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Local news, Local people, local businesses, local sport, local arts and events.

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First cab off the rack

Kaponga voters got a final chance to quiz those seeking their votes at a candidates meeting on September 25.

Candidates for the regional council and community board were there as well as the mayor in the lead-up to the final day of voting for the local body elections on October 8.

Among the local issues being canvassed were wastewater, local roads, tourism, street lighting, community patrols and the state of the Kaponga Swimming Pool.

"I was looking at the 10 Year Plan and Kaponga didn't get a mention," Carol van Kerkhoff who is standing for the Eltham-Kaponga Community Board said before the meeting. "We're still trying to push street lighting. There's a leak in our swimming pool. I was talking to the children and they said they spend 15 minutes in the pool and then go home. We've got to get tourists to stop here and spend some money."

South Taranaki District mayor Phil Nixon acknowledged that Kaponga has a high water table which meant wastewater problems for people living south of Victoria Street.

"Yes. There is a high water table here, and this year there's been water everywhere. They have had the same issue in Manaia, and to a lesser extent in Opunake, but Kaponga is going to be the first cab off the rack. You will see vehicles around the



South Taranaki District mayor Phil Nixon speaking to a meeting at the Kaponga War Memorial Hall. There's still time to cast your vote if you haven't already. Voting closes on Saturday October 8 at midday.

streets of Kaponga and they will be lifting manhole covers and putting down cameras."

Mayor Nixon also noted local concerns about the state of nearby roads, particularly at the corner of Palmer and Eltham Roads. He said that work would get underway on fixing up this stretch of road when the weather settles down.

The subject of Three Waters came up, and Mr Nixon was asked about the discovery of e.coli in the Waimate West water scheme which includes

the towns of Kaponga and Manaia.

"We got the information on this hour on the Sunday afternoon and we swung into action," Mayor Nixon said. "We got out as much information as we could, and tried to get in touch with as many people as we could. If we end up in Three Waters how quickly will that happen? I really guarantee that a whole lot of people aren't going to turn up from Tauranga or Hamilton in a couple of hours."

Some candidates spoke about the Taranaki Crossing and the tourism potential for Kaponga as the gateway to Dawson Falls

"I believe this town is sitting on a goldmine," Eltham-Kaponga Community Board member Lindsay Maindonald said. "Before Covid, there were 17,000 people, and climbing for the Mangorei Track alone. This one is going to rival the Tongariro Crossing. The closest town of any town in Taranaki is Kaponga. This town could

change overnight. The official opening is in two years' time, but Kaponga could already be promoting it."

Community Board deputy chair Sonja Douds said the proposed walkway between Kaponga and Hollard Gardens is a big project "we should keep bashing on."

"I really believe that if you have thriving local communities you have thriving local districts," she said.

Face mask can tell if COVID in the air

Scientists have created a mask that can alert the wearer if they've been exposed to Covid-19 or influenza after a 10-minute conversation with an infected person.

The sensor attached to the mask responded to as little as 0.3 microliters of liquid containing viral proteins, about 70 to 560 times less than the volume of liquid produced in one sneeze and much less than the volume produced by coughing or talking.

Also research has shown that people with psychological distress before catching COVID-19, including symptoms of

depression, anxiety, worry about COVID-19, loneliness, and perceived stress, were more likely to develop long COVID after infection than those who did not experience psychological distress, according to a US study of more than 3,000 people. And they were also more likely to experience impairments in daily life a year after COVID-19 infection.

Exactly why psychological distress should increase the risk of long COVID remains unclear, the scientists say, and future research should look into any potential biological basis for the link.

Enjoy life. Let us take care of the rest.

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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.

Tourism infrastructure and the elections

I received the local elections 2022 papers in the post today despite them being very wet. I looked them over and noticed candidates younger and others older. For this local body election I will be in the New Plymouth District. It interests me, despite the fact that I live in reasonably big social circles, especially the tourism industry and a volunteer network. What interested me was there was virtually no mention in the candidate information

which mentioned the Taranaki Tourism Visitors infrastructure dealing with any increase of visitors.

With both the Egmont National Park's Pouakai Crossing Trek and the Taranaki Crossing Trek upgrade projects to be completed by the end of 2023, with the Department of Conservation stating these tracks will attract thousands of extra visitors to our local park. The question is what will our councils do to improve Taranaki's infrastructure to cater for the increase in visitors, to keep them enjoying our province?

There have been some people out there wondering why people are slow and few local people don't vote in the local elections. I can see

why. It seems either some of the candidates are new or live their lives as councillors.

Ian McAlpine
New Plymouth

Councillors

Well our three year party is about to begin. Hats will be thrown in the ring with hopefuls vying for positions.

Councillors in Hawera are the elite, and it probably reflects this that they have not had enough put their hand up for the \$32000 fee for just turning up

Now one cannot question them about what has slipped past them on their watch.

Perhaps some may be brave enough to try and explain the costs and reasons that the Eltham dump was opened and then closed. Who made this decision and who in the end foots the bill? The Mayor I know could not even count

the numbers of trucks needed to carry the rubbish to Marton nor give an accurate cost of the carbon foot print or the Diesel, yes Greenies' Diesel.

Why has the cost overrun of the road to Wainui beach not been disclosed?

There should be accountability and who is going to put their hand up for this?

The new Library information centre that was pushed through will cost about \$5 mil and is now \$15mil with no end cap.

I am sure there will be flash rest rooms for visitors to use with hot water Yes, hot water as the code just says cold will do.

I am sure the councillors will all be getting their dangerous licences as there will be a line up to blow up the existing toilets. What a disgrace to expect visitors to use either the Tower Dunlop Dummies

ADELPHOS

Did Jesus claim to be God? Most people say yes. Vocal atheists and many overeducated liberal Christian theologians say no. Why? The main reason is because Jesus didn't literally incant the exact three word magic formula they demand: "I am God." I will limit myself to only four biblical examples illustrating Jesus' clear claims to deity or divinity in the space of this brief article.

Firstly, when Jesus referred to Himself as the great "I Am" in John 8:58-59 He was claiming the name that the God referred to Himself as (Exodus 3:14). In effect Jesus was claiming equality with God, without using the three word magic formula.

Three magic words

Scripturally literate Jews knew this.

Secondly, when Jesus said to the paralytic, "Friend, your sins are forgiven" (Luke 5:20), the Jewish rabbis knew that God alone can forgive sins. By proclaiming His ability to forgive sins Jesus was boldly declaring His equality with God. Jewish leaders understood this and were angered. Again, the three word magic formula was unnecessary.

Thirdly, Jesus claimed His deity or oneness with God by saying to Phillip "...Anyone who has seen me has seen the Father... Believe me that I am in the Father and the Father is in me (John 14:11 NIV). Because the Jewish faith believed in only

one God or monotheism (Deuteronomy 6:4), Jewish listeners understood that Jesus was claiming that He was one with God.

Fourthly, in John 11:45-48 when Jesus raised Lazarus from the dead after four days, the common people then realised that Jesus possessed God's uniquely divine nature to resurrect rotting flesh back to life. This was especially so after the popularity of two other previous resurrections by Jesus in Luke 7:11-16 and Matthew 9:18-26. By then it was the people themselves, not the synagogue leaders, who recognised that Jesus was the divine God-Saviour so often promised in the Old Testament. As an historical footnote, the Church Council of Constantinople in 381 A.D. finally settled

this matter and declared the Trinitarian equality of the Father, Son and Holy Spirit.

As a result, the New Testament writers believed Jesus' claim to be the divinely incarnated coequal with God. We read that He was present in heaven with God, along with the Holy Spirit in Genesis 1:2, at the dawn of Creation: "For by him [Jesus] all things were created: things in heaven and on earth... All things were created by him [Jesus] and for him [Jesus]" (Colossians 1:16). The Bible can't get any clearer than this about Jesus' divinity. Perhaps skeptical atheists and overeducated liberal theologians "should have gone to Specsavers," eh?

Manaakitanga
Adelphos

Deadlines for copy

We find we are working very late on a Tuesday night to put the paper together for it to be at the printers first thing Wednesday morning.

Our deadline for copy is Monday 10am.

This gives us an opportunity to proofread the copy.

We continue to receive a lot of material on Tuesday and are struggling to process it all as well as put together the paper.

If you have trouble meeting this deadline can you let us know.

This deadline does not apply to the Cops and Fire Service columns where incidents can occur on the Monday and Tuesday.

We do appreciate your contributions, so thank you in advance for your co-operation.

Editor

Opunake & Coastal News Paste Up Night



More Opunake & Coastal News' out

We have printed more copies of the Opunake & Coastal News.

It is available on stands at the following locations

New Plymouth:

Ate Forty One, Tukapa St, Westown

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The Health Shop on the ground floor at Centre City

The Store, Cnr Tukapa St & Wallath Rd

Waitara:

Outside the North Taranaki Community House Trust, 67 McLean St

Inglewood:

Inglewood Book Centre, 31 Rata St

Stratford:

Stratford Knit & Sew, 202 Broadway

First National, Stratford.

Eltham:

Eltham Four Square

Hawera:

Outside First National, Cnr of Victoria and High Streets

Outside Nursery Rhyme, 158 High St

Papers are also available at

The Sunshine Dairy, Hawera

The Normanby Dairy

Swetes Dairy, Manaia

Pastimes in Opunake

Tim's Barbershop, Moturoa

Okato Takeaways



Letters to the Editor

or the shed at the back of Cornish's.

As it has been publicly expressed we have an over excess of car parking in Hawera and no need for anymore.

No doubt bus companies would have been invited to demonstrate how easy it will be to alight passengers so they will be able to spend their dollars in our town.

The Long Term investment fund for too long has been used as a cash cow to prop up over runs and pet projects.

I note that New Plymouth has the sense to put their money placed firmly in the district so when is STDC going to follow their lead? It won't be very long before radical tribes will be suggesting as it was their water that was used to generate the electricity that was given away for a very small sum should be theirs. Hand it over, bro.

In very small print on the billboard showing the glossy photos of what \$15mil plus can produce the word Cafe is written. Who paid for the old cafe owner to surrender his position, and what was his compensation to move on? Hang on that would have been negotiated by someone before purchasing a building that was to be knocked down.

So help blow up the balloons, and should you see a councillor in the distance ask her/him to explain the above for sure as hell I cannot understand how they earned the fee they are paid for turning up.

Honesty and accountability should be their first thoughts.

