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New District Governor takes office. Page 7



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Rhonda Crawford speaking to South Taranaki District councillors about the Opunake Green Space.

Green Space gets green light

The Opunake Green Space is one step closer to reality. The South Taranaki District Council Policy and Strategy Committee unanimously threw its support behind the proposal to close off part of Napier Street for a public green space when they met on Monday (July 22). The proposal, which is part of the South Taranaki District Council's Town Revitalisation strategy will go to the ordinary Council meeting on August 5. If they vote in favour, anybody objecting to closing Napier Street has a month from that date to lodge an appeal to the Environment Court.

"I believe the people in Opunake know what they

want," Cr Andy Beccard said in moving the meeting support the proposal. "From the comments we've heard about its attributes I think the green space is going to be an asset for Opunake."

Cr Bryan Roach who represents the Taranaki Coastal Ward on the Council was also a member of the co-design group behind the idea. He declared an interest and did not take part in the Council vote or the discussion.

The other Taranaki Coastal Ward councillor Aaron Langton told councillors he was pleased with the outcome of the vote.

"This discussion has been going on over my parents'

table for a long time, so it's great to see it follow through," he said.

The idea of closing off part of Napier Street and setting up a town square which would include the area taken in by the town's Library Plus, the Peter Snell statue and the building which then housed the Opunake branch of TSB had come out of consultations over the Council's town revitalisation strategy. The Council approved \$2.2 million for the Opunake Revitalisation Plan and an Opunake Co-Design team was set up with representatives of business, hapu, youth and community. Members of that group spoke in the open forum at Monday's meeting.

Kerry Walsh said Opunake is a small community with

a rich history and tangata whenua believed the time was ripe to deliver the green space. She said the green space could be somewhere to learn about the history of the town and tangata whenua wanted to acknowledge their tipuna Wiremu Kingi te Matakatea. It was also somewhere to enjoy the environment and for members of the community to show off their talents.

Rhonda Crawford noted that there had been 160 submissions received and most of these strongly favoured the Green Space.

"Opunake is a slice of paradise, not just because of its environment but because of its people," she said. "It's time for the Council to step up for what the community has achieved and to add the next layer.

"As a community we spoke very loudly and clearly. On the Green Space 73 per cent said Yes. On closing off Napier Street 68 per cent said Yes. On using the revitalisation budget it was Hell Yes. We deserve it and I want you to listen to our community, and it was a resounding vote for a Yes."

Chris Fuller said he had lived in Opunake for 30 years.

"For me and for us it is not just a green space, for us it has always been a heart."

After having declared an interest in the matter, Bryan Roach left his seat at the Council table and sat with the other members of the Co-design group. Speaking in the open forum he said he had asked people what they

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Concept design Opunake Green Space.

Image. Brad Dobson, Blac Ltd.



Letters to the Editor

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For accounts, email: accounts@opunakecoastalnews.co.nz

www.opunakecoastalnews.co.nz

Editor: Bernice McKellar

Journalists/Sales: Rolland McKellar, Bryan Kirk

Advertising/Production: Vanessa Smith

Production/IT: Shane Butler

Delivery: Thursday, fortnightly

Registered as a newspaper.

Member of the Community Newspapers Association of New Zealand



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

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.

Taking issue with Christianity

Adelphos, in their column dated 11 July 2024, provided a typically strawmanish “apologetics” argument for their “one basic reason people dismiss or reject Jesus or Christianity”.

The reason I dismiss Jesus and Christianity is because there is absolutely no evidence to support the claim that there are any gods or that Jesus was the son of a particular God. In fact biblical scholarship of both the Hebrew Bible and the New Testament rejects your claim too. If scholarship, and all that entails (archaeology, history, biblical criticism, and anthropology, et al.), rejects your flimsy premise maybe you should study more and write less. I did, that’s why I’m no longer

a Christian and neither are the vast majority of those with doctorates focused on all aspects of biblical scholarship. At this point Christianity is a dark corner of self-perpetuating ignorance in the warm and brightly-lit room of knowledge.

Come out into the light, you might realise how dark you’ve made it in your corner.

Graeme Woller
New Plymouth.

Gaza

We are in the grip of insanity. A malevolent propaganda turning 10 months of butchery behind the GAZA wall, into an abstract question of ‘Rights’... the ‘right’ of Israeli occupation and annexation now found illegal by the ICJ ruling, that Israel’s genocidal behaviour and policies are

unlawful, discriminatory and apartheid.

This is backed by the independent, international weekly medical journal The LANCET, presenting a paper arguing 186,000 human beings have been slaughtered since October 7th. (Khatib/McKee/Yusuf. July 05, 2024. ‘Counting the dead in Gaza: difficult but essential’)

As a country, we are complicit of course, unless we fully endorse and act upon the ICJ ruling. Do we stand for International Law, or for the ‘rules based order’ out of U.S.A and TelAviv where they make the rules and we follow the orders? Our high priests of morality and governance seem lost in the fascist and racist political culture of Zionist Israel, whose influence is everywhere. Its power appears to have scrubbed media almost clean of the blood-letting

and has stolen our ability to comprehend and contest it. To care. Its protagonists have inserted godly commands into the blank spaces of religion, where there were none and now carry out an eschatological slaughter of utmost cruelty. Dancing while wrecking aid trucks sent to feed the starving prisoners of GAZA. Soldiers filming themselves dressed in stolen women’s underwear. Burning books in University Libraries while TikTok records scrawny dogs eating the bodies of sniped children in what is left of the streets of GAZA.

We, the ill-informed, turn a blind eye. And so are blind.

Roger Morris
Oeo

Continued on page 3.

ADELPHOS

The role of women in Jesus’ ministry has been historically downplayed. For example, the real Mary Magdalene has been greatly maligned. This partially stemmed from confusion over the common name of Mary in the New Testament, but also from the Jewish patriarchy diminishing the importance of women in the early church’s ministry.

The greatest damage to Mary Magdalene’s reputation began with Pope Gregory at the end of the sixth century; he claimed that the seven demons Jesus delivered Mary Magdalene from (Luke 8:2-3) were “the seven deadly sins” prohibited by the Catholic Church (anger, pride, envy, gluttony, lust, sloth

and greed). To Gregory this meant Mary was the epitome of sinfulness, even though Jesus forgave, healed and freed her. Gregory created further confusion and tarnishing of Mary’s reputation in 591 A.D. by asserting in an Easter sermon that three different Marys were all the same person: 1.) Mary of Bethany (Luke 10:39), 2.) the unnamed sinful woman anointing Jesus’ feet (Luke 7: 36-50) and 3.) Mary Magdalene (Luke 8:2-3). This was a significantly erroneous claim. Although considered an excellent pope by John Calvin, most scholars today agree that Pope Gregory imposed an arbitrary meaning on these scriptures, depriving Mary Magdalene

of the respect she deserved as a highly influential female in Jesus’ ministry.

Throughout the centuries Mary Magdalene increasingly gained an indecent reputation as an unworthy and sinful woman, if not a prostitute. She was portrayed as a sexual temptress in the musical, Jesus Christ Superstar. However, more recent popes have apologised for the historically libelous and unbiblical misrepresentations of Mary’s character. In 2016 Pope Francis declared July 22 a major feast day to rehabilitate Mary Magdalene’s sullied and sexualised image. In Scripture Mary Magdalene became a devoted disciple of Jesus after He healed her from demonic possession (Luke 8:2). She was with Him at the foot of the cross along with His mother Mary, her half-sister Mary of Clopas and the Apostle John. Whereas the other male apostles covered behind locked doors during

and after the crucifixion.

Mary Magdalene’s name was mentioned twelve times in all the gospels, more than most apostles. She was the first person to meet the resurrected Jesus and proclaim the greatest newspaper banner headline in the history of the world: “JESUS IS RESURRECTED FROM THE DEAD!”

Scripture tells us that some women who were healed by Jesus travelled with Him and financially supported His ministry out of their own pockets (Luke 8:3). Other rabbis considered it scandalous for women and men to travel in mixed company. Mary Magdalene and other female disciples had vital roles in supporting the ministry of Jesus and the Apostles.

Arohanui,

Adelphos,
M.Div., M.A. Biblical Studies, M.A. Counselling (University of Auckland).

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Letters to the Editor

Doing good in Gaza

As with Ukraine and many other hot spots around the globe, the experience of those living in Gaza attracts limited profile within Aotearoa. For many of us, the problem seems far too complex, too conflicting, or too far removed from our world, so we compartmentalise and deposit it in a 'too hard' box before discarding the matter from our minds. There also seems to be a generalised view that nothing can be done to help at the current time - that no aid is able to get in. The logical outworking of this thinking may be that there is no point giving to organisations raising funds to assist victims, even though the people of Gaza are living through the

most extreme circumstances, through no fault of their own. Despite these very real challenges, CWS has a longstanding partner working in Gaza. As you might imagine it is no easy task for the Department of Service to Palestinian Refugees (DSPR); yet they continue to operate throughout the war. Despite major setbacks including loss of family members, their own forced dislocation from homes and the destruction of buildings where they operate, their team just keeps on giving, working round the clock to provide medical and dental care, mother and childcare, medical supplies, sanitation training, hygiene kits, food parcels, small sums of cash for food and water, and psychosocial support for both

adults and children. The attached picture fails to adequately convey their heroic story. A couple of months back, well over a million people were crammed into Rafah, a city designed for 200,000 persons. No sooner had people been forced into the city, when they were directed out - this time to the coast, a few kilometres up the road. Bombing began and DSPR's building

in Rafah was destroyed. Refusing to give up hope, the team accessed tents and a minivan, then moved to be with those displaced yet again, in Khan Yunis. If you'd like to support these exceptional efforts of courage and valour, CWS continues to actively raise funds for DSPR in Gaza. You'll find the link at WWW.CWS.ORG.NZ
*Dr Tim Pratt
 National Director CWS*

Amanda Clinton-Gohdes and Bali Haque Housing champions

On behalf of all our elderly, thank you Amanda Clinton-Gohdes and Bali Haque.

You are the only councillors in our Taranaki Region who seem to care for the welfare and wellbeing of all our elderly. It's also obvious that you are the only councillors who appreciate that the housing crisis, if not addressed immediately, will be heading towards a catastrophic tsunami of homelessness, and escalating mental health issues that could result in people taking their own lives.

We need all councillors right across our region to follow Amanda and Bali's lead, for they clearly recognise the critical extent of the problems, problems that must be addressed immediately and not parked for another day or relegated to the "too hard basket".

The elderly, including the 50+ plus demographic (who will be direct future beneficiaries of the benefits of a successful mission) will support all councillors and M.Ps behind the project, helping make our region a highly desirable place of retirement - a haven for those to live and enjoy a healthy and stress-free retirement that they will rightly deserve, their working lives.

*Fred Kumeroa
 President
 Grey Power South Taranaki*



New mobile clinic.

