



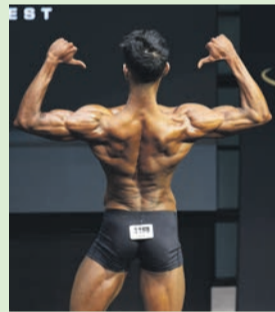
## Inside



An intriguing find at Coastal Curiosities. Page 4



Eminent scientist, philanthropist and classical music lover, George Mason will be missed. Page 7.



Our page 3 man. See page 19.

Garden and Arts feature and other entertainment starts page 21.

# Singer Songwriters packs out theatre again

Opunake's Singer Songwriters once again packed the Lakeside Playhouse who were an appreciative and enthusiastic audience.

There were 26 acts in all. They included solo performers, duos, trios and groups singing sad songs, happy songs, humorous songs as well as instrumentalists plus a standup comedian. Performers came from all over including Opunake, Eltham, Hawera and beyond.

In all it was a smorgasbord of original music which the audience, some of whom brought along their own refreshments, seemed to love.

It was the second singer songwriters held in Opunake – the last one was in June – and one of a series held round the mountain this year.

Run by Andre Manella from Manella Productions who organises Singer Songwriters New Plymouth and hosts the event, 2024 is the first year he's taken the popular concept further afield.



ABOVE AND BELOW: A variety of acts performed at Opunake's Singer Songwriter to approval from the crowd who came along to watch and listen. Photos courtesy of Monica Willson.

He, once again, appeared delighted with the great response in Opunake which followed the "incredible success" of the first Singer Songwriters in Opunake.

Periodically reminding the audience that performing for some was a nerve wracking

experience he was a fun and encouraging host. Though the event is free people were invited to make a donation which also indicated Opunake was a generous audience.

Andre thanked those from the Opunake Players who helped backstage and also Chris Foreman, audio engineer from Swamp Shack Studio in New Plymouth for the great sound production.

If anyone wants to see more live acts, there are just two nights left this year of Singer Songwriters in New Plymouth held on the last Friday of the month at the New Plymouth Little Theatre in Aubrey Street New Plymouth from February to November.



# Year of horror in Gaza and Lebanon conflict becomes deadliest in decades

At the anniversary of escalated hostilities in Gaza in response to the rapidly deteriorating situation, UNICEF in collaboration with the government of Lebanon, has provided essential supplies to shelters, including thousands of bottles of clean drinking water, hygiene kits, education and recreation supplies for children, blankets and sleeping bags, personal hygiene items for women and girls, and nutrition supplies including supplements and baby food. UNICEF is also providing psychosocial support, including child protection services, education, and recreational activities at many shelters.

In Gaza, despite the serious obstacles of bombardments, civil disorder and limited supplies, UNICEF is committed to delivering as much life-saving aid as possible and expanding programmes when conditions allow. There are severe limitations on the current delivery of humanitarian aid, but UNICEF staff on the ground are working tirelessly to get as many supplies through as possible.

UNICEF is committed to being on the ground before, during and after emergencies, and will remain in both Gaza and Lebanon for the long term as the needs of families and children will be both

significant and long-lasting.

UNICEF urgently calls for an immediate ceasefire and for all parties in the region to uphold their obligations under international humanitarian law.

UNICEF Aotearoa is running appeals to help ensure lifesaving humanitarian aid reaches children who need it most. Please visit the [Children of Gaza Crisis Appeal](#) and the [Greatest Need Appeal](#) for more information or to donate.

Nowhere in Gaza is safe. The devastating attacks on schools and internally displaced sites continue,

Continued page 9



A child in Beirut © UNICEF/UNI649018/al Mussawir - Ramzi Haidar



# Letters to the Editor

Send your your views to: Letters to the Editor  
23 Napier Street, Opunake.

email: [editorial@opunakecoastalnews.co.nz](mailto:editorial@opunakecoastalnews.co.nz)

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

## New Hawera library

I would like to thank Sam Warren of the Tax Payers Union for pointing out what our existing councillors should have been on to years ago. Their current motto seems to be “don’t worry about the costs the Long-Term Investment Fund will mop up the overruns”.

I am sure the original plans did not have a restraint in them. An Information Centre today only has to be small as all the local information is on google, etc. so the palm of one’s hand would provide that. The library is a little more important, but talking books, the internet, etc are mostly able to cover this. The Culture Centre, what with the best already at Tawhiti Museum and Patea Museum, why do millions have to spent to replicate these and how much of this can be absolved anyway?

The normal is when asking for money from a bank to build is all costs are to be added in, and the land

purchase, demolition costs, etc are all included in the final cost.

How many property vendors have been lucky enough to have the Council pay the costs of getting rid of existing tenants? Surely this should not have been the purchaser’s cost?

Can the STDC explain why the costs were allowed to overrun by such a horrific amount? The monies from the LTIF do not come free and when Council was supposedly looking at ways to reduce costs why did they not scale down the project and not accept monies from the LTIF and various other reserves? Normally any loan is to be paid back and these surely will reflect on costs for future years rates.

What costs are given for air conditioning this building and cleaning the high glass windows? How many extra staff have been budgeted for this building?

If we are so cost conscious, why don’t we use one building for all rates payments, information centre and library and close down the existing STDC

building as it has been declared an earthquake risk? Exclude the café and Culture Centre as not Council business.

I would like to see Sam Warren and the Local Body Ombudsman thoroughly investigate the true cost of the project as the ratepayers are going to have to put up with costs that none should have to endure for most of their lives.

HG Weir  
Hawera

## Saving our planet from pollution

The question is, can we swim here? Taranaki regional Council’s Environmental Quality person Abby Matthews stated that the Council has been quite regularly checking our province’s streams, lakes, rivers and beaches, yet some do have or had had these green algal blooms.

Her first message is to

every swimmer to stay away from all recreational waters for three days after heavy and prolonged rain.

Her second message is, summer is approaching us and there’ll be an awareness campaign coming to help people make informed decisions before diving in.

Her third message is, our communities have been working excessively hard to reduce contaminations of any type, planting riparian, improved fencing, effluent management and other farming practices.

Look, the world’s biggest problem is pollution, not climate change, also we can’t control the weather. It controls us, also well before mankind actually stepped upon this earth our weather patterns kept changing, so my question to everyone is, do we want to have clean water to drink, shower and swim in?

It’s now extremely important to save our planet which we all call Mother Earth. Instead of being overtaken by pollution, let’s

Continued on page 3.

## ADELPHOS

Recently, while watching a re-run episode of the much loved old television series of M.A.S.H., I was struck by how ungrateful some of the characters were for the food they received in the mess tent. For those of you not familiar with the series, it ran for 11 seasons (1972 – 1983) and was set in the 4077th Mobile Army Surgical Hospital during the Korean War. During the bloody three-year war of 1950-53 it is estimated that between 2.5 and 3.5 million people died from famine.

So, to be whining about food in the middle of a famine where many were dying seemed so ungrateful. Only one character in the episode didn’t complain about the food and that was Father Francis Mulcahy: the army chaplain. He made the sign of the cross to express his gratitude to God.

Gratitude is an emotion, similar to appreciation. It works two ways: it can be given and received. So, people can express and experience gratitude or receive it from someone at

a moment in time. The more we practice it, the more it becomes part of us. This is why gratitude can be both a passing state and a more positive long-term character trait. Can you think of people who often express gratitude?

Robert Emmons is a world leading expert on gratitude. He explains two aspects of it. The first recognises that there are good things in our life, and, the second aspect acknowledges who we are thankful to for those things. Gratitude actually changes how neurons work in our brain by increasing dopamine and serotonin. These neurotransmitters are responsible for feelings of pleasure, coping with anxiety, depression and a range of psychological and neurological conditions.

The practice of gratitude has become popular in

Nga mihi nui,  
Adelphos

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## Letters to the Editor

Continued from page 2.

all work together to wipe out pollution for good.

Tom Stephens  
New Plymouth.

### Maori wards

Unanimously the South Taranaki District Council has once again voted to keep Maori wards despite what ACT leader David Seymour is saying about Maoridom, and should he continue with this he'll face the consequences big-time.

We all must remember there's good and bad in councillors around the world today, but regardless of this, we are all kiwis and we all want the same things. At the same time we must all respect and listen to each other's opinions on different issues, otherwise nothing positive will ever happen.

I'd like to give people a classic example which did happen.

A particular mayor here in Taranaki told a Maori elder his Council was going to remove stones from a particular spot in a river. The Maori elder's reply was "don't take the stones from there, I'll show you where you can." The mayor replied "you don't know what you're talking about." "The Maori elder's reply was "OK, do it but it's your funeral." Now the result was the river was half flooded and it took at least three months before the mess was cleaned up. This mayor apologised to the Maori elder, yet the former mayor always listened to the Maori elders and treated them all with respect.

So if we all respected each other and our land and sea we'd see a lot more respect from our younger society.

Tom Stephens  
New Plymouth

### Israel and Palestine

It is indeed an incredible thing in this knowledgeable age -- the lack of knowledge of certain areas of the world -- and the arrogance regarding it.

Indeed, fairly well-known is a man who walked the earth 2000 years ago called Jesus -- Yeshua in Hebrew in a land called Israel. Slightly less well-known, roughly 1000 years earlier, King David established Jerusalem as capital in the land of Israel. Even earlier, approximately 3500 years ago from now, Moses, single handedly wrote the first five books of what is commonly called the Bible.

The Bible over 3500 years ago written in the land of Israel solely by Jews over 1500-2000 years has had an incredible impact on humanity internationally. The 10 commandments alone have established right from wrong and many of our laws were derived from it. Indeed, a Mighty God gave His Word and established the land and people Israel. Denying Him is at the core of most people's objections.

Contrary to common, modern belief, Palestine has no history. It has had no government, no language other than Arabs and Arabic. Indeed, pre-1948, the only Palestinians were Jews.

Shalom

Christina Salisbury  
Manaiia

### United Nations PACT of the Future

Did you know about that document that got passed by the UN recently called the PACT of the Future document? Most likely not since the fake news media

and your Tel-a-vision didn't tell you. It consists of two parts, one on science and technology, and one about the youth and future generations. It is quite awful, and it was done by a procedure called the silence procedure, which makes it a PACT, and if no one objected, it is automatically adopted and put into the record as being completely adopted. This is the WHO's run-around or end-around. Since they were not able to get the WHO Pandemic Plandemic treaty passed, they decided to take it to the General Assembly, and it is even more shocking than what the WHO was wanting to get passed. So what is inside of this PACT that is now being accepted by 193 nations around the world and equally open-arm accepted by our current Government Parasite Class? It says that this is the power structure fully digital and maximised for the control of the masses. Everyone will be expected to have a bio-metric digital ID that marks them not just as citizens of an individual country, but as a global citizen. So any time you hear global citizen or any time you hear sustainability, think that this is a horrible thing that is happening at the level of the WHO and the UN. Anyone that has a dissonant opinion will be labelled as misinformation, disinformation, right wing or even terrorist. Perpetrators for unapproved information will be fact-checked and punished by the system, which will be operated and enforced by artificial intelligence. Punishments will include being locked out of one's bank account, being unable to make certain purchases, unable to get on an airplane, on a train, drive on public roads. George Orwell's and Aldous Huxley's predictions are here. This is the future according to the world's self-appointed overlords at the UN. These are un-elected bureaucrats that are making decisions about our country, our sovereignty all around the world. Everything is interrelated, everything

plays a part in getting us where they need us to be; sick, compliant, servient, fearful, weak, powerless, brainwashed, obedient, trans-human slaves.

Their agenda is so anti-human, anti-nature and anti-life that in order to get us there, they need to destroy our health, our will, our faith, our power and everything in our lives that has a positive impact: family, spirituality, human connection, unity, creativity and love. They must destroy all the things that make life worth living, because those are the things we will fight for. That is why they divide us, they make us fight, they distract us and they indoctrinate us to think that wrong is right and right is wrong.

Nothing could be more important at this point in time than to get prepared as communities. And lastly, just because you voted for politicians, it does not mean they are working for you. It is critical to understand where they come from, their foundation in law and define what their purpose is. If we don't do this, we will continue to blindly believe democracy is for the voter, when democracy is like two wolves and a sheep deciding what's for dinner and we better realise we are not part of the wolf pack. Know yourself and where you stand and know you are free -- it is only your mind that traps you.

Raig Kleinhans  
Okato

### Signed us up to a joke

Christopher Ormell writing for the New English Review last month (www.newenglishreview.org) confirms that New Mathematics was not merely something of New

Zealand's own education system. Around 1969, it appears the British syllabus in maths education was also undergoing a revolutionary change. Ormell has become semi-famous among the diaspora for bemoaning a loss of focus, coming on with this. He's touted as "an

older philosopher" by the Review editors.

In connection with the definition of temperature, there was once this question: "How much hotter or colder than the triple point of water is this wine (or oat) with my

Continued on page 4.



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# Letters to the Editor

Continued from page 3..

Regulations, 2019, was unified using some taking-stock integrals. With this type of analysis, the internal energy of a system can be conceived as a sum of compartments: thermal, compression, chemical, kinetic, electrical and some others. (The term “kinetic” in this means “in sub-system inertia”. If we make the system large enough to include a planet’s surface and lower atmosphere, this

compartment includes the likes of tidal energy and wind energy. In a smaller system, it might include the likes of the energy in a watch mechanism where a cog spins in tiny bearing. It does not include the energy of any atom due to the atom’s velocity partly because there is no evidence of any link between energy and atomic velocity except in the

sense that a velocity can be property of an experiment.). The problem in epistemology is that functional analysis involves a sophisticated organising of knowledge. Sophisticated tricks are used just so that functions and their arguments can be seen in a matter. One has to respect it because fruits in say trigonometry can be

demonstrated. However by the time this style of organising is imposed on all students from the new entrants on up in the education system, there can be a collective amnesia manifest in relation to subject matter that does not give over easily to the style. The taking-stock integrals are sadly case in point. Ormell’s narrative has

developed from a scholar’s focus on number theory. There are other narratives out there about why the revolution took place. The essay was called “Origins of Rot”.

Russell Christensen  
Eltham

## COASTAL CURIOSITIES

# Healthy bodies and grand old cars

A handbook on health written by a member of a breakfast cereal dynasty and a book which harks back to the grand old days of the British automobile are just two of the items of interest at Cecilia’s on Tasman.

