charitable trust, Quorum Sense, brought to New Zealand.



Barbara down on the farm with a new arrival..

that claim farmers are major contributors to climate change.

Movies like “Six Inches of Soil” point out the opposite,

which is why I was so encouraged by Quorum Sense touring it through New Zealand.

But movies can only do so

much. I have long advocated that we should do more about the science of soil—studying it and improving it. For example, we could find ways

to improve water retention to mitigate droughts.

And then we should be telling people about it so that they get the good oil on soil—that it is a lot more than just green pasture. Once people understand that, perhaps they will stand beside New Zealand farmers in protecting and nurturing our land.

Increased speed limits hard to defend say researchers

New Zealand researchers say proposed speed limit increases are ‘hard to defend’ based on global evidence. National and international studies have shown that increased speed limits cause more road deaths, and that traffic injuries are the main cause of severe trauma in Aotearoa. In a New Zealand Medical Journal editorial, the authors note that these risks disproportionately affect those who have less access to cars and face more healthcare barriers, including Māori and Pacific children, older people, and disabled people. They say that the likelihood of more deaths and injuries, worsened air quality, and health impacts from raising speed limits are too significant to ignore.



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Basic income could double global GDP and reduce emissions

Paying everyone in the world a basic income has the potential to increase the global gross domestic product (GDP) by 130%, as well as benefitting the environment by getting these funds from an emissions tax, say international researchers.

The team estimated that it would cost \$61 trillion AUD to provide the entire world population of 7.7 billion people with a basic income, or \$662 billion AUD to fund only 9.9 million people living below the poverty line in less developed countries.

In return, the team says this income would boost the global GDP by \$244 trillion AUD. They estimate that the simple act of taxing

CO2 emitters alone can generate about \$3.4 trillion AUD a year.

Cell Reports

Who would AI vote for?

A New Zealand researcher has investigated the political biases of state-of-the-art AI chatbots and has shown that fine-tuning can influence their political preferences. Eleven political tests were used on 24 conversational chatbots, including OpenAI's GPT-4 and Twitter's Grok, mostly returning left-of-centre results. Using targeted

political material to fine-tune a large language model, the researcher was also able to create chatbots whose responses consistently returned right, left, or centrist scores.

The author states the results, however, aren't evidence that these political preferences are deliberately instilled by the organisations building these chatbots.

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Taranaki businesses engage with Minister on Health and Safety policy reform

Local businesses and employees had the opportunity to engage directly with the Minister for Workplace Relations and Safety, Hon Brooke Van Velden, at an event hosted by BeSafe Taranaki and Energy Resources

Aotearoa, in collaboration with the Taranaki Chamber of Commerce, and Te Puna Umanga Venture Taranaki.

Changes are coming to New Zealand's almost 10-year-old Health and Safety Work Act 2015 (HSWA), and the event was part of a national roadshow of public consultation initiated by the Minister, to hear directly from workers, employees, and business owners. This is part of the wider health and safety law and regulations reform, as set out in the ACT-National Coalition Agreement.

Held at The Devon Hotel on Thursday 1 August, the event had over 80 attendees eager to discuss their views on health and safety regulation, spanning a vast array of industries including energy, manufacturing, construction, local government, and healthcare.



Brooke Van Velden speaking in New Plymouth.

Arun Chaudhari, Taranaki Chamber of Commerce CEO, was pleased that local businesses had the opportunity to speak directly to the Minister about improving Health and

Safety legislation in New Zealand.

Chaudhari comments, "We were delighted to host the Minister in Taranaki. Safety must be

given the highest priority in every workplace and it is important to make sure everyone has their say."

The Minister asked for feedback on five key areas that focus on how businesses

are placed to manage their risks, whether the law is fit for purpose, worker engagement, the regulators (WorkSafe), and the regulatory system.

Attendees shared plenty

of robust discussions about their current health and safety practices and experiences with WorkSafe.

The room emphasised that strong industry standards are already in place for many due to the region's energy sector and a common approach within Taranaki of knowledge sharing. However many acknowledged the need to strike the right balance and provide suitable guidance and support, particularly for community organisations and smaller enterprises, who may not have the same resource.

Kelvin Wright, CE, Te Puna Umanga Venture Taranaki says, "Today's event was a catalyst in bringing our business community and workforce together to engage in important dialogue with the Minister. Changes to New Zealand's health and safety system will impact our local business community, so it is vital that we give them a platform to feed into this reform and voice their feedback to shape future improvements."

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Methane emissions can't be overlooked

The global community needs to start lowering our methane emissions if we want to control the climate crisis, according to new research.

Evidence indicates that methane emissions were responsible for about half of global warming between the preindustrial period and the 2010s—but compared to carbon dioxide, methane has received little attention. A team of researchers highlights the faster-than-predicted rise in methane emissions, the reasons for it, and how this threatens our ability to limit global warming to 1.5°C or 2°C. The team lays out three steps they say we must take and proposes a tool to help countries take action.

Robert McLachlan, Distinguished Professor

in Applied Mathematics, Massey University, comments:

“The article by Drew Shindell and fourteen other international climate scientists arrives at a timely moment for New Zealand, as our second emissions reduction plan covering emissions to 2030 and the pathway to 2050 and beyond is in preparation. Two reviews of our methane target are in preparation, one by the Climate Change Commission and one by a separate newly appointed panel as part of the Government’s Coalition Agreement.

“Atmospheric methane levels have accelerated recently and are increasing at twice the forecast rate. Therefore, emissions must decrease faster than

anticipated. For a 1.5 °C future, global methane emissions must fall 35% by 2030 and 53% by 2050. The article supports the split gas approach in which agricultural methane emissions do not need to reach net zero; nevertheless, they should fall 20% by 2030 and 30% by 2050.

“However, in a separate commentary, Andy

Reisinger (not an author of the study) notes that these projections relied on immediate and deep cuts to all emissions from 2020. As this did not take place, ambition should be raised to include faster cuts in CO2 and/or methane, possibly leading to net zero emissions of all gases.

“Shindell et al. suggest that the alternative climate

metric, GWP* has been misused to argue that current levels of methane emissions cause ‘no additional warming’, and that this ‘ignores emissions responsible for roughly half the warming to date and appears to exempt current high methane emitters from mitigation. This is neither equitable nor consistent with keeping carbon budgets

within reach.’ Two of the five members of the new methane review panel were authors of the original GWP* study.

“New Zealand can be proud of our political commitment under the Global Methane Pledge and its opportunity to contribute to this global target.”



Breakers star Parker Jackson-Cartwright (number 6) in action.

Breakers back to Stadium to take on Melbourne

The BNZ Breakers are heading back to NPDC’s TSB Stadium on 13 January to take on Melbourne United in the 2024/2025 National Basketball League.

It will be the team’s third consecutive match at the venue, with its last match earlier this year being a sell-out.

Fans will be hoping to have a chance to see Breakers

squad members and Taranaki Airs players Carlin Davison and Mitch McCarron take the court.

“It’s always a spectacular time when the Breakers are in town, and it’s great that the team and league recognise TSB Stadium as a first-class venue,” says NPDC TSB Stadium and Bowl of Brooklands Lead

Eli Paurini.

“Having these types of high calibre, professional sporting events at the stadium is a great opportunity to inspire young local basketball players spectating and there’s nothing quite like a boisterous Taranaki crowd.”

BNZ Breakers Chief Commercial Officer Simon Edwards says the team always enjoy playing in

Taranaki.

“New Plymouth is our home away from home with January’s game the seventh that we’ve played at TSB Stadium.”

“For some of our season pass members, this is the game of the season because of the atmosphere. I’m thrilled we are returning again.”

Removing carbon dioxide from air

A new method to pump carbon dioxide out of the air has been developed by scientists from the UK and

New Zealand, hitting on an approach that doesn’t require huge amounts of energy. They developed and tested a CO2-permeable synthetic membrane that was designed to “hijack” the energy generated by differences in humidity

between dry air on one side of the membrane and humid air on the other side. In the lab, the researchers were able to exploit this energy to pump CO2 out of the air, avoiding the need for an external energy source. The team says this technology

could play a part in the huge task of tackling carbon emissions, but more work will be needed to develop and test its application beyond the lab.

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Alpine clubs' history



Winter and summer playground.

Alpine Clubs in Taranaki have been part of Taranaki history and its members have enjoyed our outdoor environments since the 1920s. Egmont Alpine Club in South Taranaki was founded in 1928, followed two years later by the Taranaki Alpine Club based in New Plymouth.

Over the following years several clubs came and went, Eltham Alpine Club, Holly Hut Alpine Club, Kahui Alpine Club, New Plymouth Nurse's Alpine Club plus others.

Over the years many club members have joined clubs and have come and gone, as alpine clubs seem to attract people from all walks of life with an adventurous spirit (some more than others) and time out to explore their challenges.

Membership within these alpine clubs come and go when other life challenges move them on. Others are club members for life and are interested in the alpine and mountain memories.

The mountain/alpine members join for many reasons and the varied

challenges the mountains bring to instil concordance and a healthy lifestyle, which our mountains and mountaineering bring throughout New Zealand and the world for some.

During the early years there were other snow sport clubs in Taranaki, like the Stratford Mountain Club in January 1929 which catered for skiers and mountaineering.

Members, as in all clubs join and provide activities for all different members' needs. Members have provided public open guided climbs to climb our mountain to challenge people and they hope that some will join their club.

In later years, tramping clubs were founded. Some of these were the New Plymouth Tramping Club in 1974, Stratford School Tramping Club, NP Girls High School Tramping Club, Spotswood College (girls and boys) Tramping Clubs, KOPAC Tramping Club, Stratford Tramping Club, plus others.

Both the alpine and tramping clubs attract people

who enjoy the outdoors and the environment it has and the healthy and generic lifestyle it brings.

This leads me to the question I see, in other than the snowboarders who join the Stratford Mountain Club, we see very few if any Maori or Polynesians enjoying what the mountain and tramping club provide.

As I see it, there is a huge opportunity for Maori tramping clubs to be founded in Taranaki which caters for like-minded people to get involved in a walk in the Egmont National Park and Mt Taranaki. This came about when I walked to the new Manganui Gorge Access Bridge, some 15 minutes from the Stratford Plateau road end. Twice I met several iwi persons coming down and they told me they used the Department of Conservation Taxi service to take them up there. Sadly they didn't find it easy on the walk down.

It would be a good

opportunity for them to walk the walk and really see and feel what the mountain really offers and see the views and sites we see when we are out there.

There are many benefits getting outdoors and heading up to the Egmont National Park for adults and families alike.