Photo: DSPR Gaza

Green Space gets green light

Continued from page 1

thought about the Green Space. "In a nutshell over 95 per cent of the people I spoke to were for it." He said those against it were often people living on the seaward side of town who felt inconvenienced about the longer time it would take to get to the middle of town. Facing his fellow councillors he said. "I'm going to pump this table and ask you to endorse it." It was acknowledged that the Green Space idea had copped some criticism. There had been issues of wind, the species of trees that would be planted, the loss of parking

and the effects on traffic flow. The loss of parking near the ATM would mean Armourguard staff having to walk further, thereby putting themselves at risk. It was argued that the space would be a magnet for antisocial behaviour. Some questioned where the money would come from, or that the money could be better spent on cleaning up the lake or infrastructure issues like sewage. South Taranaki District Council group manager community services Rob Haveswood said the money had been specifically budgeted for the town centre and nothing else. Armourguard had told them they had no problems with what was proposed and

the Council had a written statement from the police to the same effect. Speaking after the meeting, Opunake Business Association chair Raewyn Cornford, who is also a member of the Co-design group said she was pleased with the outcome. "It's been a great journey to bring a great square to Opunake. I think we needed to have the stamp on Opunake to show that we are moving on." She had a word for those who said the money would have been better spent elsewhere. "This money has to be spent on the town square. There are other budgets for water and for rates. It's not as if you could give the \$2.6 million to anybody else. You couldn't give it to the lake. You couldn't give it to sewage." She said not all the money earmarked for Opunake had been spent and they were looking forward to finding out ways the rest could be allocated.

Opunake we get twenty back."

Mayor Phil Nixon commended the Co-design group for their presentation. "This is such a positive community. It seems that for every dollar we put into

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COUNCILLOR'S COMMENT

New kerbside rubbish and recycling

The South Taranaki District Council is about to introduce changes to our kerbside collection service and these changes will be taking place from 1 October 2024.

We will all receive a set of new bins sometime between Monday 5 August through till Friday 13 September. You will need to store



STEFFY MCKAY

these bins on your property until the new service is introduced.

The red bin size has increased to 140 litre, the yellow bin size has increased to 240 litre, the blue bin stays the same size and a brand new bin will be introduced – a small green bin for weekly food scrap collection. There will be information and a calendar inside this bin for you to read on how things will work.

Although our yellow and red bins have increased in size, we will be moving to fortnightly pickup services from 1 October.

The main reason we are changing this service is “we are simply sending

too much waste to landfill, which is not sustainable either environmentally or financially,” as quoted by our Mayor Phil Nixon. We believe the new system will encourage everybody to reduce their waste and in turn send less waste to landfill.

Here’s a few tips on ways you can reduce what goes into your red waste bin.

1. Put all of your food scraps into the food scrap bin or your own compost bin at home.

2. Noel Leeming have a free E-Waste recycling and disposal service.

They will take computers, tablets, notebooks, monitors, computer cables

and accessories, printers, scanners, cameras and video cameras etc. The only catch is you will have to take them to their New Plymouth store.

3. Bunnings have a free recycle batteries box and you can also take your used car batteries for free to your local dealer like Repco or Super Cheap Auto.

Batteries are a harmful substance that we would like to keep out of our environment.

4. Our local Libraries are now taking your old mobile phones for free and for every phone that they recycle, money is donated to Sustainable Coastlines to help protect New Zealand’s waterways.

5. zerowastetaranaki.org.nz have further information / tips for alternative ways to dispose of some of our waste.

I don’t normally like to talk a whole lot of rubbish (lol) but I thought it was appropriate as I have had endless questions about this upcoming change.

You can also go to our website www.southtaranaki.com/getitsorted for further information.

Until next time, stay safe and warm during these colder months.

Cr Steffy Mackay

Driver has lucky escape



The driver of a vehicle that hit a power pole on the corner of Manihi Road, Rahotu and the Surf Highway on Tuesday lunchtime, two days ago, had a lucky escape.

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Slow down say Rahotu residents

The speed signs on either side of Rahotu village may show 50 but this is not the limit motorists are keeping to. This was the message that locals brought to the open forum at the latest meeting of the Taranaki Coastal Community Board.

“Late at night, even during the daytime they are not slowing down,” Wayne Chapman told the meeting held at the Rahotu Hall which is just inside the village’s speed limits.

“People are passing through town at 100k, sometimes a hundred miles an hour. It’s only a matter of time before somebody gets hurt. We need drivers just to slow down.”

He said the Council sealing Gregory Road which skirts the coastal side of the village had been a good move as it provided an alternative to the state highway.

“For me it’s a lot safer to take Gregory Road to get to Rahotu.”

South Taranaki District mayor Phil Nixon said he was pleased to hear positive comments about sealing Gregory Road as often the Council is criticised for doing work like this. He



How much do traffic heed these signs coming into Rahotu?

said traffic issues like those experienced by Rahotu are common to small towns where state highways pass through, and he would talk to Waka Kotahi about it.

So what’s the word on the street around Rahotu?

“It’s spasmodic,” one man said. “Mainly at night or in the morning when people are racing through to get to where they are going and school is starting. The scary

thing is when people are flying through. People do not slow down.

“Stand there for half an hour and watch it. It’s ridiculous. This guy did three doughnuts at the intersection at the middle of the day. It’s just like sport out here. I was a hoon once, but all I’m asking for is a bit of common sense. If it’s the middle of the day and there are kids around, people need

to show a bit of effort.” Like Wayne Chapman he said the sealing of Gregory Road had taken some of the pressure off traffic through town.

Belinda Allan at the Rahotu Service Station said it had been “quite bad” a couple of years ago, but then police started monitoring the speed around the school at pickup times and things started to improve after that.

“It’s always a big issue

with it being by a school,” she said. “Generally, if somebody is going too fast I give them a wave to tell them to slow down, and there’s heaps of other people doing that as well.”

Terry Simpson said most people do about 60kph through town. Truck traffic was also an issue.

“Look at that truck,” he said. “It can’t stop very fast. The road is quite open and

quite wide, so people come in and see a wide road.”

One woman said people got to Rahotu and forgot that they were no longer driving in the country.

One man said he sees “more cars not speeding than speeding.”

“Like any other town situated like this one, you’ll see some idiot coming through too fast. It’s not ideal with there being a school nearby.”

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Kaponga WI

Our July meeting was held at Shakee Pear Cafe at Pioneer Village.

President Jo Ellis welcomed members and a special welcome to Dot's friend Heather Quilliam who came to visit us for the day. We all then recited the Aspirations. Dorothy Hughes then read us all a birthday aspiration from a calendar which she has had for a few years. Fiona our secretary read last month's meeting minutes and Sharyn our treasurer told us her month's recordings.

We mentioned our up-and-coming awareness month which is in October. We also discussed ideas in which we could help for Daffodil day in our areas.

Fiona Collins and Jo Berqueist were appointed our completion judges for the day.

Fiona Collins, Dorothy Hughes and Jo Ellis bought along the macrame feathers they had done at the Federation's Mid-Winter catch recently.

We then stopped for a delicious lunch. We all had lots of catching up with each other.

Dene Lines was our raffle winner.



Making cards.

Jo Berqueist was handed the Silver Dish after holidaying in the sunshine while we faced the oncoming winter days.

Completion winners were: Handcraft made by yourself. 1. Rosalee Gibson and Joy Eliason. 2. Dorothy Hughes and Dene Lines. 3. Jo Ellis and Gillian Frandsen.

Hat of yesteryear. 1. Dorothy Hughes. 2. Heather Quilliam. 3. Joy Eliason. Cactus or succulent in pot. 1.

Dorothy Hughes. 2. Jo Ellis and Diane West. 3. Margaret Arbuckle and Dene Lines.

After all the meeting formalities were completed, Dorothy Hughes and Joy Eliason, our hosts for the day set out some craft work for us. One group were given coloured pencils, felt tips and crayons to colour in the designs on their paper and when finished they folded their art work origami style

for form different objects - grasshopper, palm trees to name a couple. The other group were given a piece of card folded in half and another piece of card which had pictures to punch out. They were to stick out the pictures onto the card to create a layered effect. These cards were very effective. Thanks Dorothy and Joy. Jo Ellis

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Pihama Womens Institute



Pihama Womens Institute held a pink ribbon breakfast recently.

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Meet and greet attracts a big turnout



On Wednesday July 10, the Pihama Womens' Institute hosted the annual Meet and Greet function at Pihama Hall. It is designed to welcome new residents to the area but is always an opportunity for everyone to get together. This year saw a big turnout and was enjoyed by young and old alike. The shared dinner is always well received. The new play equipment was a big hit with the children

Moving mountains with Lions

After 48 years in the Kaponga Lions Club it is appropriate that Denis Hurcomb's motto for his year as District Governor is Lions move mountains.

Denis is beginning a year as district governor of Lions District 202D which stretches from Uruti to Foxton and inland to Ruapehu. He joined the Kaponga Club in 1976 and although he now lives in Hawera, has continued being a member of that club. He is the second Kaponga Lion to be district governor. The other one was Leo Danz.

At the 202D district convention held in Hawera earlier this year his contribution to Lions was recognised with an International President's Leadership Medal.

Denis has been married to Barbara for 52 years and they farmed at Kaponga, as well as having the Kaponga Four Square for 10 years.

"We have two daughters and eight grandchildren that we are very proud of," says Denis.

He says the late Jim Leslie, a Jersey cattle breeder from the Skeet Road first introduced him into Lions. His parents had always been community-minded,

so joining Lions seemed a good fit.

Denis says in his first 10 years he "had other things to do" including being on the committees for the primary and high schools, although he would still help out with projects.

Denis was twice president of the Kaponga Club. Among the highlights in his time with the Kaponga Club he includes the cabarets they used to run. At one time they were able to get New Zealand Country and Western legend Suzanne

Prentice. Another was developing Thoumine Park on the outskirts of Kaponga after Bill Thoumine who farmed on the Mangawhero Road left some money to Lions.

He says one of his best highlights was a more recent one when three years ago the Kaponga, Eltham, Stratford and Toko clubs combined to raise \$40,000 to furnish four rooms at Mary Anne Hospital.

Before taking up his new role as district governor Denis attended his first

ever International Lions Convention which this year was held in Melbourne, which he said was an eye opener in showing what Lions does beyond New Zealand.

"There were 12,000 people in one room," says Denis. "When you see what Lions does in the world it's unbelievable. Nobody would realise how much goes on until you see some of these videos."

As district governor Denis says he wants to support youth and see clubs work more closely together on projects.

The Lions already has the GLOB bus which travels around the country carrying out health checks, and Denis is looking forward to the launch of the Cancer Bus which will tour the North Island carrying out checkups for cancer. There is already one of these operating in the South Island.

After 48 years in Lions, Denis is in it for the long haul.

"We're Lions because we enjoy helping people and the community. That's what's kept me in Lions all this time," he says.



Lions District 202D Governor Denis Hurcomb.

More good news for Rural New Zealand

The creation by the National-led coalition of a Regional Infrastructure Fund (RIF) is welcome news and a significant step forward for the rural sector, promising a brighter future.

It is exactly the shot in the arm we need after years of neglect, during which our basic infrastructure was allowed to deteriorate, and much-needed projects that could have produced sustainable growth and prosperity for the provinces



BARBARA KURIGER MP
TARANAKI-KING COUNTRY

were either put on hold or cancelled altogether.

It's time to farewell years of neglect and welcome a new era of development and progress.

The RIF creates a 30-year pipeline for infrastructure work. This will provide a national view of projects being planned, offer an assessment of infrastructure priorities, and will be able to showcase a stable and secure pipeline of work to attract consistent investment in New Zealand.

A transparent 30-year

pipeline will deliver more long-term certainty, enable more effective planning, and reduce project costs.