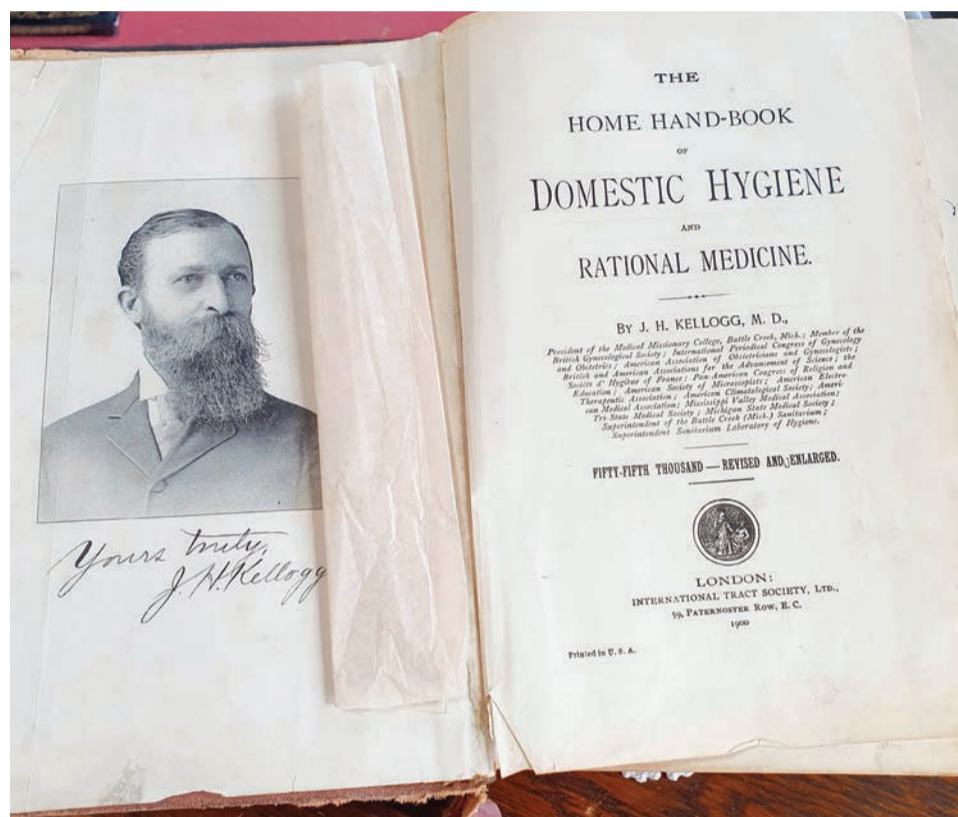
The Home Handbook of Domestic Hygiene & Rational Medicine Book was written by J.H. Kellogg and published by the International Tract Society in 1903.

John Harvey (J.H) Kellogg (1852-1943) was a member of an American Seventh Day Adventist family best known today for the range of breakfast cereals which carry their name.

The Handbook weighs in at 2.5kg and its illustrations include full page colour plates and a unique layered colour illustration of the human body that allows readers to lift parts of the anatomy to explore deeper.

Kellogg was manager of the Battle Creek Sanitarium in Michigan, which had been founded in 1866 on health principles advocated by the Seventh Day Adventist Church. Kellogg continued as manager until his death in 1943, even after being disfellowshipped from the Seventh Day Adventists in 1907. He also played a part in developing Kelloggs Corn Flakes with other members of his family.

Also in Cecilia’s shop, and on a somewhat different note is another large rare book, British Vintage Car Manual Collection, published by Scientific Magazine Publishing Company 1954 with directions on looking after 1950s era vehicles. This harks back to the



The Home Handbook of Domestic Hygiene and Rational Medicine.

golden days of the British automobile, before the market was flooded by Japanese makes.

Along with some of the still familiar, there are others which have disappeared into the mists of time.

Makes include: Allard, Alvis, Armstrong Siddeley, Austin, Bristol, Daimler, Ford, Hillman, Humber, Jaguar, Jowett, Land Rover, Lea Francis, Lanchester, M.G., Morris, Riley, Rover, Singer, Standard, Sunbeam-Talbot, Triumph, Vauxhall, Wolseley.

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# Facebook doesn't have reporters-we do

The impact on mood and lack of trust are key reasons some Kiwis avoid the news, according to a new study.

The survey of over 1200 New Zealanders found 60% avoid the news at least sometimes, and found we also have high rates of 'consistent news avoiders.' Gender, ethnicity, age, and political ideology were linked to respondents' reasons for news avoidance.

Dr Alex Beattie, Lecturer in Media and Communication, Victoria University of Wellington, and lead author of this research, comments:

"Our study confirms that New Zealand has one of the highest reported rates of news avoidance in the world. We found that 60% of our survey participants reported that they either 'sometimes', 'often', or 'almost always' avoid the news. This figure is higher than any other national figure reported in other studies, with Greece and Bulgaria being the next highest at 57%.

"The major reason driving news avoidance appears to be the negative effect that news has on mood. Women and people with far-left or far-right political beliefs were more likely to select this reason than men or those with centrist views. Additionally, people with right-wing beliefs were more likely to report avoiding the news due to perceptions of untrustworthiness or

bias. Younger people (18-24-year-olds) were more likely to cite not having the time as a reason for avoiding the news.

"There is a lot more to discover about why news avoidance is so high in Aotearoa New Zealand compared to other countries. We suspect there is not one single reason but a combination of factors. Some New Zealand audiences are frustrated with the quality of news media, while others are turned off by negative news stories. Other possible reasons include our geographical remoteness or sense of distance from world news, and a lack of diverse representation in the news.

"Perhaps most significantly, there is immense commercial pressure on our news industry to retain its audiences. New Zealand media's use of clickbait and alarming headlines to engage their audiences may ironically be driving them away in the competitive attention economy.

"Our news media and journalists provide an essential service to Aotearoa. Their role of holding the Government to account and covering crises or divisive issues can be an unpopular and thankless task. Despite this, we expect our news media to compete with information giants like Facebook and Google, which do not employ any

reporters or recognize their responsibility in disseminating news. This creates an impossible commercial environment for traditional media.

"Our demographic findings also highlight the difficulty of satisfying an increasingly polarized news audience. With diverse groups perceiving bias and untrustworthiness differently, it's nearly impossible to keep everyone happy. Instead of scapegoating the media for high news avoidance rates, we should see this as an opportunity to support and strengthen an essential service. Our journalists are tasked with the crucial job of informing the public, a role that is fundamental to the health of our democracy.

"Our high rates of news avoidance in New Zealand underscore the urgent need for a Fair Digital News Bargaining Bill to support our essential news industry. By ensuring fair compensation and support for our media, we can help them continue to provide the high-quality journalism that is vital for an informed and engaged society, and ultimately combat news avoidance."

Dr Ethan Plaut, Senior Lecturer in Communication and Technology, University of Auckland, comments:

"New Zealand journalists don't broadcast on the "24-

hour" news cycle of larger markets, but the endless churn of media reaches us from all over the world, at all hours of the day and night. People didn't have to avoid the news when it was a once- or twice-daily ritual of morning paper and evening broadcast. We're learning to avoid news precisely because it's becoming unavoidable, mixed up in the endless feeds of entertainment, misinformation, pictures of your family, ads, and more ads.

"In recent months, this problem has been exacerbated by an American style of political communication becoming more common in New Zealand. This is the Trumpian strategy, sometimes called "flooding the zone," of overwhelming both journalists and citizens with incessant provocation and distraction, breaking so many things so quickly, and so loudly, that nobody can figure out what's most important. By the time anybody musters a thoughtful argument about whatever was announced yesterday, the news cycle has already moved on.

"Until recently, I found myself avoiding the chaos of US and international news by reading New Zealand news instead, which felt like a healthy change of pace. It no longer feels that way."

Dr Helen Sissons, Associate Professor, Communication Studies and Journalism, AUT, comments:

"People may avoid news that challenges their beliefs or makes them uncomfortable. Someone sceptical of climate change might ignore a well-researched, factual story on the topic, dismissing it as false and turning to other sources for information. And unlike in the past when people had fewer media options, there are now many alternatives. These people may still be consuming plenty of news, but it's not necessarily balanced or

varied. "Having said that, mainstream news is still hugely important and shouldn't itself engage in news avoidance, avoiding the difficult or controversial. The challenge is to consider how to break down complex, perhaps dry issues into digestible, appealing formats. Ensuring the stories they present are not only accurate (getting things wrong really damages audience trust) but also engaging."



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# George Mason Scientist and philanthropist

It was sad to see the recent passing of Dr George Mason, aged 95, from Omata.

I first encountered him at a concert in Eltham where classical pianist Roman Rudnytsky was giving a recital to which I took my mother with whom he had things in common.

Though an eminent scientist, he was also a lover of classical music and a philanthropist, he lived a life of many layers.

His house in Omata overlooked Ivon Watkins Dow Limited where George was a research scientist and near where the battle of Waireka was fought.

His particular interest was in botany and geology and he went on to have a stellar career as a research scientist and leading innovator in New Zealand's agrichemical business.

He went on to found the George Mason Charitable

Trust with the focus on funding education and research in the natural sciences.

Over the years George, gave a considerable sum of money for scientific research by way of scholarships awarded to PhD students so they could continue research into natural history. This included annual Puke Ariki scholarships to Natural Science graduate students covering Taranaki topics.

In 2015 he donated \$5 million dollars to Auckland University from the sale of Zelam, the company he formed. His significant bequest was described as "transformational" by the Dean of Science at Auckland University Professor John Hosking allowing the university to address some of the country's significant conservation and environmental issues.

George was awarded a Doctor of Science at Auckland University for his contribution to scientific research.

He was the instigator of the museum in the replica of the Cape Egmont Lighthouse honouring arguably New Zealand's foremost scientist Sir Earnest Rutherford whose family owned several flax mills in Coastal Taranaki. He arranged for a person to do the displays said Len Pentelow who was involved in the replica Cape Egmont lighthouse project which houses the 1850s Fresnil Prismatic Light that powered the Cape Egmont Light until 1999.

He was a Life Member of the Pukeiti Rhododendron Trust and a Life Member of the Taranaki Alpine Club.

George grew up the youngest of four children, in Auckland. His father died when he was 11.

He developed an interest in plants and seeds when



Dr George Mason will be fondly remembered.

during World War II it was his responsibility to look after the family's "Victory Gardens" growing flowers and vegetables on a vacant section next door.

He completed a Bachelor of Science with botany as his major at Auckland University.

With a keen interest in natural history, he would talk fondly about the University Field Club where science graduates went on field trips each summer which he described as great fun.

He went on to do a Masters

and in 1954 he got a job in New Plymouth as an assistant chemist with Ivon Watkins Limited, a firm pioneering hormone-type herbicides.

In 1956 he went to the US with the help of Ivon Watkins to do a PhD returning in 1960 to Taranaki as chief research officer at Ivon Watkins where he developed a reputation as an inventor, problem solver and innovator. In 1986 he went on to set up his own research company Taranaki Nu-chem Limited (now Zelam) which he sold in 1995. One of Zelam's most successful

inventions is for wood preservation leading the industry away from wood-based preservatives. This had particular application to Pinus Radiata which New Zealand efficiently grows but which was susceptible to stains, rot and insect borers.

In Taranaki which became his home for 68 years he was able to indulge his love of botany climbing and skiing and recalled they would climb Mt Taranaki and find a way to ski down.

*Continued next page*



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# Inglewood's Kurapete Windsor Walkway proving a hit following million-dollar upgrade

Keen walkers, runners and cyclists in Inglewood are now enjoying an all-weather exercise track just in time for summer, with NPDC completing the construction of Kurapete Windsor Walkway.

The \$1.5m project was completed last month with 3.7km of loose metal and grass berm replaced with a concrete path, to complete the 5.3km loop, which is located in the south-eastern part of town.

"It's exciting to have it finished and to see people out enjoying the walkway," says NPDC's Kōhanga Moa ward Councillor Marie Pearce.

"It's a great asset for Inglewood and the improvements mean there it is now a lot safer for people to walk their

dogs or go for leisurely walks with friends and family."

The project features recycled material with 2,700m<sup>3</sup> of waste material from road repairs in the base of the new footpath. These millings significantly reduced the need for new raw materials, cutting down on transportation and processing emissions.

The addition of Kurapete to the name reflects the relationship of the walkway to Kurapete Stream, which the walkway passes over and that will link to other future walking connections along the stream.

Work on this project started in January this year, with Pukerangiora hapū working in partnership.



Kurapete Windsor Walkway is now ready for action following a major upgrade

## George Mason Scientist and philanthropist

Continued from page 6

In later years he continued to keep a fond eye on Mt Taranaki which he first visited as a young undergraduate. At the age of 86 he said he had climbed the mountain 10 times.

I last saw George some years ago when my mother and I visited him at his home in Omata.

As we were leaving my mother with her wonderful sense of fun and cheek demanded a kiss from the life long academic and bachelor. Surprised, he sportingly complied. It was a memory which we would laughingly reflect on.

George will be fondly remembered and missed by many for his devotion to science and for his generosity in furthering scientific research in a number of fields.

Compiled by the Editor with the help of an article in The University of Auckland Alumni magazine.



George Mason at the summit of Mt Taranaki.

### Exercising during pregnancy linked to lower asthma risk for kids

Exercising three or more times per week during pregnancy is associated with nearly half the risk of childhood asthma compared to less frequent exercise, according to new Finnish research. Researchers looked

at data from almost 1000 mother-child pairs, and found this link after adjusting for other factors like what the mother ate, whether she smoked, and whether the mother had asthma.

The team says this study

adds to what's currently known about the overall positive impact of prenatal exercise on child health, and aligns with the WHO recommendation of 150 minutes of exercise every week during pregnancy.

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# Fast track projects wreak havoc on environment

The Government has finally released the first round of projects up for approval under its Fast Track Bill, and it's clear why it has kept the list secret for so long. Among the 149 projects to be considered are ventures that could wreak havoc on our natural environment, including several large-scale operations previously ruled too destructive by our courts. These 'zombie projects' include Trans-Tasman Resources' seabed mining operation here in Taranaki, which has been the subject of fierce protests in recent weeks. This is for good reason: should it go ahead, it has the potential to harm a vital and richly biodiverse marine habitat – one that is home to endangered species like blue whales and Māui's dolphins.

In contrast, Taranaki has the opportunity to develop offshore wind, a cleaner and more sustainable alternative that is vital for securing New Zealand's future energy supplies. However, offshore wind and seabed mining are fundamentally incompatible in the South Taranaki Bight and cannot coexist in the same location. Were sustainable development processes and proper consultation part of National's Bill, some of the applications projects could be fast-tracked. But National isn't particularly interested in hearing from Kiwis or preserving native species. And the panel tasked with evaluating each project will primarily be considering them in terms of "significant regional or national benefits". This makes



**GLEN BENNETT**  
LIST MP

environment and climate distant considerations that will likely be immediately trumped by monetary concerns. What's more, this focus on economic growth practically guarantees approval for all projects on the list.

What the Government doesn't understand is that without the environment, there is no economy. We must work with nature, not against it. Yet Shane Jones is "more concerned about the deathbed of economic solvency in the regions than I am the seabed". The self-described pro-mining Minister doesn't seem to understand that once the native bush, animals and clean water we currently enjoy are gone, we can't get them back. There is plenty the Government is being less upfront about. It has not revealed how many conflicts ministers have declared and on which projects, or how conflicts were managed.