Garth Weir
Hawera

The elections are upon us – Part 4

Hello everyone. In just a couple of days the elections

will close on the 8th October 2022. If you haven't already voted, I'd appreciate a YES tick for Lindsay please, if you are still to vote. As I did after the Eltham candidates meeting, so I will do for Kaponga for those who are unable to attend. The following was the speech I delivered -

Hello ladies and gentlemen, it's good to see you here at this, Kaponga's Meet the Candidates afternoon. I'm Lindsay Maindonald here for you people. The reason for today's gathering, I was brassed off Kaponga didn't have their own candidates meeting so I called a couple of Kaponga residents who rang a Community Board member and bingo, for the first time a meeting has been held, according to a resident who has resided here for 31 years and didn't remember one before. I wanted this meeting for you. It's about you the people. Infrastructures can be built, promises can be made, facts and figures and agendas produced but Hey you say, What about me? We in Kaponga don't even have letterbox numbers and apparently, I've been told medical callouts can be a nightmare because of this situation when lives and minutes count. Yes, you've got questions, what about our sewerage system? Our drainage system? Heating for our pool? We're working on the heating question at the moment. I personally believe this town of Kaponga could potentially be sitting on a goldmine when the Taranaki Crossing from Dawson Falls across the mountain to Mangorei Rd is officially open, possibly about two years away. The new bridge spanning the Maunganui Gorge across to the Stratford Ski Lodge, I believe, is in the planning to be built this summer. I have it on good authority, that in the near future work is due to start

on the construction of the new Dawson Falls Lodge. Kaponga is the closest town to any major walkway of Taranaki or even Ruapehu being only a mere five to ten minutes away from the mountain gates to Dawson Falls. DOC estimated 5000 – 7000 people per year would tramp the upgraded track to the Pouakai Hut, Tarns and beyond. Pre-Covid the actual figure was 17,000 per year. This was just for one track not the major walkway Taranaki crossing the Government injected \$20 million into. Have local departments and town planners stopped to investigate whether I might just have a valid point? Kaponga could overnight become a real tourist town as the gateway to this major tourism adventure. New Zealand borders are open, tourists will return. Kaponga could start promoting in preparation for this major Government-backed Taranaki venture. The Boys Scout motto comes to mind – Be prepared.

I'm a person who stands my ground. I'm not afraid to speak. I mean what I say and I say what I mean. Yes, I do have a strong Christian faith which centres around caring for people, and I guess because of this I believe in you the people of Kaponga/Eltham and districts that you need to be heard and taken seriously and that local government cares and acknowledges your concerns and ideas for your district. It's your voices that must be heard first and foremost. Thank you to those who have voted for me. If I'm re-elected, I will endeavour to serve you the people to the best of my ability.

Lindsay C. Maindonald
Eltham

NPDC emissions reductions decision failure

Tena ra koutou,

It is with complete dismay that many in the community watched as a majority of NPDC councillors voted against funding for urgently needed emissions reduction initiatives this Tuesday (September 27). The initiatives weren't even very radical or even that effective in the grand scheme of possibilities but they were better than what has have accomplished so far which amounts to very, very little. A few trees on stolen hapu lands that should be returned anyway, is pitiful greenwashing that does not reduce emissions.

It is totally frustrating that in the lead up to elections, following a period of intense flooding and economic crises, many councillors think climate focussed solutions are not their priority. The same goes with housing, in which community support

groups are literally handing out tents to whānau who still cannot find affordable accommodation.

They could have directed funding into housing and climate solutions, indeed they were directed by central government to do so, but instead they felt fancy playgrounds and more sports hubs were what the community needs. They should seriously be ashamed.

We know how council voting works. People who have stable long-term housing, aka the rich and middle-class, get their voting papers in the mail and a fraction of them decide who governs our community infrastructure. This excludes everyone without stable accommodation. This excludes the poor and struggling working class. This excludes Maori.

We are already seeing how

poorly our three waters infrastructure has been misgoverned by councils over the decades, to the extent central government has to force their way in to clean up their hugely expensive mess. And still many councillors complain about that.

Climate and housing solutions are not 'nice to have' 'somewhere down the track.' They are urgent essential needs that must be prioritised now. So NPDC should re-do the vote if they can and remember, political support is not only measured by those ticking ballot papers but by those of us who will hold them to account on the streets, in the media and at their meetings. They serve all of us in the community, not just voters.

Hōha,
Tuhi-Ao Bailey.

The emancipation of slaves in America

On September 1862 US President Abraham Lincoln issued the Emancipation Proclamation which theoretically meant all slaves were now free. However, in reality, it only applied to states which were under Federal (Union)

control. The five Southern states continued with slaves.

The Proclamation was made in the second year of the Civil War between the North and South. In 1865 when the Confederacy surrendered, thus ending the Civil War,

the southern slaves were free.

Lincoln died on April 15, 1865 (aged 56) when assassinated while watching a play at Ford Theatre, Washington DC. The Republican was the sixteenth president when elected in 1861.

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The science of feeling good

New research has seemingly thrown some aspects of antidepressants' use into question, but a psychology professor says there's more to it than a headline. Victoria University of Wellington professor Marc Wilson talked with Jim Mora about the latest research on

what stress does to us and what other issues it might signal. Wilson said this week's news about antidepressant drugs that act on serotonin levels in the body to ease depression created the "biggest headlines we've see for a while".

The research out of University College in London said an umbrella review of 17 studies found no evidence of a therapeutic effect from boosting serotonin.

But antidepressant use has increased by 40 percent in volume between 2010 and 2020, equating to a 20 percent rise even after taking population growth into account.

In the US, 15 percent of people over 40 years old use antidepressants, a figure which climbs to one person in five for those aged over 60.

So what's going on? Wilson said the research is valuable, but just a glance might be misleading without knowing more details.

"The idea that depression and other psychiatric conditions or mental distresses are associated with some kind of brain imbalance dates back to the 1960s. But it started taking hold particularly in the 1990s, when particularly American drug companies started producing antidepressants that worked according to this mechanism - selective serotonin reuptake inhibitors (SSRIs)."

He explains that serotonin is a neurotransmitter, "like the runners on battlefields that are sent to tell regiments what to do".

"When the brain needs to do something it releases these neurotransmitters, they're a little bit like keys that float around until they find the right kind of lock, and when they find the right lock the job gets done."

"This serotonin theory says that maybe some of us just don't produce enough of these, so maybe when a job needs to get done - like lifting your mood - there aren't enough of these neurotransmitters floating around to do the job."

Serotonin reuptake inhibiting drugs work by keeping the used neurotransmitters in our body (or keys in this analogy) that would normally be shunted away once used, in the places they could potentially keep unlocking more locks.

But, serotonin research and theory, as well as the use of that science is complicated by the fact there is not yet any really good way to measure serotonin in the brain, he said.

Without being able to measure it directly, researchers use proxies to find indications of what is happening, like measuring chemical excretions linked to serotonin.

"There are very few experts who would disagree with the claim that there is little strong

evidence to suggest that serotonin levels in people who are depressed differ from serotonin levels in people who aren't."

But - he said experts do also mostly agree that serotonin levels are not the sole cause of depression.

"Depression is quite a heterogeneous condition, and it may be that this thing that we recognise as depression, that manifests in ways we recognise - people showing low mood, finding it hard to enjoy life - may not be only one thing, but a set of things that look the same but may have different bases."

"One of my favourite quotes ...on this is: 'Many people take panadol when we have a headache, but no-one would reasonably argue that the cause of headaches is because we don't have enough panadol floating around in our brains.'"

And here's the rub.

"One of my biggest take homes from this review and the subsequent reaction is that we don't really have a good idea how a lot of these kinds of things work - just because serotonin may not be the mechanism by which people are depressed or not, doesn't mean that serotonin-based medications don't actually help."

He emphasises that the

research is useful - and especially that it should help guide clinicians' advice to patients.

"The authors make clear that when people are offered the opportunity to take antidepressants they should not be told that this is related to the cause of their depression in the same way that when people take panadol I don't think by and large we're told that panadol is involved in the cause of headaches."

He says most of all, the new perspective the research provides was not a reason for people to stop taking prescribed medication, which he said the researchers themselves had emphasised.

"It's not proof that antidepressants don't work."

"One of the things that we know that serotonin-based medications do do, is to change aspects of our emotional experience... for example there's a very complicated relationship between anxiety and depression - we know that antidepressants like these SSRIs also impact on how anxious people feel so it may be an indirect relationship - it may be acting on other aspects of the emotional experience that are themselves involved in depression."

Sunday Morning, Jim Mora, Radio New

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Time is running out to vote

Time is running out to have your say on who you want to represent you in this year's local body elections says South Taranaki District Council (STDC) Chief Executive Waid Crockett.

"The last day to get postal votes in the mail so they can be counted is Tuesday 4 October, but voters can still drop off their voting papers at the Council's administration building in Hāwera or at any of STDC's

LibraryPlus facilities in Hāwera, Pātea, Waverley, Manaia, Opunakē, Kaponga and Eltham up until 12 noon on Saturday 8 October," says Crockett.

"We will also have drive-through voting for those who want to quickly drop their voting papers off at the TSB Hub and a ballot box in the Hāwera town square until 12 noon," he says.

"Local Government plays such a big part in people's

daily lives, it's important that voters have their say on the people managing our resources and making the big decisions about the future of our District," he says. "There's still time to have your say."

In South Taranaki there

are 32 people running for 19 positions (Mayor, Council and Community Boards) and five people standing for two vacancies in the South Taranaki constituency on the Regional Council. Candidate profiles are included with the voting documents.

Spring is here

RIGHT: These colourful poppies were spotted in Eltham and reminded us that Spring had certainly arrived.



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Ruby Fitzmaurice and Ashleigh Chambers co-owners of Mawhero Studio.

Mawhero Studio offers a unique artistic experience

A unique new business has arisen in the heart of Opunake, at 1/78 Tasman Street. On offer are an art gallery, workshops, organic teas, coffee and delicious baking.

Co-owners Ruby Fitzmaurice and Ashleigh Chambers, first met when studying art at the Eastern Institute of Technology in Napier. The business has only been going for a few days, but so far it's all positive. "It's really good. We've had such support

from the community, which we didn't expect," commented Ashleigh. She adds, "We haven't had a dead day yet."

If it's ever a bit quiet, "It's good to have time in the studio," says Ruby.

Mawhero means pink in Maori and the premises are predominantly pink. "It's a happy bright colour," explains Ashleigh.

Apart from offering organic coffee and tea, while gazing at the artistic treasures in the premises, Mawhero

offers art workshops. The forthcoming one involves fibres and spinning, starting Thursday October 6 (10am-12). In Term 4 they are looking forward to running art classes for students aged 6-14, with all material provided.

The art is created by both Ruby and Ashleigh, as well as other artists. There are carvings, jewellery, hand-painted greeting cards and clothes and hats (made from recycled towels). There is also a quantity of children's art on offer, with crayons and colouring pens provided. "The children set the prices," explains Ruby. These range from a dollar to \$600! One reads 'Don't hate, create.'

A feature is the delicious home baking to accompany the coffee and tea. "We both love baking."

They admit that they are not business orientated. "The main focus is not money." The focus is sustainability and the community.

As to the future, Ruby and Ashleigh intend to have more varied workshops, with some emphasis on pottery, weaving and carving. "We want members of the community to share their skills – even skills that they may have forgotten."

Mawhero Studio is open Monday 7am to 4pm and Thursday to Sundays 7am to 4pm. (They are closed Tuesday and Wednesday). A friendly welcome is guaranteed.