Its provision for Fast Track legislation will provide a foundational reset of how we consent and deliver infrastructure projects for New Zealand. And don't we need that? We all know it is hard to build things in this country. Consenting processes cost \$1.3 billion a year, and the time taken to obtain a consent has nearly

doubled in the last five years. We will cut red tape and make building the big stuff we need easier to reduce our infrastructure deficit.

So, the RIF is a win-win situation for the provinces—on so many levels. And let's not forget that the announcement comes hard on the heels of last month's announcement by Minister Simeon Brown of a \$4 billion pothole repair and prevention fund.

There is a lot more to the

RIF than I can cover here, and I recommend visiting www.growregions.govt.nz/new-funding/regional-infrastructure-fund/ to find out more.

But, suffice it to say, right now, I haven't felt so good about the future of provincial New Zealand in a long, long time.

*Barbara Kuriger
MP for Taranaki-King
Country.*

Cut boot camps before they begin

New Zealand could be a country where every child grows up safe and loved, receives a well-rounded education and feels a sense of belonging in their whānau and community. Unfortunately, for some of our children, this is far from reality. They are trapped in a maze of intergenerational harm that they can't escape on their own. This is driving much of the criminal behaviour we're seeing in our communities today, including here in Taranaki.

This needs to stop. There is a wealth of good evidence showing that pragmatic solutions addressing a young person's behaviour, alongside wider issues in the family, can reduce offending. In Government,



GLEN BENNETT
LIST MP

Labour created a circuit-breaker programme to do exactly that. It got the right agencies around a young person within 48 hours of their offending and provided immediate support services to the child and their family.

This programme works. In a briefing provided to the incoming National

Government, it had a 76 percent success rate, meaning over three-quarters of participants were not re-offending. Youth advocates and the current Government have acknowledged its effectiveness. Despite the success of this approach, they're still choosing to invest in military-style boot camps, rejecting decades of evidence and expert advice.

Many of you will know that I have spent much of my life supporting young people, being an advocate, and finding pathways for our at-risk youth to make changes for themselves and become positive parts of our community. So, the decisions this Government is making are personal for me and all I want is for our young people

to thrive. Therefore, I find it hard and I get concerned when I hear Government ministers contradicting one another or hear Children's Minister Karen Chhour say that the boot camps "are still under design." The NZ Defence Force has warned National that military-style training does not work for young people with complex needs and that they have concerns for their staff, as these boot camps can create an unsafe environment for defence personnel. But Christopher Luxon has said he 'doesn't care' about people's opinions on what works – not even the Chief Children's Commissioner.

They should cut their losses and cancel the boot camps before they begin.

Labour has been spending time with organisations that work closely with young people doing it tough and who deeply understand both the issues they're facing and the support needed to create safer communities. The millions being wasted on a boot camp experiment for ten young people could instead be spent on youth workers, youth aid officers, social workers, and rehabilitative support that would increase safety in our communities now and far into the future.

We've also seen the Government strip away funding for youth experiencing homelessness and cull hundreds of jobs at Oranga Tamariki – including jobs in youth justice. As a community, we must do

what is right by our young people. Nelson Mandela said, "There can be no keener revelation of a society's soul than the way in which it treats its children." Let us be judged by our commitment to nurturing and protecting our youth, ensuring they have the support and opportunities they need to thrive. The future of Taranaki, and indeed all of New Zealand, depends on the choices we make today for our children and young people.

*Glen Bennett
Labour List MP based in
Taranaki
Spokeperson for Economic
Development & Associate
Energy*

Mass timber adoption increases within New Zealand construction

A significant upsurge in mass timber awareness and application was highlighted by the Building Research Association of New Zealand (BRANZ) in its survey of building

and construction experts. Wood Processors and Manufacturers Association Chief Executive, Mark Ross, says the finding is encouraging and signals an increased adoption of

engineered timber products in New Zealand by builders, designers and architects. "The timber that we are talking about is not only renewable but has environmental advantages

over steel and concrete when it comes to carbon storage and durability," Ross says. "With New Zealand's sustainable forestry model, using locally grown timber supports our circular bio-

economy, climate change targets, and domestic processing of logs." Forecasting by Deloitte's indicates that changing our market share to timber by 25 percent would result in the removal of an additional 920,000 tonnes of carbon dioxide from the environment each year. Greater use of timber is critical to rebuilding New Zealand's economy, boosting our GDP, and providing regional jobs in a highly productive sector. The BRANZ survey is carried out biennially. Data compared

over a period of five years highlights noticeable growth in the role of mass timber use in New Zealand construction.

This mirrors global trends, with the engineered wood products market projected to grow by 77 percent to \$268 billion (NZD) by 2031. Changes in engineered timber use can be attributed to a heightened focus on carbon-neutral construction practices, the increasing demand for energy-efficient buildings, and consumer preference for natural materials.

Your Taranaki MPs are here to help you.

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MP for Taranaki-King Country

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Carl Bates
MP for Whanganui

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David Macleod
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ACT MPs visit Opunake

Last week three ACT Party MPs took advantage of the parliamentary recess to tour the country and stopped in Opunake.

Nicole McKee, Simon Court and Cameron Luxton left Palmerston North on the Tuesday morning, making several stops en route to New Plymouth. Between 3pm and 4pm they were in Opunake.

"We're doing the real New Zealand tour and we're having a great time getting around whether it's city, provincial or rural addressing the concerns that are front and centre of New Zealand," said Nicole.

They had finished their tour of the South Island in their van painted in ACT Party colours, and were now making their way through the North Island.

Nicole said their message of less government interference in people's lives was resonating with the public.

"At every stop, whether it's rural or city we're getting the same message, so we know we're on the right track."

Nicole who is Minister for Courts and Associate Justice minister has been an MP since 2020, and before entering parliament was



ACT Party MPs come to town. From left. Cameron Luxton, Nicole McKee, Simon Court.

an outspoken opponent of tougher gun laws. Earlier that day they had made an hour and a half visit to the Whanganui Pistol Club.

Cameron who is a first term MP is a builder by trade.

"I would be the only LBP (licensed building practitioner) ever elected," he quipped.

He said he had enjoyed their two and a half hour-visit to the Ballance plant at Kapuni.

"They are such a great employer and a great

contributor to the region and the national economy," he said. "It's great to be able to see the makers of our economy and country and learn from them."

Nicole said they had also enjoyed their visit to Anderson's Pies in Hawera and meeting members of the family involved in the business.

"It's nice to see a family business like that continue," she said.

At that time Prime minister

Chris Luxton and Foreign Minister Winston Peters were out of the country leaving ACT Party leader David Seymour as acting Prime Minister. How did the MPs think he was doing?

"It's really great to have him as leader," says Nicole. "He sets the benchmark for us as ACT MPs as to why we are here."

She said they would be taking what they learned from the tour back to parliament with them.

Public health at risk, tax cut labelled irresponsible

A move to slash the excise tax on Heated Tobacco Products (HTPs) is reckless and favours big tobacco over the health of New Zealanders.

This is the message from the Asthma and Respiratory Foundation NZ following news that Associate Health Minister Casey Costello has cut the excise rate on HTPs by 50 percent effective from 1 July.

Foundation Medical Director Professor Bob Hancox says the move sounds like more of a win for big tobacco than a genuine attempt to reduce smoking.

"Cutting the excise tax in half on these products to make them more attractive than cigarettes is reckless and irresponsible."

"It seems Minister Costello is giving big tobacco what they want, at the expense of our youth's health."

This move will increase the accessibility and appeal of these products, leading to increased nicotine dependence among young people, he says.

"We are already facing significant public health

challenges due to the rise in vaping among young people."

The tax reduction in addition to an ng Smokefree 2025 undermines the efforts that the Foundation - and others - have gone to protect future generations from the harms of tobacco, Professor Hancox says.

There are several Medsafe-approved medicines for smoking cessation, including nicotine-replacement products and non-nicotine medicines and they have been shown to help, he says.

"We need policies that discourage the use of all recreational nicotine products, not ones that make them more appealing."

"We should focus on reducing the overall consumption of harmful substances, not risking an epidemic of nicotine addiction among a new generation of young New Zealanders," Professor Hancox says.

"Heated tobacco products have not been shown to work and are not approved as a medicine for smoking cessation."

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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
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

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

KEY

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

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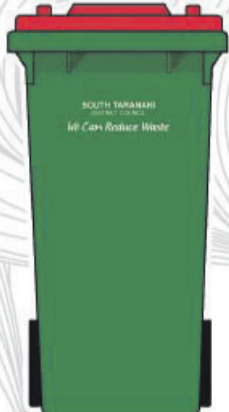
SCAN TO VIEW FARES INFORMATION

New bins for South Taranaki residents

He Kohinga Ipu Para Your kerbside collection



Hangarua Recycling



Ruapara Landfill



Karaehe Glass



Para Tipu Greenwaste

Properties serviced by the South Taranaki District Council's (STDC) kerbside recycling and rubbish collection will start receiving their new bins over the next six weeks, with the first being delivered to Eltham and Kaponga residents from Monday 5 August.

Properties will receive: one 140 litre red-lidded wheelie bin for general waste, one 240 litre yellow-lidded wheelie bin for mixed recycling, one blue glass recycling crate and one 23

litre food scraps bin.

The new bins are being delivered following the appointment of a new waste contractor, Waste Management NZ, who start the new service on 1 October.

"As you can imagine, dropping off a set of four bins to nearly 9,000 properties all over our District is quite a big job and will take some time to complete," says STDC works delivery manager, Rahul Sharma. "Because of this, our new contractor will

be delivering the bins over the next six weeks so that everyone has theirs before 1 October, when the new service starts. This does mean some residents will need to store their new bins for up to two months."

"We know that this could be a bit of a challenge for some residents who won't necessarily have a lot of space, but we ask people to do their best during this time. We have tried to make the delivery timeframe as short as possible, given the

logistical challenges."

"When you get your bins, be sure to have a look inside your food scraps bin, as you'll find an information guide to the collection service as well as a calendar that'll help you with the changes once 1 October rolls around."

Sharma says Council's current waste contractor (EnviroNZ) will collect the old bins, which they own, sometime after the new service starts on 1 October.

"EnviroNZ are working on

a plan to collect all the old bins and we'll let residents know about how this will work closer to the time."

The delivery of the new bins to serviced properties starts on Monday 5 August and will continue for six weeks until 13 September.

Your new suite of four bins will be delivered to your kerbside.

Each bin has your address clearly labelled, so please keep an eye out for these and bring them onto your property as soon as possible and keep them safe until you need to start using them in October.

Go to www.southtaranaki.com/getitsorted to find out what week your delivery will be.

Last year Council reviewed its kerbside collection service prior to tendering for a new contract starting in October 2024.

Public consultation was undertaken which covered changing bin sizes, weekly or fortnightly collections and introducing a food scraps service. 777 submissions were received with the public split near even 50/50 between those wanting weekly and fortnightly collection.

"It wasn't an easy decision but ultimately, we felt the fortnightly option provided the best balance between keeping costs down (fortnightly was considerably cheaper than weekly collection) while encouraging people to reduce waste and send less waste to landfill," says South Taranaki Mayor Phil Nixon. "We are simply sending too much waste to landfill, which is not sustainable either environmentally or financially."



South Taranaki kerbside contractor.