Some applicants to fast track are donors to coalition parties. This may all be above board but perception matters, and the whole thing looks like backroom deals and contracts for the boys. The Fast Track Approvals Bill also removes many opportunities for local communities to be notified of projects or be involved in decisions affecting their environment. As we have seen from its efforts in the smokefree and gun law spaces this Government has no regard for the public interest or good lawmaking. Future generations will pay dearly for its callousness. It doesn't have to be this way. More than 100 projects were approved

under Labour's version of fast track, which did not override environmental laws nor shut out both the public and environmental groups. It saw initiatives for renewable energy, transmission, housing, roads, and retirement villages get quickly consented and underway. National should more closely copy Labour's homework or go down in history as the most environmentally destructive, undemocratic governments in our history.

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

## Mixed reviews on Fast Track list

The government's Fast Track Bill is drawing mixed reviews. Straterra, the industry association representing New Zealand's minerals and mining sector is for it, while Greenpeace says it represents a war on nature, and Climate Justice Taranaki say it shows the government is arrogant and out of touch. Among the 149 projects listed is the controversial Trans-Tasman Resources (TTR) project to mine ironsands off the Patea coast.

"At a time when manufacturing and processing plants are closing in the regions, mining brings much needed jobs and money into regional communities, and exports to boost our trade deficit. Mining belongs on the fast-track list," Straterra chief executive Josie Vidal says. "There is a lot of misinformation about the fast-track process. The value is in the 'one-stop shop'

approach to consenting projects which saves time and money by allowing applications to be considered by a group of experts, once. We hope a similar approach will continue through all the Resource Management Act reforms eventually doing away with the need for a separate fast-track bill. "Responsible mining in New Zealand will still meet the same high employment and health and safety standards, and strict environmental conditions as it does now. Those conditions include paying bonds and having full mine closure plans to return the mined land to how it was before, if not better. "Gold and coal, as well as the minerals on the recently released draft critical minerals list, are all vital to our high-tech, low emissions future. It is right that if they can be mined in New Zealand, that they should be. "New Zealand needs the Fast-track Approvals Bill to deliver on the Government's

promise. Once the bill is passed, more mining projects can apply for inclusion.

Greenpeace disagrees. "This is no surprise, but it's still a shock to hear that amidst the climate and biodiversity crises, this Government is going to forge ahead with eleven new mines using the much-maligned fast track approvals process," Greenpeace spokesperson Juressa Lee says. "It's especially concerning to see that the Trans-Tasman Resources Taranaki seabed mining project is on the list after being such an abject failure in the environment court and Supreme Court and attracting such widespread opposition from mana whenua, the environmental movement and the offshore wind industry." "By attempting to fast track seabed mining the Luxon Government is blocking one of New Zealand's most important new renewable energy projects - offshore wind. The offshore wind industry has said seabed mining in the South Taranaki Bight will prevent an offshore wind generation project being established there. "With this announcement,

Christopher Luxon, Chris Bishop and Shane Jones are running roughshod over expert advice, and all of those New Zealanders who don't want to see the forests and oceans of Aotearoa turned to open cast mines, rivers and lakes turned to sewers and more precious species pushed to extinction." "There are some worthy projects on the list but they are tainted by the process and the presence of Trans-Tasman Resources at the bottom of the barrel. The fast track is the wrong track and will be a poisoned chalice for those companies who risk it."

Climate Justice Taranaki say they also oppose the bill. "Yes, we need more sustainable, healthy homes, we need more renewable energy, and we have the opportunity for good decisions that harness community inputs and conservation efforts to create long-lasting co-benefits for people and nature. Yet, this opaque, Fast-track process that overrides environmental protection spoils it all," said Catherine Cheung of Climate Justice Taranaki.

*Continued page 9.*




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# Petition seeks to overturn Green Space decision

The South Taranaki District Council may have given a green light to the Opunake Green Space but others think the signal should have been red.

When the Taranaki Coastal Community Board met at the Sinclair Electrical and Refrigeration Event Centre on October 2, Green Space opponents Ann Smith and Lynda Corkill presented a 250 signature petition asking the Council to reconsider the proposal.

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 now occupied by Te Kahui o Taranaki Iwi came out of consultations over the Council's town revitalisation strategy.

Not everyone was supportive of the idea. Ann Smith and Lynda Corkill were among those who placed submissions opposing the plan, citing among other things the loss of parking, disruption to emergency vehicles and the potential for the Green Space becoming a magnet for crime.

"What is the point of it? What are you trying to achieve by it?" says Anne. "I think it's ludicrous to close the street and it's ludicrous to spend so much money on it. How much has already been spent on it?"

The South Taranaki District Council approved the plan in August with anybody objecting having a month to



Concept design Opunake Green Space. Image. Brad Dobson, Blac Ltd.

appeal to the Environment Court. No appeals were lodged in that time.

Ann says they had considered doing this but the difficulty of finding grounds for appeal as well as the cost and the time involved in having to appear in person in Wellington to argue their case meant they decided not to do this.

South Taranaki District Council group manager community services Rob Haveswood says the Council had consulted with local

businesses and residents and been working with a co-design group of local people to put the project together. Local residents had had opportunities to be part of the process, and the extent of local support could be seen by the fact that the overwhelming majority of the submissions had been in favour of the Green Space, he said.

Ann, who manages the St Paul's Op Shop a short distance away from the square says none of

the nearby businesses or residents living in the area had been consulted.

She had the petition at the St Pauls Op Shop for people to sign and had gathered about 100 signatures in about a month.

Lynda had taken the petition around town and picked up a further 150 signatures in a couple of days.

They were told that the Community Board meeting was coming up and were encouraged to present the

petition at the open forum.

Ann says that there would have been many more opposed to the Green Space who had not signed the petition.

"I talked to quite a few people who even though they were against it didn't want to sign it."

She says Opunake has enough places where a green space could be set up, including nearer the beach, the part of town which Ann says should be promoted.

"Everyone who comes

into the shop wants to know where's the beach and where can I get a decent cup of coffee,' she says.

At the meeting Taranaki Coastal Community Board chair Andy Whitehead said people who visit the beach don't tend to come into town, citing the annual Americarna visit as an example.

"This is a first step towards reconnecting the town to the beach."

He said the Green Space would add something to Opunake.

"I challenge you to look into town in this country without a nice open space in the middle of town."

South Taranaki District Council community development manager David Pentz said there had been opposition to the main street development in Waverley, but as time went on there had been a change of heart.

"It was strongly opposed by elements in the community but now it's all settled down and everybody loves it," he said.

The Opunake co-design group will meet in October 2024 to refine the greenspace project, with an open day planned for December 2024.

"I've had a few people in the street oppose it, but I feel confident that we've provided opportunities for people to be part of the process and confident that we've done as much as we can," said board member Monica Willson.

Community Board member Liz Sinclair said 250 signatures still only represented 17% of the Opunake population, indicating the majority are in favour of the Green Space.

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# The view on the street

The South Taranaki District Council has made their decision in favour of the Green Space but not everyone has been won over.

So what do people in the street think of the Green Space?

Megan Dymond likes the idea.

"I think it's cool," she says. "I remember the mall in New Plymouth where families used to sit down and enjoy the day. It reminds me of that. I think it would be just neat to have an artsy place where people could hang out. I think most people against it would have a problem with where it is, not what it is."

Clem Coxhead is not so enthusiastic.

"Most people don't know how it's going to work. They just see a lovely garden. Logistically it's dividing the town in two, and it's going to put pressure on the town between Napier Street and King Street. Now if you look at the parking problems we have outside the Medical Centre, at least we can drive through, but if you block it off you're going to have at least twice as many cars going through there. The problem now faces us of how do we promote the town?"



**Megan Dymond. Would be neat to have a place where people can hang out.**

Layla Cann says she is "not unsupportive" of the Green Space. "It would be good to have a focal point for the town. It would have been good to have seen it spent on beautifying the town in a different way. I would have liked to have seen money spent on footpaths, including parts of towns which don't have footpaths. Let's put some cobblestones through town and make it look nice."

Bernice McKellar says a

survey taken some time ago had shown that the attractive towns were towns that had lots of trees.

"It would be nice to have trees and a place where people can sit at the actual centre of town. I would like to see it grassed with trees and a seat or two."

On Saturday Terence Costello and Ken Smart were having a midday break at the Peter Snell statue on a motorbike ride around

the coast. Terence describes himself as an "ex-Opunake resident," who lives in New Plymouth, while Ken lives in New Plymouth. What do they think of the idea?

"Speaking as an outside person I think it's a bit of a strange idea to close off the street," says Ken. He says the other end of the CBD where there are more shops might have been a better idea.

"It will probably frustrate people that live on this street as it will affect the way they move around," says Terence.

One woman, who didn't want to be named said she supports the Green Space.

"It's fantastic and it will add vibrancy to the town," she says.

Another woman says she doesn't think the Green Space will work out as intended.

"There are high winds in the area so it will be unpleasant for half the time. It's not going to bring people into town to go to the Green Space. It's not as if we have lots of businesses where

people are going to go to have their lunch. I personally would rather see the money spent to improve the main street of Opunake, on buildings to help the store owners with painting and tidying the place up."

Another woman voiced similar sentiments.

"I think it's a waste of money. What do you do when you get the westerly winds which are the prevailing winds? It would be better to fix up the water or tidy up the entrance to town which is shocking."



**Terence Costello and Ken Smart. Seems like a strange idea.**

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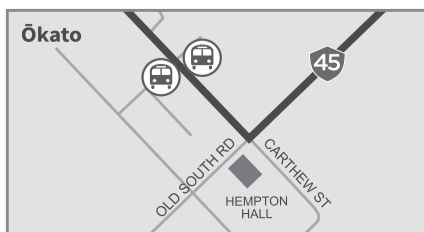
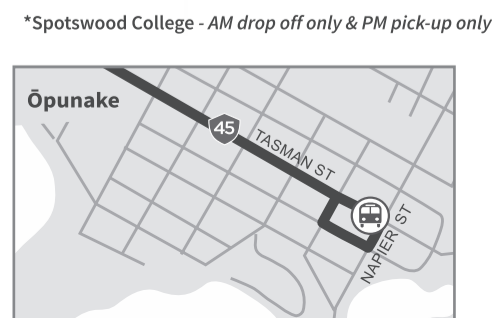


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Ōpunake	Bus stop, Napier St	6.55	1.30
Rahotu	Plunket Rooms	7.08	1.43
Pungarehu	Opposite Town Hall	7.13	1.48
Okato	Carthew St. (opp. Sinclair's)	7.25	2.00
Oākura	Oākura Hall	7.35	2.10
New Plymouth	Spotswood College*	7.50	2.25
New Plymouth	Liardet Street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



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



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

# It's time for the Pink Ribbon Street Appeal

Breast Cancer Foundation NZ is asking the people of Taranaki to think pink and give generously to the Pink Ribbon Street Appeal taking place this Friday 18 and Saturday 19 October.

Around 200 volunteers will be hitting the streets across Taranaki to raise

funds for breast cancer research, education and patient support programmes.

Breast Cancer Foundation NZ's chief executive, Ah-Leen Rayner, says the charity couldn't carry out its vital work without the generosity of Kiwis.

"As a charity that doesn't

receive any government funding, it's the goodwill of wonderful New Zealanders that powers our mission to stop deaths from breast cancer.

"We're asking the people of Taranaki to contribute whatever they can to the Pink Ribbon Street Appeal.

The funds raised will make a real difference in making sure breast cancer patients can get the support they need, New Zealanders can learn about the importance of early detection, and research is carried out to find better treatments."

Each year, around 85 women are diagnosed with breast cancer across Taranaki. The survival rate for breast cancer if

diagnosed early is 92%.

Breast Cancer Foundation NZ is urging all women to be 'breast aware' to give themselves the best chance of surviving breast cancer – that means getting to know the normal look and feel of their breasts, regularly touching and looking for any changes, and getting changes checked by a GP as soon as possible. For women aged 45-69, free

mammograms are available through BreastScreen Aotearoa every two years.

Donations for the Pink Ribbon Street Appeal can be made to volunteer collectors who will be out in force shaking pink buckets across the region on 18 and 19 October, online at [www.pinkribbonappeal.co.nz](http://www.pinkribbonappeal.co.nz) or by texting the word PINK (2447) to donate \$3.

## Road renewals underway

NZ Transport Agency Waka Kotahi (NZTA) is ramping up renewal work in Taranaki this 2024/2025 road maintenance season.

During the course of the 2024/25 maintenance season, which is now underway, it's anticipated that 32 lane kilometres of state highway in the region will be rebuilt.

Typically the season runs from October to the end of March – to make the most of the traditionally drier, sunnier, calmer weather – essential to successfully reseal roads.

"Because summer in Taranaki is busy with lots of different events planned, we've started the Taranaki maintenance season early (with the SH3 rebuild at Burgess Park) to get our most impactful work completed prior to the event season," says Rua Pani, regional manager of maintenance and operations.

"We know that a well-maintained state highway network promotes safety and improves options for moving people and freight."

"Undertaking a higher number of road rebuilds is a key priority in the region. This is how we improve road conditions long-term," says Ms Pani.

Work began on the State Highway 3 Burgess Park rebuild on Monday 16 September and is expected to run for approximately 8 weeks. Single lane closures, and a detour will be in place.

Work is underway to resurface SH45 Vivian Street. Single lane closures, and a detour will be in place.

Following the Vivian Street work, asphalt repairs will be completed on SH45 Powderham Street between Dawson and Robe Streets. This work will take approximately 3-4 nights to complete under a single lane closure.

From Monday 14 October, crews will be rebuilding two sections of the road over seven weeks – starting at the intersection with Onaero River Road and then moving to a stretch of state highway between Ohanga and Waiiau Roads.

Both NZTA and New Plymouth District Council (NPDC) will also complete many asphalt reseals on roads this season.

Most of the asphalt work will be done at night.

Further reseal sites that NZTA will be completing are: SH3 Elliot Street between Pendarves and Courtenay Streets, SH3 Courtenay Street between

Elliot and Hobson Streets, sections of SH3 Northgate between Mangorei and Smart Roads, SH3 Devon Road at the intersection of Corbett Road, SH44 Molesworth Street between Eliot and Liardet Streets and SH45 South Road at Spotswood.

With the increase in renewal work, road users can expect to encounter a number of roadwork sites and sections of newly sealed road on their journeys.

"It is important that drivers follow the temporary traffic management in place, adhere to all speed restrictions in place and respect our crews while travelling through the roadworks site," says Ms Pani.

"Crews are there to make everyone's journey safer while traffic management is in place and while our roads are made more resilient and efficient.

"Speeding over a freshly sealed road can damage the new seal, lifting and flicking stones from the road that can, in turn, damage nearby vehicles or your own. To minimise the risk of damage to both vehicles and the new seal, it is crucial that road users adhere to all temporary speed restrictions in place.



Collectors will be out and about collecting for the Pink Ribbon Street Appeal.

## More resources for STDC Animal Management Service

More patrols and better response times are just two areas the South Taranaki District Council (STDC) is looking to improve with its enhanced animal

management service. With the addition of two extra staff, the Council is also bringing its after-hours animal management service in house.