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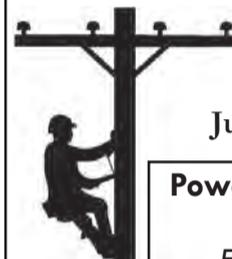
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The exterior of Mawhero Studio, 1/78 Tasman Street, Opunake.

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Author Kathy Stanley (left) busy signing a copy of her novel "Three Times Lucky in Love" for Kaye Mourie and Bob Clarke at Pastimes in Opunake.

Book signing at Pastimes

Kathryn Mary Stanley, author of "Three Times Lucky in Love" signed books for Coastal Taranaki stalwarts at Pastimes in Opunake who are stocking copies of the book. "The chilly weather in Opunake failed to dampen enthusiastic spirits of Kaye Mourie and Bob Clarke

who queued for their own personalised copies of the book. "These cold days make our hearts warmer," laughed Kathy. "Three Times Lucky in Love" is a well researched historical romance set in early New Zealand in

Taranaki and the South Island. It's a good read and gives a very believable account of what it was like for new settlers (from Ireland) arriving in a strange land being welcomed by the indigenous population, and the co-operation between the

two peoples. As well as being purchased from Pastimes, Three Times Lucky in Love can also be ordered online direct from the publishers Austin Macauley Publishers Ltd, email: orders@austinmacauley.com



LEFT: Two superheroes are seen taking in an iconic stretch of New Plymouth in Batman and Cat Woman on Marsland Hill, one of Coastal Taranaki artist Graham Kirk's works

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Local cause benefits from local event

When Judy Fox learned that her great grandson couldn't enjoy a local playground she knew where to go for help. Judy had enjoyed taking her grandchildren to the Row Playground on Tauranga-a-Ika Street in Manaia, next to the Manaia Swimming Pool. When it came time to take her great grandchildren along, she found that her three year-old great grandson Reeve Clark, who has cerebral palsy wasn't able to enjoy the playground as there wasn't a disability swing there.

Her son Ricky runs local motocross events with the money raised always going to a local cause. These have included Manaia School, Coastal Rugby Club, and local families in need of help.

With the help of his two sons Quinn and Brody they put together a flat track event on John Sanderson's farm and raised \$3000 which they presented to Mary Moore and John Close of the Manaia Community Services Group to go towards the cost of a swing.

"When Mum told us about this, we thought, this is what



At Row Playground. From left, Quinn Fox with Amarnie Clark, Ricky Fox, John Close, Judy Fox, Brody Fox with Reeve Clark, Mary Moore.

we are going to do," said Ricky. He said he wanted to thank John Sanderson for the use of his land and Justin Tobeck for helping set up the course.

Judy pointed to Quinn and Brody. "I always used to bring these boys to the playground and they had lots of fun. When I

started bringing my great grandchildren I discovered there was nothing here for Reeve to play on.. He needed a swing with a brace and the one here was broken. He looks so sad, as he comes to this playground, and his sister Amarnie can play here, but he can't."

Mary said the Community

Services Group have looked at different funding options for the equipment and aren't sure yet how much money would be needed. The money raised from the motocross brings the available funds up to \$5600. She said they would be looking at raising money from the community before looking elsewhere.

Peak capacity at Taranaki Base Hospital

Over the last couple of months, an average of more than 100 people a day have been arriving at Taranaki Base Hospital's Emergency Department.

"To prevent overcrowding and potentially long wait times over the weekend, the

Emergency Departments at New Plymouth and Hawera hospitals are reminding everyone to only present yourself to ED for emergencies such as accidents, serious pain and trauma," says Te Whata Ora Taranaki interim chief

operating officer Katy Sheffield. "We are also asking everyone to limit the number of support people unless absolutely necessary as we need to limit people in the department in our peak times for everyone's safety" For non-serious

presentations, the wait time to be seen at ED can be up to four hours. "You can help ease long wait times by visiting other health services for non-urgent health issues like colds, sprains and infections," says Sheffield. "If you're unsure where to go or who to see, please contact Healthline on 0800 611 116."

We welcome your contributions

Please send to

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Our economy and the case for optimism

For me, this time of year is always filled with optimism – the clocks have sprung forward as we move towards summer, and the days start to feel warmer and longer. There is plenty to be optimistic about – debt is low, GDP is up,



STEPH LEWIS
MP FOR WHANGANUI

unemployment is at a near record low and incomes are growing at the highest rate since records began. Having more people in work, with higher wages, makes both Taranaki families and our local economy even

stronger. We're seeing a boost for our tourism sector, as international visitors return, and major event opportunities open up – I will be at the Women's Lifestyle Expo in New Plymouth on 15 October, come along and say 'hello'! While there's no question that it's been a tough time and the whole world is grappling with skill shortages, a challenge some of our local businesses are facing too, there is further reason for optimism. We've already supported more than 200,000 Kiwis to upskill with free trades training and apprenticeships. In fact, apprenticeships are

more than 50% higher than when we took office, and there are around 20,000 more construction workers than there were a year ago – helping to build more homes and infrastructure. We're attracting the skills and people that Taranaki needs from overseas with practical changes to our immigration settings. Our Government announced the largest increase in over a decade to the Recognised Seasonal Employer Scheme (RSE), providing 3000 additional places. The new RSE cap will allow access to 19,000 workers annually from participating Pacific countries, providing

workforce relief to the food and fibre sector. Speaking of our food and fibre sector, my Member's Bill Biosecurity (Information for incoming passengers) Amendment Bill has progressed in the House and is one step closer to being passed as law. This bill will add another layer of defence for our farmers, growers and our environment, in order to help safeguard livelihoods. All of this is really positive news and it will help to boost Taranaki's economy, create better jobs, and lead to a better future.

Steph Lewis
MP Whanganui.



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Forever at your service

'Continuity', 'loss' and 'service' have been at the forefront of adjectives used by both mainstream and social media in recent days. Globally, due to the passing of Her Majesty, Queen Elizabeth II and locally, following the sudden loss of Otorohanga retailer extraordinaire Karam Haddad.

The first, dying after 70 years of exemplary service to the United Kingdom, the Commonwealth and her Realms.

The second, after more than 50 years of service to people in the King Country, Waipā, Taranaki, across New Zealand and it seems by the tributes, the world.

Every community, big or small, has people who are iconic to it. Places, which without these people, would just not be the same.

So it was with Karam.

Like thousands of others, I



BARBARA KURIGER MP
TARANAKI-KING COUNTRY

visit the Otorohanga store he founded in 1965. Joined by his brother John in 1971, the pair were peas in a pod, brothers in arms and business partners for life.

I have observed them finishing each other's sentences, their joy in greeting customers like old friends and treating everyone like family.

For those who have never visited Karam and John Haddad Menswear and Womenswear, going into the shop is like stepping back in time.

It is a store from my childhood with cardboard boxes to the rear and thousands of options for the

farm / work / town / sports or school wear upfront — right down to the gumboots, work boots or a hanky for your pocket.

Handwritten signs, many with prices which haven't been changed in years, feature among the shelves and racks.

There are no desktop screens with point of sale systems or scanning equipment at Haddad's.

Their only nod to the 21st Century is electric lighting and an EFTPOS machine.

I believe the brothers did call in an expert a few years ago to evaluate their store and how they could, or should, modernise it.

But the expert left before the close of business saying they needed to keep things exactly the way they were — right down to the brown wrapping paper which goes around pretty much everything they sell.

Ironically, while the brothers have dressed rural New Zealand for decades they've never actually been to New Zealand's National Agricultural Fielddays at

Mystery Creek.

That's because 'Fielddays' comes to them — on their way to or from the event — so they've never had the time.

Karam's passing has reminded me that across my mainly rural electorate I have so many people who give to others without expectation.

A random sample off the top of my head includes Luke East, (a great bucket shaker who does a lot of fundraising for local charities) and Robyn Atherton (a tireless worker for a number of organisations) in the Waipā region.

Or in Taranaki local heroes like Jim Shepherd whose passion for dogs, pipe bands, education and Rotary has given much to his community, along with LeAnne Blakelock, community volunteer and fellow Rotarian, who practises 'service before self' in so many ways.

In following some of the many Facebook and media tributes to Karam from all over New Zealand and the world, there are reoccurring themes — a true gentleman,

Continued page 9

Barbara Kuriger MP for Taranaki-King Country

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Forever at your service

Continued from page 9

a lovely man, a retail legend, a great dancer, a great muso — to name just a few. But most talked of how Karam and John exemplify

something that's so sadly lacking today — customer service. Open all hours or just open for you, if you needed them to be, is how the Haddads have always operated.

“You're only as good as your last customer,” they'd say. And that's their magic. *Barbara Kuriger MP for Taranaki-King Country.*

Authorised by B Kuriger, Parliament Buildings, Wellington.

Taranaki apart together

“On 26 March 2020, in the face of a global pandemic, Aotearoa went into alert level 4 lockdown to contain the spread of Covid-19. During the two months of lockdown, the community found ways to come together without coming together physically. People put teddy bears in windows, put signs in front of their houses, and used Zoom like never before. Another idea that came up during that time was the idea of a community quilt. What if, during lockdown, people made individual squares of a quilt, and at the end of that time, the quilt could be sewn together? A way of being a part of something while being apart.

A small group of friends (including now MP Glen Bennett and New Plymouth District Councillor Amanda Clinton-Gohdes) decided to make it happen. They put the call out to the Taranaki community. Over the next few months, beautiful quilt squares flooded in. Many people wrote about how much they enjoyed doing something creative during this time, and that they loved the



The community quilt.

idea of being part of something bigger. People used all kinds of different mediums, some with lots of quilting experience, some with none at all. Of course, the battle against the pandemic did not stop with the lockdown and

since that time we have been in and out of alert levels. As such, it has taken a long time to get to the point of bringing this fabulous community quilt together. Special thanks to Diane Flavell who put in an incredible amount of work

to bring the quilt together as a whole.

Thanks too to all those who helped spread the word. Most of all, a huge thank you to all the talented and creative people who spent time creating these squares. They capture a rather unusual moment in time and history for the Taranaki community, and the quilt is a tangible reminder of all the ways we can be a part of something even when we are physically apart.”

The quilt will hang at Access Radio until Labour weekend and then it will commence a journey around the maunga, displaying in Opunake (most likely at Coastal Care) and Stratford, before returning to New Plymouth. At least 56 people from throughout Taranaki contributed to this project.

Could wax worms eat us out of the plastic crisis?

Enzymes found in the saliva of wax worms may be capable of oxidising and degrading polyethylene plastic relatively quickly, according to Spanish and Italian researchers.

The team studied wax worm (*Galleria mellonella*)

larvae saliva and noticed it can degrade polyethylene, breaking it down into smaller molecules. They analysed the saliva proteins and identified two enzymes that can degrade polyethylene, which they named Demetra and Ceres after the Greek

and Roman goddesses of agriculture.