Ian McAlpine

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Coastal Gems for Sale

Stunning beach views drench Classic Kiwi Bach

By Kathryn Mary Stanley

The rugged, windswept Coastal cliffs hold a mysterious surprise for folk wanting to nestle in a unique Kiwi Bach. There is a rare mood of rustic comfort, warmth and peace in this one-bedroom dwelling at 11 Hector Place, Opunake.

This Coastal gem can be found on a small section between the crashing waves of Opunake Beach and Middleton Bay. It is a purchasers' dream reward on prime real estate. Wander along to the end of Hector Place and visitors can discover the Coastal Walkway. This leads down to the popular Opunake Beach, the camping ground and Opunake Surf Club from where the vigilant Surf Lifesavers are stationed for swimmers' safety. The water surges in crystal clear depths onto the sand. This is pure and healthy bliss for everyone who loves Coastal Taranaki. In summer hundreds of holiday makers flock to Opunake Beach for picnics and barbecues on the grass foreshore.

Come spring, the keen white baiters can try their luck at the Otahi Stream. Surfcasting is another popular pursuit for fishermen, young and old alike. Local divers know where to pursue their own sport. Walking along the Opunake Beach is an ideal way to gaze in wonder at ever changing sunsets.

Middleton Bay is a short distance away. There, the keen boaties can launch their crafts for a day's outing. It's an ideal place for the fisherman to leave their trailers. Toilet facilities are nearby.

Newcomers to Opunake are made really welcome. There's always time to pass on information about water safety, tides, and how to return home safely with fresh fish for tea. There's an hour to yarn over a beer about the fish that got away at the local Club Hotel, and Surf Inn in Tasman Street.

Cafes, like Sugar Juice and Arty Tarts offer children and families delicious food, coffee and tea during



The bach indicated with 'M' in the above photo is between Opunake Beach and Middletons Bay.

the day. Afterwards, the youngsters can play on the fun equipment beside the paddling pool at Opunake

Beach.

Deck looks to sky and sea

Take a serious look at this Coastal Bach which was relocated in 2015 to these 457square metres of land. The interesting wooden fence with its high and low pattern shelters visitors on the large deck. There is plenty of room for holiday makers to relax over a meal at the deck table and chairs. The Bach faces north and there are uninterrupted views to the Tasman Sea, and the huge wooden lookout which is at one end of the reserve. This is open to the public.

Beachcomber lure

Take a few steps into the lounge and enter a world of white washed timber lining the walls and ceiling. Native timber floors give the lounge a luring, beachcomber feeling. Everywhere light and bright sunshine can flood the house with radiance. The large ranch slider opens out onto the deck. In the winter, the double glazing on the windows keeps the room cosy and for warmth, the large heat pump turns up the temperatures.

The compact kitchen is plenty big enough for the keen cook who can try out seafood recipes on the four ring gas cooktop or the modern oven. The tall refrigerator is at one end, next to the pantry. There is a narrow wooden table with two stools. This is ideal for those quick breakfasts. Opening out from the kitchen, the cook can hand finished dishes to visitors who can eat an indoor or an outdoor table. Everywhere the atmosphere is light and bright.

The kiwi Bach boasts a bathroom, with a deep bath and overhead shower. The green, sea colour can be seen in the vanity unit and a separate toilet.



Sea, sun and surf with the mountain as a backdrop. Paradise.

Young couples first home

Walk through the open double doors to the master bedroom off the lounge. This large room opens from a ranch slider onto the wooden deck.

Here are the clues for the mystery of the Classic Kiwi Bach.

This bedroom is large enough for a queen sized or even king sized bed. So the prospective purchaser could be a young couple looking for their first home.

Retired couples haven

The retired couple who have sold their family home and down sized by giving away some furniture and possessions, could comfortably move in. They will enjoy life in the Bach. They might have relations and friends who live nearby in Opunake. With all the sports clubs, Lions Clubs, churches and a large Opunake Library, there are so many ways to enrich their days and meet new friends. There is enough room to build a carport at the back of the Bach.



Sea views from the deck.

Coastal Gems for Sale

Weekenders retreat

The Bach could be home to weekender couples from towns or cities. There are two large outside cupboards at the back of the Bach. One holds a shower and there is storage for beach and campervan items. The other cupboard contains a washing machine and small laundry.

A campervan could be parked at the rear of the section or there is enough space for build a carport. Opunake boasts good building companies who can easily carry out small additions or repairs.

Future Pot of gold

Look to the future. This Classic Kiwi Bach sits at the end of a rainbow. There could be a pot of gold at 11 Hector Place. The land is freehold and given time, this dwelling could be removed. In its place the owner could build a brand new building which reflects modernity from the floor to the ceiling. The choice is endless.

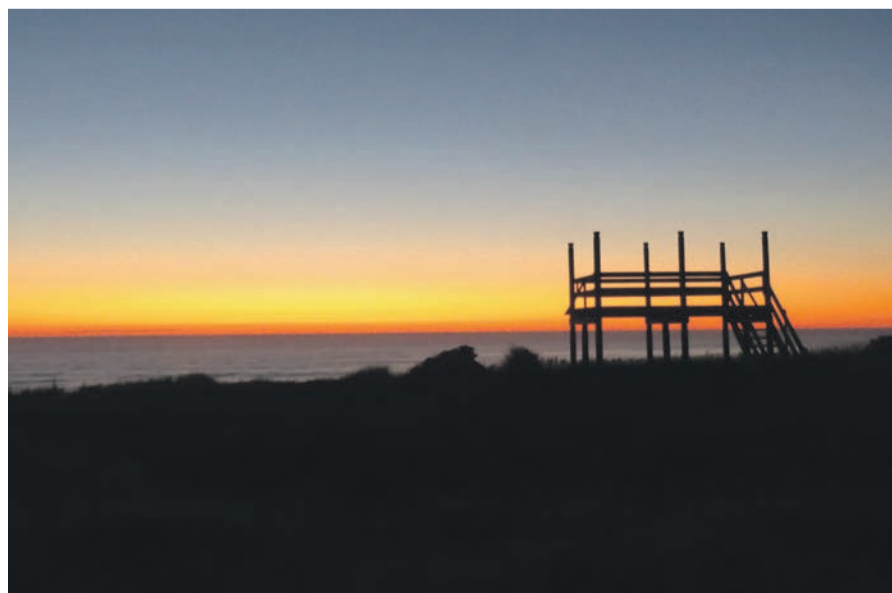
For further details, contact the friendly McDonald Real Estate Agents, Viv Scott and Tara Gibson at their Tasman Street, Opunake office. See the advertisement this page.



The main living area.



The compact kitchen, functional and bright.



The Lions Lookout which is situated between the two beaches.



1 2 1

FOR SALE

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Viv Scott

027 441 4596
viv.scott@eieio.co.nz



Tara Gibson

027 766 4456
tara.gibson@eieio.co.nz

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MREINZ LICENSED REAA 2008 LIMITED

A valuable retail space for years to come

Cecelia's on Tasman is back, up and running and open for business with new display windows and façade. "This old girl has had a makeover and will be a valuable retail space for years to come," says business owner Raewyn Cornford. "It's been a long journey, but I think people agree it's been worth the wait, and they love having the shop open with new windows and façade. It looks fabulous. Thanks to Rosie and Steve Corkill, owners of the property."

The Antique and collectable shop etc. and garden centre that has statues and garden pots galore in the heritage historic Jeffries building on Tasman Street has been closed while steel and concrete repair work was being carried out, sealed and painted.

Inside the shop Raewyn has a photo of the first building on the site, Newmans Brothers Merchants who set

up here in 1880.

Rahotu farmer Charles Jeffries had commercial investment property here, but this went up in flames during the fire of 1913 that destroyed the then Club Hotel and ravaged much of the town's CBD. The next year he put up the Jeffries Building in place of the one that was previously there, and it is still standing.

After the scaffolding went up 15 months ago Cecilia's carried on trading for a while.

"The scaffolding did deter a few, but even then, the trading was still up on previous years," said Raewyn.

For the last few months, the doors were shut prior to reopening on July 23.

Raewyn says that Cecilia's attracted a range of customers beyond Opunake, and she had heard of people coming into town when



A stunning new façade and windows for one of Opunake's heritage buildings.

Cecilia's wasn't open and worrying that the business may have closed.

She also knew of a Fonterra tanker driver who would park outside the shop while he crossed the road for a bite to eat. He would then contact his wife to let her know what was in the shop window at the time. There are so many stories like this, she says.

The display windows have always been one of the main drawcards to attract customers says Raewyn.

Another recent development has also provided a chance to expand, taking in where the post boxes from the previous NZ Post agency had been before they were moved to Coastal Care.

"It gave me the opportunity to expand into this site and enlarge my business," said Raewyn.

She opened the business just over three years ago. Raewyn had grown up in Opunake going to primary school and Opunake High School, and lived in India for a time before working for corporates in Auckland. She wanted a change and was tired of working for

others, so she shifted to Tauranga and seven years ago bought her first business a garden centre in Papamoa, which expanded into a gift shop attached to the garden centre.

She later returned to Opunake to look after her mother. Twenty years before she had bought a house in Opunake, so it had always been her intention to retire here, she said.

There is still work to be done but Raewyn says she is pleased with the way things are going.

"Since we've reopened trade has been very good and steady," she says.



Inside Cecilia's with Raewyn and friends.

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The place looks magnificent and has been well worth the wait.

We eagerly await your return to experience all the wonderful updates we've implemented. Your ongoing support and patience throughout our renovation have been greatly appreciated. We look forward to seeing you!

Stay updated and catch glimpses of what's to come by following us on social media:
Facebook: Cecilia's On Tasman

Discover a range of collectables, antiques, furniture, nostalgic items, tools, garden implements, statues, and garden pots. We have new stock arriving weekly, including plants for both indoors and outdoors, among many other treasures.

Our hours are 10 am to 3:30 pm from Wednesday to Sunday.

Should something catch your eye in the window display, please call me to reserve it, ensuring it's yours to enjoy.

Contact via phone or text at 0272468604.

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Ph. 0278 186 385

TARANAKI BUILDING LTD

Charity concerned by slow screening rollout for Māori and Pasifika

Bowel Cancer New Zealand (NZ) say they are pleased to learn the National Bowel Screening Programme has distributed over two million home-screening kits across Aotearoa, picking up 2,495 cancers.

However, the charity is concerned about the extremely slow screening rollout to 50 years for Māori and Pasifika.

The government announced this initiative would be launched and trialled in selected regions in the latter half of 2022 with a more extensive rollout from July 2023.