STDC group manager of environmental services, Liam Dagg says the changes are designed to better respond to the needs of the district's dispersed communities and increase the efficiency and effectiveness of the animal management service.

"From October 1 we'll no longer use contractors after hours, over weekends or public holidays, but will deliver the animal management service in-house 24/7, seven days a week."

"Because South Taranaki is so large geographically it can be a real challenge

responding in a timely manner, especially if we get call outs at opposite ends of the district at the same time. However, the extra resource will enable us to do more things like patrolling problem areas, educating owners, responding to calls and taking enforcement action when needed," he says.

Mr Dagg says the changes introduced were in response to resident surveys and other feedback where residents wanted to see more resources put into an improved animal management service.

The next issue of the Opunake and Coastal News comes out on October 31.

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# Another effect of global warming

Global warming which hits us with indifferent weather conditions seems likely to include heavy rains, stormy strong winds and fine spells all mixed in one. This in turn creates different aspects to our environments.

After spending my lifetime working and walking in our national parks and outdoor environments, I have learnt to be very aware of my surrounding surface environments and what has been going on around me, like avalanches, crevasses, flooded waterways, river banks where floods have ripped through, as well of fallen tree branches, widow makers (Collospermum inhaestatum) on the ground and fallen trees around us and accessing the risks.

It is in this case why I voice some concern about some indigenous trees in areas, as when the Department of Conservation staff and park-users see large native trees (wind-falls) topped over, they look and say 'Bugger old age trees fall hard.'

This makes me wonder when I see a huge indigenous tree fallen down across grave stones in the Te Henui Cemetery over the weekend (lucky these people had already passed away) and



Huge indigenous trees have fallen across gravestones at Te Henui Cemetery.

in the past a huge acorn tree at Brooklands Bowl grounds (lucky no concerts on then). This made me wonder what is in store with a stand of huge old indigenous Pinus radiata trees in Pukekura Park at the Kiamata/Somerset Streets entrance. These Pinus radiata trees are what I would guess to say are over one hundred years old and stand around thirty to

forty metres tall. This grove of trees is nestled in our Pukekura Park among native trees and large old trees such as Ginkgo bilobe and Vitex lucens (Puriri) trees. The concern is that these huge old trees are near the boundary of the Pukekura Park, and these very tall trees are exposed to the southerly winds, and if they were blown down or uprooted

they could fall either inside or outside of the park, in turn landing on Kaimata Street and onto the neighbouring residents' properties. This is an event waiting to happen. Free firewood for everyone, perhaps. The question is who will be responsible for the damage this would cause?

Ian McAlpine



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# Ōpunakē High School

## Te Kura Tuarua o Ōpunakē



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

## Principals' Address

**Ko te reo Māori te kākahu o te whakaaro te huarahi i te ao tūroa**  
*The Māori language cloaks Maori thought and provides a pathway to the wider world*

It has been empowering for us all to celebrate Te wiki o Te Reo this term, with the māori language dripping from our walls, and resounding in our hallways. A special focus on our school waiata, local place names, and kupu (names) that are commonly used. Thank you to Kataraina Rongonui and Vicki Wall for shining an extra light on te reo this term.

We are now into the business end of the year, with students poring over their notes for exams, and organisation in full swing around academic and sports prize giving, not to mention graduation dinner.

Yet to build on all our previous basketball successes our Junior Boys were outstanding at the BBNZ Regional Champs bringing home the gold, and a huge amount of mana. They were all sporting ambassadors for our kura demonstrating good sportsmanship, integrity and humility, alongside huge amounts of energy, enthusiasm and fun. A massive thank you to Harry Gibson (coach), Lynley and Shane Lark, (managers).

Congratulations to all our WITT Graduates, great to know we have so many skilled rangatahi in our hapori/community. A special shout out to Tamzyn Smith who gained the Most Improved in Level 3 Agriculture award.

With all the stresses and strains modern living brings, we have enjoyed having a focus on Mental Health for the awareness week. Activities our students have been involved in, include: sharing kai with community, gardening for community members, helping at the kura and kindy, Te Haumoana performing at Waimanako Support Hub and the Cottage Rest Home, plus sharing messages of love with the local business community. It has been wonderful to see our young people sharing the aroha, and a thank you to Annerien Stockhoff for her enthusiastic organisation of this week.

Our community support doesn't stop there: the very proactive Duke of Edinburgh Elective have been out and about beach cleaning not only to give back to the community, but also as the service part of their bronze Duke of Edinburgh award. Whilst some of our rangatahi supported Ōpunakē Primary School with their hangi preparations. Hapori is not only written in our strategic plan, but it is realised in the actions of our rangatahi.

As we return back to school from the holidays, hopefully with a 'spring' in our step as the days get lighter, aroha in our hearts, we look ahead to prizegivings, camps and exams, always with an eye on 'growing good people for our rapidly changing world', a big thank you to all our staff, die hard volunteers and supporters who all bring to life the following:

*I alone cannot change the world, but I can cast a stone across the waters to create many ripples"*

Mother Teresa

Arohanui

Andrea Hooper Carr  
Principal

## BRILLIANT BRODY

Whare Atawhai student, Brody Nielsen is a shining example of success, gaining second recently in the IHC National photo competition.

You will see a lot of the cards that he has designed in local stores, do support this wonderful, young man. A big thanks to Pauline Sandford for her ongoing commitment to Brody.



Ōpunakē High School  
Te Kura Tuarua o Ōpunakē

## Senior Prizegiving 2024

### Thursday 31<sup>st</sup> October

Doors open: 10.45am | Commences: 11am

Parents & Caregivers are invited to celebrate the academic success of our senior students



Ōpunakē High School  
Te Kura Tuarua o Ōpunakē

Centenary  
Celebration  
**100**

7-9<sup>th</sup> March 2025

Taranaki Anniversary Weekend

Centenary event page on Facebook and school Website

20 weeks to go

## CENTENARY CELEBRATION UPDATE:

By the time you read this, there will be just 20 weeks to go until the Centenary Celebrations kick off!

We recently announced Taranaki favourites Thoze Guyz as our Saturday evening entertainment, we're excited to have Ben Hurley as our MC!

Planning is well underway, and we'll continue to provide regular updates about the 2025 Centenary on this page. A lot of our information can be found online, but we want to ensure we reach out to as many former students as possible.

### KEY DATES:

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

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

### INFORMATION:

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

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

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

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



ANNOUNCING:

**BEN HURLEY**

Our Saturday evening MC

With a strong connection to Opunake via his mother Coralie Hurley serving as Deputy Principal in the 1990s, Ben is looking forward to being a part of this significant event.

MIND MATTERS

# What is “the unconscious”?

When pondering your thoughts and emotions, it's natural to seek a deeper understanding of your mind's workings. This often leads to a desire to improve or change habits, necessitating some insight into your mental functioning. The journey to understand your mind varies greatly depending on where you seek help. The internet is filled with supposedly helpful resources like “Ten signs your husband is going to cheat on you,” “How to recognize a narcissist,” “Does your child have ADHD?” and “Rules to overcome your anxiety.”

Some videos feature excellent presentations for learners, but others are tailored for mental health professionals and might be hard to grasp without proper training. The quality of self-help videos varies widely; while some are beneficial, others can be misleading. So, it's essential to vet your sources and approach online advice with a critical eye.

When seeking information online about (say) anxiety, depression, or parenting,



**DR ROBERT SHAW** it's crucial to check the credentials of the website. For instance, the Mental Health Foundation's website lists its board members and staff, presenting itself as a qualified and trustworthy source. Surprisingly, I realized I know some of them. The website [depression.org.nz](http://depression.org.nz), is managed by the Health Promotion unit in Te Whatu Ora – Health New Zealand. It is taxpayer-funded, and provides good information. This site excels in directing you to various resources and individuals who can offer help.

Self-reflection often leads to questioning: how does my mind work? Or perhaps:

how does my mind work, given my beliefs or actions? In Taranaki, it is assumed that people are rational, and thus they will have good reasons for their actions. Engaging with reality is essential for running a farm or business efficiently. When the tanker is scheduled for 6 am, it arrives on time to adhere to the next farm's schedule. However, many of our actions are not driven by reason. We often disregard facts and do things we later wish we hadn't. Someone said, “I decided not to yell at her, but when she called me lazy, I snapped back at her.” I recall the young man who said, “I find the food in my mouth and have no idea how it got there,” and there is the person who tries to buy healthy food but ends up with bags of chips. In all these examples, people act against their reasoning.

This edition of MIND WORKS delves into the mind's structure and functioning. It explores how understanding your mind can help you alter your

decisions, feelings, and actions. This is a big topic, so stay tuned for more on this topic in subsequent editions of MIND MATTERS.

To understand the unconscious, you first need to consider subjective experience. In psychology, subjective experience refers to personal perceptions (what you see, hear, and smell) and feelings – all from your internal perspective. These experiences are inherently unique to each individual. Thoughts, emotions, sensations, and interpretations of the world are part of this experience and cannot be objectively measured or fully understood by others.

Imagine you're watching a sunset. The colours, emotions, and memories triggered by that experience are unique to you – that's your subjective experience. Even if someone else is watching the same sunset, their feelings and thoughts will be different from yours.

This concept highlights the importance of individual perspective in understanding human behaviour and mental processes.

Any model of the mind attempts to account for our subjective experience. Different psychological models offer various explanations for these processes, but at their core, they all try to explain how our minds generate personal experiences, thoughts, and feelings.

Your subjective experience is internal, while the physical world is external, with your body being a part of the physical world. We often think of things as physical objects – things we deal with daily. For example, if you want to understand how a tractor works, you can take it apart and see the physical objects and movements in the physical world. However, understanding your mind is different. Feelings and thoughts aren't tangible like a piston that you can hand to someone else.

We might be tempted to think there are precise parts of our brain for our feelings and thoughts, but that's not the case. No specific part of the brain deals with each subjective experience. A surgeon can't solve your mental health problems and make you “normal”. Your brain doesn't have a filing cabinet arrangement for your memories, nor does it function like a computer. Mental health medications may influence brain chemicals regulating emotions and thought patterns. For example, antidepressants may increase levels of neurotransmitters like serotonin and norepinephrine, improving your mood and reducing anxiety. However, these medications can't make you less anxious about your boyfriend or homework. That's why best practice in mental health today combines pharmaceuticals with therapy.

The concept of the unconscious mind is closely associated with Sigmund

Freud, the Austrian neurologist and founder of psychoanalysis. Modern psychoanalytic therapists use techniques like transference analysis, dream analysis, interpretation, and free association to help patients uncover unconscious feelings, identify negative patterns of thinking and behaviour, and overcome past traumas. Freud developed these techniques, and they have been modified based on clinical experience and research. The field has evolved since Freud's time, and contemporary psychoanalytic therapy is a valuable approach for exploring the unconscious mind and addressing deep-seated emotional issues. Psychoanalytic therapy is different from psychodynamic therapy, but we will leave that for another day.

You may ask, who knew about the unconscious before Freud? Here are three significant people: (1) Ernst Platner is credited with coining the term “Unbewusstsein” (unconscious) in the 18th century. (2) Jean-Martin Charcot, a French neurologist who, through his work on hysteria and hypnosis, contributed significantly to the understanding of the unconscious. (3) Pierre Janet, a French psychologist, developed the concept of the subconscious and studied dissociation and psychological trauma.

One simple and well known model of the mind is to say it is like an iceberg: the tip represents our conscious mind, while the larger, hidden part below the surface is the unconscious. Below the surface, the mind stores repressed feelings, hidden memories, habits, thoughts, desires, and reactions that are too painful, embarrassing, or distressing to face consciously.

*Dr Robert Shaw  
Registered Psychotherapist  
opunake@mail.com*



## Whooping cough outbreak prompts calls for urgent action

Health experts are calling for urgent widespread vaccination to protect our most vulnerable as whooping cough cases in Aotearoa hit their highest levels in five years.

The Asthma and Respiratory Foundation NZ, which is supported by leading respiratory specialists, is urging swift preventative measures, particularly for those

with existing respiratory conditions.

Figures from the Institute of Environmental Science and Research (ESR) show 187 cases reported in September, more than double the previous month's total of 75.

Foundation Medical Director Professor Bob Hancox says whooping cough poses serious health risks for people with respiratory conditions.

“Whooping cough is a life-threatening illness for young babies, but can also cause serious illness in those already struggling with respiratory issues.

“It can exacerbate symptoms, leading to hospitalisations or even fatalities.”

Even among people without respiratory disease, it can cause a nasty illness with a cough that can last for months, Professor Hancox

says. “So it is crucial that we take this spike in cases seriously - vaccination is our best and strongest defence to protect those who are most vulnerable.”

Whooping cough, or Bordetella pertussis, is a highly contagious illness.

According to Healthify, on average, each person with whooping cough passes the infection on to 12 other people.

Whooping cough causes bouts of intense coughing and trouble breathing.

Each bout may last for two or three minutes, and the cough can last three months.

It can cause serious illness and sometimes death in babies, young children and older adults.

Foundation Chief Executive Letitia Harding says the best action we can take to protect each other, including the one in five

Kiwis affected by respiratory disease, is to get vaccinated.

“As we face the risk of a widespread outbreak, it is critical for at-risk individuals to be vaccinated.

“This includes pregnant people, babies, and older adults with pre-existing respiratory conditions,” she says.

“The reality is that whooping cough can be fatal, so we are urging all Kiwis to do their part.”

# MOU sees Taranaki and Northland join forces

In a powerful demonstration of regional collaboration, the Regional Development Agencies of Taranaki and Northland have announced a strategic partnership designed to drive economic growth and resilience in both regions.

The newly signed Memorandum of Understanding (MOU) between Te Puna Umanga Venture Taranaki and Northland Inc will see both regions working together as they develop opportunities for optimal land use and value chain diversification. The agreement seeks to accelerate progress by combining resources and sharing knowledge.

Both regions have existing initiatives, Branching Out in Taranaki and Tuputupu-Grow Northland in Northland, dedicated to exploring high-value, optimal land use alternatives and the development of value-add products and manufacturing

opportunities.

These initiatives are building on existing regional strengths to grow economic value and export potential for New Zealand.

Some of the novel crops being explored in growing trials include ashwagandha, angelica and hemp in Taranaki, with Northland exploring peanuts and other sub-tropical crops.

The agreement establishes a collaborative approach, achieving a multiplier effect on the outcomes of both initiatives, as well as reducing duplication in funding, research efforts, and resources.

Information like trial data, trial designs, lab test results, and market insights can be shared for the benefit of both projects.

Adam Barker, Director of Scarlatti, a research firm that has done much of its recent work in the Food and Fibre sector, says that land use change is happening and that

leadership from the regions is needed.

“We are seeing traditional farming systems struggle to meet environmental targets while remaining economically competitive. In their place we will start to see our rural communities turn to proven alternatives, which, at the moment, is mostly carbon forestry. Showing our farmers and landowners that there are other proven options will take time, and someone needs to be identifying those opportunities. Projects and agreements like this are exactly the type of thing our rural communities need.”