They say the initial oxidation, to allow the breakdown of polyethylene, occurs in just a few hours at room temperature.



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Editor pleased with response

Te Kaihoe (Founding Editor) of *Matatuhi Taranaki: A bilingual journal of literature*, Trevor M Landers, confirmed that the response to a call for a new book of poems celebrating Patea, Waverley and Waitotara has been so remarkable that many fine poems would need to be held over to the next single issue of the journal in December 2023.

Landers said the special project which is the book: *Nga Purere Kapohau*:

Vaughan Rapatahana and I are swimming in poems". Landers said. He says he is always looking to encourage new writers, especially flash fiction, micro-fiction and short stories for the journal.

Rapatahana and Landers said that the purpose and intent of *Matatuhi Taranaki* was to provide a forum for Taranaki writers of all stripes, ranging from Professors of English to primary schoolchildren, and everyone in between.

«The aim was create a literary community that is a portal to publication for Taranaki people, both within the province and including the diaspora elsewhere. We still need people to assist it by sending us their writing» Landers said.

Those who wish to submit should email their work(s) and a 30-40 word biographical statement to:

matatuhitaranaki@gmx.com. Submissions are now being accepted for the second 2023 volume, and there is likely to be further book projects, with a Hawera to Okato book planned for 2025.

The 2024 edition will focus on Northern North Taranaki, or Mokau to Waitara, or more accurately the rohe of Ngati Mutunga, Ngati Tama and Ngati Maru. Landers added that those who have not accessed back issues can do so at: www.matatuhitaranaki.ac.nz.

He said new writers should ignore their fears, test the waters, and send their work to the journal.



Professor Michele Leggott.

A Literary Homage to Patea, Waverley, and Waitotara is in effective a bumper double issue of the journal.

He said, "Our manuscript is currently over 160 pages, and the quality is astounding. We have poems from Professor Michele Leggott and senior students at the likes of Ngamatapouri,

Waitotara and St Joseph's School, Patea. As it is, December 2023 is already well-subscribed and it is likely that March 2024 will need to take some of that overflow.

Nga Purere Kapohau will be launched in early 2023 in Patea.

"My co-editor, Dr.



Dr. Vaughan Rapatahana.

Seafood diet could be better for environment

Moving away from meat-based diets to seafood-based diets could help reduce agriculture-related emissions while providing similar nutrition, according to international experts. A team analysed the nutrient density and climate impacts of wild and farmed seafood products and say wild-caught salmon, herring, mackerel, anchovies and farmed mussels and oysters had the lowest climate impacts relative to their

nutrient density. They say these products often provide more nutrition and lower emissions than meat from land animals, so promoting sustainable seafood diets could be a viable alternative to going vegetarian or vegan. However, the researchers note they focused on emissions rather than potential ecosystem impacts of higher seafood demand, and the industry would likely need to become more sustainable.

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Defibrillator available at High Street location 24/7

Harris Taylor Ltd is the location of a defibrillator (AED) at their 67 High Street, Hawera address. The lifesaving device was installed last month by partners Dean Pratt and David Cooper at the respected accountancy firm. However, staff member Tania Stone initially came up with the suggestion as she was concerned that other defibrillators in Hawera could not be accessed, as they were behind locked doors, much of the time. "During Covid most companies were

closed and not allowing access to defibrillators. Yet there was always likely to be an emergency," explains Tania. Management were on board with the suggestion immediately. "Dean and David were keen for the business to purchase an AED, so it was available to the general public all hours." Scott Lewis of St John Ambulance was very helpful in providing an AED and the device was installed at Harris, Taylor on their High Street exterior wall. Since the AED has been



Tania Stone (left) and Maree Tong of Harris Taylor Ltd with the defibrillator (AED) at 67 High Street, Hawera.

to Health and Safety issues. Since 2016, the entire staff have attended Intermediate First Aid courses, with a biennial refresher course. All 21 staff are also trained to use the AED.

If the AED is needed, a phone call to 111 will yield a pin code to unlock the padlock. An alarm is set off at the unlocking of the AED. "This will deter any burglar. Actually, AEDs are rarely vandalised," explains Tania. Following the simple instructions will possibly save someone's life.

Now the AED is installed, "I feel really good," admits Tania. "I hope it never needs to be used, but at the same time, it is good it's there if it is needed."

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Growing Zucchini (Courgette)



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So you're not overcome with Zucchini at once, stagger planting for a continuous harvest. You can plant 2 - 3 times per season.

Prepare the planting bed with lots of organic matter in a spot that gets 6 - 8 hours of sun per day.

Cluster several plants

close together so the flowers from multiple plants will pollinate each other.

Keep the soil evenly moist. Fruit production can be impacted if the soil is allowed to dry out too much between waterings.

Water well and provide with a liquid feed every fortnight with foliar feed like Tui Seaweed and Fish.

Once flowering you need both male and female flowers to set fruit. Young plants set a lot of male flowers at first so be patient. Once the plants get in to gear, they will start setting flowers of both sexes. You will recognise female flowers when you see tiny

fruits directly behind the base of the flower.

Pick Zucchini when they are 15 - 20cm. Cut the Zucchini off the plant rather than snapping, as this can damage the main trunk of the plant. Regular picking encourages more fruits to grow.

Powdery mildew is the most pervasive fungal disease that your Zucchini could get. The leaves will look like they have been dusted in talcum powder. Prevent by properly spacing plants to maximise air flow and avoid watering the leaves.

installed, "I have been surprised with the number of people who have mentioned to me how a defibrillator has saved someone they know," says Tania.

Tania points out that there is an App you can download which reveals where all the AEDs are located, not just in Hawera, but in other towns as well, with the hours which they are accessible. "Hawera actually has a lot of AEDs available during business hours, but only a few with 24/7 access," she points out.

The firm's staff and management are very attuned

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Ōpunakē Communities Kindergarten - Ngā mihi o te tau hou



The tamariki, kaiako and whaanau at Kindy have been putting a lot of time and effort into our latest Enviroschool focus "From Seed to Plate". Our overall aim is to be able to grow enough food in our mara kai and food forest so that we have enough to support our daily cooking with the tamariki (which they enjoy for afternoon tea), provide produce for our sharing table and have enough to share with our whaanau and wider community. The food forest has been doing well and the trees and plants we planted last year

are becoming established. Our passionfruit vines in particular are growing well.

So far we have been successful in using something each day from the gardens in our cooking. We have been baking varieties of muffins, quiches, pikelets and scones. The tamariki have been sharing their prior knowledge from home by sharing what they like to bake and cook with their whaanau. Reuben suggested that we try making some green pikelets which Reuben makes at home. The green came from the silverbeet from our garden.

We have been enjoying doing our own individual baking too in addition to process cooking where the children add each of the ingredients separately and create their own masterpieces. This supports literacy and numeracy where the tamariki are reading what ingredients they need, in addition to how much of each they need. There is a lot of fun being had measuring and comparing volumes of ingredients and mixing them all together. Of course tasting their creations at the end of the day is also a very exciting part. The tamariki have been asking several times after lunch time "Is it afternoon tea time yet?" If the tamariki leave early then they have created a new routine of visiting the kitchen to pick up some baking to enjoy at home. We have had extra too to add to our sharing table at the end of the day where whaanau can choose something of the table if they choose to and koha is accepted (which goes back into supporting our mara kai (which supports our seed to plate focus).



Above left: Reuben and Kara donate some planters for our seed growing. We would love it if anyone wants to donate any seedlings or cuttings for us to sell at Market Day on 29th October on Tasman Street.



Above right: Ethan, Leonie, Elliotte, Emi and Lucas combine their ingredients and scoop up enough to fill the muffin cases.



Left: Leo and Amelia have a go at process cooking - preparing a quiche by adding specific amounts of each ingredient and combining them together.

We have been using the eggs which our heihei have provided us with here at Kindy in our cooking. The heihei are providing us with enough so we haven't needed to outsource any which is perfect!



Above left: Lennie, Rhea and Reuben enjoy the green pikelets cooked following Reuben's recipe from home.



Above right: Jess, Jahvarni, Maddy, Bella and Hazel have a go at cutting up the ingredients and adding them to a shared bowl and pour out enough mixture for their little quiches.



Here Willow tests the lemon drink we made with the lemons Sebastian and Leo's whaanau donated with and without a leaf of mint and checks to see if it is too tart. Willow hunted around the garden and rubbed her fingers on the leaves to check to see if it was mint before picking it.



We discovered lemon balm looks quite similar to mint!

The tamariki have been sowing seeds and nurturing seedlings so that we have a variety of food growing in our mara kai. We have also been creating a herb garden and we have been using the seeds which Farah's whaanau has been donating each month - we are currently learning when it is the best time to sow certain seeds and how to support their growth, as well as how we can use them in our cooking and baking.



Above: Farah and Willow take the lead and share their knowledge with April-Maree sowing the seeds. (tuakana-teina relationship).

Below left: Here Ethan, Farah, Willow, April-Maree and Bella take turns sowing the seeds for Market Day.



Our sharing table is open every afternoon. We welcome donations from whaanau and all proceeds go towards supporting our mara kai.



Above right: Arlo and Arthur have their turn as the shopkeepers. Koha is accepted and appreciated in return for goods.

Helping youth help others

To any young people out there with time on their hands who would like to make a positive difference to the community they live in, Daniel Lawn would like to hear from you. The idea of getting a group of young people together to volunteer their time and help with jobs like section tidy-ups around Opunake is one Daniel has been thinking about for a while.

For the last five years Daniel has been director of Dan's Building Co, and along with suitably qualified people he will be overseeing the work.

He describes it as a "once a month working bee" for

anyone in the 14-18 age bracket who would like to volunteer a few hours on Sunday afternoon from 2:30pm to 5:30pm. They can bring along gloves, shovels, and any other tools they may have. When work is finished there will be a feed put on at The Wave Church on the corner of Domett and Allison streets.

Daniel says he has been putting out feelers for anybody interested in taking part. He would also like to hear from people who may need labour-intensive tidy-ups for their sections. These could include older people with sections which have become overgrown.

He plans to start on October 16, with everyone meeting at The Wave Church at 2:30pm before heading off to work.

"I love to see youth succeed," he says. "I feel youth are lacking motivation, because they are lacking purpose. And I feel in society young people are told to be responsible constantly but are rarely shown what it looks like to be responsible, this is achievable for everyone regardless of background. They only need to take a risk by being responsible for the direction they are heading in their life. There's no such thing as a failure, we are all just growing and learning."



Daniel Lawn at work with son Isaac.

Stoney Oaks



Two of the new Nubian kid goats at Stoney Oaks. From left Ranga and Gabrielle.