Funding of \$36 million was announced in Budget 22 to lower the eligible start age for bowel screening from 60 to 50 years for Māori and Pacific people to address a health inequity. So, questions are



Professor Sue Crengle.

being raised on why Te Whatu Ora Waikato, Te Whatu Ora Tairāwhiti, and Te Whatu Ora Midcentral are the only regional health authorities inviting Māori and Pasifika from 50.

Professor Sue Crengle, a Bowel Cancer NZ medical advisor, says, "It's extremely disappointing that in over 18 months, there have only been three districts screening Māori and Pasifika from 50."

A higher proportion of bowel cancer occurs in Māori and Pacific peoples before they reach 60 (approximately 21 per cent compared to 10 per cent for non-Māori non-Pacific peoples).

Health Minister Shane Reti said, "When you start particular sub-sections of a screening programme, there are particular requirements you have to have. It's

different from actually doing a nationwide rollout. So, we're still learning, still understanding where the sweet spot for screening for Māori and Pasifika is particularly."

Bowel Cancer NZ is critical of the Minister of Health's statement since the government has previously outlined it would trial how best to achieve a high participation rate from May 2022 to July 2023.

Crengle says, "Bowel Cancer NZ wants to know whether Te Whatu Ora: Health New Zealand plans to complete this rollout urgently or whether it was just a token effort in three regions. Action is needed as far too many Māori and Pasifika are dying that could have a fighting chance if they were screened from 50."

Iodine levels fallen in supermarket salt

It's vital that everyone gets enough iodine, especially children and people who are pregnant. In 2009 iodised salt became mandatory in bread in New Zealand, and since then children and men have

had better iodine levels. However, many women are still iodine deficient.

Researchers looking at ways to increase iodine intake say that iodine levels in supermarket salt have

fallen since 2009 and also the amount of non-iodised salt purchased is high. Pink Himalayan salt made up 14% of salt sales volume in the last year. They suggest one option is to make it

mandatory to use iodised salt in more foods, as reviews have shown this causes little change to products such as cheese, french fries, and cereals.

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See how our high readership rate can work for you

New improved timetable



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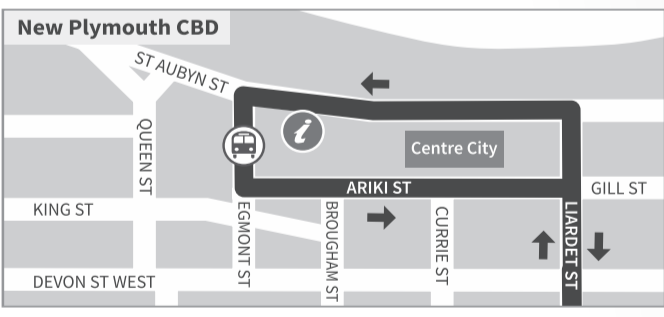
Southlink

Coastal bus service

ŌPUNAKE - NEW PLYMOUTH

Effective 1 May 2024

Ōpunake to New Plymouth (Mon-Fri)		AM	PM
Ōpunake	Bus stop, Napier St	6.55	1.30
Rahotu	Plunket Rooms	7.08	1.43
Pungarehu	Opposite Town Hall	7.13	1.48
Okato	Carthew St. (opp. Sinclair's)	7.25	2.00
Oākura	Oākura Hall	7.35	2.10
New Plymouth	Spotswood College*	7.50	2.25
New Plymouth	Liardet Street	7.57	2.32
New Plymouth	Egmont Street	8.00	2.35



New Plymouth to Ōpunake		AM	PM
		Mon-Fri	Mon-Thu
New Plymouth	Egmont Street	11.30	5.05
New Plymouth	Liardet Street	11.33	5.08
New Plymouth	Spotswood College*	11.40	5.18
Oākura	Oākura Hall	11.50	5.20
Okato	Sinclair Electrical, Carthew St.	12.00	5.30
Pungarehu	Town Hall	12.10	5.40
Rahotu	Four Square	12.15	5.45
Ōpunake	Dreamtime	12.28	5.58
Ōpunake	Bus stop, Napier St	12.30	6.00

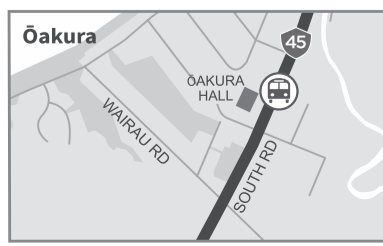
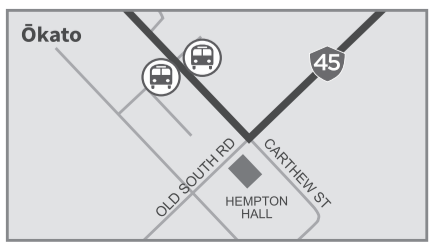
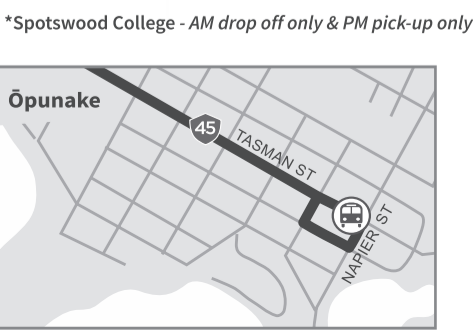
Friday only		PM
New Plymouth	FDMC	4.25
New Plymouth	NPGHS	4.40
New Plymouth	SHGC	4.45
New Plymouth	NPBHS	4.55
New Plymouth	Egmont Street	5.05
New Plymouth	Liardet Street	5.08
New Plymouth	Spotswood College (pick-up only)	5.18
Oākura	Oākura Hall	5.20
Okato	Sinclair Electrical, Carthew St.	5.30
Pungarehu	Town Hall	5.40
Rahotu	Four Square	5.45
Ōpunake	Dreamtime	5.58
Ōpunake	Bus stop, Napier St	6.00

KEY

- Bus stops
- Opunake to NP return
- i-Site Puke Ariki

Southlink Coastal service is operated by Pickering Motors Ltd with support from Taranaki Regional Council

Taranaki Regional Council



BUS BETTER WITH Bee



SCAN TO VIEW FARES INFORMATION

*Spotswood College - AM drop off only & PM pick-up only



Opunakē High School

Te Kura Tuarua o Opunakē

CONTACT DETAILS

P: 06 761 8723
Tasman Street, Opunakē 4616
PO Box 4, Opunakē 4645
www.opunake.school.nz
admin@opunake.school.nz

GROWING GOOD PEOPLE FOR A RAPIDLY CHANGING WORLD | HE WAIHANGATANGA O TE TANGATA PAI I ROTO I TÉNEI AO HURIHURI

Principals' Address

Our 12 day epic journey from our wee kura on the coast to the awe inspiring Japan started with a rip roaring 1st XV game at Tokyo High School. Even though the boys were jetlagged and melting in the 30+ degrees heat they still put on a valiant effort. To inspire our young athletes we also managed to see the Maori All Blacks in action and the Tall Ferns. Our ākongā showed their appreciation for the Tall Ferns with a haka that rose the roof on the Ariake Arena.

We had several other sporting events with a winning game of rugby at Toyota Sports Centre against Eitoku High School, followed by an invigorating ice bath for our valiant players. Along with two basketball games against Hieizan High School and a cultural exchange with Toyota Technical High School. Without a shadow of a doubt the biggest highlight of the tour was sharing cultures with the diverse schools we visited, and their incredibly hospitable and high energy students. The aroha shared over delicious Japanese cuisine, sumo challenges, arm wrestles, dodgeball, tug of war and hundreds of group selfies built a foundation for friendships across the Pacific. Not to say that the theme parks, Team labs, temples, sky tower, Spaland and shopping up a storm, wasn't exciting and eye opening too.

I am so hugely proud of all of our tamariki, they held themselves with mana and dignity, honoured the customs and spiritual places of the Japanese, were humble in their interactions, but also played their sports with enthusiasm, good grace, huge energy and humour. Each and everyone of them was an ambassador for not only our kura and town, but Aotearoa.

This trip will live on in the memories of all, but it has also opened the eyes of many of our tamariki to what opportunities there are for young people who have DREAMS values, ambitious attitudes, and are willing to grow beyond the walls of Aotearoa into good citizens of the world.

To all who helped realise this life changing tour, ka mihi matou ki a koe, we thank you all.

Geoff Watt
Dillon Boucher – NZB
Mark Robinson
Kensube Iwabuchi – JRFU
Yasu Iijima - JRFU
Julia & Okuma - Verblitz Rugby
Justin Ross Smith - Hieizan High School
Beauden and Hannah Barrett
Tokyo High School
Hieizan High School
Toyota Technical School
Eitoku High School
Coastal Rugby Club
Sinclair Whanau
Forsyth Whanau
Daryl Hickey
Symes Whanau
Hurley Whanau
Kane Barrett Livestock
Sinclair Electrical + Refrigeration
Ngā mihi nui

Barrett Whanau
Opunake Golf Club
STDC
Lions Club
Asia Foundation
OHS Home and School
Mills Albert Albert Rock Farm
Kinatai Engineering
Carley Plumbing and Gas
Farm Source: Opunake, Okato, Kaponga
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Principal

JAPAN SPORTS & CULTURE TOUR



Opunakē High School
Te Kura Tuarua o Opunakē

Centenary Celebration

100

7-9th March 2025

Taranaki Anniversary Weekend

Centenary event page on Facebook and school Website

200 days to go

CENTENARY CELEBRATION UPDATE:

With just over 200 days to go, we will provide regular updates about the 2025 Centenary on this page. A lot of our information can be found online, but we want to ensure we reach out to as many former students as possible.

KEY DATES:

12th November 2024: Registration opens via Eventbrite
Merch on sale, via online portal

7-9th March 2025: Opunake High School Centenary Celebration

INFORMATION:

For information and updates, look for the Centenary Event page on Facebook (go to the Opunake High School page, search up events)

Connect with our Alumni page on Facebook, currently with over 2800 members, this is another good place to stay up-to-date on whats happening.

There is a Centennial Page on our school website as well, along with an FAQ which is updated regularly.

We have an amazing Event Co-ordinator, former student Tara Fevre (nee Potter). For help with registration and information, or if you'd like to contribute to the event, Tara can be contacted via email: centenary2025@opunake.school.nz



The signs are going up... the Centenary must be getting close. Thank you Zodiac Signs for your speedy service!

Artists celebrate Maui Pomare

Waitara artists are building a national platform for their work around the long-standing annual event to celebrate the life of Sir Māui Pōmare (1875/1876 -- 1930), with some help from the NPDC Creative Communities fund.

This year saw the 88th annual Māui Pōmare Weekend commemorations based at Waitara's Ōwae Marae and the Waitara Artists Co-op (WAC) setting the stage for a national focus on the town's arts.