Barker added that Economic Development Agencies are in the perfect position to do so thanks to their networks and local knowledge.

Venture Taranaki Chief Executive, Kelvin Wright, welcomed the agreement, saying, “Taranaki and Northland need to build diversified, resilient economies that can adapt to shifting consumer preferences, global markets, and climate change. How we maximise the value of our existing resources, including our workforce talent and land, is of crucial importance not only for our regions in the coming decades, but for New Zealand. This agreement is another positive step on that journey.”

By aligning efforts, the partnership strengthens both region’s ability to support farmers, landowners, growers, and businesses in making the transition to more sustainable practices, while opening doors to new industries and export markets.

Northland Inc Chief Executive, Paul Linton, added, “The efficiencies created through this partnership fast-tracks the ability of both Te Puna Umanga Venture Taranaki and Northland Inc in creating positive change in our respective regions.

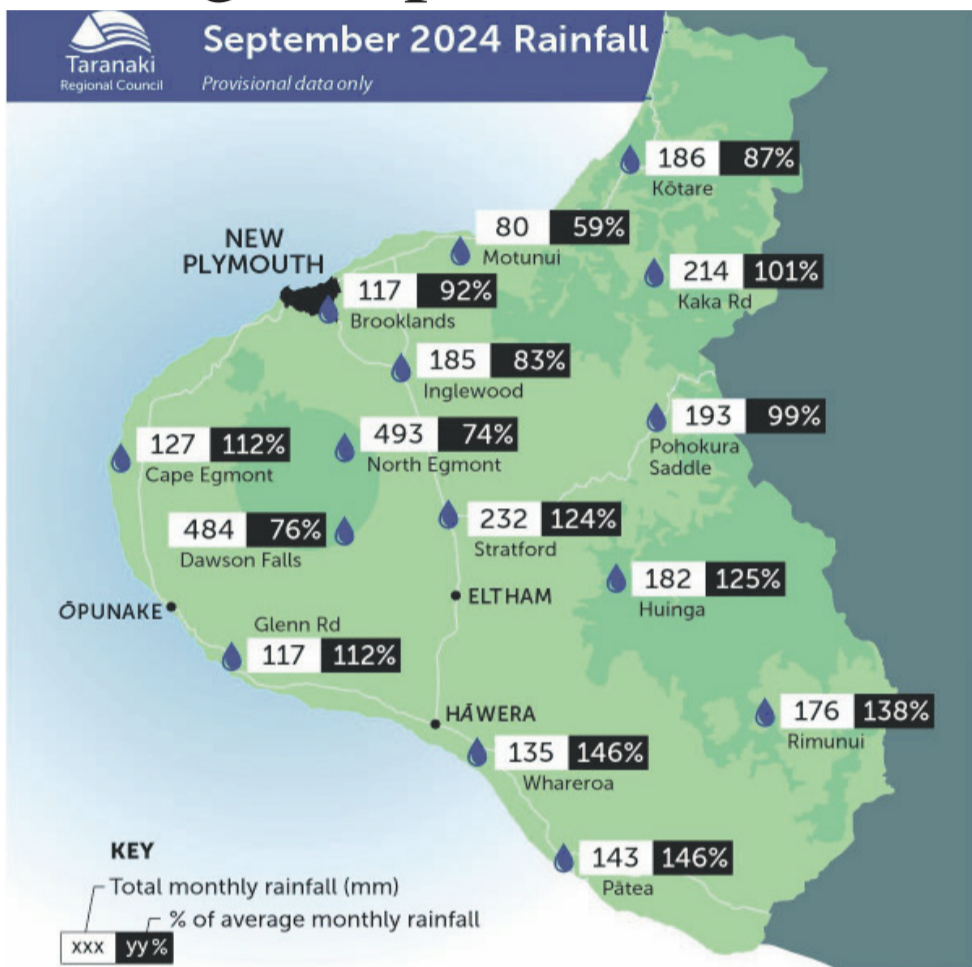
Through the sharing of knowledge and resources we can better support our food and fibre producers to implement transformative initiatives efficiently and effectively, fostering innovation, building

resilience, and ultimately creating a blueprint for other parts of New Zealand”.

The MOU is set to remain in effect for three years, with regular reviews to track progress and adjust strategies

as needed. Taranaki and Northland welcome further collaboration from Regional Development Agencies across New Zealand.

## Wet weather continues through September



The wet weather we had in August continued last month with an average of 169.7mm – or 9% more than usual, according to Taranaki Regional Council (TRC) figures.

There was 46% more than usual at Tawhiti at Duffys while Motunui M39 at Weston W3 had 41% less than normal. Year-to-date rainfall is lowest at Waitotara at Hawken Rd with 30% less rainfall than normal. Pohokura Saddle has had the highest year-to-date rainfall with 1% more than normal.

On average there has been 14% less than normal across all rain gauges.

Mean river flows for September were 29.6% greater than typical values, low flows were 77.9% greater, and high flows 8.6% greater than typical values while mean river (non-mountain) water temperatures were 11.6°C, an average of 0.3°C warmer than long-term September values.

The maximum air temperature recorded in September was 21.1°C at Weraweraonga at 749

Mangawhio Rd, on 2 September. The average air temperature for the region (excluding Te Maunga sites) was 11.2°C, which is 0.3°C warmer than long-term September averages.

September average wind speeds were 16.9km/hr, with average gust strength of 51.2km/hr, these were 1.2km/hr stronger, and 5.4km/hr gustier than the long-term average. The maximum wind gust recorded in September was 115.7km/hr at Taungatara at Eltham Rd, on 1 September.

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# Federated Farmers demand fairer debt solutions

More than one in five Kiwi farmers say their bank isn't allowing them to structure their debt in the most interest-efficient way.

That's a key finding put forward by Federated Farmers in its recent submission to Parliament's banking inquiry.

"New Zealand farmers are clearly under huge pressure from the banks because we had more than 1000 farmers come forward to share their frustrations with us," Federated Farmers banking spokesperson Richard McIntyre says.

"We've used that feedback in our submission, leaving the select committee in no doubt about what farmers are dealing with and how banking issues are affecting them."

McIntyre says it's highly concerning to hear so many farmers (22%) haven't been allowed to structure their debt to minimise interest payments as much as possible.

"We also had another 18% of farmers tell us they're unsure of their options."

"In total, 40% of farmers either find their debt structure inefficient or aren't receiving the information they need to improve it."

"That's something we need this inquiry to sort out - and



Fed Farmers' Richard McIntyre.

fast."

McIntyre says another recurring theme in feedback from farmers is the lack of transparency and the one-size-fits-all approach banks take to lending.

One significant issue is the pressure farmers feel to use overdrafts to manage debt repayments or fund capital

projects - tasks overdrafts were never intended for.

In fact, 12% of farmers say their bank has asked them to fund capital work using an overdraft.

"This is unacceptable," McIntyre says.

"Overdrafts are designed for managing seasonal cash flow, not to burden farmers

with higher-interest debt, which only serves to boost bank profits."

He says many farmers are stuck in overdraft facilities that never return to positive balances, with banks reluctant to offer more sustainable solutions.

This creates a cycle of high-interest debt, leaving

farmers financially strained over the long term.

"This isn't just bad practice - it's bad faith," McIntyre says.

"Banks are prioritising profits over the long-term financial health of New Zealand's farmers."

He emphasises that overdrafts should be a tool, not a trap.

Farmers have reported that, even when it makes good business sense, they're unable to convert overdraft debt into term debt.

"The advantage for the bank is that overdrafts generate higher interest, and banks can call in the debt at any time," McIntyre says.

"This practice leaves farmers vulnerable, with overdraft rates often 3-4% higher than term debt."

Federated Farmers is calling for banks to provide

fair access to more efficient debt structures, particularly term debt, which would allow farmers to plan for the long term.

"Farmers aren't asking for special treatment," McIntyre says. "We just want a fair go."

Federated Farmers has been instrumental in securing an initial briefing on rural banking, led by the Primary Production Committee.

This has now developed into a full inquiry into banking competition, led by Parliament's Finance and Expenditure Committee.

Federated Farmers will ensure farmers' perspectives are taken seriously, pushing for real changes in New Zealand's banking system, McIntyre says.

He says Federated Farmers is incredibly grateful to the thousands of farmers who shared their experiences as part of the submission process.

"Farmers want change, and they've added significant weight to our submission."

"Their voices are the backbone of this submission, and they've given us the momentum we need to keep pushing for real solutions."

Federated Farmers is now preparing to present its oral submission to Parliament.

"We're not just here to highlight the problems," McIntyre says. "We're here to advocate for real solutions that will make a difference for every farmer in New Zealand."

"We're 100% committed to ensuring the banking inquiry delivers meaningful change for rural banking."

"We won't stop until every farmer has access to banking that is fair, efficient, and on our terms."

## Southland Federated Farmers to boycott Fish & Game

Federated Farmers Southland are calling for local farmers to boycott Fish & Game and remove fishing access across their land.

"Farmers have always allowed anglers to walk across their land as a gesture of goodwill but, unfortunately, that goodwill has been completely eroded by Southland Fish & Game," Federated Farmers Southland president Jason Herrick says.

"We're fed up with Southland Fish & Game's persistent, belligerent anti-farming rhetoric and their opposition to everything we do."

"We've tried our best to maintain our relationship with them, but they've

washed that relationship away down the Maitai River.

"We're now calling for local farmers to join us in boycotting fishing licences, and to remove fishing access by taking down access signs."

"Farmers can replace those signs with an orange ribbon to show their frustration with Fish & Game, and anyone else who wants to show their support could do that by attaching an orange ribbon to their roadside gate as well."

"I want to be very clear: we're not asking farmers to destroy access signs, but they can return their signs to Southland Fish and Game if they like."

Herrick emphasises that

the boycott is in Southland only.

He says the decision has been sparked by a recent court decision that would require more than 3000 Southland farmers to apply for a resource consent just to continue farming.

"Southland Fish & Game were one of the main groups pushing for that decision, which is an absolute kick in the guts for farmers down here," Herrick says.

**We welcome your contributions  
Please send to  
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## Could vertical farming help future-proof our food needs?

Indoor vertical farming could help future-proof our food demands, according to international researchers who used sensors and modelling to make this type of farming more energy efficient.

The team created a model for testing smart lighting that aims to keep plants' ability to photosynthesize steady over the day, while still lowering electricity costs. They found that an optimisation algorithm

could cut electricity costs by 12% without compromising plants' carbon fixation, just by varying light intensity. As we might need to increase food production by as much as 70% by 2050, the authors say vertical farming systems

could help provide intensive food production while sensor systems could help reduce energy demands.

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# New Kiwi Methane Venture receives \$13.5M boost

The two key players working to provide Kiwi farmers with tools to reduce emissions are stepping up their support of a methane vaccine with multimillion-dollar funding for new company, Lucidome Bio.

AgriZeroNZ and the New Zealand Agricultural Greenhouse Gas Research Centre (NZAGRC) are providing \$13.5 million (\$8.5M and \$5M respectively) to Lucidome Bio, which is spearheading the next phase in the country's pioneering methane vaccine research.

AgriZeroNZ chief executive Wayne McNee says it is pleased to boost its support for the research, following prior funding to set up the entity to attract international investors and accelerate development.

"A vaccine that reduces methane from ruminant animals would be a transformational tool for New Zealand's agricultural sector and for farmers worldwide.

"It's widely recognised as the holy grail to reduce emissions, as it's a low cost, high-impact solution which has the potential to be adopted into all farming systems.

"We're really pleased to be backing Lucidome Bio, alongside the NZAGRC, in a shared effort to get a vaccine to farmers sooner," says McNee.

A successful vaccine would trigger an animal's immune system to generate antibodies in saliva that suppress the growth and



A vaccine that reduces methane from ruminant animals is being seen as transformational for the New Zealand farming sector.

function of methane-producing microbes (methanogens) in the rumen, significantly reducing the quantity of the potent greenhouse gas it burps out.

NZAGRC executive director Naomi Parker says the reliance on antibody production in saliva and the complex nature of the rumen makes this work incredibly challenging, however the progress to date gives confidence it can achieve success.

"We're proud to be long-standing supporters of this work and help Lucidome

Bio achieve a world-first by turning the vaccine's research legacy into a safe and effective tool for farmers.

"This is no easy task, but the research team has made significant progress over the years and achieved many groundbreaking advancements which provide critical foundations to support future success."

Lucidome Bio interim chief executive David Aitken welcomed the funding and emphasised the new venture's commitment to technological innovation

in tackling this global opportunity.

"We know farmers are looking for effective and affordable ways to reduce methane. Our vision is to help farmers feed the world while protecting our planet. We're focused on making the technology breakthroughs needed to commercialise a safe, effective vaccine that reduces methane emissions at scale and addresses one of the world's biggest climate change challenges.

"This funding will allow us to build the team, carry out field trials in animals and

progress development of the vaccine for farmers," says Aitken.

Lucidome Bio - which refers to its work to shine a light on innovations for the ruminant microbiome - builds on pioneering research led by AgResearch's team of globally renowned immunologists and microbiologists.

It was established by

AgriZeroNZ to bring together New Zealand's vaccine technology, intellectual property, team and funding into a compelling investible entity and help deliver a world-first solution to market.

Prior to this, the research had received support and funding from multiple organisations including the Pastoral Greenhouse Gas Research Consortium and the New Zealand government (Ministry of Business Innovation and Employment; Ministry for Primary Industries) through the NZAGRC.

AgResearch will continue to be a critical partner, providing expertise with scientists being seconded to Lucidome Bio as well as access to research facilities. The Pastoral Greenhouse Gas Research Consortium also remains a shareholder alongside AgriZeroNZ.

The funding follows the announcement in August from the Bezos Earth Fund to provide USD \$9.4million for an international consortium to build scientific evidence for a methane vaccine. Led by researchers at the Pirbright Institute and the Royal Veterinary College, the AgResearch scientists (now seconded to Lucidome Bio) will provide expertise in rumen microbiology and immunology.

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# Opunake bodybuilder to represent New Zealand

Popularly known around Opunake as Chef Gagan, Gagandeep Singh was a self-confessed "fat kid" when he took up body building.

Fast forward two years and 28-year-old Gagan, who works as chef at Surf Inn is off to represent New Zealand at the 2024 World Natural Games in Canberra. This follows winning the regionals in Hawkes Bay on August 3 and the nationals on September 14. The trophies and the medals he won on these occasions are proudly on display at the Surf Inn bar.

Gagan, who hails from the Punjab took up body building at the Sinclair Electrical and Refrigeration Event Centre after he arrived in Opunake from India.

"I was a fat kid," he says. "I weighed around 98kg. Now I weigh 63kg. It started as a health-conscious thing, but now it's a passion."

In November last year he decided to enter the competitions with the aim of being a professional body builder. Wins at regional and national level followed, and on November 2-3 he will be part of the 33-strong Team New Zealand competing against body builders from 21 other countries.