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(Before)

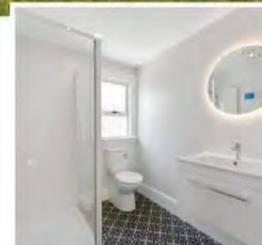


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NEW SCHOOL BOARD MEMBERS, COASTAL TARANAKI SCHOOL

School Board Elections, Parent & Staff Elections Results Declaration

Marcelle Rayner: 26
Calle Swanepoel: 61
Kathryn Moffitt: 71

Alyssha Short: 52
Deborah Burmeister: 69
Andrea Bidois: 41

Gaylene MacLean: 82
Invalid Votes: 2

I hereby declare the following duly elected:

Calle Swanepoel, Kathryn Moffitt, Alyssha Short, Deborah Burmeister, Gaylene MacLean

Staff representative: non-voting election

I hereby declare Deanna Heath duly elected.

Signed Kirsty Koboski, Returning Officer

STUDENT Elections Results Declaration

I hereby declare the following duly elected: Thomas Moffitt

Signed Kirsty Koboski, Returning Officer

PLANTING



Our Year 9&10 students missed out on attending their Ski Camp due to the weather and lack of snow. However they did join the Taranaki Iwi, Ngā Mahanga and others to plant the river banks of the Matenehunu River. This planting continues along from the planting our school staff completed a few years ago. We value our community partnerships and believe it is important to both give and support the environmental action in our community, as these groups extend their kindness and support to our school when called upon.

CROSS COUNTRY

In order to identify competitors for the Coastal and Taranaki Cross Country registrations, our school Cross Country for Years 4-8 was held early in September. Our school event turned out to be a great day and we were pleased with not only the participation of our students, but the kindness that was demonstrated by several students who supported and encouraged others.

The inter-school Cross Country event was then held in Ōmata on Thursday 15th of September and resulted in some great finishing runs by the following students.

Boys 9 years and under: Joel Becroft 1st Place
Girls 10 years and over: Pippa O'Sullivan, 2nd Place.
Boys 12 years: Oliver Foley, 1st Place; Jacob McEldowney, 3rd Place.
Girls 13 years and over: Elena Barron, 1st Place.



EPRO 8



Our school Epro8 event for our Years 5&6 students was held in week 6 of this term. Epro8 involves our students working in teams to solve problems that include engineering, problem solving and innovation. We have been developing this programme in our upper primary and intermediate age groups and intend to compete against our neighbouring coastal schools and wider region. This programme is taught and run by Mrs Gorrie-Lawn.

Eight participations (to be confirmed) will be heading through to the competition at Devon Intermediate in early November and then hopefully through to the semi-finals and finals at Devon. This group of students are motivated and meet every week to practice, working on construction ideas as well as how to work as a team.

PUKEITI TEAM - ART GALLERY/PUKE ARIKI INQUIRY TRIP

This term the Pukeiti Team (Years 0-3), had the opportunity to visit the Puke Ariki Museum and Govett-Brewster Art Gallery as part of our Term 3 Inquiry. At Puke Ariki we looked at European Settlement to Taranaki around how they felt when they arrived and what they found when they got here. This tied in nicely with us looking at a book called "No One Went to Town." The book is about a small girl called May, and what life was like when her family arrived in Taranaki around 100 years ago.



Stoney Oaks



Bottle fed Damara lambs at Stoney Oaks. From left Mollie, Maisie and Banjo.

Photos Gail Simons.

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<p>\$24,990</p> <p>2015 Mercedes-Benz A 250 AMG Petrol, 1.6L, 62kms, 5 door, Full spec</p>	<p>Mint Car \$37,990</p> <p>2017 Toyota Highlander GXL 7 SEATER Petrol, 8 Spd Auto, 3.5, 85kms, One owner</p>	<p>Very tidy \$15,990</p> <p>2013 Toyota Corolla Fielder 1.5, Auto, Great condition, Hi specs, 112kms</p>	<p>From \$41,990</p> <p>2020/22 Toyota Hiace DX 2.8 DSL As new, Immaculate, 3 to choose - silver, black</p>	<p>From \$27,990</p> <p>2015/16 Subaru Outback 2.5 LIMITED, Petrol, Auto, 79kms</p>
<p>Now \$28,990 Electric</p> <p>2015/16 BMW i3 electric, Auto, As new 19" alloys, 3 to choose white, black, red, low kms</p>	<p>Class \$64,990</p> <p>2016 Audi Q7 3.0TDI QUATTRO Diesel, Auto, 3.0, 58kms</p>	<p>Now \$39,990 Full Spec</p> <p>2015 Land Rover Evoque 2.0 SI, Petrol, Auto, 78kms</p>	<p>From \$16,990</p> <p>2015/17 Nissan Leaf X5 Door, 30KW Electric,, 2 to choose, both low kms</p>	<p>\$18,990 NZ New</p> <p>2016 VW Golf TSI 1.4T COMFORTLINE Petrol, Auto, 68kms</p>
<p>From \$34,990</p> <p>2020 Nissan Leaf G SPEC 40 KW 4 to choose, Red, white, black, Super low kms</p>	<p>From \$24,990</p> <p>2012/18/19 Audi Q5 S/LINE AWD 2.0 TSI 3 to choose, white, black, green</p>	<p>From \$66,990 Performance</p> <p>2015 Land Rover Range Rover Sport HSE 7 SEATER, 110kms, 3 to choose</p>	<p>\$61,990 Stunner</p> <p>2015 Porsche Macan S 3.6 S TURBO Petrol, Auto, 89kms</p>	<p>Now \$34,990</p> <p>2019 Toyota Corolla FIELDER TOURING S, Hybrid, Auto, 1.8, 24kms</p>



Ōpunakē High School

Te Kura Tuarua o Ōpunakē

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Principal's Address



Whaowhia te kete mātauranga

Fill the basket of knowledge.

This has been the business end of the school year, where the focus is on course completion, examination practice, and attaining NCEA qualifications.

Our students here at Ōpunakē High School have incredibly diverse courses, to enable them to develop their 'superpowers' and gain confidence and success in their subjects of choice. This may include building a Tiny Home, Pest Eradication, Creative Artistry, Hospitality, Maunga Taranaki projects, Work Experience, Education for Sustainability, Musical Performance, Rock Climbing, Outdoor Education. Not to mention developing their critical thinking, and literacy skills through the core academic subjects.

Our students in senior school are tracking extraordinarily well considering the disruption Covid has brought. We are looking to gain approximately a 90% success rate at NCEA Levels 1, 2, and 3. If the students love what they learn, then they learn what they love. Easy!

Our senior basketballers continue to represent our kura at a high level, gaining first place in the Boys Regional qualifiers, and second place in the Girls Regional competition. We wish them well for the nationals, and would like to thank the community for supporting our hangi, and basketball shoot out in an effort to fundraise.



Haora Hong (c) surrounded by our young artists

We have been very fortunate to have Haora Hond supporting our kura in the creative space, and the mural painted by the juniors is awe inspiring. Let's not forget the musical arts where our students were performing to parents and peers. Not a dry eye was left in the house after some powerful and moving solos.

Te wiki o te reo was a fabulously fun week, with our tamariki getting involved in scavenger hunts, horohopo and a hikoi to Te Namu Pa.

Finally, I would like to acknowledge Pelo Rangi who is our new Alternative Education tutor. We are so excited to have him in this role, and look forward to seeing our students shine with his guiding light.

Arohanui koutou, and enjoy the coming of spring from Opunake High School; "the best secondary school the rest of New Zealand doesn't know about!"

"Te tiro atu to kanohi ki tairawhiti ana tera whiti te ra kite ataata ka hinga ki muri kia koe."

"Turn your face to the sun and let the shadows fall behind you"

Kia kaha, kia maia, kia manawanui

Andrea Hooper Carr
Principal

ART THINGS

A group of our senior art students have been working on an opportunity given to us by Michaela Stoneman, the Kaiārahi Toi (Arts Co-ordinator) with South Taranaki District Council.

With some generous funding and supplies these students have been completing murals for the skatepark across the road from our school as part of a beautification project and an overall safety upgrade to the area.

As well as a chance to present their work in public, these students have been able to earn NCEA credits for their mahi, as well as including the work in their external portfolios (which are due early in Term 4).

The murals should be up sometime this term, and definitely add a bit more colour and vibrancy to the area.

Some of our juniors will get a chance to work closely with Michaela to complete smaller projects within the area.

Artists work (from top):
Jaunte Churchill, Te Arikini Herewini,
Teague Mullin & Milly Moss





Opunake High School



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How petting dogs is good for you

Petting dogs seems to boost a part of our brain that helps regulate and process social and emotional interactions. Overseas researchers measured activity in the prefrontal cortex of 19 people as they each interacted with a real-life pupper. As a control, the same interactions were measured using a stuffed animal named Leo. Activity was greater when folks interacted with the real dogs, and this difference was the largest when they pet them, instead of when they simply looked at the canine or had it recline next to them. The team says the results suggest that involving animals into therapeutic interventions might be a promising approach for improving emotional involvement and attention.



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NPDC giving Vietnam war relic some TLC

A much-photographed reminder of how some of our troops fought and died overseas is being temporarily removed from New Plymouth's foreshore for refurbishment.

NPDC and the New Plymouth RSA are sending the city's Pack Howitzer to Porirua, where army volunteers will remove rust and recoat it.

"It's planned maintenance of a piece of our history – something we're honoured to be custodians of given its part in our country's story," says Acting Manager Parks and Open Spaces Conrad Pattison.

This howitzer was used by

New Zealand troops during the Vietnam War. More than 3,000 New Zealand military and civilian personnel served in Vietnam between 1963 and 1975.

The Pack Howitzer was previously restored by the New Zealand Army in

Trentham and installed opposite New Plymouth's Cenotaph in November 2015 as a joint project between NPDC and the New Plymouth RSA.

The refurbishment will take a couple of months to complete.