The Māui Pōmare Weekend commemorations, held on the weekend closest to the anniversary of the politician's death on 27 June were a celebration of Māori achievement and endeavour and families and guests travelled from throughout New Zealand to attend.

This year the exhibition featured 100 artworks by 30 artists including those studying in Wellington or Auckland who brought back their work to be seen by relatives and friends, said WAC organiser Garry Nicholas.

"This is a Kaupapa Māori-driven event to invigorate the profile of



Waitara Artists Co-op members Nathan Sharrock, Tania Niwa, Audra Potaka and Dianne Hekeua unpack works for the exhibition.

visual artists in the district. Waitara has a lot of energy and talent, and we want to build that up through confidence and unity with other arts groups in Waitara and including their diverse works in the show, as well as aligning with other artist collectives around Taranaki to maximise the medium and long-term art strategy for identifying, nurturing and promoting the artists of Taranaki."

The Waitara Artists Co-op, which is supported by the Ngāti Rāhiri Trust and Te Kotahitanga o Te Atiawa, received \$2,500 from the Creative Communities fund for the event.

Local news, local people, local businesses, local sport, local arts and events. Delivered free around the mountain every fortnight.



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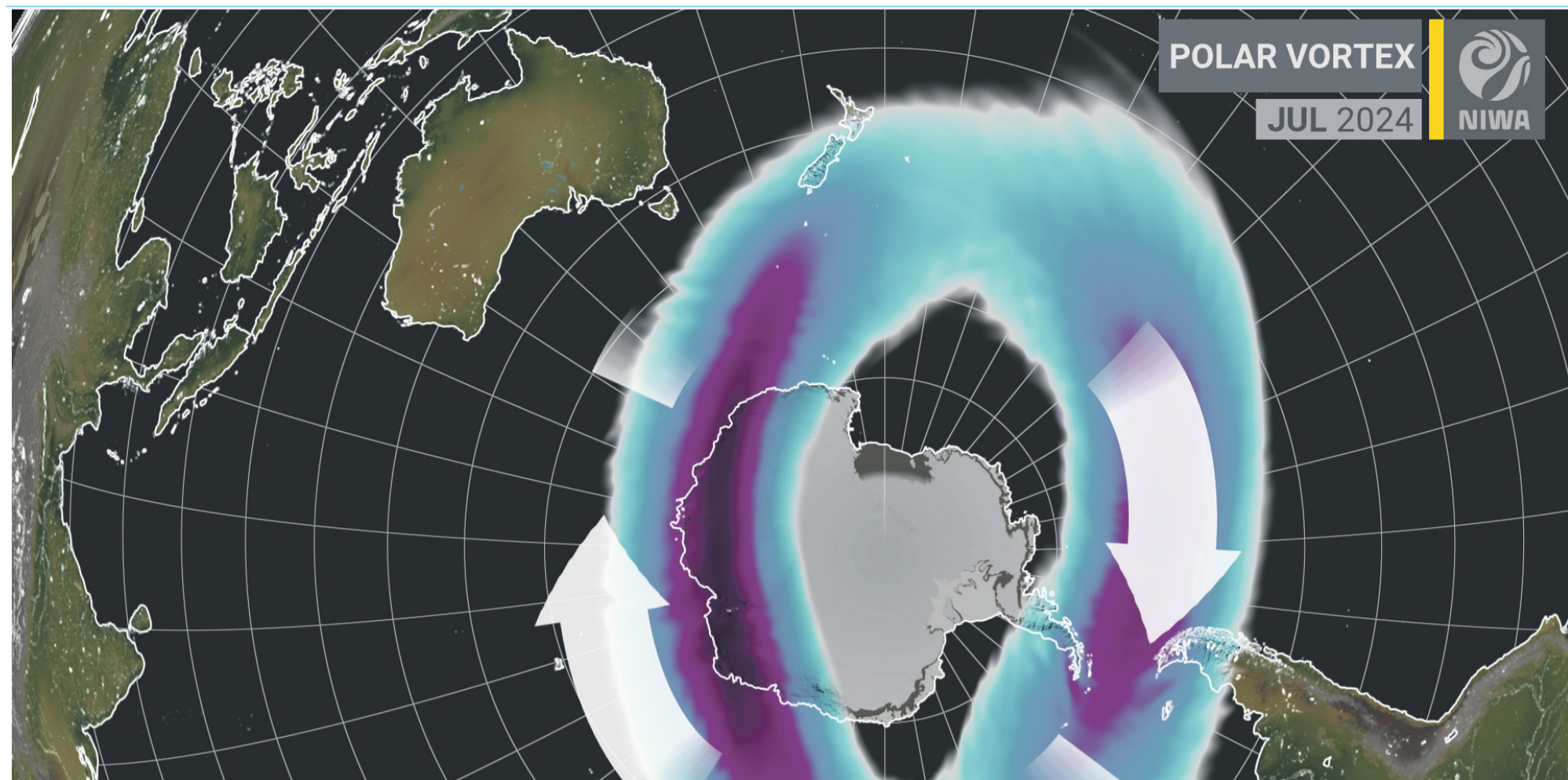
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Rare event driving the Southern Hemisphere's weather

An unusual disturbance high above Antarctica is causing polar air to encroach on different parts of the Southern Hemisphere, including New Zealand.

Every winter, a ring of stormy, freezing weather - known as the polar vortex - encircles Antarctica. Typically, it keeps harsh, wintry conditions locked

up near the South Pole.

However, NIWA meteorologist Ben Noll said that on rare occasions, it becomes disturbed.

"Sometimes the polar stratosphere, a layer of atmosphere 10-20 km above Antarctica, warms rapidly, with temperatures rising by more than 25C in a week. This is called a sudden stratospheric warming

(SSW) and causes the polar vortex to weaken or become stretched and displaced.

"This can influence the atmospheric layer where our weather happens. The icy air masses near the pole have an easier time escaping into the hemisphere's mid-latitudes, like an ice cube tray being shaken loose," said Ben.

This phenomenon is currently being observed above Antarctica and will

strongly influence the Southern Hemisphere's weather patterns throughout August. It will contribute to a cold and frosty start to the month in New Zealand, followed by a moderating trend.

"Unusually cold air is forecast to be more persistent in southern South America, including Chile, Argentina, and even as far

north as Paraguay, Uruguay, and southern Brazil. But while the chill seeps into the mid-latitudes, Antarctica will experience well above average temperatures," said Ben.

There have only been three SSWs in the satellite era: September 2002, September 2010, and August-September 2019.

After the SSW in 2002, New Zealand experienced

its coldest October in 20 years with below average temperatures covering much of the country and frequent ground frosts.

For New Zealand, the weather-related impacts from the 2024 SSW look to feature cold, frosty conditions initially, followed by a trend toward warmer and wetter conditions later in August and into September.

Nearly half of dementia cases could be delayed through lifestyle changes

Fourteen risk factors that come into play as early as childhood could impact your risk of developing dementia, according to a new report. Authors say that addressing all of these risks could prevent or delay 45% of dementia cases worldwide.

The latest Lancet Commission on dementia prevention adds vision loss and high cholesterol to the list of 12 previously identified modifiable risk factors for dementia, which also include lower education levels, smoking, traumatic brain injury, and hearing loss. The Commission outlines 13 recommendations for governments and individual people to reduce the risk, and says governments must reduce risk inequalities by making healthy lifestyles as achievable as possible for everyone.

Dr Helen Murray, Research Fellow, Principal Investigator of the Brain Injury & Dementia Research Lab, University of Auckland, comments:

"The updated Lancet review on modifiable risk factors for dementia

concludes that recent evidence continues to support that traumatic brain injury and repeated mild traumatic brain injuries increase dementia risk. This is important for New Zealand due to the popularity of rugby and other contact sports. The findings of this study emphasise the importance of developing strategies to reduce our cumulative lifetime exposure to head impacts - by reducing contact training, season length, and impact forces and being cautious in our approach to head injury management and return to play. This study also highlights the need to develop neuroimaging (MRI) and blood biomarkers to improve the identification of neurodegeneration in groups with exposure to repeated head injury.

"Importantly, the Lancet review highlights that 'the risk of neurodegenerative disease should not obscure the message that sport is generally good for health'. That is, the reviewed evidence indicates that the risk of all-cause mortality is lower in sports player cohorts, highlighting the positive effects of sports participation for general

health.

"Here at the University of Auckland Centre for Brain Research we have developed the sports brain bank initiative as part of the Neurological Foundation Human Brain Bank. We are studying the donated brain tissue of deceased former athletes with and without cognitive symptoms to identify novel biomarkers for neurodegeneration in people with head injury exposure."

Professor Charles Marshall, Professor of Clinical Neurology, Queen Mary University of London, said:

"It's vital that as a society we develop measures to keep people's brains as healthy as possible, particularly as dementia is now the leading cause of death. It's worth emphasising though that most of what determines whether an individual develops dementia is outside their control, and we should be careful not to imply that people with dementia could have avoided it if they'd made different lifestyle choices. It's also important to note that when the report refers to the proportions of dementia cases that could be prevented, this is notional,

and based on observational evidence. We don't really have evidence that dementia cases are prevented by addressing any of these risk factors. We desperately need this type of evidence to guide health policy that could help to prevent some cases of dementia."

Professor Tara Spiers Jones, FMedSci; President of the British Neuroscience Association, Group Leader in the UK Dementia Research Institute, and Director of the Centre for Discovery Brain Sciences at the University of Edinburgh said:

"This study by Livingston and colleagues is an excellent up-to-date analysis of the research from around the world examining risk factors for developing dementia. The data in the paper add compelling evidence for the ability to prevent dementia by addressing some of the 14 identified risk factors. This type of research cannot conclusively link any of these factors directly to dementia, but contribute to the growing evidence that a healthy lifestyle including keeping your brain engaged through education, social activities, exercise, and

cognitively stimulating activities, and avoiding things like head injury and factors that are bad for your heart and lungs can boost brain resilience and prevent dementia.

"There are new links in this report with vision loss and high cholesterol associating with dementia risk, which broadly fit with the previous research indicating that keeping your brain active and avoiding vascular risk factors that come with a sedentary lifestyle and poor diet is good for reducing dementia risk.

"This study is important as it gives insight into ways that both individuals and governments can help reduce dementia risk. It also helps guide more fundamental neuroscience research into how these factors influence brain vulnerability to the diseases that cause dementia. While this excellent study estimates that up to half of dementia cases could be prevented by changing modifiable risk factors, it is important that we keep in mind that the other half of people with dementia likely developed brain disease for unavoidable reasons related to factors beyond their

control like genetics."