There are three divisions taking part in the competitions: pro, pro-qualified and amateur. Gagan is one of four New Zealanders competing in the pro-qualified division.

"It's quite competitive and very hard at the international level as you will be competing against the world's best," he says.

"I have been taking a very realistic approach towards dieting and exercising, as I have to work in the kitchen as well, so I have to manage body building as well as cheffing.

"In the early stages I



Gagandeep Singh who first took up body building two years ago will represent New Zealand at the 2024 World Natural Games at Canberra.



Gagandeep Singh (Chef Gagan) has won at regional and national level.

realised the dieting could be the fun part. It doesn't need to be strict and you should have a balance of everything. Start with what you like in terms of food and the exercises you like to do."

He appreciates the local support he has been getting. "I have had a lot of support

from my colleagues, and immense support from my employers Charlie and Maggie."

Future plans could include starting his own coaching business. In the meantime he is happy to pass on what he's learned to others.

He has been a chef for 10

years and his ambition is to get his professional body building card.

He plans to stay in Opunake.

"I don't want to go from here. It's peaceful and nice," he says.

## How soccer could address prison re-offending

Researchers studied more than 600 people in 45 UK prisons who were part of a soccer-based programme to help incarcerated people improve their mental and physical health. In the two months afterwards, the soccer-playing group committed fewer offences in prison, compared to over 1800 incarcerated people who weren't in the programme. The authors also surveyed about 1800 people with hiring experience, finding they were more willing to hire formerly incarcerated persons who had completed such an initiative than those who hadn't. The results show the

sport may offer a chance to foster social connections, aid rehabilitation and support participants' reintegration

into society.

*Nature Human Behaviour*

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# Opunake surfer brings award home

A national award named in honour of a talented young Taranaki surfer is coming back to Taranaki.

Opunake High School student Cade Carr picked up the Adam Clegg Award for the Breakthrough Boy Surfer when he competed at the National Scholastic Surf Competition at St Clair Beach in Dunedin in the first week of the school holidays. The award is voted on by the competitors who can't vote for a member of their own team.

"I felt pretty happy knowing that other people voted for me, not just people I know," says Cade. He also finished third in the Under-14 competition.

The Adam Clegg Award is named in honour of a talented Oakura surfer who died of an infection in 2013.

Cade got a congratulatory message from Adam's brother Joel saying it was "wonderful the award was coming back to the Naki."

Cade was part of a 16-strong Taranaki team that competed in the various age groups. There were 28 surfers competing in Cade's age group from around the country. Cade says most days the weather was sunny, although there was a cold wind.

"For the first couple of days the surf was a good fun size," says Cade. "On the third or fourth day it picked up for a day and then dropped off."

The points he accumulated, including his third placing, along with the team's other third placing to Poppy Entwistle helped boost the Taranaki team's total.

The first placegetters were Auckland.

Cade says he has been surfing since he was three or four.

"My dad surfs so I just surfed with him a lot," he says. "My friend Zion came from Oakura and I started surfing with him a lot."

He has competed at national primary school championships, and as a Year 6 student finished fourth in the championships held at Makarori Beach, Gisborne.

Although most of his surfing has been done around Taranaki he has packed his surfboard on family holidays to places like the United Kingdom and France. Soon he will be taking a holiday with his father to Japan to try out the surfing over there.



Cade Carr with his awards.

## Can contact sports cause a degenerative brain condition?

Researchers are working to understand how often contact sports like rugby can lead to players developing Chronic Traumatic Encephalopathy (CTE).

The condition was called "punch drunk syndrome" nearly 100 years ago when scientists first noticed a link between repeated head knocks and cognitive, mood, and memory issues later in life.

Past research has suggested that it can be said with high confidence that CTE is caused by repeated head knocks from contact sports, but that has recently

been questioned by other scientists.

An additional concern is that the disease currently has no treatment and can only be diagnosed by examining the brain after death, leaving players in the dark and potentially affecting their mental health.

Dr Paul Skirrow, Director of Neuropsychology Training, University of Otago, comments:

"The brain is an extremely complex and vulnerable organ, and it's just common sense that it needs to be handled with care. The scientific research is fairly

clear that severe or repetitive head injuries are associated with poor long-term brain health.

"CTE has so far only really been found/studied in professional athletes in high-contact sports, particularly in sports like American Football, Boxing/MMA and, to a lesser degree, Ice Hockey and Rugby. These sports involve repetitive blows - often for hours, most days, over many years - and typically with a very high degree of rotational force. While no blows to the head are good for us, very few

people will experience the same quantity of repeated blows to the head as a professional in the NFL or UFC - and the incidence of CTE is incredibly low in the general population.

"The brain is certainly sensitive to blows to the head but it is also sensitive to all kinds of other factors, including aging, illness and the general health of your body. Cardiovascular factors - blood pressure, alcohol use, smoking and poor diet - are also some of the biggest predictors of long-term brain health. There are many reasons why a person

might have cognitive or mental health difficulties, so it's wise not to jump to a conclusion that they have been caused by head injury."

"Certainly, all head injuries should be taken seriously. We're lucky in New Zealand to have very comprehensive support for both concussion and more severe injuries through ACC (services for concussion are not widely available in many other countries). If you or a family member experience symptoms such as difficulties in

concentration and memory, or a lasting headache after you have received a significant blow to the head, I'd encourage you to seek a referral to a local concussion clinic.

"Professional sporting organisations are much more aware of the impacts of head injury on their players and it's now very common to see concussion protocols in place in most professional sports. Perhaps more of a concern is in amateur sports, where there are no pitch-side doctors or physios to tell the player they need to hit the dressing room."

## The next pandemic is inevitable: will NZ be ready?

A recent update to New Zealand's pandemic response plan is a start, but much more work is required,

say David Murdoch and Ashley Bloomfield, key figures in Aotearoa's COVID-19 response. In

an NZMJ editorial, they write that the previous pandemic plan was too focused on influenza, and

officials needed to adapt on the fly to the new virus. They say the new plan should consider pandemics

as security threats, not just health threats, and should be updated annually, with exercises to run officials

through different pandemic scenarios.

*New Zealand Medical Journal*

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# Taranaki Garden & Arts Festival 2024

## Gardens with passion



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The Taranaki Fringe Garden Festival showcases a remarkable collection of gardens, designed to appeal to people from all walks of life. With heartfelt hospitality, warm welcomes, engaging stories, and invaluable gardening tips, hosts eagerly share their deep-seated passion for gardening. Organiser Anne Clough says, "the passion and enthusiasm of our gardeners, combined with the exceptional quality

of the gardens, is truly outstanding." Gardens, like life, are always evolving. Each year introduces new features and themes, ensuring fresh surprises and inspiring experiences for both returning enthusiasts and first-time visitors. Anne notes, "Our aim has always been to showcase practical and inspiring ideas that people can create in their own gardens on an achievable budget." From compact townhouse

plantings to large rambling country estates, the 43 properties on display feature both highly structured and informal, native and cottage influences. In addition, visitors can explore artisan exhibits showcasing exquisite jewellery, sculptures, and pottery. For a touch of history, guests can visit the oldest stone church in Aotearoa and the historic Hurworth Cottage, or enjoy

a nostalgic train ride along a historic railway line. In keeping with its tradition of accessibility and personal touch, entry to any garden is just \$2.00, maintaining the same affordable price as when the festival began 20 years ago. Taranaki Fringe Garden Festival Friday 1 – Sunday 10 November 2024 [www.taranakigardens.co.nz](http://www.taranakigardens.co.nz)

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# Artist celebrates the number seven

Artist celebrates the number seven

A solo exhibition by Oakura Artist Margaret Scott called 700x700 will open at Percy Thomson Gallery in Stratford on the October 19. It is a celebration of Margaret

being 77 years. She was born on 27 September 1947 and is the seventh child in a family of seven.

All the work in the exhibition will be 700 x700 and have been completed in the last two years. Margaret

also loves that in numerology the number 7 symbolises luck and wisdom, and is associated with creativity, knowledge and spiritual enlightenment

Margaret is a foundation member of the Oakura Arts Trail and the Taranaki Arts Trail but because of her exhibition, for the first time in 22 years Margaret will not have her Art by the Sea Studio open for either of the Trails or be involved in the Garden Festival.

The work in this exhibition covers many themes as over the years her style has evolved and developed and as her circumstances have changed so has Margaret's approach to painting. A lot of the work is realism, and other work is more contemporary in nature, but it is all about the environment where she lives between the Maunga Taranaki and the sea. Margaret calls this work Personal Symbolism as it relates to her experiences of growing up on the Taranaki coast.

Margaret has had 15 solo exhibitions, the first being held in Kaponga in 1983. She has exhibited throughout New Zealand and been involved in group showings in England, Paris, New York, Tokyo and Melbourne.

She paints mainly in acrylics and mixed media but works also in watercolours, printmaking and ceramics. She alternates her media, so she does not become bored with her work.

In 2015 she wrote and produced her own book called "Self Portrait of a Paua," which is both part autobiographical and part resource. The book came about after Margaret had finished teaching at Opunake High School where she was HOD for 10 years, as she felt frustrated at the lack of books



Oakura Artist Margaret Scott.

suitable for art teaching for rural schools. This book is now a second edition as the first 500 sold out and she has had to produce more.

In 2015 she held her 50-year retrospective exhibition at Percy Thomson

Gallery called "A Sense of Place" which showcased over 70 different works throughout her career. She has produced many commissioned works and is also the designer of Jason Products placemats the

"Sea Bounty" Series which were marketed throughout New Zealand and overseas. A 2025 Calendar with images from the exhibition will be for sale during the exhibition which will finish on the 10 November.

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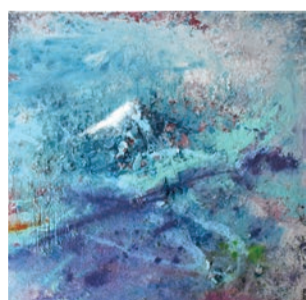
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# Sharing a passion for the John Deere

## from out of the blue

from out of the blue studio gallery is about to celebrate its 5th birthday with the arrival of the annual garden festivals and trails. It is a bit mind boggling to think we have been exhibiting textiles and fibre arts here in Opunakē for so long, continuously, apart from during our covid lockdown phase.

Every six weeks there has been a different exhibition or collection highlighting works by artists and makers from around Aotearoa and also offshore. We have run many and varied workshops and have had the privilege of a range of artists in residence on site.

Underpinning all this fantastic engagement with what we love the most in the world, has been the unwavering support of the greater Taranaki community. New friends have been made and valued for their company and what ever they bring to the gallery community.

We have learned so much about this place and its surrounds, its history and its beauty from visitors into the studio gallery sharing their stories and insights with us.

The richness this has brought to our world is beyond measure.

As we look forward in the diary for the next few

years, you will be pleased to know we already have a stellar lineup of artists and shows until March 2027. So it appears we will continue promoting the world of textiles and fibre for the foreseeable future.

If anyone is looking for a great 'destination' to bring their summer visitors to don't forget to add us to your list of possibles. Our normal hours are Thursdays to Mondays 1-5 pm or by phoning for an appointment, Over the garden festivals we will be open extended hours as the studio garden is on The Sustainable Backyards Trail again this year. Check out all our Social Media for extra hours and also the pop-up workshops we will be offering over the festival period.

Of course you know the address - we watch over the top of Middleton Bay at 18 Halse Place, Opunakē, 4616.

So thank you everyone who has supported us so generously in our first five years. We look forward to visiting with you more as we bring you endless variety and excellence in the fibre and textile art world. We couldn't have done it without you.

*Thank you,  
Rob and Viv Davy*



Maketawa John Deere Museum is a private collection of old two-cylinder John Deeres owned by collector Barry Bishop. It started as a hobby and passion for the brand many years ago. The collection has grown to the point that it is now on display to the public each weekend or by appointment outside the weekend hours. There has also been room to take large groups and they have had a few bus tour groups call as well.

The collection has now grown to 36 tractors with some John Deere implements and lots of the green and yellow models to look at, as well as heaps of pictures on the walls to admire. This is a great place to bring children and family with little ride-on pedal tractors for the kids to ride on. Tractors range from 1936 through to 1960 with crawlers ranging from 1946 to 1956. The huge amount of tourists who have been through here has been amazing, with comments like "world class, puts Taranaki on the map."

# Sofa so good



James Brown at Opunake Concrete has these Concrete sofas available to purchase or order during the Garden Festival. This couch at the top of the Beach cliff was decorated by the local Mosaic group.

Another is located at the back of the lake decorated in a musical theme.

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**Maketawa Museum**  
Seven years ago Barry Bishop started the Maketawa John Deere Museum. Barry's Museum is full of vintage classic John Deere Machinery. He now has a collection of 36 green and yellow beauties. The oldest tractor Barry currently owns is a 1936 John Deere BN, imported from the states.  
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# Time to get out into the garden

Daylight saving is here, the evenings are longer and the garden festivals are coming up. It must be time to get into the garden.

“It’s real busy with Labour Day, springtime, gardening time,” says Joseph Pierce from RJ & C Nurseries and Garden Shop, one of the newer businesses in Opunake, which he runs with his wife Iri.

“All the cucumbers and pumpkins are coming through now. We’ve got plenty of

strawberries. Every week we’re getting new stuff in. Then there’s the vegetables. We’ve got the usual salad mixes and things. Right now tomatoes are big, tomatoes and capsicums.”

He points to the tree plants. “There’s lots of native tall timber there, slow growing big trees.”

A recent arrival from Wellington, he learned the gardening trade at Twigland in Johnsonville. He says he is picking up on what sells



Joseph Pierce from RJ & C Nurseries and Garden Shop.

in Taranaki. Often what may have been popular in Wellington doesn’t sell as well here, and vice versa.

He says if there’s one thing which he sets him apart it’s his range of flowers, “the old classics you don’t see so much anymore.” These are the flowers many

people will remember their grandmothers growing in her cottage garden. He indicates his geum and verbera flowers, and the polyanthus.

“Hollyhocks are another old classic nanna had which you don’t see so much anymore.” Plants like these were a popular staple in Wellington.

“Where I’m from they sold like hotcakes.” He points to some baeopas.

“Back home I would sell 50 of them every day.”

There’s another thing he says he’s noticed sells differently here compared to Wellington.

“We should have a heap of

kumara coming in soon. We didn’t sell too much of it in Wellington, but people are really after it around here.”

RJ & C Nurseries and Garden Shop is based at 183 Tasman Street, the site once occupied by New Life Nurseries.

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FLORIST & GIFTS

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### Emergency department

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## Spending more time in the garden be aware of Legionnaires' disease

Gardeners are most at risk of catching Legionnaires' disease (legionellosis) from bags or bulk loads of potting mix and compost.

Bagged potting mix and compost can contain Legionella bacteria, which when breathed in, can cause Legionnaires' disease. This disease is a type of pneumonia, which can be

severe and in some cases life threatening.