Wish you were here?

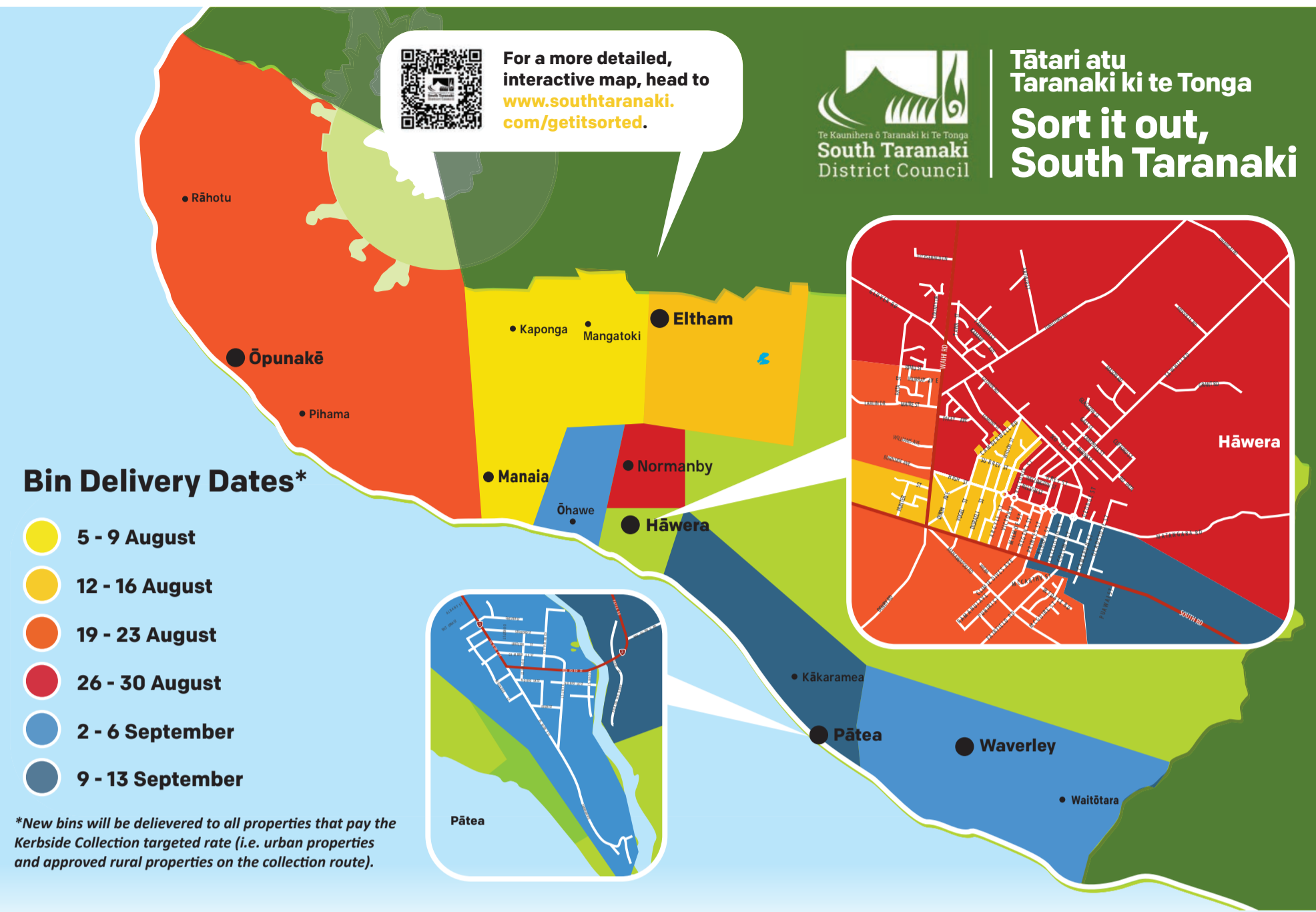
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New Bins

Being delivered between 5 August - 13 September

Properties serviced by the Council’s kerbside recycling and rubbish collection will start receiving their new bins over the next six weeks, with the first being delivered to Eltham and Kaponga residents from Monday 5 August.

- Properties will receive:**
- One 140 litre red-lidded wheelie bin for general waste
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a big job and will take some time to complete,” says Council’s works delivery manager, Rahul Sharma. “Because of this, our new contractor will be delivering the bins over the next six weeks so that everyone has theirs before 1 October, when the new service starts. This does mean some residents will need to store their new bins for up to two months.”

“We know that this could be a bit of a challenge for some residents who won’t necessarily have a lot of space, but we ask people to do their best during this time. We have tried to make the delivery timeframe as short as possible, given the logistical challenges.”

“When you get your bins, be sure to have a look inside your food scraps bin, as you’ll find an information guide to the collection service as well as a calendar that’ll help you with the changes once 1 October rolls around.”

- What you need to know:**
- The delivery of four new bins to serviced properties starts on Monday 5 August and will continue for six weeks until 13 September.
 - They will be delivered to your kerbside.
 - Each bin has your address clearly labelled, so please bring them onto your property and store them somewhere safe until October.
 - Continue to use your current set of bins until the end of September. They will be collected some time after your final kerbside pickup, we will let you know what’s happening after we’ve received the plan from our contractor. Please don’t use your new bins before 1 October as they won’t be collected.

Find out more about bin deliveries, the new collection and an interactive map online www.southtaranaki.com/getitsorted

Want weekly reminders? Download the Antenno App

Get weekly kerbside collection reminders straight to your cellphone!

www.southtaranaki.com/antenno

Passion for motorcycles flows into business

Craig Bailey has always had a love of motorbikes, and the Yamaha in particular. He has channelled this into Bailey Motorcycles and Dismantlers, the successful business he has been running on the outskirts of Hawera since 1986. In that time he has always been based at the same site at 309 South Road Hawera. The building he operates from has however had several makeovers, including the addition of a showroom. Since 2006 he has been an authorised Yamaha dealer. He started off by

dismantling bikes and selling used parts, and then started doing mechanical repairs. In 2001 he started selling some new motorcycles. "In 2006 we got Yamaha, which made a big difference to the business having and getting a big range of motorcycles and ATVs to sell," recalls Craig. He has always liked bikes. "I raced motocross, and I would ride bikes when I was on the farm at Ohangai," he says. "I still do a bit of motocross, mainly vintage motocross with an old Yamaha, while

my good bike I use for trail riding. It's a bit lower key nowadays but I still keep my hand in." The first motocross bike he bought was a Yamaha. "I've always had a love for the Yamaha," he says. "The first brand-new bike I bought was a Yamaha which I bought soon after that." In 1984-5 he started buying motorcycles to dismantle and would sell "bits here and there." in 1986 he turned it into a fulltime business. "Dismantling is still part of the business, though I lived off it once," he says. "I wreck a lot of farm bikes and ATVs, and the motocross bikes, as that stuff sells pretty good too."



The team from Bailey Motorcycles. From left. Tracy Bailey, Craig Bailey, Luke Meynell, Zac Orchard, Simon Stannard, Scott Cole.

Bailey Motorcycles and Dismantlers has six staff. As well as Craig who handles sales, there's Tracy in the office, and technicians Simon, Scott and Zac, and apprentice Luke who handle parts and mechanical repairs. Scott also does plastic welding of items such as broken mudguards on motorcycles and ATVs and farm tanks and troughs. A motorcycle seat repair service is also offered.

Simon was an Oceania Finalist for the Yamaha Motorcycle Technician Grand Prix 2013 and 2015. Away from work, staff members follow their own motorcycle interests. Craig says staff are kept up to date with training and are

capable of doing a mixture of work including sales and dealing with customers at the counter. "A business is only as good as the staff who work in it," he says. Craig's client base include farmers and recreational

bikers. "I hope the farming sector picks up because if it's better for them, it's better for us," he said. "With slower sales there are some great discounts and sales on some bikes."



Hard at work in the workshop.

Top tips for growing strawberries

There is not a fruit that captures the essence of summer better than strawberries. Planting in winter means they have plenty of time to get established to ensure a bumper harvest come summer. The earlier you get them in the more fruit you will get and who doesn't want more

strawberries? Plant in a sunny area. You will get the best flavour from strawberries that are planted in a sunny spot. Give them some space. Strawberries like to have at least 30cm of depth in the soil and at least 40cm between each row. Don't drown the strawberries. Strawberries

don't like to be waterlogged. Planting strawberries in small mounds will help prevent the soil from becoming too damp. You can create the perfect growing conditions by minimising weeds, using Tui strawberry mix and fertiliser, and then adding a layer of barley straw to protect from the elements.

Gardening with Palmers Gardening Centre



Pick the first flowers that come up on your strawberry plants as this will promote better growth.

When flowers appear, this is the crucial stage where the plant will require the energy to focus on producing

healthy fruit. A complete fertiliser high in potash will be the most effective. Remove the runners (offshoots) of the strawberry plant. A young strawberry plant will not fruit as well if the runners aren't removed as they use up too much energy.

Make sure there's enough to go around. Everyone loves strawberries so make sure there are enough by planting around five plants per person. This will ensure you're getting juicy berries all summer long.

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Onward and upward for CoastalCare

A lot has happened and continues to happen at CoastalCare since the day it first opened its doors back in 2015.

On July 9 there was a chance for the general public to drop by and see for themselves some of the more recent developments at Opunake's own health service centre.

"When we built this place we were told that we needed to be 20 per cent bigger," said CoastalCare chair Steve Corkill. "We were told whatever you do build it 20 per cent bigger than you need to. We thought we had done that."

There are now 30 services operating out of CoastalCare. Facility manager Aretha Macadam says there's room for more.

"We're always open to hunting services down and encouraging them to come here," she said. Among the more recent additions has been New Zealand Post.

CoastalCare secretary Adrienne Hickey says all the services that have set up at CoastalCare have enjoyed being there.

Steve says they had always seen themselves as being a community services centre

rather than a community meetings centre and recent changes have reflected that. What was once a meeting room has been subdivided, and a room reserved for the physiotherapist now stands where once there was an outside courtyard.

The rooms at the south side of CoastalCare are now used by the Medical Centre, while specialist services like the optometrists now have rooms of their own on the centre's north side. Steve said before this, when these services had to share space during the week with others this had often meant the risk of expensive equipment being damaged from having to be moved around to make room for whoever was coming in after them.

Another recent addition has been a red space which is high enough to accommodate an ambulance and provides easy access during an emergency. This had started because a space was needed to test people in their cars for COVID during the lockdowns.

Other services include the postal services, print and stationery shop and land transport services.

"It seems that lots of



Dr Nick Loveridge-Easter speaking at the changes to CoastalCare as Steve Corkill, Chair of the Coastal Taranaki Health Trustees looks on.

people still don't know that these services are now in Coastalcare as well," says Steve.

The Opunake Foodbank once had to share space in the manager's office, but

Continued page 14



The new physiotherapy room.



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Onward and upward for CoastalCare



care rather than reactive, so that people can develop a plan so that they don't need to come to the doctor in the first place.

In answer to a question about the doctor shortage he said that an ageing population meant that more people were coming in with health issues. At the same time there were not enough doctors to meet the demand, and many doctors were retiring.

Nick said more GPs needed to be trained, but people also needed to be incentivised to go into general practice. He didn't think opening a new medical school was the solution. There had not even been any funding announced for a viability study for this to happen, he said.