Prof Sandrine Thuret, Professor of Neuroscience at King's College London said: "The latest crucial report from the Lancet Commission reveals that nearly half of dementia cases could be prevented or delayed by addressing 14 modifiable risk factors, with high cholesterol being one of its newly identified contributors. Although diet has not been represented on the summary figure, now with high cholesterol, together with obesity and diabetes as previously identified modifiable risk factors, this underscores further the crucial role of a healthy diet in mitigating dementia risk.

"From tackling vascular risk factors -e.g. with healthy diet and exercise- to ensuring cognitive activity and social engagement throughout life, these findings highlight the intersection of daily habits and long-term brain health, emphasizing that comprehensive, lifelong health strategies from early years - to be led by individuals and supported by government policies- can significantly impact dementia prevention."

Leaders in Australian agriculture get together

The annual AgriFutures Australia Stakeholder Summit brought together new, emerging, and established leaders from across the agricultural sector to help shape the future of the industry.

The 2024 Stakeholder Summit, held from 22-26 July in Wagga Wagga, offered a unique platform for key industry leaders and stakeholder groups to engage in meaningful conversations, forge new connections, and explore collaborative opportunities. A cornerstone event at the week-long Summit was the AgriFutures Horizon Scholarship workshop. Established in 2011, the Scholarship Program nurtured the next generation of leaders in Australian agriculture, delivering university students a \$10,000 bursary and a chance to kickstart their careers through work with agribusinesses, peak farming bodies, and

agricultural research groups. Sydney University student Ben Peden, who was part of the 21-strong cohort awarded a 2023-24 Horizon Scholarship, looked forward to attending the Summit. The fourth-year agricultural science student explored a career dedicated to improving food security. "Agriculture appealed to me because it felt like an industry where I could make a significant impact. There are some big challenges facing the planet, we've got to feed 10 billion people by 2050, and that seems like a pretty important mission to get behind," he said. AgriFutures Acting General Manager, Workforce, Communications and Adoption, Jennifer Galloway said a key tenant of the Summit was to develop pathways and foster the next generation of Australian agricultural leaders. "We know that ideas thrive when people gather meaningfully, step out

of their day-to-day, and collaborate beyond their business-as-usual approach. It's not every day that you get to listen and share diverse points of view on current and future issues with students and representatives from the Department of Agriculture, Fisheries and Forestry, AgriFutures Board of Directors, Industry Advisory Panel Chairs, and Horizon Scholarship sponsors. It's a wonderful opportunity to share some of the innovative work being done to address the challenges facing agriculture and rural industries," she said. National judging for the 2024 AgriFutures Rural Women's Award also took place at the Summit. State and Territory winners spent the week refining their pitches to present to the panel of judges ahead of the 2024 AgriFutures Rural Women's Award Gala Dinner and National Announcement on Tuesday, 20 August 2024.



Horizon Scholars having a discussion during the Growth Workshop.

Government reassesses green tick

The Government has confirmed it will review the regulations around how agricultural and horticultural products are given the green tick for usage in Aotearoa, following the approval of the review's terms of reference. The newly announced review will focus on the approvals needed for products like pesticides, inhibitors, feed, fertilisers, and veterinary medicines. The review will not look at the regulation of gene technology.

Dr Axel Heiser, Chief Scientist, AgResearch, comments: "As leaders in agricultural research, AgResearch recognises the need to periodically reassess regulatory frameworks. "Scientific and technological advancements are continually providing new methods for better predicting, analysing, and

mitigating risks. This review offers an opportunity to integrate these innovations, enhancing the accuracy and reliability of risk assessments. "Market access is crucial for New Zealand's agricultural economy. Farmers and growers depend on timely access to safe, effective solutions to remain competitive and meet the standards of domestic and international markets. Ensuring our regulatory systems are robust and efficient is key to maintaining our position as a leading exporter of agricultural products." Dr Richard Newcomb, Chief Scientist, Plant & Food Research, comments: "Many of our agricultural industries are in the midst of a transition from chemical solutions for plant nutrition (fertilisers) and as controls for pest and diseases (pesticides) to more

biological solutions. These new biological products offer a more sustainable, softer approach to these issues. They will also be required as levels of chemical residues on products restrict access to markets for our goods. "Europe's Green Deal is a good example of policy driving this transition, with targets that hope to halve the use of chemical pesticides in the EU by 2030. While we can develop some of our own biological solutions here in New Zealand (eg AureoGold developed by Plant & Food Research), many are being developed overseas and will need to be imported and registered for use in New Zealand. Making sure our regulatory pathway is fit for purpose is vital in protecting our unique ecosystems from harm, while ensuring we have the best tools available to grow food sustainably."

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Methane-blocking extract from daffodils to be trialled in New Zealand

An extract from the humble daffodil will be put to the test in New Zealand after UK research discovered its potential to cut methane emissions from livestock.

AgriZeroNZ is partnering with Welsh research company Agroceutical Products, which discovered a naturally occurring compound from daffodils, haemanthamine, may be effective in reducing methane production in cattle after conducting lab trials.

The public-private joint venture (JV) is investing up to NZD \$4 million to trial the botanical methane-blocker on animals in New Zealand and if successful, accelerate its development as a new emissions-cutting tool for Kiwi farmers.

Agroceutical Products is known for its groundbreaking work extracting naturally occurring compounds from daffodils grown in Welsh mountains, most notably galanthamine, which is used to treat Alzheimer's disease.

AgriZeroNZ chief executive Wayne McNee says the early-stage investment presents an exciting opportunity to bring the pioneering research to New Zealand, which has the ideal conditions for growing daffodils.

"It's been widely acknowledged that a technology-led approach is the best way to support farmers to reduce emissions without compromising on profitability.

"We're scanning the world for cutting-edge tools that could work on New Zealand farms and we're excited to leverage the knowledge and expertise of Agroceutical



Daffodils are easily integrated into sheep farming systems as sheep don't eat the plants, and simply graze around them.

Products for the benefit of Kiwi farmers."

The daffodil's methane-reducing abilities will be put to the test at Lincoln University where animal trials are planned to take place from February 2025.

Following lab trials conducted on artificial rumens, it's estimated the daffodil compound could reduce livestock methane emissions by 30 per cent when consumed as a feed additive.

McNee says further development could see the compound being administered via a slow-release bolus within the

rumen, which would make the tool accessible to a wider range of ruminant animals including sheep, deer and goats.

Agroceutical Products managing director and founder, Kevin Stephens, says he's looking forward to taking their research to the next step in New Zealand.

"This investment from AgriZeroNZ significantly accelerates our development programme which will ensure the resultant feed additive is available in New Zealand at the earliest available opportunity, all the while providing New Zealand sheep farmers

with an opportunity for an additional income through growing daffodils required to produce the additive."

If successful, McNee said the JV would support Agroceutical Products with any regulatory approval required to enable the daffodil-based inhibitor to be used on-farm.

AgriZeroNZ has committed more than \$33 million across a range of emissions reduction tools and technologies for New Zealand farmers including a methane-inhibiting bolus, novel probiotics, low methane pasture and methane vaccines.

these crucial compounds, daffodils need to be grown in challenging, high-altitude environments, like the Black Mountains in Wales.

Given the limitations of the daffodil growing season in the UK, Agroceutical Products has investigated growing locations in the Southern Hemisphere to provide a year-round supply.

"New Zealand's rugged hill country provides the prime growing conditions needed for daffodils to produce the compounds we're looking for," says Kevin Stephens.

Most recently, Stephens was involved in a trial which found daffodils grown on South Island sheep farms produced commercial concentrations of galanthamine.

Stephens, himself a sheep and beef farmer, initially started growing daffodils on his hill country land to diversify the farm's income. He says he's pleased to bring that same opportunity to New Zealand farmers.

"Daffodils are easily integrated into sheep farming systems as sheep don't eat the plants, and simply graze around them.

"The daffodil bulbs can be planted directly into pasture and then harvested for extraction with no significant capital expenditure or damage to surrounding pasture."

Aquaculture opportunities for seaweeds

There is big potential for growing seaweeds commercially in New Zealand, but not much has been documented about the nutritional content of different varieties. Researchers found there were large differences in specific macronutrients among different seaweeds found in northeastern New Zealand. Red seaweeds were highest in protein and insoluble fibre, while

brown seaweeds were highest in lipids and soluble carbohydrates.

The authors say that their study provides a baseline of the nutritional composition of common seaweeds in Aotearoa and highlights commercial opportunities for the seaweed sector.

New Zealand Journal of Marine and Freshwater Research



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Changing lives through boxing

Hamish Rowe credits Barbwire Boxing and James (Batman) Langton for turning his life around. On September 7 he will step into the ring for his first fight when he takes on Jonathan Gous at the Barbwire Fight Club at the TET Multi Sports Centre in Stratford.

"I had grown up on the streets and was doing robberies and then I heard about Batman and then I met him and saw what a good sort he is and how much he cares about people in the community," says Hamish.

"Me and my brothers were in and out of juvenile prison and life was on a downward spiral. Two years ago I heard about this through a mate and that's how my fitness journey started with Batman. I had never done any fitness before, and I knew nothing about what fitness and hard work can do until I met Batman."

James says he is impressed with the way Hamish is turning his life around.

"Hamish is an outstanding trainer. He's always one of the first here and the last to leave. He brings a lot of energy to his training and I'm really looking forward to this matchup."

The Stratford Fight Club follows on from a similar event in Opunake in April.



Boxers O.G. Robinson, Leilani Leatherby, Hamish Rowe, Bobbie Katene and Otto Katene are looking forward to Stratford.

The winners from the Stratford Fight Club will take on the winners of the Opunake Fight Night at Stratford in December. Like other recent Barbwire Boxing events there will be online voting which means people from around the world can watch the fights and cast votes on

who they think won. James says organisers have been refining the process so viewers can watch the votes come in in real time.

"We're the only company in the world doing this where we're engaging with the audience on who they think won the fights," says James.

As well as Hamish, Barbwire boxers taking part are Bobbie Katene who will be on the main card against Lenuasi Tueli, O.G. Robinson in a heavyweight matchup against Lennox Benjamin, Leilani Leatherby against Soifuaeseese Ailapeta, Akosi Manning against Mat Galloway and

Otto Katene against Charlie Ainsworth.

Prior to boxing in Stratford, boxing couple Bobbie Katene and Leilani Leatherby will be having fights of their own in Auckland. James says he is pleased to have negotiated a two for one deal whereby Leilani's opponent in Auckland Soifuaeseese Ailapeta will also be her opponent at Stratford. Soifuaeseese had earlier beaten Taranaki boxer Jorja O'Neil in Auckland.

"I'm here to avenge her," says Leilani. "It will be cool to fight another Polynesian as well."