The pack howitzer and ANZAC statue

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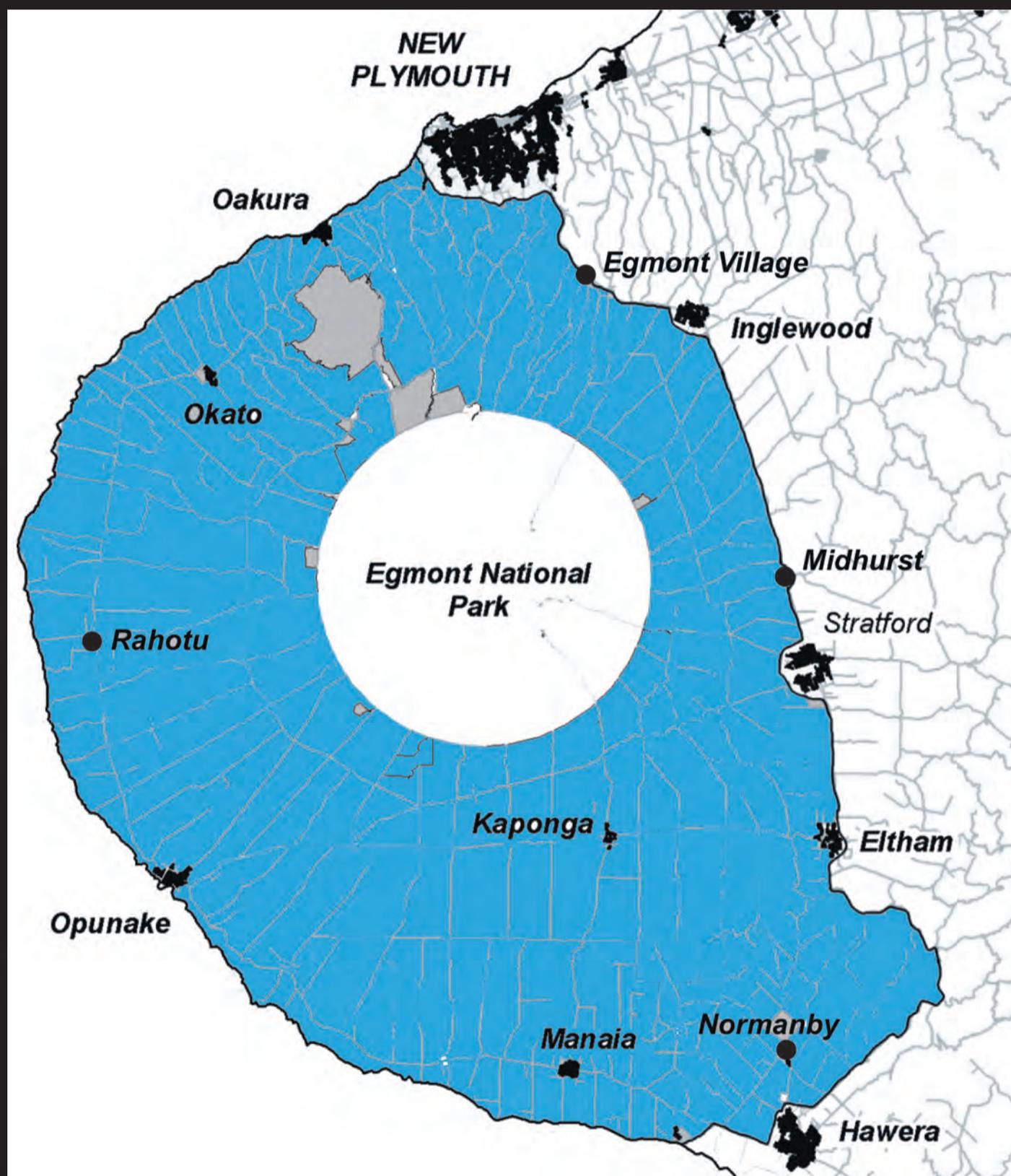
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New data reveals failure of live export trade to protect animals

Information obtained through Official Information Act requests has revealed that as many as ten times more animals could be dying shortly after live export voyages compared with during the journey. SAFE CEO Debra Ashton said the information was shocking, given the Ministry for Primary Industries (MPI) only publishes data based on the number of cows who die during the journey.

"If the cows who died shortly after the voyage were included in MPI's statistics, the number of deaths, in many cases, would double". "Further, if the cows who were given grave prognoses - meaning they are unlikely to survive - at the end of quarantine were included, the death toll would increase, in some cases, three-fold, and in at least one case, ten-fold, over and above the listed voyage deaths."

Following a shipment that left New Plymouth on 24 September 2021, MPI reported only the three deaths that occurred onboard. However, a post-arrival report SAFE obtained revealed a further eleven cows died during quarantine. An additional 20 cows were given a "grave prognosis" whose condition was expected to deteriorate even with medical intervention.

This means the total number of deaths attributed to this voyage was up to 34, not three, as MPI published on their website. The 30-day post-arrival reports do not capture the fate of cows with a "grave prognosis".

The move to ban live export by sea was recently debated in parliament. National MP, Tim van de Molen, claimed that cows are "... often

coming off the vessels in better condition than they boarded at New Zealand."

However, the post-arrival reports obtained by SAFE listed causes of death that included: hemorrhagic septicemia (a bacterial disease), pneumonia, rib fracture, stomach rupture, intestinal bleeding, lung adhesion, necrosis and

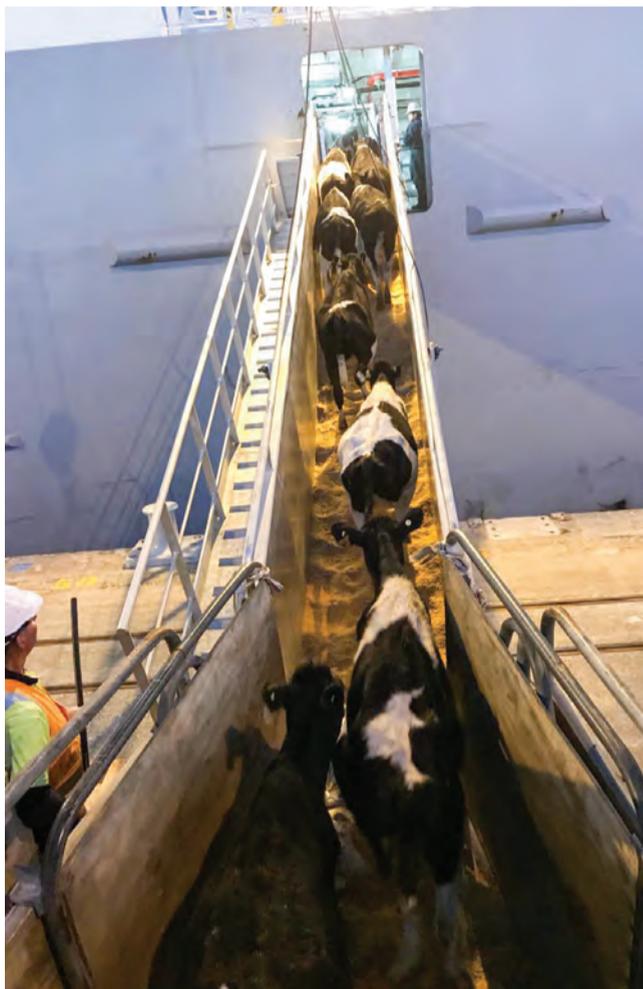
suffocation - conditions that indicate a high degree of suffering and extremely poor animal welfare conditions.

"The conditions, both onboard live export ships and at their destination countries, can be appalling. These realities are at odds with New Zealand's desire to be a world leader on animal welfare," Ashton said.

"A ban on live export can't come soon enough. Furthermore, it begs

the question; why is the Agriculture Minister allowing MPI to publish

incomplete data on their website?"



Above: New information obtained reveals the state of animal health during live exports.

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Strong demand for prostate counselling service



Raise counsellor Claire Gard.

Peter Dickens, CEO of the Prostate Cancer Foundation is keen to make sure New Zealand men living with prostate cancer, and at risk of increased mental distress, know that free counselling and support is available to them 24/7 via the Prostate Cancer Foundation Counselling Service.

In 2021, the Prostate Cancer Foundation (PCFNZ) partnered with leading mental health and wellbeing provider, Raise, to assist men affected by a prostate cancer diagnosis. The service provides comprehensive support, from a network of counsellors and psychologists in times of emotional distress.

“To date the service has assisted 42 men who without access to this support, may not have had a positive outcome. The service uses counsellors who are educated on prostate cancer and can provide support to men living with the disease,”

says Dickens.

Raise counsellor Claire Gard previously worked for the Prostate Cancer

Foundation and brings a unique insight into the scale of the disease and the impact it has on men and their

families.

“Many men, and their whānau, struggle with their mental health and emotional wellbeing while they are on their prostate cancer journey. There are a whole host of challenges that affect mental wellbeing and resilience of men when they are diagnosed, undergoing treatment, or living with the disease. With men living with prostate cancer as much as four times more likely to die by suicide, making sure a support service is available to them is critical,” says Gard.

“When someone suffers from a serious disease, they can benefit greatly from counselling as it enables them to express their feelings in a private, safe setting with a qualified specialist,” adds Gard.

“Two of the most common side effects of prostate cancer treatment are urinary problems and erectile dysfunction. Both can

have a significant impact on a patient’s emotional wellbeing. Side effects from treatment such as low energy can also have an impact. Other side effects from treatment or medications can cause symptoms of aggressive behaviours, tiredness, stress, forgetfulness, anxiety, lack of motivation, or anger – all of which can be out of character and challenging to deal with. Add to this the financial burden of reduced work hours or privately funded treatment, and a stressed emotional state is not an uncommon outcome.”

Dickens adds that prostate cancer is not just a challenge to an individual, but to whānau and others close to them. The diagnosis has an impact on their partner, family and loved ones and sometimes the strain can have an adverse effect on these relationships, which in turn may impact recovery.

According to Gard the

Prostate Cancer Foundation Counselling Service can make all the difference.

“Counselling after a prostate cancer diagnosis has several advantages. In the beginning, it’s about helping people accept the prostate cancer diagnosis and what it means for them personally. Counselling can increase their sense of empowerment and quality of life. Additionally, counselling can lower any stress or anxiety and enhance their overall wellbeing,” says Gard. “I’ve spoken to men who feel they have lost their sense of manhood, their relationships have suffered and they are depressed. With counselling we have re-established their sexuality and sense of self, their relationships have been rejuvenated and their mental health and overall wellbeing greatly improved.”

Taranaki goes pink for Breast Cancer Awareness month

Breast Cancer Foundation NZ (BCFNZ) is inviting people in Taranaki to get amongst the many initiatives

taking place this October to mark Breast Cancer Awareness Month, as the Hāwera Water Tower goes pink for the first time.

From pink socks on the rugby fields to the Pink Ribbon Street Appeal, pink lights to the Pink Ribbon Walk Challenge – October is the time to show support and fundraise for the more than 3,500 Kiwi women diagnosed with breast cancer every year, and also to make sure women are being vigilant about breast health.

BCFNZ’s chief executive, Ah-Leen Rayner, says: “Breast cancer is most treatable when it’s caught early – it’s vital for us to keep

spreading this life-saving message when we’ve all been so distracted by Covid-19 these past few years. We’re urging women to make sure they’re up to date with their mammograms, and to see a doctor quickly if they notice any symptoms.

“This October we’re also asking New Zealanders to contribute to our vision of zero deaths from breast cancer. As a charity that receives no Government funding, the generosity of Kiwis donating to our cause will make a huge difference to further our work in research, education, advocacy and patient support,” adds Rayner.

There lots of different ways people can get behind Breast Cancer Awareness Month:

See the Hāwera Water Tower and New Plymouth Clock Tower lit up in pink, as they join other landmarks

and buildings across Aotearoa New Zealand helping to shine a light on breast cancer. Hāwera will be pink through the whole month of October, while New Plymouth will go pink 10-31 October.

Volunteer for the Pink Ribbon Street Appeal – join 10,000 volunteers taking to the streets on 28 and 29 October to shake a pink bucket for two hours.

Take on the Pink Ribbon Walk Challenge. For the first time this year, people in Taranaki can walk in their own neighbourhoods for the ones they love. Over the month of October, walk 350,000 steps for the 3,500 women diagnosed with breast cancer every year.