More could be done to push the attractions of living in Taranaki as a way of getting the right sort of people to practise medicine on the coast, he said.

"People coming here want to be coming for that and not for some gigantic pay packet."

Tae-Wan Kim spoke about the role of the Opunake Pharmacy. Among the more recent innovations has been a machine which measures out the appropriate product



The audiology room now has a permanent home.

Pharmacist Tae-Wan Kim who also spoke at the opening.

now they have a room of their own. They are open on Thursdays and Fridays with demand up to around 150 parcels a month.

Dr Nick Loveridge-Easther of the Opunake Medical Centre said that while 30 per cent of general practices are unviable this is not the case with the Opunake Medical Centre.

"We have access to facilities that people are

really excited about."

He said primary care is moving to a team-based approach of people working with a GP rather than the more traditional model of seeing a GP whenever anyone has a cough or a cold. This often means that more than one person is involved in discussing an issue before any decisions are made.

Nick says he is keen to be more proactive in health

for the right person, so that it can automatically count out the prescribed number of tablets. Tae-Wan says this allows more time for counselling patients.

The key partners for Coastal Care are Plunket, the Opunake Medical Centre, the Opunake Pharmacy and St John.

Visiting services include audiologist Lisa Keen and Matthews Eyecare. Matthews Eyecare come to Opunake the first Thursday of every month. The physiotherapist is here two days a week, with the potential for another day being added.



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audiology



The optometry suite which also has a reception area.

Onward and upward for CoastalCare



Coastal Taranaki Health Trustees at the opening from left Paul Bourke, Abbey Wakeling, Stephanie Livingstone, Steve Corkill (Chairperson), Adrienne Hickey (Secretary) and Chris Young.



The dentist is here on Tuesdays, Thursdays and every second Friday with the potential for a hygienist coming in.

“They do the full service. From full dentures to extractions, crowns, the works,” says Aretha.

A podiatrist comes in once a month. There are four different counsellors to choose from, and Community Corrections are here for half a day every Tuesday.

The chiropractor is here

on Wednesday, a service which Aretha says is proving popular, staying open to 6 or 7pm with people coming in after work.

There are various services available with the District Health Board.

CoastalCare has come a long way.

“We knew the first five years would be tricky financially, but we came through that,” says Steve.

He is optimistic about the future.

“More services are coming,” he says.

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Coastal Gems for Sale

Top Holmes house

by Kathryn Mary Stanley

Stunning sea vistas, sparkling and leading to lush green farms attracts Coastal visitors to the Holmes residence at 3 Ponderosa Place. This double-storey mansion, designed on a grand scale with five bedrooms, three bathrooms, a patios, 2 lounges, and a garage for six plus cars, looks up to the snowy majesty of Maunga. Formerly called Mt Taranaki, this craggy mountain casts welcoming spirits over the Holmes property. Visitors to look at the Holmes property can bring their picnics and surfboards for fun in the sun at Opunake Beach which is the most popular beach camp with its surrounding walks. In the winter, there are beautiful native bush walks and keen trampers can tackle the steeper slopes of Maunga. Cafes, a historic picture theatre, shops, and an excellent library and South Taranaki District Council centre are within walking distance of the Holmes residence. A busy Medical Centre, complete with a pharmacy and helpful staff are permanently in town

to meet everyone's needs. Indeed Opunake is well known for its Opunake High School, one public primary school, St Joseph's Convent, plus the popular Kohanga School. The local kindergarten is a thriving place for youngster to learn and grow up. The play centre in a different location is ideal for parents and their children to build their learning skills together.

Historic beginnings

Indeed, many people have been fascinated with the Holmes property which began as a humble dwelling called Pettigrew House. This was built in 1879-80 by John Pettigrew who took up his hammer to wood and stone. Pettigrew was a tireless worker. He constructed other places in Opunake prior to 1900. This Pettigrew house was made with stones from a local metal pit called a lahar. It was mixed with lime imported from Scotland. Next the mix was poured between rough wooden



One stunning view of the renovated Holmes property.

boxing while big rocks were placed between the walls. The same mixture with the rocks and smaller stones was applied to create a ceiling. Those colonial builders toiled away to make this building last

throughout the generations. Today in 2024, the modern Holmes house shelters the small house of yesteryear. Visitors can see a relatively unchanged Pettigrew House. The only difference has been the replacement of three large windows as well as an archway through one room which gives access to a larger area. It was 1984 when the top storey of the house was completed. Some of this information has been researched from IP Stevenson and Opunake Heritage Working Party.

2015 dawns on Holmes' era

The next chapter in the Holmes residence took place in 2015. This marked the dramatic start of a complete

architectural redesign of the building. The Holmes family purchased the building from the late Ian Stevenson who had developed the historic part on the ground floor with a modern floor upstairs with a lift and bedroom and living areas. The late Michael Holmes spent approximately two years planning and supervising the reconstruction and building of an already stunning two storey home. Michael's wife, Margaret, spent countless hours creating the interior designs, furnishings, and carpeting of all the rooms. Together they created clever, open plan kitchen and lounge areas, picking out vibrant and interesting colours for different rooms in the house. One bathroom demonstrates how the particular choice of a soft, petal white deep bath offsets the richer, warm tones of a champagne beige

colour scheme in the shower and surrounding walls. Sadly both Michael and Margaret Holmes passed away. But their memories linger in this home so their family can take great pride in their achievements. Margaret Holmes' good taste could further be seen in the elegant master bedroom with its walk-in wardrobe. Everywhere there is the same very high standard of fittings and excellent choice of décor designs. Take the kitchen as one example, where there is the most expensive plumbed in fridge. This is a designer kitchen with a really useful butler's pantry where enthusiastic cooks can whip up a gourmet meal while the hungry children can sit on high stools and watch their lunches being prepared. Viv Scott of McDonald Real Estate says that this

Continued page 17

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The original historic Pettigrew House which formed the base of the present home.

Coastal Gems for Sale

home has been created for the large family and visitors who want to relax and enjoy plenty of space in the living areas.

“Once you enter the front door you are immediately aware of the friendly ambience,” Viv mentions.

The Holmes family were always ready to take their visitors out on the patio where they could relax at the barbecue. While the food was cooking away the Holmes revelled in the wide sweeping views around the Opunake Township and country area. The patio is large enough to provide room for comfortable seating and tables. This is an outstanding home with a breath-taking view from almost every window, such as the upstairs living area. On the same top floor can be seen two bedrooms, a dual bathroom, office and a generous space for storage.

Wander round the downstairs and there is an interesting floorplan of two bedrooms, one bathroom, kitchenette, lounge, laundry and a library.



ABOVE

A view of Taranaki's iconic maunga from the main living area.

Two Titles a Big Bonus

This property consists of a sizeable 2852 square metre area and this would be very attractive for a prospective purchaser. This would indicate that the section could be subdivided and a new dwelling could be built next door.

Well established trees and hedges provide plenty of shade and privacy away from the neighbours.

A sleep out has been created and this is 25 square metres. So this is a good place for a rumpus room or a home office.

Security

Security is very important to a homeowner and there is an automatic access to

Continued page 18

Accolades for architects

Imagine Architecture (formerly Imagine Building Design) is a multi-award winning architectural design practice that has been in business since 2002 with specialist expertise in Residential and Commercial design. Our practice has evolved through many iterations over the years. From starting in a shoebox home office, to growing into occupying historic premises at the Kings Building in New Plymouth, then to a sleek downtown high street practice. We have now gone back to our roots with small studio setups for Tony Biesiek out of Think Co in Tauranga and Steven Dixon in New Plymouth.

“Changing lives through great architecture & design”. That is the mission of Imagine Architecture. Since 2002, we have sought to infuse that mission into every project. Our designs are for high performance buildings that change lives. To achieve this, we combine aesthetics & energy efficiency with comfort & architectural appeal, function & use of space with quality interaction with the

environment.

This approach is applied across all our projects irrespective of size or budget. We believe there is opportunity in every project to make better choices. This is accomplished thanks to better decision making to improve the quality of the space experienced by its occupants. Merely meeting minimum building code requirements is not enough. Exceeding minimums is

the key to better buildings, be they new architectural homes or commercial structures. Optimum performance ahead of minimum compliance every time. Architecture with attitude!

Imagine Architecture aspires to uphold the Pritzker Architecture Prizewinner Glenn Murcutt's ideal: ‘to touch the earth lightly’. This means we look at how nature has crafted the environment

to this point in time, and form our design in relationship to that. For example, we have sculpted designs to the land, rather than the land to the design. Nature has brought us those spaces, so we strive to design structures to be harmonious with that nature. As custodians we seek to protect the environment through diligent stewardship and utilisation of the best high performance technology.



A separate building with a multitude of uses.

Ahoy boat shed or man's den

The man in the family would find his own peace and quiet in this 114 square metre building with its 3.3m height. Many men, both young and old want their own space where they can have an office or a room for crafts or inviting their mates around for a beer after a sports game. The building is complete with a shower and toilet.



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Coastal Gems for Sale

Top Holmes house



Continued from page 17

the driveway off Whitcombe Road. The future owners would have peace of mind knowing their home, their occupants and visitors are safe and protected.

Purchase price of this stunning property is By Negotiation
 Contact Viv Scott or Tara Gibson at McDonald Real Estate in Opunake. Further details in the McDonald Real Estate Advertisement on page 16 or visit www.eieio.co.nz/listing/OP00991.

Do you know of any interesting properties, large or small on The Coast which are for sale. Please contact the Opunake & Coastal News

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The library, a perfect hangout for bookworms.

Library for cosy bookworms

This a fascinating mix of the very quirky and the more traditional, cosy section of the library. Anyone who loves reading could spend hours and hours tucked away browsing and reading books and magazines. The Holmes family loved their books and the next owner has just the right corner for bookworms and their friends. This is a source of discovery for youngsters who could pick out their favourite title and they could read to their heart's content. The calm serenity in this library would lure away all ages from television screens and computers.

It would be a super spot to introduce cards and games on raining days in school holidays.

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Coastal Gems for Sale

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Our experience in over 1000 commissions to date is wide and diverse. In addition to servicing Bay of Plenty and Taranaki, we have commissions throughout New Zealand and have projects in Australia and Italy. In this modern age, geography is no barrier to delivering architectural excellence. The Imagine Architecture team's track record shows an ability to adapt quickly to client changes, government legislation and technical



Another view showing the modern design of the Holmes house looking out at the view of our maunga.

site situations. We have specialist experience in:
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- Apartments and Townhouses
- Mobility design and disabled access

- Retirement homes
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- Schools & ECE
- Property development & investment units
- Industrial facilities

- Restaurant and retail design
- Shipping Container buildings
- Feasibility Studies
- Motels and Motor Lodges

Apology

We apologise for an unfortunate production error in the last issue of the Opunake & Coastal News.

Editor



Coastal residents enjoy views of our maunga which towers over magnificent Opunake Beach.



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New Plymouth celebrates local legends

A dedicated musical tutor, veteran netball umpire, devoted advocate for disability, student supporting mental health, doctor and numerous community stalwarts and volunteers are among a group of local legends recognised with a NPDC Youth and Citizens' Award.

The three youth award recipients and 11 citizen award winners were announced at an event hosted by New Plymouth District Mayor Neil Holdom, recognising the contributions the residents make to the district.