For Bobbie this will be his first time on the main card

after having fought eight amateur and four corporate fights. His opponent comes from a kick boxing background.

"I really think Bobbie and Leilani are the future of boxing in Taranaki," says James. "I hope they will go professional and put Opunake back on the map. They are both really committed to the sport."

He says another bout to keep an eye on is the one between Zoe Bewley and Stephanie Rose. When they last faced each other at Opunake the judges had awarded the fight to Zoe, while the online voters had given the fight to Stephanie.

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Basketballer at home between playing for Tall Ferns

Eva Langton was in Japan with the Tall Ferns when students from her home town dropped by and performed a haka for them.

She was on a seven-day visit to Tokyo after being named in a Tall Ferns squad to play two friendly games against Japan. At the same time sports teams from Opunake High School were playing in Japan and they dropped by to see Eva play, and while there they performed the haka. Eva had earlier helped coach the Opunake High School boys' team when they won the National Small Schools Basketball championship.

It was, said Eva, a moving experience.

"It was very surreal."

The Tall Ferns squad included a number of players and coaches making their debut international appearances.

Although they lost both their friendlies, Eva says they had shown a marked improvement between the first and second games.

"It was a great opportunity for us to work with each other for the first time with minimal pressure at an international level," said Eva.

After Japan Eva spent a short time back home in Opunake before her next stint with the Tall Ferns, having been named in an



Eva in action.

18-strong squad for a 10-day camp in San Francisco. From these 12 would be named to go to Mexico City to play Mexico, Montenegro and Mozambique in pre-qualifiers for the 2026 World Cup.

"It's very exciting to be part of this, and cool to train with the best kiwis, to meet everyone and to train with the highest level of players we have in New Zealand," says Eva.

She has been playing in Adelaide having signed a one-year contract with

the Norwood Flames which plays in the NBL Conference.

While her team didn't qualify for the finals, Eva says she was pleased at how they went.

"We improved dramatically throughout the season and played with a lot of confidence. The fluidity of our game improved a lot and all the girls were amazing."

Eva was in the top three-point percentage in the league, with 42.7 per cent for the season, and scoring 35 in one game.

In addition to playing, she has also done a lot of coaching.

In October she will be back in New Zealand to play in the Tauhi season.

"I always love being able to play in the home league. It's cool to be part of the drive to get more girls and women playing basketball in New Zealand," she says.

She is not the first Opunake basketballer to be selected for the Tall Ferns. Others have been Zoe Kensington, Michelle Hill and Diane L'Ami.

Belardo Boy wins rescheduled Opunake Cup



Originally scheduled for Saturday 20 July at New Plymouth, The Sinclair Electrical & Refrigeration Opunake Cup was held at Egmont Racing Club, Hawera on Tuesday 23 July 2024.

Race sponsor, Brian Sinclair was on course to witness Belardo Boy take out the \$100,000 Sinclair Electrical and Refrigeration Opunake Cup. Belardo Boy is trained by Lisa Latta and was ridden by jockey Joe Doyle.

The Opunake Cup is a pivotal race for horses preparing for the prestigious Winter Cup at Riccarton, which is set to take place in a few weeks.

Taranaki Racing Inc is extremely grateful for the support received from Egmont Racing Club to allow the meeting to be transferred to their course.

New Plymouth Raceway's next race meeting is the ITM Interprovincial Challenge Race Day on Saturday 17 August.



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Inspired by Nature at The Village Gallery

INSPIRED BY NATURE – watercolour exhibition by Yvonne Geeraedts is at The Village Gallery until 24 August

Nature and creativity go hand in hand for me and have always been part of my life in one way or the other. I love getting out and about on my bike or hiking. It calms my mind which tickles my creative part of the brain. The beauty of nature, no matter what the weather, inspires me to paint. It can be a whole scene or just an intriguing sky or colour of water or shadow that gets me started.

I discovered watercolour painting about four years ago and love the challenges and thrills when it comes together. It is an ongoing learning journey in which I always try to discover and progress.

All my work is original and either painted on site or painted in my studio from my own reference photos (unless stated otherwise).

Come and check out my exhibition "Inspired by Nature". It is showing at The Village Gallery, 166 High Street, Eltham from 30 July – 24 August

I will be in the Gallery on Saturday 17th and Saturday 24th August. I am happy to talk about my work, inspiration and processes.

I look forward to seeing you in the Gallery.
Yvonne Geeraedts

Top: Garden Scene.

Centre: Lake and Jetty.

Left: Boat on a Lake.

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CHURCH NOTICES

Church Services - Manaia, Kaponga, Opunake, Pungarehu, Okata, Oakura

Opunake Co-operating Parish
Havelock Street, Opunake - St Pauls - 9.30am every Sunday
Rahotu - Wesley - 11am first Sunday of the month

Okato Co-operating Parish
Okato – St. Paul’s – Sunday Service every 1st and 3rd Sundays of each month, 10.00am
Oakura – St. James – Sunday Service every 2nd and 4th Sundays of each month, 10.00am
Mid-week open church – Okato – St. Paul’s – Pew for You, every 3rd Wednesday of each month, 4.30pm-6.00pm

Opunake Catholic Church
St Martins, Pungarehu: Temporarily closed - no Masses
Our Lady Star of the Sea, Opunake: 10am every Sunday

Other areas
Sacred Heart, Manaia - Temporarily closed - No Masses
St Joseph's, Hawera - Every Sat at 5pm; Every Sun at 9am
St Patrick's, Patea - 4th Sunday of month; 11.00am
St Francis de Sales, Waverley - 2nd Sunday of month; 11.00am

St Patricks Catholic Church, Kaponga
2nd, 4th and 5th Saturdays of the month Mass at 6pm. However during winter the time will be 5pm i.e. Saturday 10th June, 24th June and 8th July. After this date the time will revert back to 6pm.
Sunday Mass 8.45am.
Thursday Mass 10.00am (subject to change).

St Patricks Catholic Church, Okato
Saturday Vigil 6.00pm - weekly

The Wave
Pentecostal Church 64 Domett St, Opunake
Sunday Services 10.30am
Women's Group 10am Tuesday
Men's Group 7pm Wednesday
Come along or contact Belinda Philp 027 935 6191

St. Barnabas Anglican Church
141 Tasman St, Opunake
Sunday Services 10am
Communion 2nd, 3rd & 4th Sunday
Prayer & Praise 1st Sunday
Every 5th Sunday all 4 churches gather for a Combined Service

Okato Community Church
Meets 10.30am Sunday at Hempton Hall.
Everyone welcome

St John's Community Church, Kaponga
Cnr West and Egmont Streets.
Sunday Services 10.30am followed by morning tea

Manaia Union Fellowship
Terou St. Manaia.
Meet 10am every 3rd Sunday of the month with communion

Friend & Fellowship Group
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St. Andrew's Presbyterian Church
90 Regan St., Stratford,
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10:30am: Breakfast is followed by "Coming Together Worship Service"
Thursday: Study Group at 2 pm at 96b Brecon Rd., Stratford.
Contact Rev. John Mattock 027 2039799

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Gates open at 11 am. General Admission \$5. Corporate tickets available at www.newplymouthraceway.co.nz.

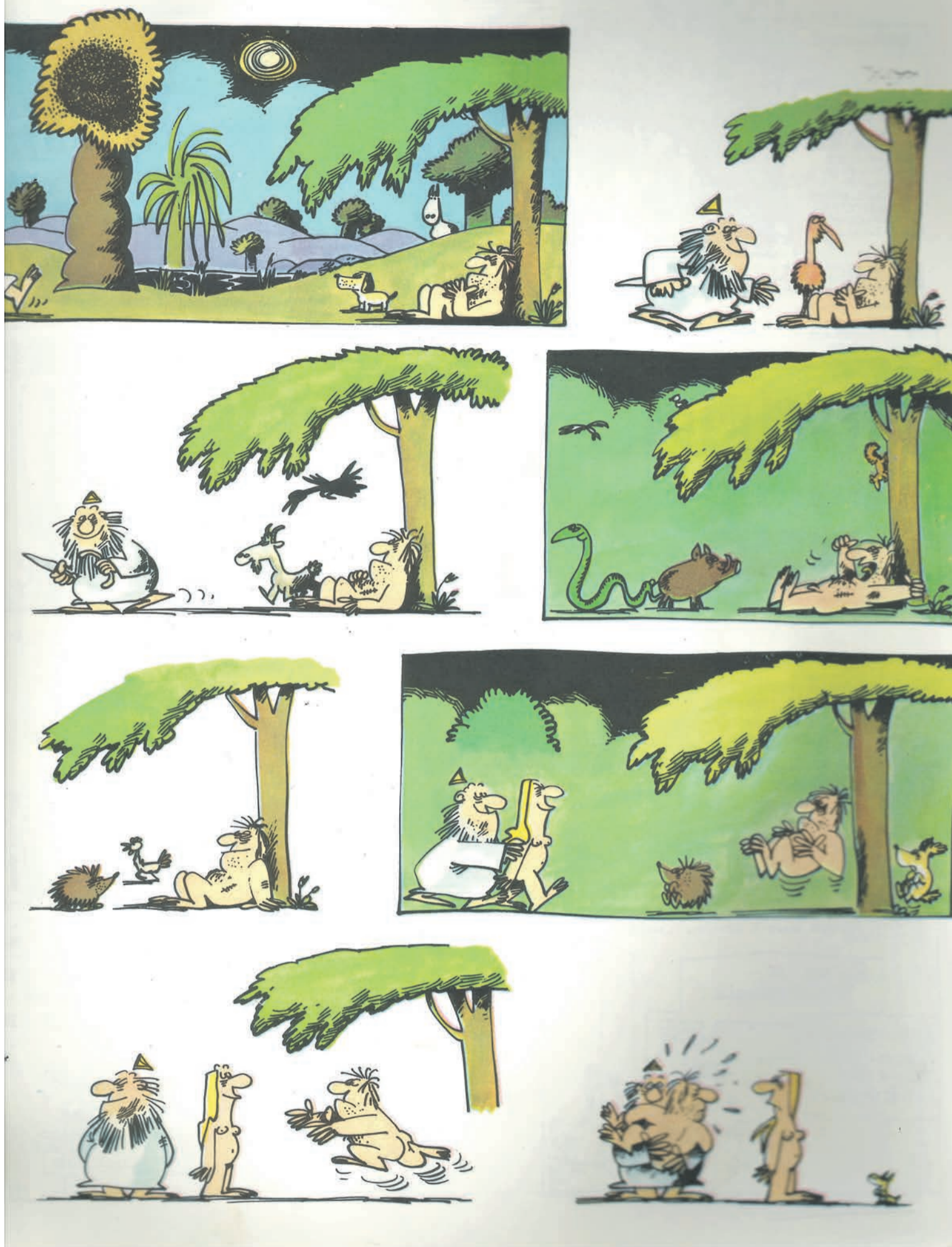


INSPIRED BY NATURE

Visit our Watercolour Exhibition by Yvonne Geeraedts
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panic in Eden park



What's On Listings

ONGOING

Movies at Everybodys Theatre in Opunake: Playing several days and nights each week. Refer timetable in newspaper.