Here are a few simple precautions to reduce your risk when handling compost and potting mix:

- Always work outside, a fine day with light wind is best
- Wear a well-fitting N95 or respirator face mask
- Wear gloves

• Open bags with scissors and away from your face

• Wet the mix to reduce dust

• Wash your hands with soap and water when finished

Visit info.health.nz and search Legionnaires' disease for more information on prevention, causes, treatment and diagnosis.

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# Sharing a gardening dream



Rahotu gardener, Tina Worthington, has achieved her dream of opening her garden for the second year to visitors in the Taranaki Fringe Garden Festival. This energetic farmer never has a quiet moment as she is in charge of staff milking a large herd of cows at 800 Mid-Kahui Rd. The farm originally belonged to Tina's parents. Bryan, Tina's husband is a builder and he has lent a strong support by hammering up fences and some garden surrounds. The newest addition is a stylish summer house and toilet next to the ornamental lake. Tina loves introducing new plants, especially native varieties at the banks of this water feature. Calling on her father for help, Tina said he spent hours digging out the base of the small lake. Next to this is a natural planting habitat. The highlight of opening the summer house and the lake area was having a wedding there and the bridal photographs were taken in the garden. Visitors are welcome to enjoy a picnic on the lawns. From there they look up to the majestic view of our maunga. It is a garden with a friendly atmosphere for Tina enjoys talking gardening to young and old alike. It is a joy for her to share

# Lions gardeners bag \$1,000 for Foodbank

"We Lions have created a crafty way of fundraising". Shane Ardern, Opunake Lions Club President, said he was very pleased to present Opunake Foodbank with \$1,000. Aretha Lemon, Manager of the Opunake Medical Centre, accepted this donation. Shane Ardern's granddaughter, Athena, proudly held up one end of the display cheque. Debbie Whitehead, a volunteer with Opunake Foodbank, was all smiles – "this money is a big help." For the past few months, Lions Club members have created garden ornaments which will be on sale during the Centuria Taranaki Garden Festival. The venue is Elaine and John Sanderson's garden at 1961 South Road, Kaupokonui. This garden has been rated five stars by the New Zealand Gardens Trust.



Shane Ardern with granddaughter Athena, Debbie Whitehead and Aretha Lemon..

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# Stratford Scarecrow Trail

Are you ready to hunt high and low through the Stratford district for fantastic creatures and straw-filled guardians?

The famous Stratford Scarecrow Trail is back for 2024 running from 1 - 17 November.

A much-loved annual scavenger hunt, friends and

whānau are encouraged to hit the trail together to find as many of the district's scarecrows as they can. Which one will be the best in their field?

It's a fun, free activity that'll appeal to those visiting the region for our fabulous gardens, sustainable backyards, and



Worzel Gummidge the Scarecrow search for his buddies on the scarecrow trail.

arts festivals, as well as locals who have embraced the event every year.

Scarecrow hunters can pick up a trail map and entry form at Stratford Library

and Visitor Information Centre, Council's Service Centre or online at Stratford.

govt.nz/scarecrow from 1 November. Prizes are up for grabs for those who play.

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For more info visit @/STRATFORDDISTRICTCOUNCIL

FREE FAMILY ACTIVITY

# Stoney Oaks



A photo of our new baby rabbits at Stoney Oaks born today. Mum plucks the fur from her stomach to make the warm nest for them.

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New Damara twin lambs at Stoney Oaks Wildlife Park. From left Magnum and Micky. They were born in the School holidays with 17 visitors lined up against the fence watching them get born. Much excitement that day. They are a fat tailed breed from South Africa so don't need docking or shearing as they shed their own wool. The Damara is a fat tailed sheep from South Africa.

Stoney Oaks will be open Saturday and Sundays only during Garden Festivals on Saturday 2nd and Sunday the 3rd November and on Saturday November 9 and Sunday November 10. NO EFTPOS Adults and Teenagers are \$20.00 each and all Children 12 years and under are \$5.00 each phone 06 7567624 if you need further details.



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# An interesting and diverse exhibition



From left Liz Harrison, Curator of the Lysaght Watt Gallery with Lorna and Bill Davies from Eltham's Village Gallery where Bill is Honorary Chairperson.

Coinciding with many events over the Garden Festivals is a new exhibition at Lysaght Watt Gallery in Hawera. It includes a diverse range of exhibits ranging from embroidery works, through to paintings, collage, photography, mixed media, sculpture and jewellery.

An enthusiastic group of people attended the opening of the exhibition which had the usual wine and nibbles. "It's always exciting to see the diversity and the excitement," commented one woman.

Sue Kelly, Chair of the Taranaki Arts Trail who spoke at the opening of the current Lysaght Watt exhibition commented that it would be the last at the present Lysaght Watt premises before it moved into their new premises.

The interesting exhibition also nicely coincides

with the annual Taranaki Arts Trail which will also run from November 1 to November 10, coinciding with the Garden Festivals. Artists will be working in their studios and will have orange flags outside open studios, she said. Centre City in New Plymouth will also have an exhibition on the ground floor.

Of the Taranaki art scene Sue commented "I think it's one of the most productive and vibrant art scenes I've seen in New Zealand." She added "I like the fact that there's a lot of diversity," she continued adding there's something for everyone.

The current exhibition at Lysaght Watt will be its last before it moves into



From left Sue Kelly, Chair of the Taranaki Arts Trail who spoke at the exhibition opening at Lysaght Watt.

the new building in Hawera in November. Called Te Ramanui o Ruaputahanga the brand new building along with Lysaght Watt, will house the library and information centre i site and a café.

"It's exciting and a whole new beginning for us," said Liz Harrison, the curator of Lysaght Watt.

Established in 2005 as a community facility STAGE Incorporated - Lysaght Watt

Gallery has provided a space for creativity, encompassing art exhibitions, community projects, and education at premises situated on Union St Hawera. Behind the scenes, a dedicated team of passionate individuals has volunteered their time and effort to ensure the gallery provided a space to allow a broad range of creatives to exhibit their works.

The opportunity for Lysaght Watt Gallery to

relocate to a purpose built and vibrant space in Te Ramanui o Te Ruaputahanga is very exciting and we are looking forward to continue to provide the community an art space that showcases a diverse and inclusive range of artwork and workshops encompassing a broad range of genre, say all those associated with the vibrant gallery.



One of the embroidered works entitled Sudoku by Gail Thomson (at right) which she is discussing with Tetsu Garnett, a trustee on the taranaki Arts Trail Board. With a price of \$250 the intricate work took Gail three months to complete. Gail also had several other works on display also for sale.



Another intriguing exhibit which the artist Rebecca Beyer explained was about the difference in the two figures, one intrigued by the door and, curious, appears to be about to advance up the trail, the other, eyes downcast, pushing their suitcase eyes intent on their own mission oblivious to what is around them. An interesting commentary on art which invites us to look beyond our own world and engage in new ways of experiencing it.



## TRAIL MIX 2024 & South Taranaki Stitchcraft Guild

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Saturday: 10am – 1pm

Sat/Sun 2nd, 3rd, & 9th, 10th November:

10am – 4pm

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# Taranaki Garden & Arts Festival 2024 Dining and Accommodation Guide

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# Taranaki Garden & Arts Festival 2024

## Dining and Accommodation Guide



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# The Potters Exhibition at The Village Gallery

The Potters Exhibition at The Village Gallery in Eltham will feature the works of Taranaki potters Margaret Foley and Donna Hitchcock. The Exhibition runs from October 22 until November 16

## Margaret Foley - Potter - Midhurst

I live on a farmlet at Midhurst with my husband Terry. I have a large family including lots of great-grandchildren and am fortunate that they all live in Taranaki

I built a large wood fired salt kiln with Bev Rea and Janet Smith many years ago on our property. Salt-firing is my passion. It takes three days and nights to fire the monster. Unfortunately, advancing years have put a stop to this hard work. Poor Terry cut and stacked the wood for drying, while us girls had all the fun, firing and getting very excited when the pots came out.

We did more than two hundred works in each firing. I also enjoyed Raku-fire and Pit-fire methods. I now have an electric kiln.

I have exhibited nationally and internationally over the years but stick to Taranaki now.

Were you encouraged/supported by family and friends when you chose art as a career? Did it make a difference?

Pottery is a messy art practice, but my husband was great, letting me build the big kiln and assisting

with the heavy work. My daughter is always supporting me. My pottery friends help, advise, laugh, encourage and feed me and make cups of tea. The New Plymouth Potters are a great bunch of folk.

Are you influenced by what others think of your art?

I make just whatever I feel like at the time. Some things never sell; but I make them because I love to. My husband thinks that's silly.

Does your artwork comment on social or cultural issues?

No, I'm not trying to get any message out. Just "love me," "buy me," so this poor old artist can buy another bag of clay.

What inspires you?

Just the things I see or words I hear. "Leaf Peepers" started that way. I love to make things children enjoy, and sell a pot and the buyer goes away with a smile on their face, holding it like a treasure.

Have you had formal art education?

None. I started at night school and went on to teach some adult classes for eighteen years at Stratford High School. I have attended numerous workshops and national pottery conventions with international tutors.

Clay. I love it. It is a need. I don't think I could live without being able to hold clay in my hands and shape it. Even though I have been potting for 48 years, I have so many ideas of what I want to create. I'm running out of time.

How has your art practice changed over the years?

Age has put a stop to salt firing, and that certainly was my greatest passion. Most of my works are hand-built now and the works are smaller. Kilns have changed, and the prices of clay have changed. Nowadays we can buy stains, glazes, and kilns that do much of the work for you.

What do you want to convey to others?



Margarets creations.

I just want people to enjoy my work, and maybe make them smile.

Have you had a seminal or "aha" moment?

The first time I touched clay was an "aha" moment and I am lucky, it still is.

How would you describe your art/style process?

Some days the clay decides what will happen. When I made domestic pots I may have wanted to make casseroles, but the clay (and me) were only up for coffee mugs that day.

As an artist, do you have any advice for a younger version of yourself, and other young artists?

Just make what makes you happy. Learn the craft, but don't be afraid to "break the rules" to go your own way.

## Donna Hitchcock - Potter - Stratford

I have lived in Stratford all my life and am married to Philp. We have five children and six grandchildren - so far.

I enjoy the small town tight knit community of Stratford.

I first got into pottery after attending night class in Stratford which Margaret Foley was taking down at the High School. I am still potting after twenty five years.

I still get a buzz every time I open up the kiln. Margaret and I have had the Potters Exhibition every year at this time of the Fringe Festival.

We love seeing people from all over the country when they visit our Gallery in Eltham.

Over the years I have tried painting, mosaic, resin, decoupage, and mixed media. I just love adding pottery to driftwood or up-cycled wood. My main passion is always the pottery.

Recently, I have been working at Percy Thomson Gallery, sitting on weekends and helping set up exhibitions. This experience has added fuel to my love of the arts.



Plaque by Donna Hitchcock.

Margaret Foley & Donna Hitchcock present

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OPUNAKE & COASTAL NEWS

# Christine creates Wolves and a Troll



managing, from walk on parts to lead roles, she's done it all. (except lighting.) And now writing and directing.

So what is it about theatre? "I love acting," Christine says. "I love becoming a different character, somebody I'm not. It's magic when I know I've reached the audience."

And there's the social side. "Theatre's a place to meet with people you don't normally see on a day-to-day basis. The people of Opunake Players are special to me. We're like family, we look after each other. As soon as it was announced I was directing *Wolfy Woes* and *Troll Troubles*, a creative team sprung into action to help. It's always been like that here. That's why we have such great shows. That's why the people are so special."

Anything in the writing department after this? "Yes. But I'm concentrating on this panto for now." That's code for watch this space.

*Wolfy Woes* and *Troll Troubles* tells of Hansel and Gretel going to visit their Grandma. On the way there are woes from some wolves and trouble from a troll. But they also get lots of help. With songs, dancing and plenty of jokes, this is a pantomime for kids 1 to 100. Check the ad for details.

Getting into character? Alistair Cook as Troll, Ethan Smith as Big Bad Wolf and Kelly Langton as She Wolf during rehearsals. It's rumoured that this trio won't actually be acting. Director Christine Ryan told them to go on stage and be themselves.

Creative ideas can strike at any moment. Just ask the director of Opunake Players latest production, Christine Ryan. The idea for *Wolfy Woes* and *Troll Troubles* came to her while driving to Hamilton. Somewhere between

Motunui and Mokau the idea struck. By the time she got back to Opunake it was complete in her head. Now to write it down and get it produced.

It's no surprise Christine would write for the stage, she's done everything else.

(except lighting she'll add) But that's bound to happen sometime. She started her theatrical journey while a pupil at Sacred Heart College in New Plymouth appearing on and back stage for Repertory and Operatic. At Teacher's

College in Palmerston North she was with Globe and Little Theatres, but her main contributions at this time were for Scout Gang Shows. When she landed

in Opunake in 2000 it was obvious she'd join Opunake Players, her first show being the musical *Bob's Your Uncle*. From making tea to stage



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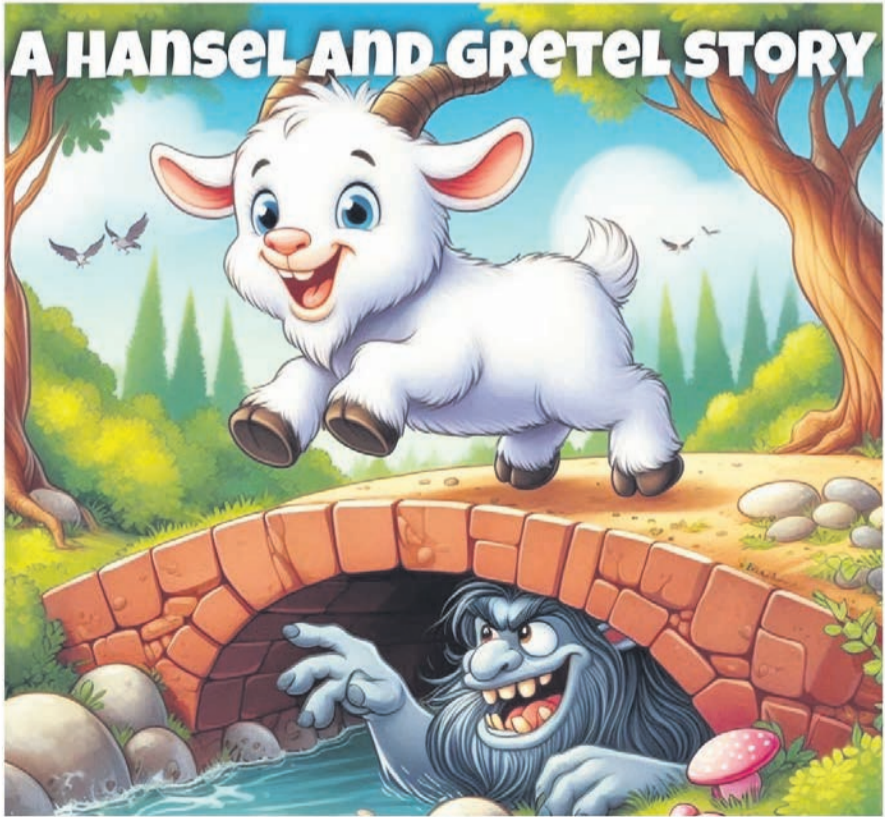
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Weds 27 Nov, Thurs 28 Nov, Fri 29 Nov = 6.30pm

Tickets available 28<sup>th</sup> October 2024 at Sinclair's Electrical.