Go Pink For A Day – a campaign for workplaces to raise funds and start conversations about breast health and wellbeing. The first 500 organisations to

sign up will receive a free Pink For A Day pack to help make fundraising a breeze.

Each year around 80 women are diagnosed with breast cancer in the Taranaki region. Early detection is crucial for surviving breast cancer – the 10-year survival rate if breast cancer is detected by mammogram is 95%, but this falls to 85% if a woman finds a lump. Women should be ‘breast aware’ from the age of 20, which means getting to know the normal look and feel of your breasts so you can tell your doctor if there are any changes. BCFNZ recommends considering annual mammograms from 40-49, then every two years from 50. Free mammograms through BreastScreen Aotearoa are available when you’re 45-69.

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Brain risk more than double among former rugby players

Health data of hundreds of former international rugby union players has revealed a risk of neurodegenerative disease that's 2.5 times higher than that of the general population.

Overseas researchers looked at 412 Scottish former international rugby union players and compared them to more than 1200 people from the general public. The exact risk among the former athletes varied by each condition, ranging from just over twice as high for dementia to up to 15 times as high for motor neurone disease.

Dr Helen Murray, Research Fellow at the University of Auckland Centre for Brain Research, comments:

"The study by Russell et al. shows that the risk of neurodegenerative disease is 2.6 times higher among former rugby union players than the general population. These results corroborate findings from previous studies that examined neurodegenerative disease risk in former NFL players and soccer players. The rugby cohort largely comprised players that

played at elite amateur level, which indicates the increased risk of neurodegenerative disease now reported across multiple sports is not limited to professional athletes.

"It is notable that the risk varied by disease subtype with motor neuron disease risk being the highest, followed by Parkinson's disease and dementia not otherwise specified. The authors were not able to distinguish other specific types of dementia in their study, such as frontotemporal dementia, Alzheimer's disease. The authors also did not have access to data on the length of the athletes playing career so were not able to determine whether the risk of neurodegenerative disease correlated with the career duration as has been shown in both former NFL and is a risk factor for a range of neurodegenerative diseases. Chronic Traumatic Encephalopathy (CTE) is the most widely known brain pathology linked repetitive head injury in sport. However, this study reinforces the idea that head injury risk is not limited to CTE, and former contact-

sport athletes should be monitored for all types of dementia. Every type of dementia is devastating.

"It is unclear whether these findings will be applicable to female athletes or non-elite athletes. This is a limitation of all current studies as we have very little data on these groups. The collection of this data should be a priority as women's sport and amateur sport continues to grow and it is vital that we understand whether the long-term risk of neurodegenerative disease differs in these populations.

"This study is valuable for us in New Zealand due to the popularity of rugby and other contact sports. The findings of this study emphasise the importance of developing strategies to reduce exposure to head impacts in training and games and to be cautious in our approach to head injury management and return to play. We should also investigate strategies to proactively monitor and improve the brain health of contact sport athletes during and after their athletic career.

"This study also highlights the need for additional research exploring the

mechanisms of how head injuries alter the brain and how these changes can progress into neurodegeneration. Here at the University of Auckland Centre for Brain Research we have developed the sports brain bank initiative as part of the Neurological Foundation Human Brain Bank. We are studying the donated brain tissue of deceased former athletes with and without cognitive symptoms to understand how repetitive head injury exposure alters the microscopic structure of the brain."

Professor Patria Hume, Professor Human Performance, Auckland University of Technology, comments:

"The evidence that collision sports are associated with increased rates of death from neurodegenerative diseases is continuing to accumulate. The repeated findings of brain health issues in former rugby players in the NZ RugbyHealth and UK RugbyHealth studies, and now in this Scotland study, are adding weight to the call for reduction in risk factors for brain diseases –

including repeated head impacts in sport.

"The finding of death from a neurodegenerative disease being greater in former rugby players (two times greater for dementia and three times greater for Parkinson's disease) than

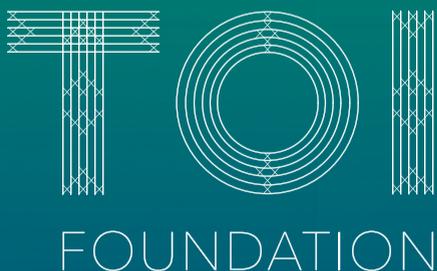
a general population group, based on analysis of hospital and prescription data, despite no data on rugby career length or history of concussion, does again raise the question, why is there a greater risk of brain disease in former rugby players?"



Side view of a brain under threat.

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Why Arthur wants a second slurry tanker

Arthur Clapison is a farmer that thinks outside the box and grabs opportunities with both hands.

Sharemilking on a dairy farm in Kaimata, North Taranaki, Arthur is passionate about the use of effluent nutrients. So much so, that in his spare time he helps other local farmers – stirring their ponds and spreading over paddocks.

Arthur's first effluent equipment investment with Nevada was a TurboStir600 PTO stirrer. Being a sharemilker he needed a stirrer that was portable so he could take it with him wherever he goes, so in making the most of his investment it makes sense to use it for some contracting work as well.

As an advocate for effluent spreading Arthur's next



Arthur Clapison. Thinking outside the box.

investment was a slurry tanker to enable him to

have an entire effluent management solution not

just for himself, but for his contracting clients. Given

the TurboStir had been a great success, he headed

straight to Nevada to enquire about a slurry tanker.

'Reliability is key for me. I'm not only using the machine for my own farm, but for my clients. The stirrer's been great, so I went back for a slurry tanker.'

Arthur's got a big tractor and a lot of effluent to spread, so a 20,000L tridem slurry tanker was a good fit. The tractor can easily handle the load, and carrying a larger amount makes it more efficient with less trips back to the pond.

'It's amazing how manoeuvrable it is. Very efficient. Surprisingly fast spreading with the RainWave. I'd like to have two identical machines.'

Nevada.

Too many farmers still stuck in connectivity 'slow lane'

Coverage, reliability and speed of mobile and internet services for many farming families and businesses are treading water, if not going backwards, the 2022 Federated Farmers Rural Connectivity Survey shows.

More than half of the nearly 1,200 farmers who responded to the survey report internet download speeds at or less than what could be considered a bare

minimum (20 megabytes per second/Mbps) and those who said their mobile phone service had declined in the last 12 months jumped from 20% to 32%.

"For a sector that underpins the lion's share of New Zealand's export earnings, and one where productivity gains and reporting requirements are increasingly aligned with use of technology,

apps and devices, this is really concerning," Federated Farmers national board member and telecommunications spokesperson Richard McIntyre says.

"It's a given that it's easier and more profitable to deliver high standards of mobile and broadband to urban areas. But rural families and farm businesses - who due to remoteness and

road travel times can really benefit from strong on-line connectivity access - must not be left behind."

The survey showed a continuing trend of farmers moving to wireless broadband (now 52%) and, despite the expense, satellite services (19%) as old copper lines fail to deliver on speed and reliability.

"But we saw a greater number of farmers remark that the quality and reliability of their internet connections had deteriorated as local network infrastructure had become over-subscribed, either by increased numbers of users or increased demand by those users," Richard

said.

A similar issue is happening with mobile phone services.

"When a third of rural users are saying mobile connectivity has declined in the last year, it points to severe reliability issues."

Nearly 69 percent of respondents reported problems with calls dropping out, an inability to make and receive calls or send and receive text messages even when they have 2 signal bars on their cellphone.

For many, the decline in mobile services meant they were no longer able to rely on mobile broadband as a back-up for those times where their internet connection to

the farm is disrupted. For others, it appears nearby mobile towers have become incapable of handling voice calls and mobile data as they have become overburdened by more people making greater use of the same towers.

"This is an issue Federated Farmers raised with government following our 2020 and 2019 surveys and we acknowledge that of \$60 million earmarked for rural telecommunications in this year's Budget, some \$45m is dedicated to upgrading or adding towers," Richard said.

"This work can't happen too soon."

MoU a positive step

The new memorandum of understanding between the Government and agribusiness leaders as part of the Centre for Climate Action on Agricultural Emissions is a step in the right direction, National's Agriculture spokesperson Barbara Kuriger says.

"The \$172 million over four years committed to tools and technology, including \$7.75

million in this financial year, is a constructive spend of committed Budget funds.

"National supports the Government's current emissions targets and budgets.

"Our agricultural sector is currently worth \$52 billion to New Zealand, and our farmers are already the world's lowest emitters.

"The Government needs

to work constructively with our farmers to enable them to continue to lead the world in lowering agricultural emissions.

"Science and technology will play a big part in that, so government funding should be directed towards progressing innovative developments in this space."

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Fined farmer exception not the rule

Fined farmer exception not the rule

The vast majority of Taranaki farmers follow the rules and want to do the right thing when it comes to the environment

That's according to Taranaki Regional Council Director-Resource Management Fred McLay, who says the actions of one should not detract from the thousands of landowners who support Council programmes and work hard to protect and enhance the land, waterways and biodiversity on their properties.

In the New Plymouth District Court Colin David Boyd was ordered to pay a total of \$95,750, after he previously admitted carrying out illegal earthworks on his Surrey Rd, Inglewood farm. That comprised a fine of \$78,750 for three charges of discharge of sediment and reclamation and \$17,000 for not complying with an abatement notice plus an enforcement order issued.

It's the third time Mr Boyd has been convicted of offences under the Resource Management Act 1991 (RMA).

Between October and



Diversion. Derby Road in foreground. Mt Taranaki in background. Taken by drone October 2019.

November 2019, he carried out a significant amount of earthworks in and around a tributary of the Mangatengehu Stream.

He constructed a diversion channel, reclaiming a 278m section of the stream. The

majority of the riparian vegetation had been removed and around 160m of the stream had been drained. Significant scour and erosion occurred, with silt and sediment flowing into the stream and impacting

water supplies.

This had a noticeable impact on the stream's freshwater biology, with a significant decline in nearby species diversity and population.

Mr McLay says the fine

reflects the seriousness of the offending.

"It reiterates this kind of illegal activity will not be tolerated by the Council or the courts and those who let the side down will be held accountable.

"It is worth noting that a breach of this magnitude is an exception and doesn't reflect the generally high level of compliance among Taranaki farmers."

But with implementation of the Government's Essential Freshwater regulations well under way and the RMA set for major reform, Mr McLay says it's a timely reminder for anyone planning works on their farms.

"We understand it's a challenging time as farmers get their heads around the changing requirements. The Council is working closely with the rural community to get them the information they need and ensure we're all on the same page.

"In the meantime the message is simple – if in doubt, check. If you're not sure what you can and can't do, please get in touch with the Council. We'd much rather help you get it right, than have to take enforcement action later."

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Forage agreement caters for cost variability

Farmer and rural contractor industry groups have worked together on an initiative to safeguard their members in the face of fuel and fertilizer price volatility.

“The new Forage Trading Agreement has been developed by Federated Farmers in conjunction with Rural Contractors New Zealand,” Feds Arable Chairperson Colin Hurst says.