MONDAYS: The Barnabas Centre - St Barnabas Church Hall, 141 Tasman Street Opunake: Each Monday 10 am - 12:30 pm. Information call Jenny 7618080 or Glenys 6558025.

Hawera 4 day old Calf Sales: At A&P Showgrounds. 12pm.

TUESDAYS

Opunake Walking Group: Every Tuesday 10am. Meet outside Club Hotel on Havelock St. Phone Margaret 027 477 5600 for more info if needed, or just turn up.

Pungarehu Golf Club Twilight: Tee-off between 4.30 & 6.30pm.

Opunake District RSA: Meet 1st Tuesday of every month at 5.30pm at the Opunake Fire Station. Financial Members are welcome to attend.

WEDNESDAYS

Coastal Young Farmers: Meet 2nd Wednesday of every month at 7pm at Butlers Reef Bar & Cafe, Oakura.

Lisa Keen Audiology at Coastal Care, Opunake: Wednesdays 9am - 5pm, for an appointment call 027 591 4222 - 0800 555 676

Okato & District Historical Society open every Wednesday: At the Okato Community Trust Hall, 47 Cumming St, Okato. phone Meg on 06 752 4566.

Opunake Embroiders Guild: Meet 2nd and 4th Wednesdays of the month, 10.30am-3pm at the Opunake Business Centre, Napier St, Opunake. Just come along or phone Sheryl 06 761 8769.

Okato Market: In Hempton Hall, Okato 4pm to 5.30pm.

Free singing experience with Taranaki Harmony Chorus: Meet every Wednesday at Inglewood Mamaku Centre, 7-9.30 pm Phone Helen 021 296 0700.

THURSDAYS

Egmont Euchre Club: Every Thursday 1pm at the Opunake Bowling Club. Inquiries, 06 761 8337 or 06 761 8607.

Taranaki Country Music Hall of Fame, Mania: Running every Thursday night from 7.30pm, 11 Surf Highway, South Road, Mania. Contact Helen Braithwaite 0274 825 108.

FRIDAYS

Eltham Business Association Friday Markets: 9:30am to 1pm, Carpark of Touch Point, High Street, Eltham.

Singer Songwriters, New Plymouth: Last Friday of the month at Little Theatre, 29 Aubrey St, NP from 7-11pm.

AT THE CLUB HOTEL THIS WEEK:

Monday: Burger special \$15, Happy Hours 3pm- 6pm; **Tuesday:** Pork ribs \$20, Pool Tournament 7pm; **Wednesday:** Pizza night 2 for \$24, Poker night \$30 buy in; **Thursday:** Steak night for \$20, Poker Night \$27 buy in; **Friday:** Pensioners lunch \$15, Lamb Shank \$20; **Saturday:** Chicken Schnitzel \$20; **Sunday:** Roast night \$20 Complimentary dessert for dine in customers.

NOW TO OCTOBER 8

Ma Wai Ke Atu - A creative collaboration from students of Taranaki Schools: Puke Ariki Museum, New Plymouth.

NOW TO OCTOBER 13

Te Kitenga o Hina Exhibition: Puke Ariki Museum, New Plymouth.

JULY 22 TO AUGUST 17

Eight + A Group Exhibition: Lysaght Watt Gallery, Hawera.

JULY 31 TO AUGUST 24

Inspired by Nature - A Watercolour Exhibition by Yvonne Geeraedts: The Village Gallery, Eltham.

AUGUST 12

Opunake & Districts Business Association meeting: Sinclair Electrical & Refrigeration Event Centre, 5.30pm.

AUGUST 20

Opunake Districts Rest Home Trust AGM: Coastal Care Meeting Room, Opunake, 5pm.

AUGUST 28

TOI Foundation Annual Public meeting: Kaitake Community Sports Hub, Corbett Park, Oakura, 1pm.

Applications close for annual, programme & event or capital grants from the TOI Foundation. info@toifoundation.org.nz or 0800 7699 471.

SEPTEMBER 8

Everybody's Theatre AGM: At the Theatre, Opunake, 10am.

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MIND MATTERS

When I was a science student at the University of Auckland, over 40 years ago, I had a bad habit of studying things that were not a part of my course. I was supposed to be working hard on physics and mathematics, but instead I read paperbacks on psychology and education. One of those books was the Penguin paperback "Sense and Nonsense in Psychology" and another was "Check your own IQ." Both are books by Hans Eysenck. His books were popular with students. I was one of those to check out my IQ (Intelligence Quotient). Fortunately, I cannot remember the result.



DR. ROBERT SHAW

said, or they were taken to a psychologist when they were aged 8. Once the label was given, right or wrong, it stuck. It became a part of the person's view of themselves. It relates to how they feel about themselves and what they can achieve in life.

Why is it helpful to know something about the origins of common terms like "personality" and "intelligence"? What these words mean is still the subject of great debate. There is no settled meaning for terms like these. Another way of saying this is: these words are concepts, they have wide and changing uses in discussions in the community and in universities. Philosophers like concepts, psychologists do not. Psychologists need nice clear definitions so they can produce tests and measure things. This is the scientific way. Science is precise, it produces facts, it is reliable, they say. Modern (mathematical) science produced "facts" and they have been good enough to send people to the Moon and back. However, the alleged "facts" of psychology are less certain and more subtle. This MIND MATTERS gives some of the early history of personality measurement. I will consider Myers-Briggs on another occasion.

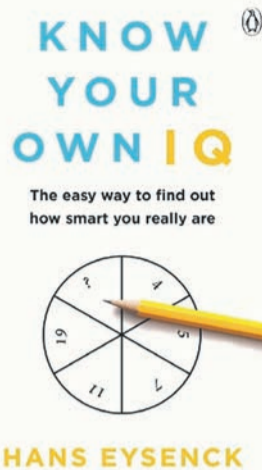
Hans Eysenck was born in Germany. His mother was a film star and his father was an actor and nightclub entertainer. Hans was raised by his maternal grandmother. She was a Jew who became a Catholic.

When Hitler came to power, grandma was taken to a concentration camp and died there. Hans eventually found his way to Britain. Later, he wrote in his autobiography "My hatred of Hitler and the Nazis, and all they stood for, was so overwhelming that no argument could counter it."

Eysenck, in the 1940s, worked with soldiers at a psychiatric hospital in London. He needed to diagnose them, and made some use of a popular theory of personality – the 16 factor theory. The idea is that there were 16 dimensions (variously called "aspects" or "broad traits," or "dispositions") of personality, and they can each be measured.

The theory developed something like this: Gordon Allport listed over 4,000 words in the English language that describe personality traits (in his opinion). Raymond Cattell distilled that lot down to arrive at his 16 factors: abstractness (imaginative versus practical), apprehension (worried versus confident), dominant, emotional stability, liveliness, openness to change, perfectionism, privateness, reasoning concrete or abstract, rule-consciousness, self-reliant, sensitivity (tender-hearted or tough-minded), social boldness, tension (impatient versus relaxed), vigilance, warmth. Cattell built a questionnaire of 185

Hans Eysenck and the alleged science of personality testing



difference in intelligence between black and white people in the United States was 80% determined by hereditary (genetic), he caught the attention of many. He supported ideas such as these by research on rats and with human twins. The heated debate was not helped by Eysenck's personality. He was totally committed to his own opinions, rewarded those who supported him and scorned those who did not. He sold an incredible number of books and he is still influential today.

Eysenck wrote a great deal, and much of it is only of historical interest. A book was published in 1989, entitled "The Causes and Cures of Criminality," and contains a gem of an idea: the justice system should use sound evidence to make decisions about crime, reform and punishment. Eysenck argued that we must not let public sentiment, often fear or moral outrage, determine the priorities of the justice system. Only by making decisions based on evidence will we be able to make significant differences

in the lives of people. I do not think our political leaders have read Eysenck. There are better ways the government can spend our money than paying for another experiment with Boot Camps.

*Dr Robert Shaw
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The Fabulous Four 1hr 39mins M Thu 08 Aug 7PM	Deadpool & Wolverine 2hr 8mins R16 Fri 09 Aug 7PM Thu 15 Aug 7PM
Despicable Me 4 1hr 34mins PG Sat 10 Aug 1PM	It Ends with Us 2hr 10mins M Sat 10 Aug 7PM Sun 18 Aug 1PM Thu 22 Aug 7PM
Fly Me to the Moon 2hr 12mins M Sun 11 Aug 1PM	Twisters 2hr 2mins M Sun 11 Aug 7PM
Bookworm 1hr 43mins PG Fri 16 Aug 7PM	Inside Out 2 1hr 36mins PG Sat 17 Aug 1PM
Ghostlight 1hr 55mins M Sun 18 Aug 7PM	

The Fabulous Four Offensive language, sexual references & drug use 1hr 39mins Rated: M Thu 08 Aug 7PM	Deadpool & Wolverine Graphic violence, sexual references & offensive language 2hr 8mins Rated: R16 Fri 09 Aug 7PM
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PUBLIC NOTICE

Declaration of a portion of Napier Street, Ōpunakē to be a pedestrian mall

Under section 336(1)(a) of the Local Government Act 1974, the South Taranaki District Council declares a portion of Napier Street, Ōpunakē (from the kerb line on the south side of Tasman Street southwest for 31 metres more or less – see map below) to be a pedestrian mall.

Section 336(3) of the Local Government Act allows any person, within one month of making this declaration, or within such time as the Environment Court may allow, to appeal to the Environment Court against the declaration. Any person wishing to appeal to the Environment Court on the declaration of a portion of Napier Street, Ōpunakē to be a pedestrian mall should do so in writing to the Environment Court prior to 7 September 2024.

To make an appeal to the Environment Court, visit their website page www.environmentcourt.govt.nz or contact them on 04 918 8300.



Fiona Aitken

Fiona Aitken
Chief Executive
South Taranaki District Council

ED doctors sting themselves for science

A team of UK emergency department doctors stung their own arms with nettles to test the folk remedy of relieving nettle stings using dock leaves in what they called the Nettle-induced Urticaria Treatment Study, or NUTS. Each blindfolded doctor had dock leaves rubbed on one afflicted forearm and lettuce leaves

on another. They tracked their discomfort through their Insult to Complete Healing (ITCH) score and counted the number of visible hives through the Observable Urticaria/Count of Hives (OUCH) score. While their discomfort improved rapidly, there was little difference between the results. The success of the

folk remedy could be due to the rubbing action or the cooling effect of the crushed leaf, rather than any unique properties of dock leaves – but the researchers note that similar improvement may also have occurred with no treatment.