Established in 1979, the annual awards honour residents who go the extra mile and make a big positive change to lives of people in their hometown.

This year was the first time a Youth Awards have been included, to honour

outstanding 12 to 24-year-olds who didn't meet the long service criteria of the Citizens' Award but do amazing work in the community.

Nominated by the public, recipients are then selected by the Mayor and Councillors.

"These exceptional people make a huge difference in helping others and improving the lives of many people in the New Plymouth district," says Mayor Holdom.

"I am particularly proud that we introduced the youth award to honour the young people who volunteer and do tremendous mahi in their school and community.

Mayor Holdom acknowledged the "unselfish commitment and service" of the recipients.

"The winners are role models for people of all ages and demonstrate just



From left - Back: Major Michael Fabish, Colin Johnston, Ann Hatch, Mayor Neil Holdom, Ron Payne, Vicki Meijer, Wesley Milne, Second Lieutenant Stephen Bovett. Front: Brian Eriksen, Tiri Porter, Diane Jones, Trevor Bremner, Rin Leadbetter, Kaden Rowe - Absent: Karen Eliason, Hayley Flay and Faith Lokeni.

what can be achieved when individuals decide to work for the benefit of others. The

New Plymouth district is a place to live, learn, work and be recognised as a truly special and immense work."

Choose the right healthcare for you and your whānau

Now winter is here it's important to know where to get the right healthcare for you and your whānau.

Health New Zealand | Te Whatu Ora is encouraging people to look after their health and wellbeing, prevent the spread of illnesses, and to be aware of the range of healthcare options available for non-urgent health concerns. Non-urgent concerns include coughs, colds, earaches, strains, sprains and cuts. Basically, a range of injuries and symptoms that would be better managed by community-based healthcare services, or at home.

<https://info.health.nz/planning-for-winter> is a fantastic website for anyone looking for free, easy to understand information and tips on planning your health over winter. Or call Healthline for free on 0800 611 116 where nurses, paramedics, and doctors are available 24/7 for free medical advice. Community pharmacies are another great option

for health advice on common health issues and medications. Your doctor or Māori healthcare provider is the best option for your non-urgent, long-term health issues as they can provide ongoing care appropriate to your specific needs. Children under 14 receive free healthcare and there are low-cost GP clinics in New Plymouth, Stratford, Ōpunakē, Hāwera and Patea. A Community Services Card can lower the cost of some health services and prescriptions. For out of hours or urgent treatment when your doctor isn't available, there are a number of urgent care clinics in Taranaki. These include Medicross and Carefirst (Westown) in New Plymouth, Avon Medical Centre in Stratford, and South Taranaki Rural Health General Practice (the Practice) in Hāwera.

To find pharmacies, doctors and urgent care clinics open near you, visit the Healthpoint website which provides information on practices in the region currently enrolling new patients. It's still very important that people experiencing a health emergency call 111 for an ambulance or go to the closest Emergency Department. An emergency is a life-threatening or limb-threatening situation that may include: active bleeding, acute chest pain, difficulty breathing, stroke symptoms, choking, loss of consciousness and clearly broken or dislocated bones. For non-urgent health concerns remember to choose the right service.

The next issue of the Opunake and Coastal News comes out on August 8.

Choose the right healthcare for you and your whānau



Care at home

[Info.health.nz](https://info.health.nz)

Advice and information on general wellness, colds, flu and Covid, minor injuries and skin issues.



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Accident urgent medical centre

Out of hours or urgent care if your GP isn't available, for urgent injuries or if you're feeling very unwell.



Emergency department

Call 111 if it's a life threatening emergency
Go immediately if you have chest pain, difficulty breathing, severe bleeding or severe pain.

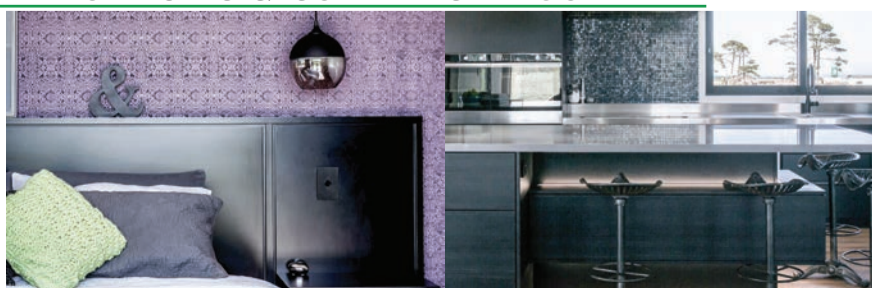


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DairyNZ recognised for bioreactor research

DairyNZ and the Institute of Environmental Science and Research (ESR) have won the research and science category in this year's Primary Industries NZ Summit Awards.

The win recognises the work DairyNZ – led by senior scientist Dr Lee Burberry – has done in partnership with ESR over the past 10 years to research and develop woodchip denitrifying bioreactors as an edge-of-field practice for mitigating nitrogen loads to New Zealand waterways.

DairyNZ chief executive Campbell Parker says the award highlights the organisation's scientific expertise, which lends itself to world-leading research.

"Credible science is our point of difference. We take a collaborative approach to science and research, to help farmers get ahead of environmental challenges. The evidence we gain from



Dr Lee Burberry.

our science and research also underpins our advocacy on behalf of farmers to achieve fair and pragmatic policy outcomes – and helps build

trust across the sector." Bioreactors are pits filled with woodchip that act as a water filter and support denitrification – where

bacteria convert reactive nitrate nitrogen to innocuous nitrogen gas as part of their respiration process.

"A woodchip bioreactor's role is primarily to treat nitrate, yet our research has shown they can also filter for contaminants such as phosphorus and E. coli," Lee says. "So there are secondary benefits. This aligns with DairyNZ's holistic approach to farm systems management and waterway health."

By seeking to foster a more holistic view of waterway health, DairyNZ's Healthy Waterways programme aims to inform sensible and pragmatic regulations that will enable farmers ongoing stewardship of the land.

Lee – who has a PhD from the school of environmental science at Lancaster

University in the UK – has spent most of his 25-year science career working on New Zealand groundwater resource management issues. He came to New Zealand from England in 2005 as a postdoctoral fellow at Lincoln University, to research and develop a practical way to measure nitrate reaction rates in groundwater.

He started with DairyNZ in 2021 after nine years as a senior groundwater research scientist at ESR.

The research and science award recognises scientists and/or researchers based in New Zealand who have developed new processes/initiatives or made discoveries that add value to New Zealand's primary industries.

Smoothing the road

Right now on dairy farms around the country farmers are managing feed, animals, budgets, machinery, weather. They're having conversations with their bankers and insurers. Finding time for their kids.

That is just life for farming families and everyone has to balance their own challenges.

In the background for farmers as with other industries are pending political cycles. These can bring changes to regulation, uncertainty while policy is decided upon, and a disconnect between national and local level while decisions are made.

And to paraphrase Nuffield Scholar Kylie Leonard, it's best for farmers to be at the table, rather than on the menu.

DairyNZ is an industry-good organisation, representing all 10,600 dairy farmers.

Our duty is to help keep them and their farming businesses moving forward.

In the past nine months of a changed government, we've seen several policy changes begin to roll out around methane targets, ag out of the ETS, further reform of the RMA, and the beginnings of a new pastoral sector group.

Much of this we've advocated for on behalf of farmers and we welcome – particularly in a time of high inflation and input costs. It is our job to keep engaging, and we do so with information that is supported by world-class scientists and farm system expertise.

We are submitting on behalf of farmers in regard to climate targets and



DairyNZ chair Jim van der Poel.

emissions reduction plans, immigration and workforce development, the biosecurity act and freshwater standards.

We are following closely impending government changes to genetic technology regulation.

We do what we can to help get bipartisan support for regulations that are logical and support good farming practices. Hopefully then we can bed down those rules and not have them disrupted every few years.

DairyNZ has 17 years of science and research to specifically benefit dairy farmers. It is important we share our knowledge with decision-makers to ground policy in reality.

Much of our knowledge aligns with the realities of the global market, which is changing the way we farm.

Just recently at the Primary Industries NZ Summit we heard from Rabobank that 80 percent of Zealand's exports are destined for countries with mandatory climate-related disclosures either in force or on the way.

New Zealand dairy farmers have always innovated and will continue to do so.

This is the basis of New Zealand's prosperity and

today we stand proud as an internationally competitive dairy farming nation.

We produce over 20 billion litres of milk a year and bring in \$25 billion in export revenue. Dairy employs 55,000 people and last year accounted for about 36% of all New Zealand's goods exports.

New Zealand dairy farmers have a solid reputation as producers of safe, low-emissions, high-quality milk who uphold the highest standards of care for animals and environment.

The success of dairy underpins the success of the New Zealand economy and the wellbeing of New Zealanders.

At the end of the day farmers and politicians surely have a similar end goal – a prosperous, safe, secure country and strong links to the outside world.

It's good to be at the table so that on behalf of our farmers we can chart a more enduring course for sustainable growth.

Because at the end of the day, when dairy does well, New Zealand does well.

*Jim van der Poel
DairyNZ chair*

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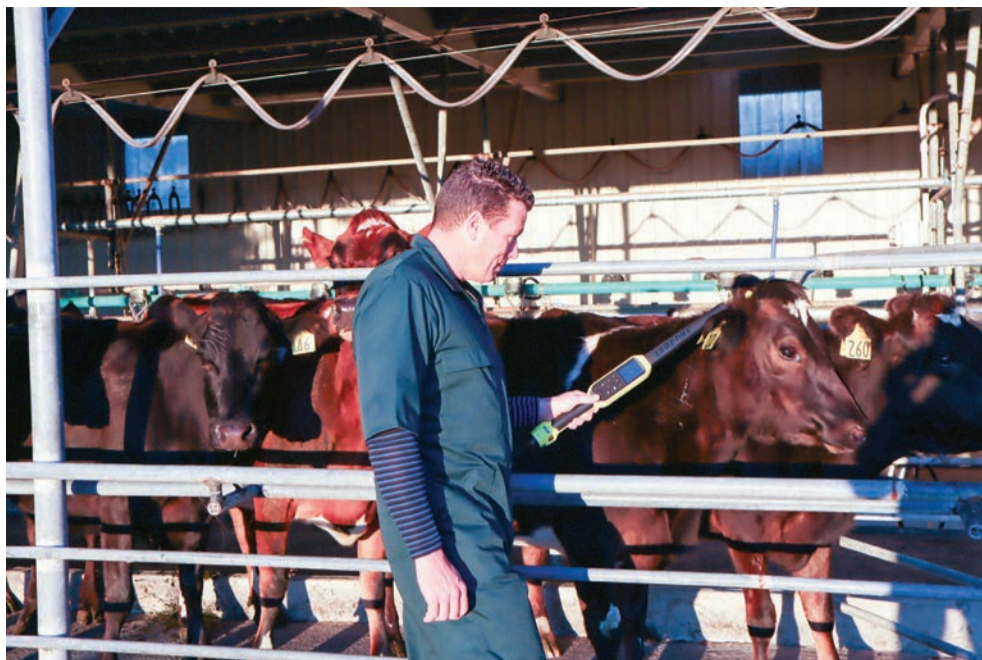
SANDFORDS
RURAL CARRIERS

On the frontline against m.bovis

What Taranaki Ag Scan stands for can be summed up in its logo, an image of a grazing cow superimposed on a map of Taranaki.