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What's On Listings

The Little Ones



**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**  
**TOI Foundation Hawera Drop In Sessions:** At the Foundry, 130 High St, 11am-3pm.

**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.

**SEPTEMBER 25 TO NOVEMBER 19**  
**Lampwork & Mouth-terpieces Art Exhibition:** At the Village Gallery, Eltham.

**NOV 4 & DEC 2**  
**Public information sessions on offshore wind energy:** 5.30pm. See taranakioffshorewind.co.nz for more info.

**OCTOBER 18 & 20**  
**Val Deakin Dance Theatre's Connections:** At the Dance Theatre, St Aubyn St, New Plymouth. See ad for times..

**OCTOBER 17**  
**Tui Ora Drop In Clinics:** Heartlands Hub, Opunake. 11am-2.30pm.

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# Whiria Taranaki weaves people and cultures

A celebration of Māori weaving in Te Hāwera at Labour Weekend is calling home kairaranga (weavers) from all over the country and has attracted some of Aotearoa's most renowned raranga experts as well.

Whiria Taranaki, the first weaving symposium of its kind, designed first and foremost for Taranaki kairaranga who either whakapapa to one of the iwi around the maunga, or who live here and practice the arts, will be held at The TSB Hub in Te Hawera.

Hosted by Toi o Taranaki Ki Te Tonga, a Taranaki-wide collective of Māori artists, Whiria Taranaki is purely an opportunity to create, connect, collaborate and celebrate all that Māori weaving materials and techniques are and can be, says collective chairperson Bonita Bigham.

"It doesn't matter what whakapapa you have, Māori or not or which level of weaving you are at, beginner or expert, this event is for everyone and anyone who has a passion for raranga.

Bonita says there has also been lots of interest in the limited spaces from kairaranga from outside Taranaki, so she's encouraging local weavers to register soon, especially with the calibre of presenters featuring.

"We are very fortunate to have internationally renowned experts like Veranora Hetet and Matthew McIntyre-Wilson, both with Taranaki connections, coming to share their expertise with us, joining with our own local raranga legends," says Bonita.

"Also presenting are Ruth Port and Mandy Sunlight, who were part of the team that studied and replicated



Bonita Bigham.

Te Rā, the only known remaining Māori sail in existence.

Trudi Taepa from Puke Ariki will be bringing some precious taonga and kairaranga from Muriwai in Te Tairāwhiti, who are custodians of the fabled Rene Orchiston harakeke collection, will also be attending.

Bonita says the symposium has also attracted weavers from Hawai'i, where she is currently based while on a Fulbright research scholarship.

Six Kanaka Māoli (native Hawaiian) weavers will be attending, including Marques Hanalei Marzan and Bill Keoua Nelsen, both internationally recognised artists and master exponents of their artforms and materials.

"Coming with Hanalei and Keoua are Aunty Lorna, Sarah, Gina and Leialoha from Keanahala, a community-based weaving ohana (family) that has welcomed and embraced

me," says Bonita.

The opportunity to visit Aotearoa, some for the first time, and connect with Taranaki weavers will hopefully lead to future interactions and reciprocal visits with Keanahala to reinforce the cultural connections, says Bonita.

A Kākahu Toi – Wearable Arts celebration is planned for Sunday evening, limited tickets are available at Te Korowai o Ngāruahine on Union Street in Te Hāwera at \$20 per person (cash sales only).

Presentations from the various experts and international guests will be timetabled on Sunday and Monday during the public visiting hours, exact timings of which will be advertised in local newspapers and Te Korimako o Taranaki 94.8 or 98.4 FM leading up to the event.

The public is also invited to visit Whiria Taranaki and interact directly with kairaranga on Sunday and Monday from 10am to 3pm

each day, made possible by funding from STDC's Creative Communities Scheme.

"These open days are the opportunity for our people to come and watch, talk and listen to kairaranga as they are working on their projects, to see masters at work and to hear their stories. That kind of experience doesn't present itself very often," says Bonita.

Whiria Taranaki has been supported with funding from Manatū Taonga – Ministry for Culture and Heritage as part of a Toi o Taranaki Ki Te Tonga three-year project, and is the final culmination of exhibitions and wānanga across Taranaki and as far afield as Wellington during that time.

Registration forms and information packs are available by emailing whiriataranaki23@gmail.com.



**26-28 October**  
**TSB Hub, Camberwell Road**  
**Te Hāwera**

*A celebration of raranga (weaving) in its many forms*

*Presentations by renowned national and international experts*

*Kākahu Toi - Wearable Arts event*

**Open to the public Sun 27 and Mon 28 October**  
**10am-3pm daily**

**For registration and event information email**  
**whiriataranaki23@gmail.com**



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<b>Megalopolis</b> 2hr 18mins   R13 Thu 17 Oct 7PM	<b>Joker: Folie à Deux</b> 2hr 18mins   R16 Fri 18 Oct 7PM
<b>The Wild Robot</b> 1hr 42mins   PG Sat 19 Oct 1PM   Mon 28 Oct 1PM	<b>The Apprentice</b> 2hr 2mins   R16 Sun 20 Oct 1PM   Thu 24 Oct 7PM
<b>A Mistake</b> 1hr 41mins   M Sun 20 Oct 7PM   Sat 26 Oct 7PM	<b>Autumn And The Black Jaguar</b> 1hr 34mins   PG Fri 25 Oct 7PM
<b>Runt</b> 1hr 32mins   PG Sat 26 Oct 1PM	<b>Thelma</b> 1hr 38mins   M Sun 27 Oct 1PM
<b>Super/Man: The Christopher Reeve Story</b> 1hr 45mins   M Sun 27 Oct 7PM	

<p><b>Megalopolis</b> violence, offensive language, drug use &amp; sex scenes   2hr 18mins   Rated: R13 <b>Thu 17 Oct 7PM</b></p>	<p><b>Joker: Folie à Deux</b> Violence, sex scenes, suicide &amp; content that may disturb   2hr 18mins   Rated: R16 <b>Fri 18 Oct 7PM</b></p>
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**Some of the regular services:**

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Every Tuesday, Thursday and 2nd Friday
- LISA KEEN AUDIOLOGY**  
Every Wednesday
- ACTIVE + PHYSIOTHERAPY**  
Monday & Thursday 9am - 3.30pm
- NZ POST, NZTA & STATIONERY SHOP**  
Monday to Friday, 8.30am to 5pm
- COASTAL PRINTERS**  
Monday to Friday, 8.30am to 5pm
- TARANAKI CHIROPRACTIC**  
Every Wednesday
- COUNSELLORS**  
Gwenyth Richards 06 278 6399  
Alex Jones 021 0816 3248  
Robert Shaw 022 020 9779
- MATTHEWS OPTOMETRISTS**  
1st Thursday of the month
- TARANAKI PODIATRY**  
2nd Wednesday of the month
- HIP**  
Every Monday and Tuesday
- LY BEAUTY**  
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For a full list of services & happenings here

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PUBLIC NOTICES

**J.E. PRESTIDGE TRUST**

The J.E. Prestidge Trust has bursaries available to those people who may be undertaking tertiary studies in Agriculture or Horticulture or in allied courses. To qualify, applicants must have attended at some stage during their secondary schooling a High School in Taranaki.

Application forms and full details of the bursaries are available from:

Selena Webby  
Till Henderson  
STRATFORD  
Ph. 06 765 7123

Email: stratfordreception@thlaw.co.nz

Applications close on Friday 29th October 2024 at 4pm

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The next issue of the Opunake & Coastal News is due out on October 31. Get in early to get in it.



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



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PUBLIC NOTICES



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**24 NOVEMBER**  
**HAWERA WAR MEMORIAL THEATRE**

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**PUBLIC NOTICES**



**2024 Hui-a-tau Annual General Meeting**

NOTICE IS HEREBY GIVEN THAT the Hui ā-tau (Annual General Meeting) of Te Korowai o Ngāruahine Trust will be held at Aotearoa Pā, 63 Hastings Road, Okaiawa on Saturday 23 November 2024. All Ngāruahine uri are invited to attend.

9.15am: Whakatau  
 9.30am: Morning tea  
 10am: AGM commences

**Agenda**

1. Karakia tīmata
2. Welcome
3. Apologies
4. Confirm previous minutes
5. Pouwhakarae Report (Te Korowai o Ngāruahine Trust)
6. Heamana Report (Te Kīwai Mauī o Ngāruahine Ltd)
7. Receive Audited Annual Financial Statements for period ending 30 June 2024
8. Accept Trustee remuneration 2024/25
9. Approve Appointment of Auditor for 2024/25
10. Trustee highlights
11. Presentations
12. General business
13. Closing comments and acknowledgements
14. Waiata and karakia whakamutunga

Hākari will follow.

We encourage all uri to register in advance for this event. You can register your attendance for the Hui ā-tau or notify your apology online at <https://www.research.net/r/TeKorowaiAGM2024>. A digital copy of the 2024 Annual Report will be available to download from our website [www.ngaruahine.iwi.nz](http://www.ngaruahine.iwi.nz) from 25 October 2024.

The Hui ā-tau is being live streamed for uri who cannot attend in person. Information regarding the Hui ā-tau live streaming will be shared on our Facebook page and our website.

Te Aorangi Dillon  
 Tumu Whakarae  
[info@ngaruahine.iwi.nz](mailto:info@ngaruahine.iwi.nz)

**ŌPUNAKĒ HIGH SCHOOL**



**LENA N SHARROCK MEMORIAL TRAVEL SCHOLARSHIP for Young Women**

This scholarship has been established to assist past and present pupils of Opunakē High School from Year 12 up to the age of 25 years with overseas travel.

Further information and application forms are available from The Principal Opunakē High School P O Box 4, Opunake 4645. Applications close on October 25, 2024

**Public notice of application for ON Licence Section 101, Sale and Supply of Alcohol Act 2012**

ROBERTS TRIBE & CO LIMITED, 42 Brecon Road, Stratford, Stratford, 4332, New Zealand has made application to the South Taranaki District Licensing Committee for the issue of an ON licence in respect of the premises situated at Tasman Street, Opunake, 4616, known as Sinclair Electrical & Refrigeration Centre, Opunake.

The general nature of the business conducted (or to be conducted) under the licence is **Restaurant**.

The days on which and the hours during which alcohol is (or is intended to be) sold under the licence are: **Monday to Sunday 10.00am to 12.00am**

The application may be inspected during ordinary office hours at the office of the South Taranaki District Licensing Committee at 105/109 Albion Street, Hawera, 4610.

Any person who is entitled to object and who wishes to object to the issue of the licence may, not later than 25 working days after the date of the first publication of this notice, file a notice in writing of the objection with the Secretary of the South Taranaki District Licensing Committee at:

The Secretary, South Taranaki District Licensing Committee, Private Bag 902, Hawera, 4640.

No objection to the issue of a licence may be made in relation to a matter other than a matter specified in section 105(1) of the Sale and Supply of Alcohol Act 2012.

This is the first publication of this notice.

This notice was first published on: 05/10/2023

**Opunake Boat & Underwater Club Inc**

**AGM Notice**

Monday 21st October,  
 2024, 7.30pm  
 At the Clubrooms  
 All welcome

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**GRAZING AVAILABLE**  
 Phone Richard 027 510 9667.



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**SCRAP METAL** - for all scrap metal Taranaki wide, give us a call. Molten Metals (06) 751 5367. [www.moltenmetals.co.nz](http://www.moltenmetals.co.nz)

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**GREY POWER SOUTH TARANAKI**

*General Meeting*  
 21 October, 10am  
 Senior Citizens Hall  
 81 Victoria St Hawera  
 Speaker: Grey Power, New Plymouth  
 All welcome  
 Jackie Morrow, Secretary



**Thursday 31st October from 5pm to 7pm at the Gibson Hall**

**BRING THE FAMILY FUN OLYMPICS**  
 Come dressed as an athlete.

Sausage sizzle at 6pm.  
 Ice cream at the finish.

Children to be with a responsible adult.

**NO WITCHES/WIZARD OR SCARY COSTUMES**

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**GARAGE SALE**

**Grand Garage Sale**

Saturday & Sunday, October 19 and 20  
 9am - 12 noon  
 3624 Eltham Road

Phone 021 244 2556  
 Cash & phone banking  
 Household and garden goods. Hobby stuff etc

**Opunake Golf Club AGM**

Monday 11th November

7:00 PM

Opunake Golf Club  
 Namu Road Opunake



This newspaper is subject to NZ Press Council procedures. A complaint must first be directed in writing within one month of publication to the Opunake & Coastal News email address. If not satisfied with the response, the complaint may be referred to the Press Council, PO Box 10879, The Terrace, Wellington 6143. Or use the online complaint form at [www.presscouncil.org.nz](http://www.presscouncil.org.nz). Please include copies of the article and all correspondence with the publication.

The next issue of the Opunake & Coastal News is due out on October 31.  
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**2004 Subaru IMPREZA 2.0 RXI 5 SPD**  
Boxer Engine, Roof Rack, Tow Bar, Hi/Low Range, 1994cc, Petrol, Manual



**WAS \$7,995, NOW \$6,740**

**2007 Toyota Blade SPORTY HATCH**  
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### THIS WEEK'S SPECIAL: 2020 Suzuki SWIFT SUPER LOW KMs, NZ NEW HATCH

Auto Headlights, Alloy Wheels, Collision Avoidance, Turbo, 998cc, Petrol, Auto, 7kms



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**2009 Honda Jazz 1.5S NZ NEW SPORT**  
2WD, 5 Door Hatch, Cruise Control, Spoiler, VTEC, 1496cc, Petrol, Auto, 139kms



**\$9,995**

**2006 Toyota Kluger 7 SEATER**  
Auto Headlights, Tow Bar, Alloy Wheels, Roofrack, 2994cc, Petrol, Auto



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**2021 Haval Jolion LUX HIGH SPEC, LOW KM's**  
Collision Avoidance, Driver Monitoring System, Heated Electric Seats, Turbo, Descent Mode, Sports Mode, Alloy Wheels, 1497cc, Petrol, Auto, 44kms



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**2011 Nissan X-Trail**  
Roof Rack, Descent Mode, Cruise Control, 2488cc, Petrol, CVT, 209kms



**\$10,995**

**2016 Holden Captiva LT 7 SEATER, 4WD**  
Driving Lights, Side Skirts, Keyless Entry & Ignition, Descent Mode, Roof Rails, 2997cc, Petrol, Auto, 94kms



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**2016 Mazda Cx-5 GLX POPULAR NZ NEW SUV**  
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**2011 Toyota HILUX DC UTE TIDY 5 SPD, T/DSL**  
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