Emergency Medicine Journal

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SUPPORTING OUR TAONGA SPECIES TO THRIVE - Predator control on Te Papa-Kura-o-Taranaki (Egmont National Park)

Taranaki Mounga Project is an ambitious, landscape-scale project working to enhance our native birds, flora, and fauna across Mt Taranaki, Pouakai, and Kaitake, as well as Ngā Motu/Sugar Loaf Islands. In 2024, the Department of Conservation (DOC), with the support of the Taranaki Mounga Project, will conduct an aerial 1080 predator control operation to treat more than 34,000 hectares of the National Park. This will target rats, stoats, and possums which are the biggest threat to our native species.

Why we are doing predator control

Whio (blue duck), titipounamu (rifleman), miromiro (tomtit), rūrū (morepork), kererū (New Zealand pigeon) and many other native bird species are now seen more regularly and in higher numbers in the National Park. These species are good indicators predator control operations in Te Papa-Kura-o-Taranaki are working. Thanks to intensive trapping complemented with aerial 1080 operations, whio numbers have risen from functionally extinct 20 years ago to around 40 resident pairs across eight intensively monitored rivers. These rivers are now at carrying capacity and spillover of birds is occurring right around the Mounga with at least 200 birds estimated.

Seeing our forest flourish and having even more native birds visit neighbouring communities is another measure of success. Returning other species such as kākā, yellow-crowned kākārīki, kōkako, and more kiwi is also our dream for the future.

Predator control works

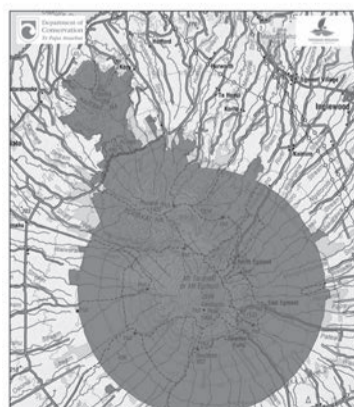
Aerial 1080 remains one of our best tools in protecting native taonga and is the most efficient, effective, and safest way to control predators in the rugged country of the National Park. In particular, it targets all predators in their home ranges at the same time. This is fundamental to the success of the project.

Method of predator control

This operation was scheduled for 2023 but will now be undertaken in 2024. DOC has worked closely with its treaty partners on desired outcomes and consulted with stakeholders and the community. From 23 May 2024 DOC with its contractor Epro Ltd will apply baits containing biodegradable 1080 over the area shown on the map. A pre-feed of non-toxic baits will occur first priming the predators to eat the pellets.

The toxic cereal bait pellets contain 0.15 per cent of 1080, are cylindrical and approximately 2cm in diameter. They are dyed green to deter birds and contain a cinnamon lure to attract rodents.

Non-toxic pre-feed cylindrical pellets are approximately 2cm in diameter and sandy coloured (not dyed).



The aerial operation uses calibrated buckets and GIS mapping technology to ensure bait drops in the designated area. Please see map attached.

1080 is poisonous to humans and domestic animals. Always remember:

- **DO NOT** touch or eat the bait.
- **WATCH CHILDREN** at all times.
- **DO NOT EAT** animals from this area.
- Toxic baits and carcasses are **DEADLY to DOGS**. These may wash downstream and out of the National Park.

Observe these rules whenever you see warning signs placed at the public access ways in the above areas. Warning signs indicate pesticide residues may still remain in baits and carcasses, possibly for more than six months.

If you suspect poisoning

Always contact your local doctor or local hospital or the National Poisons Centre: 0800 764 766 (urgent calls) or 03 479 7248 or dial 111.

For further information, contact:

- Biodiversity ranger, DOC Ngāmotu/New Plymouth Office 55A Rimu Street, Strandon, New Plymouth 4312 Ph: 06 759 0350
- Epro Ltd, 283 Broadlands Road Taupo, 07 378 4852



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23 Napier St, Opunake

**OPUNAKE & COASTAL
NEWS**

The next issue of OCN is
due out August 22.

PUBLIC NOTICES

Toi Foundation Annual Public Meeting

When: Wednesday the 28th August 1pm – 3pm

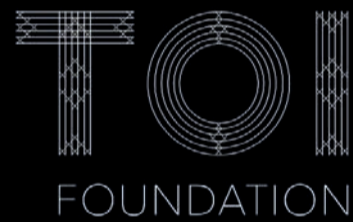
Where: Kaitake Community Sports Hub, Corbett Park, Ōakura

NAU MAI, HAERE MAI

Please join us for our Annual Public Meeting.

AGENDA:

Karakia | Apologies | Confirmation of Previous Annual Meeting Minutes | Presentation of Audited Financials | Chair & Chief Executive Report | Grantee Presentations | Karakia | Afternoon Tea



RSVP Essential: 25th August 4pm
info@toifoundation.org.nz
 0800 769 9471

FOR SALE

CARPETS second hand, large selection After Disaster Ltd 223 Devon St West, NP. Phone (06) 769 9265

TRADES & SERVICES

EAR SUCTIONING available at The Health Shop in Centre City on Mondays. Booking essential. 06 758 7553.

HAWERA BUDGET Advisory Service. Heartland Services office, 21 Napier Street, Opunake every second Tuesday from 9am. Coastal Care, Opunake, every second Wednesday 9am to 12pm. Appointments are necessary, Please phone 0800 333 048 to make them. Facebook page: Hawera Budget Advisory Service. Email: info@hawerabudget.co.nz

DEVILS CLAW used for centuries for arthritic pain, to reduce inflammation. At The Health Shop in Centre City 06 758 7553.

DEEP LUNG support from Harker Herbals in Waipu, very helpful for this horrible cough going around. The Health Shop in Centre City 06 758 7553.

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BIRTH NOTICE



BRIGHT, Lara Layne
 Daughter of Baylie and Taylah Bright.
 Born on Saturday 6th July, surprising us by coming a few weeks early, weighing 6 lb., 4 oz.
 Ten days in hospital but both baby and mum are doing well and are happy to be home. Excited to have her in our life and start this new chapter.

Baylie is the son of Paul and Tracey Bright from Pungarehu and grandson of Les and Lyn Fever, Oakura and the late Evan and Doreen Bright from Rahotu. Taylah's parents are Peter and Vanessa Smith from Opunake and her grandparents are Rex and Edna Baldwin New Plymouth (ex Oeo), and the late Ian and Connie Smith, Opunake.

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 Apply to: mark@goodinag.co.nz

TO LET



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 Building has kitchen facilities, wheelchair access, cleaning services and plenty of parking on Napier Street or at rear of building on King Street.
 Inquiries to Clare Moss - Ph 06 278 4169
clare.moss@hughson.co.nz

The next issue is out on August 22.

The Opunake & 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 border of Hawera township and inland to Kaponga and through Eltham.

OPUNAKE DISTRICTS REST HOME TRUST ANNUAL GENERAL MEETING

Tuesday 20th August, 5pm

Meeting will take place in the Coastal Care meeting room

All welcome to attend

Meeting to follow AGM

OAONUI HALL AGM

Tuesday August 27 7pm

Oaonui Hall

Contact Adrienne Young (Snapper) 027 248 5858

Come check out the new kitchen and future upgrades

Everybody's Theatre AGM

Sunday 8th September 10am at Everybody's Theatre Tasman Street, Opunake

All welcome to attend. Minutes from the 2023 meeting can be requested and will be available on the day.



Next Meeting to be held at

Sinclair Electrical & Refrigeration Event Centre

August 12 2024

5.30pm

Guest Speakers - Blackbelt Communications

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2019 Mitsubishi Eclipse Cross
LOW KMs, NZ NEW SUV
Adaptive Cruise Control, Tow Bar, Heated Electric Leather Seats, Turbo, Tinted Windows, Collision Avoidance, 1499cc, Petrol, CVT, 29kms



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2006 HYUNDAI JM 270X
VERY TIDY 4WD SUV
Tinted Windows, Traction Control, V6, Alloy Wheels, Roof Rails, Tow Bar, 2650cc, Petrol, Auto, 226kms



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2019 HYUNDAI TUCSON ELITE MPI
SUPERBLY APPOINTED
2WD, Keyless Entry & Ignition, Auto Headlights & Wipers, Driving Lights, Heated Electric Leather Seats, Sports Mode, 1999cc, Petrol, Auto, 76kms



\$28,995

THIS WEEK'S SPECIAL:
2016 Holden Captiva LT
7 SEATER, 4WD
Parking Sensors, Side Skirts, Reversing Camera, Descent Mode, Roof Rails, Stability Control, 2997cc, Petrol, Auto, 94kms



\$17,995

2008 Toyota Blade Master
STUNNING EXAMPLE, V6, Auto, Headlights, Spoiler, Driving Lights, Keyless Entry & Ignition, Tow Bar, 3450cc, Petrol, Auto, 92kms



\$12,995

2013 Ford FALCON FG2 XR6 SEDAN
GREAT LOOKING XR
Driving Lights, Spoiler, Parking Sensors, Auto Headlights, Cruise Control, 3984cc, Petrol, Auto, 221kms



\$11,995

2004 Subaru IMPREZA
5 Spd AWD, One owner
Boxer Engine, Roof Rack, Dual Airbags, Hi/Low Range, Tow Bar, 1994cc, Petrol, Manual, 243kms



\$7,995

2014 Nissan FUGA V6 HYBRID
Driving Lights, Sports Mode, Auto Headlights & Wipers, Keyless Entry & Ignition, 3490cc, Petrol, Auto, 98kms



\$15,995

2009 Mazda ATENZA 25S
VERSATILE POPULAR WAGON
Auto Headlights & Wipers, Roof Rack, Keyless Entry & Ignition, Reversing Camera, Tow Bar, 2480cc, Petrol, Auto, 157kms



\$19,995

2016 Mazda Cx-5 GLX
POPULAR NZ NEW SUV, Alloy Wheels, i-Stop, Electric Parking Brake, Keyless Start, Sports Mode, Traction Control, 1998cc, Petrol, Auto, 127kms



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2011 Toyota HILUX DC UTE
TIDY 5 SPD, T/DSL
2WD, Nudge Bar, Tonneau Cover, Alloy Wheels, Tow Bar, ABS Braking, Reversing Camera, 2982cc, Diesel, Manual, 255kms



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