After the first case of Mycoplasma bovis (m.bovis) in New Zealand was detected in 2017 this country became the first in the world to seek to eradicate this cattle disease. M.bovis is most commonly spread between properties when infected cattle are introduced into healthy, previously uninfected herds. Scanning cattle and ensuring traceability of animal movements have become major parts of the armoury in the battle to eradicate the disease. Pete Sherie and Taranaki Ag Scan are helping Taranaki farmers do their bit and meet compliance requirements in relation to the NAIT Act.

"We will come to your farm and complete a full herd scan while utilising your existing animal records (NAIT, MINDA, MYherd, etc) to reconcile against what we have scanned to ensure all animal identification and any other information is recorded correctly in your systems," says Pete. They also register farmers' cattle, record and confirm all animal movements and replace lost or faulty tags.



Pete Sherie at work.

"In Taranaki we're the only independent sole trader who specifically does all that for farmers," says Pete.

They are also prepared to offer remote support.

"Some farmers will have their herd up to date and their apps working correctly, but they need help with data entry into their systems."

He is also able to provide (TSU) DNA sampling.

Pete, who comes from Hurworth near New Plymouth said he saw there was a need after conversations with farmers

about compliance issues while doing calf shed cleanouts with his other business Mount View Earthworks.

"I researched the market,

talked to other farmers to see what their thoughts were and identified that there were lots of farmers in the same boat. Farmers have so much to do on their own farms.

Compliance is not right in front of them, so it gets pushed back."

As reported in the Opunake and Coastal News (June 27) under the National Pest Management Plan OSPRI has been given the task of managing the Mycoplasma Bovis management program. In April Taranaki Ag Scan became an accredited OSPRI Information Provider after being assessed by Ausre Quality, an independent auditor.

"It sets the standard you have to meet," he says. "It's definitely a comprehensive audit process."

"Being accredited gives farmers the assurance it's being done correctly to the standard."

He also points to his previous experience rearing calves when he was living near Hawera as being another asset from having extensively used the NAIT system and experiencing first

hand some of the challenges farmers face.

His logo includes a map of the province and Pete says he is prepared to go anywhere in Taranaki. He is also prepared to drop in on his clients at any time.

"We're here to work with them. It means that if we need to be at the cowshed at four in the morning we will be there."

Pete says m.bovis is still present and there are other threats, including the possibility of foot and mouth disease coming to New Zealand.

"The whole thing is about traceability. It's about protecting your herd," he says. "If you can prove traceability, that your animals are not near to an infected herd then you can protect your herd."

For any questions or assistance contact Pete at taranakiagscan@outlook.com

Taking the fight to lepto

Rural Women New Zealand (RWNZ) has joined forces with Massey University to help raise awareness and funds to combat leptospirosis.

"Leptospirosis is a nasty flu-like illness which is unfortunately on the rise again in flood-affected regions as it can be spread through contaminated water," RWNZ National President Gill Naylor says.

"We have a proud history over the past 50 years in raising awareness and much needed funds to better

control the disease. By making leptospirosis our national project until June 2025 we can again mobilise our members across the country.

"This is especially important as New Zealand has one of the highest rates of leptospirosis in countries with temperate climates in the world."

Massey University Professor of Veterinary Public Health Jackie Benschop says last year there were 170 cases notified, nearly all in people

living rurally.

"This is the tip of the iceberg as there are many cases missed because leptospirosis can look like Covid or the flu and there are issues with getting a diagnosis. Our data shows that 70 per cent of people suspected of having leptospirosis are not tested for it."

"Protecting yourself against leptospirosis need not be too difficult and mimics good farm management like vaccinating stock, adopting good hygiene practices, wearing PPE, controlling

effluent, waterways and rodents and training your staff and visitors.

"Above all, if you are feeling unwell, seek help early. Tell your doctor leptospirosis may be the cause and ask to be tested."

Professor Benschop says any funds raised as part of the national project will help further their research with the aim of better understanding leptospirosis in humans, animals and the environment to reduce the burden of the disease.

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A win for Fonterra Kapuni

Fonterra Kapuni is leading the way in specialty products in the "Oscars of manufacturing," Fonterra's Best Site Cup Awards.

Fonterra Best Site Cup Awards, now in its 18th year, are held annually to celebrate the successes of Fonterra's manufacturing sites across the country.

The awards recognise the top-performing sites and

based on criteria such as efficiency, quality, customer service, innovation and sustainability.

Fonterra Kapuni took home the Best Specialty Plant Award, an award dedicated for the Co-op's specialty products manufacturing sites.

Raymond Moffitt, Kapuni's Site Operations Manager, says this is an

amazing achievement for the team's hard work.

"The award reflects all the hard work and dedication of the staff at Kapuni. Our team had some challenges at the start of the season with a high volume of ingredients. Being able to finish with record production and achieving all metrics across efficiency, quality and sustainability shows the outstanding work done by everyone on site," Moffitt says.

During the last season, Kapuni showed a great performance across all metrics, including Health & Safety, quality, sustainability, productivity and customer focus.

Kapuni is also recognised for their excellent hazard management reporting as well as the great improvement against energy performance and waste to landfill targets.

Established in 1948, Fonterra Kapuni specialises in manufacturing High Grade Lactose for pharmaceuticals and nutritional applications.

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OMV NZ making a splash in Opunake

OMV, an integrated sustainable chemicals, fuels and energy company, is involved in the Opunake community through various initiatives and projects aimed at enhancing local development. Since acquiring the Māui gas field in 2018, OMV has been actively involved in supporting the community, with recent contributions including the Opunake High School kitchen build, Opunake Kindergarten upgrades, Taranaki National Art Awards, Opunake Boat Ramp repairs, Everybody's Theatre upgrades, a new beachside playground, and most recently, the Opunake Community Pools.

In 2022, OMV's leadership team in New Zealand became aware of the alarming water safety statistics in Aotearoa. This led to discussions on how to promote water safety locally, especially in coastal towns. After exploring various avenues, the Opunake Community Pools, facing potential closure due to rising operational costs, reached out for assistance. In early 2023, OMV responded with a \$24,000 contribution, allowing the pools to remain open for an additional 90 days a year, resulting in 4,300 admissions and expanded aquarobics classes.

Understanding the importance of water safety and education, OMV also

launched the "Swim with Support" programme, contributing substantially towards swimming lessons for local children who might not otherwise have access.

This initiative provided over 1,000 hours of swimming lessons in 2023, supporting more than 80 families and equipping children with essential water safety skills.

"Funding from OMV has had a transformative impact on our community. Our partnership has not only saved the community pools but has also empowered us to chart our own course, free from external constraints. We are confident in our ability to thrive and flourish for generations to come", says James Cox, the pools facility manager.

Building on the success of the previous year, OMV increased its support in 2024, providing much needed funding which will keep the pools open longer, facilitate overdue maintenance, and continue the OMV-funded swimming lessons through 2024/2025. These



Opunake Community Pools helped by OMV funds.

contributions have paved the way for expanded water-related education in Coastal Taranaki, enabling schools, community organisations, and local clubs to organise swimming lessons and water safety courses, training more lifeguards and providing valuable skills and

employment opportunities for local youth.

"We are immensely proud of this partnership that provides long-term and sustainable benefits to the community. Safety and wellbeing are top priorities for OMV and to support this

outside of our fence is just as important," says OMV General Manager Henrik Mosser.

"We look forward to seeing the Opunake Pools thriving once again and supporting other initiatives in the area to have the same positive outcomes".



Enjoying the facilities at Opunake Community Pools.

Taranaki Indoor Bowls

The Hamley Trophy is fast approaching for the 2024 season. The development squad is all sorted and played North Taranaki at the Stratford A&P Skinner Road hall on July 21. The development squad is a mixture of senior and up and coming representatives within the Taranaki team.

representatives for the Hamley Trophy are as follows. Neil Vince(sk) (captain), Raewyn Fredrickson, Brittany Vince and Kian Larsen. Jamie Taylor(sk), Noeleen Picard, Stephen Vince and Allan Ducker. Daniel Shepherd(sk), Don Publitz, Dennis Fredrickson, Rob Larsen

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Eight + A Group Exhibition at Lysaght-Watt

Manu Berry, John Burton, Elliot Collins, Melanie Fleet, Roger Morris, Marianne Muggeridge, Jodi Naik, Mark Raymer, Riihari Warnock, Wayne Wilson-Wong

Lysaght Watt Gallery is pleased to present Eight + A Group Exhibition featuring artists who live and work in Taranaki, Whanganui, and Waiheke (Tāmaki Makaurau) at their 4-6 Union St, Hāwera space. Māori artist Manu Bennet (Te Atihaunui-a-Pāpārangi, Ngā Rauru) from Whanganui who explores traditional Māori concepts

but raised in the USA and 'grew up feeling distinctly Kiwi but since moving back feels distinctly American' and explores the idea of home through Intaglio, monotype & dye on cotton works. The only non-regional artist in the group, Riihari Warnock (Ngāti Manu me Ngāpuhi), works in the tranquil surrounds of a Waiheke Island studio and creates fine art that 'centres on the natural world and reconnection with Te Ao Māori to create striking images, mainly in black and white, that evoke being in a forest at night.' And the final artist exhibiting is Ōpunake's Wayne Wilson-Wong who uses a digital medium format camera to capture a stark seascape one day or imagery that challenges our perceptions using shape, line and form the next. Eight + A Group Exhibition brings together a mixed grouping of artists for your enjoyment and appreciation, so come brighten up your day this mid-winter and visit Lysaght Watt Gallery, 4-6 Union St, Hāwera.

Opening hours 10am – 4pm (M-F) and Saturdays 10am – 1pm. See <http://lysaghtwattgallery.com>



Te Whare o ngā kōkākō, Riihari Warnock

and practices through his carving and paint works alongside John Burton's raw oil canvases 'inspired by the geographical beauty and majesty of our natural environment.' Former Tāmaki Makaurau artist Elliot Collins, now living in Waitara works across an 'interdisciplinary range of media from painting to sculpture and installation,' and inspires us with oil on canvas/word art pieces. Again, from Whanganui

is Melanie Fleet a multi-media artist 'fueled by a passion for social expression through her colourful and quirky artworks that provide a deeper societal narrative.' Then in studios close to Taranaki Maunga, Oeo painter and printmaker Roger Morris creates large-scale, politically inspired woodcut prints that speak to the challenging issues of our times alongside partner Marianne Muggeridge, twice winner of the Adam

Portraiture Award, a full-time painter and printmaker who works 'always from life.' Jodi Naik (Ngāti Maniapoto) produces acrylic canvases from her New Plymouth base that reveal 'a deep affinity and connection to the sky, stars and space... ultimately creating artworks that evoke stillness, peace and contemplation of the vastness of space.' Printmaker Mark Alister Raymer now living in Ōkato, was born in Aotearoa

Operatic Society look forward to Wendy and Chicago

The curtain has fallen for the final time for the season of Jersey Boys with over 9000 tickets sold for a production that was hugely popular with Taranaki audiences. But as the curtain fell for the final time, the New Plymouth Operatic Society were hastily beginning their planning on what will be an extremely busy year next year for the society.

Following the last performance of Jersey Boys, cast and crew were given

the inside scoop on the set productions for 2025.

The timeless story of J.M. Barrie's Peter Pan will come to life with the Alver & Doyle musical of Wendy. This reimagined musical tells the story of Wendy as she takes centre stage and leads us through Neverland and all the characters from the original text we know and love, such as Peter, Tinkerbelle, Captain Hook and the Lost Boys.

A call for those interested to make up the creative team

will come first, followed by audition information for younger performers.

Wendy will be staged over the April holidays in the Theatre Royal at the TSB Showplace.

As those younger are performing, rehearsals will be well underway for what is bound to take Taranaki by storm with the announcement of the July major production of Chicago.

1920's jazz life will take the stage in July 2025 with the story of Velma Kelly and

Roxie Heart as they claw their way to stardom. After being accused of murder, they meet at the Cook County Jail and find the best publicity comes in unexpected ways.

Featuring songs such as All That Jazz, Cell Block Tango, Funny Hunny, Tap Dance, When You're Good to Mama, Hot Honey Rag, We Both Reached for the Gun, Razzle Dazzle, Class and many other classic musical numbers, Chicago is bound to not only appeal to performers but audiences far and wide.

Expressions of interest for the creative team will be announced later this year and auditions are likely in the new year.

MANU BENNETT

WAYNE WILSON-WONG

MANU BENNETT
JOHN BURTON
ELLIOT COLLINS
MELANIE FLEET
ROGER MORRIS
MARIANNE MUGGERIDGE
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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,
 9:00am Sunday: Breakfast and Study
 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

MIND MATTERS

MIND MATTERS today is to help us understand people. This is achieved by telling you a little about a new branch of science. In just the last twenty years there has become established a whole new way of thinking about human beings.

The hero of this story is Jaak Panksepp, the man who coined the term "affective neuroscience." This new term brings together the animal's feelings (mood and emotion) and its physical structure (anatomy) and functioning (physiology).

In our western history we have commonly said that the mind is one thing and the body (including the brain) is something very different. If your husband leaves you all that happens physically is that he takes boxes of possessions and lives somewhere else. But you feel devastated or joyful. It does not help to be reminded that not much has happened physically.

Let's look at Panksepp's new subject: "affective neuroscience." The word "affect" in psychology refers to your experience of mood and emotion. This is what it is like for you. "Mood" is your background feeling and "emotion" is what you feel when something happens to disturb your mood. You may feel grumpy for hours and then someone says "come to the pub" and your mood improves, you say "I feel better now." If someone says something you do not like to hear, you experience emotion, possibly anger. You always have a mood, but sometimes you experience emotion (sad, angry, happy or panic).

"Neuroscience" is the scientific study of the nervous system, how it functions and how it develops. Neuroscience



DR. ROBERT SHAW

depends on expertise across several scientific disciplines including anatomy, physiology and developmental biology.

Until recently, we did not have a very good account of how neuroscience related to mood and emotion. Now we can make better sense of the link between the physical world and the world of affect.

If you hold your head with your hand on your forehead you are holding your neocortex – your thinking cap.

Your neocortex is the part of your brain where you analyse the things you see and hear, you learn from the world and from books, and construct all your ideas. It is the part of the brain that enables all learning. Thus, the neocortex gives us all culture. The schoolteacher's job is to develop the neocortex of children.

Remarkably, the neocortex starts life as a blank slate. It is almost entirely something that develops as you mature. It starts before you are born, when you first become conscious that there are noises and movements. Babies and young children are enormously busy developing their neocortex. But, it is able to change, to develop, all through life. Elderly people learn.

Modern neuroscience – the new way to understand people

Deeper and lower in your brain (below and inside the neocortex) you have the ancient neural parts of your brain. Lee Child novels refer to "the lizard brain": when Reacher has a hunch that he is about to be shot, we are told his ancestral lizard brain warns him of danger. Evolution has provided us with a warning system. Sometimes people feel unsettled when they are alone in their house at night – they feel a sweep of emotion (fear) and must turn on a light to look under the bed. This is the primitive affective mind at work.

The primitive part does not learn – it remains to be the basic source of all your emotions. You, and all people, indeed all mammals, have these ancient basic structures. Roughly, they give you your primitive instincts. You are born with these parts, and they work from before birth.

You can model the brain by closing your fingers around your thumb. The thumb represents the ancient, emotion giving, part of the brain and the fingers are the thoughtful neocortex.

There is one vital thing to know about how the brain (physical structure) and mind (personality, feelings, character) develop: The ancient part of the brain and early experience together develop the neocortex. The baby has the basic emotions and what happens to the baby determines how these emotions become more complex in the neocortex.

This is why the early years of life are so important. Bad experiences at that time produce bad outcomes for the rest of the person's life. The good news is that psychotherapy can help,

but it is a slow fix. There is no pill that will alter the structure of your neocortex. Some psychotherapists advertise that their work is "informed by neuroscience." Or "trauma informed," which is pretty much the same thing.

In the ancient structures the emotions are relatively simple. Once they start to become a part of the neocortex they can interact with each other and a person's emotional life becomes very complicated. He may have sadness tinged with regret, "I am sad she is pregnant, I should have known better." Or sadness tinged with joy, "I am sad she is pregnant, but we had a great time." Or, there could be sadness with rage, "If I catch him I will make him pay," says the father of the girl.

There are seven basic emotion systems in the ancient part of your brain. For each of these there is a specific physical structure in your brain.

The seven basic affective systems are: SEEKING (expectancy, motivation), FEAR (anxiety), RAGE (anger), LUST (sexual excitement), CARE (nurturance, providing emotional and physical care to someone), PANIC/GRIEF (sadness), and PLAY (social joy). Panksepp decided to put the seven names in capitals to distinguish them from all the other uses of those words.

A "system" here consists of some neurons (nerve cells), how they are connected together physically, and

the chemicals they release when they are activated. The system is a pathway in the brain, although it may include some very specific named regions of the brain. If a probe is used to stimulate these regions of the brain, the animal shows and experiences the appropriate emotion.

You may notice that some of the systems appear negative (FEAR, RAGE, PANIC) and some appear positive (SEEKING, CARE, LUST, PLAY, appear to be good). Perhaps we should not be judgemental about the emotions which evolution has decided are those that we need to protect ourselves and advance our interests. Incidentally, the seven systems also advance the interests of our species as a whole.

Counsellors today may advertise that their work is "informed by neuroscience." Some specialize in

neuroscience (which means they have a master's degree in neuroscience. This is available from three universities in Aotearoa). Many neuroscience graduates are attracted to research (as opposed to clinical work), and it is not hard to see why when discoveries are rapid and exciting.

You will find plenty about Panksepp on the internet. Perhaps the best book for the serious person is: Panksepp, J., & Biven, L. (2012). The archaeology of mind: neuroevolutionary origins of human emotions. New York: W. W Norton.

Dr Robert Shaw
Registered Psychotherapist
opunake@mail.com

The next issue is due out on Thursday August 8. Phone us to be in it.

Heartlands Hub
One Year Anniversary

Come and help us celebrate, and find out more about what the Heartlands Hub can offer you and your whānau

Wednesday
7 August
10am – 1pm

Heartlands Hub
21 Napier St, Ōpunake

TUIORA

Some of the regular services we currently have running are:

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Every Wednesday

NEW PLYMOUTH PHYSIOTHERAPY
Every Tuesday and Friday

TARANAKI CHIROPRACTIC
Every Wednesday

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Leonie Landsheer 027 559 0982
Alex Jones 021 0816 3248
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Inside Out 2 1hr 36mins PG Sat 27 Jul 1PM	Twisters 2hr 2mins M Sat 27 Jul 7PM Fri 02 Aug 7PM
The Bikeriders 1hr 56mins R13 Sun 28 Jul 1PM	A Quiet Place: Day One 1hr 40mins M Sun 28 Jul 7PM
Panda Bear in Africa 1hr 29mins G Sat 03 Aug 1PM	The Fabulous Four 1hr 39mins M Sun 04 Aug 1PM Sun 04 Aug 7PM Thu 08 Aug 7PM

Horizon: An American Saga - Chapter 1 Violence & sexual references 3hr 1mins Rated: M Thu 25 Jul 7PM	Fly Me to the Moon Offensive language 2hr 12mins Rated: M Fri 26 Jul 7PM
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What's On Listings

conquistador page



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



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NOW TO OCTOBER 13

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

JULY 3 TO 27

Shutterbugs - An exhibition by the members of the Stratford Camera Club: Village Gallery, Eltham.

JULY 22 TO AUGUST 17

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

JULY 27

Sausage Sizzle: At the Opunake High School sportsgrounds. 10am.

JULY 28

Cape Egmont Sea Rescue Trust AGM: At the Cape Egmont Boat Club, Warea. 12pm.

JULY 29

Coastal Care Health Trust AGM: Community Lounge, Coastal Care, Opunake. 2.30pm.

AUGUST 7

Heartlands Hub One Year Anniversary: 21 Napier St, Opunake. 10am-1pm.

AUGUST 20

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

AUGUST 28

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

PUBLIC NOTICES



Opunake-Rahotu Veterinary Trust

PO Box 117, Opunake - Phone: 021 729 471 - Email: ORVTrust@gmail.com

Applications are now open for tertiary students to apply to the

Opunake Rahotu Veterinary Trust

for financial assistance.

To qualify for this grant you must be currently studying or in an apprenticeship and have a relationship to the taranaki Coastal Farming Community (Okato-Kaponga-Oeo)

Applications close 31st July 2024.

Request a form by emailing
ORVTrust@gmail.com

The forms can then be emailed back or delivered to Coastal Care, Opunake



The Opunake District Foodbank needs your help!

You may have seen recent news items about the pressure on Foodbanks around the region. In Ōpunakē, we are in the same situation with record numbers of people needing food parcels. This shows just how hard it is for people to make ends meet.

If there is anyone able to assist us in assisting others that would be wonderful, we are happy to take any sort of donation you can make.

If everyone who is able; gave just a small amount, we could, as a community, make it through these tough times.

Please drop off any donations to CoastalCare on Napier Street.

If you have any questions, please feel free to call Aretha on 06 761 8488

Thank you Opunake for helping us to help our community.



Coastal Taranaki Health Trust A.G.M.

CoastalCare Health and Community Centre
29th July 2024, 2.30pm in the Community Lounge

All welcome – come along and see the changes we have made internally and the plans for the next phase of this.

Email: info@coastalcare.co.nz Phone: 06 761 8488

OPUNAKE DISTRICTS REST HOME TRUST ANNUAL GENERAL MEETING

Tuesday 20th August, 5pm

Meeting will take place in the Coastal Care meeting room

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Meeting to follow AGM



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

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

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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.

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4WD SUV
Auto Headlights, Dual Airbags, Electric Mirrors, ABS Braking, Descent Mode, Sports Mode, 1997cc, Petrol, CVT, 147kms



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7 SEATER, 4WD
Parking Sensors, Side Skirts, Reversing Camera, Descent Mode, Roof Rails, Stability Control, 2997cc, Petrol, Auto, 94kms



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



\$12,995

2014 Mitsubishi LANCER LS
NZ NEW, LOW KM's
Cruise Control, MIVEC, Stability Control, Tow bar, Parking Sensors, 1998cc, Petrol, CVT, 83kms



\$13,995

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



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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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