“It gives growers and harvesters/purchasers an agile contract that can cater for spikes in the cost and help ensure no-one is unfairly out of pocket.”

There hasn't really been an issue on this front in the past but COVID-19, the disruption to supply chains and consequent “roller-coaster” prices for fuel and fertiliser sparked the problem, Colin says.

“Then we had the curve ball of the war in Ukraine and those impacts. Last year the price of fuel went through the roof, and some rural contractors running expensive machinery with fixed costs basically lost money.”

Federated Farmers and Rural Contractors NZ contracted NZX to develop and regularly update fuel and fertiliser cost reference indices. Armed with that

independent data available to members through both organisation's websites later this month, growers and contractors can take advantage of the flexibility of the new Forage Trading Agreement to select what variable costs they want to move, and at what rate.

“It doesn't tell either party how to price, as everyone has their own cost model and pricing model. The template provided with the agreement

is a guide to assist with being able to calculate the change in price,” Colin said.

The new agreement and template to assist in calculating the variable costs are available now, and only one copy needs to be purchased in a 12-month period.

Additional copies can be printed off as a pdf by the user, allowing them to create multiple/unlimited agreements.

“The reaction from farmers/growers and contractors has been very positive and we would be keen for any feedback to ensure suitability for all forage crops and also to cater for other key input costs.

“We think this is a valuable tool for the sector, one that offers a bit more certainty in these uncertain times,” Colin.

Last stage to start on Nukumarū Station road project

Work is set to start on the last section of the Nukumarū Station Road extension project, following the remaining land acquisitions being finalised says South Taranaki District Council (STDC) chief executive Waid Crockett.

Mr Crockett says he would like to thank all the landowners for their patience and co-operation in getting to this stage.

South Taranaki Mayor, Phil Nixon says it was a great relief to have the final stage

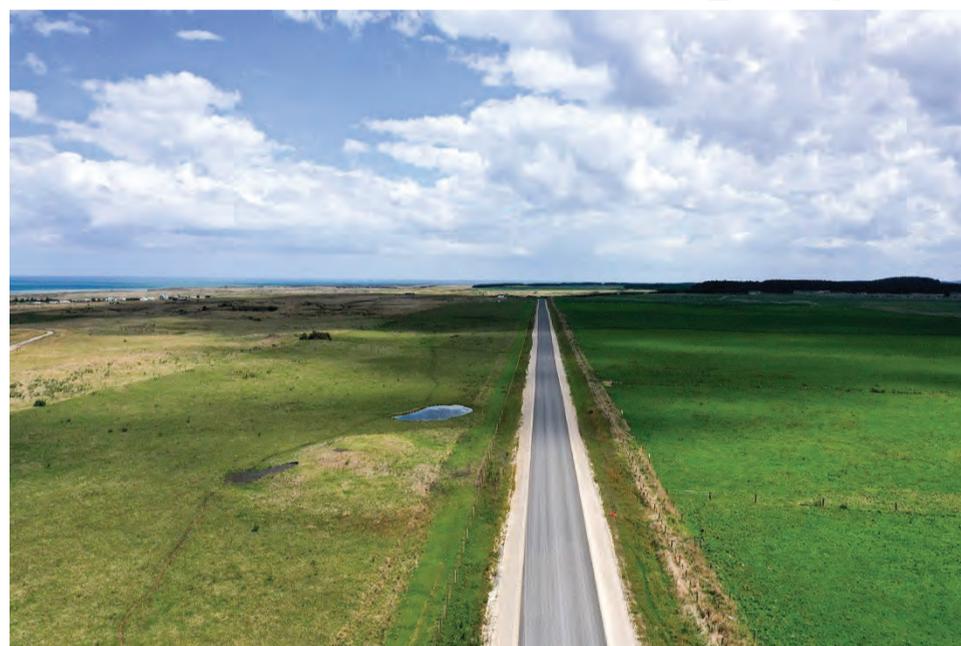
get the green light.

“This long awaited \$10.14 million project represents a major investment in the southern part of the district which guarantees security of access for residents and business in the event of future flooding. The new road is a vital access for the Waiinu Beach community, the ongoing financial viability of the Waitōtara Silver Ferns Farm food processing operation and other businesses in the area and will ensure the

community has a secure route in and out of the village,” he says.

Mayor Nixon says \$7 million of the \$10.14 million project is being funded from the Governments ‘Shovel Ready’ projects fund with the remaining money coming from the South Taranaki District Council and Waka Kotahi New Zealand Transport Agency.

Approximately 2.3km of new road, from State Highway 3 to the railway crossing, is left to build in addition to the 6km already completed. The work is set to start in November and weather permitting, should take around four months to complete.



The road to Nukumarū.

We welcome your contributions. Please send to editorial@opunakecoastalnews.co.nz



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One of the good stories

Ever changing rules means dairy farming is a changing beast, but it still remains our country's top export earner. Anyone wanting to come into the business needs to adapt to the new challenges facing them. Last week about 160 people were at a field day organised by Pasture Summit to see how a young Manaia couple are facing up to these challenges.

Nathan and Courtney Joyce have been dairy farming for the last eight years. They milk 600 cows across two adjoining farms, one which they have been leasing, and the other which they have just bought.

It is their fifth season on the 91ha hectare leasehold property where they milked 305 cows in the 2020-1 season. Production figures were 442kg/MS per cow or 1480kg/MS per hectare.

"We've been trying to target up and coming farmers who have done well and done a great job with their pastures and delivering great profitability," says Pasture Summit director Colin Glass, who is also a Mid-Canterbury dairy farmer and a board member of DairyNZ.

He said they wanted to have field days in both the North and South Island. Last year's field days had been held on farms in the Waikato



There was a good turnout for the Pasture Summit Field Day held on Nathan and Courtney Joyce's farm near Manaia.

been chosen after word had got through from some members of the Pasture Summit committee and DairyNZ about how well they had been doing with their pasture management.

As well as a chance to Nathan and quiz him about what they have been doing on the farm, those attending the field day also got to listen to speakers from DairyNZ, ANZ, Ravensdown and Ballance, South Taranaki farming couple Gemma and

Terry Adams also spoke about their journey towards farm ownership as well as developing their farm mapping business VizLink.

"There's a perception out there that everyone is creaming it with the milk price, but that's not the case," Mark Neal of DairyNZ told everybody.

Nathan said he wanted to keep things as straightforward on the farm as possible, while making every blade of grass count.

He said he wanted to look after the pasture that was there rather than putting down new pasture.

The introductions of nitrogen caps means there will be limits on how much nitrogen can be applied. Nathan says he has a rule that none is applied in summer and he tries to keep to 6-7 applications a year.

He is also trying to make sure he isn't substituting supplements for pasture, although he concedes that a "tough spring" had meant using more supplements than he normally would have.

Breeding good stock is also important.

"When we started on this farm we were milking cows we didn't really want to be milking," he said.

Jane Kay of DairyNZ told everyone that there is still

a lot of uncertainty about what's coming out from He Waka Eke Noa.

"I don't think anybody should be rushing out there and making big changes to their systems," she said.

The challenge was for farmers to remain profitable so that they would be in a better position to adapt to future changes.

Nathan said he liked to bring his employees into the decision making process and tried to treat those working for him the way he would want to be treated.

"They are teaching me stuff as well," he said.

There was some discussion about the changing relationships between farm owners and share and contract milkers. One farmer said that just as there are courses for share farmers in their dealings with the farm owners, maybe there should be courses for farm owners who may have been used to different conditions when they were sharemilking.

Colin Glass paid tribute to Nathan and Courtney.

"It takes a lot of courage to open yourself up to a lot of scrutiny," he said. "There's a lot of stuff to be confronted with today and it can be quite daunting, but there are fantastic success stories and we have seen one of them today."

Meanwhile Nathan has a word of advice for those wanting to give dairying a go.

"Get those red bands on and get stuck in," he says.



Nathan Joyce listens while Jane Kay of DairyNZ makes a point.

and Canterbury. This year they wanted to hold them in Taranaki and Southland. The South Island event is being held at Daniel and Emily Woolsey's Southland farm on October 19.

"We're trying to get the story out there that the outlook for dairying is really bright. We don't hear enough good stories like this, that there are good young couples who are doing really well."

Colin says the Joyces had

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Effluent management for the long haul

With regional councils putting more regulations on effluent systems, Jacques Le Prou knew he had to do something different. That was seven years ago.

The Pihama farm where he and Vanessa milk 650 cows was one of four featuring in a series of Effluent Field Days run by DeLaval Coastal Agri and AgFirst Engineering last week.

The system they have put in on their farm includes a feed pad, a weeping wall solids separation system and a 2,389,000L lined storage pond. There are green water recycling flood wash systems on the cow yards and feed pad. Their farm is linked to both the Cold Creek and Waimate West water schemes, and they are saving about 50 cubic metres, or 50,000 litres a day, with savings of 15,000 cubic metres a year.

After the solids have been captured, a Weta travelling raingun irrigator irrigates the paddocks with green water.

When the Le Prou took over their Skeet Road farm there was no milking shed, just a paddock, so it meant starting from scratch with new shed and a new effluent system. Jacques said he could see the way



From left. Jacques Le Prou (farm owner), Simon Foley (DeLaval Coastal Agri), Davieth Verheij (AgFirst Engineering), Alex Scott (DeLaval Coastal Agri).

things were going with new system.

environmental regulations He had a look at systems so something new would be needed for the effluent and made contact with

Davieth Verheij of AgFirst Engineering, who put him on to the system he is currently using.

"I wanted something that was not mechanical and had no moving parts and was easy on labour, which is why I went for this system," says Jacques.

The system has been operating on his farm since 2015, making it only the second one of these to be installed in Taranaki.

Jacques is pleased with the results.

"It's awesome. It works exactly how it's supposed to work," he says. "This ticks all the boxes."

He points to the irrigator in a nearby paddock.

"It's clean. It only recycles water. It doesn't get the solids over it," he says "The paddocks don't turn all black

when you turn the irrigator on."

AgFirst Engineering has installed 120 systems in Taranaki working alongside DeLaval Coastal Agri. Next year they will have been operating for 10 years. The company's founder Davieth Verheij comes from a Waikato farming background and grew up on the family farm at Te Awamutu. His parents came from the Netherlands, and also farmed in Israel.

Davieth was installing pumps, water and effluent systems for Te Awamutu Milking Machines when things got tougher. He says that when the Waikato Regional Council tightened up the effluent management regulations in 2007 he had a large client base who didn't know what they should be

doing next.

"I was learning what wasn't working. There was no knowledge in the Waikato, so I made it my passion to learn as much about effluent as I could."

Davieth did a course in dairy effluent design and management at Massey University, started designing systems, and founded AgFirst Engineering. His first project in Taranaki was for the Fonterra plant at Kapuni.

Ten years ago he made contact with De Laval Coastal Agri.

"They were in the same position I was in eight years prior to that. They said they had all these farmers who didn't know what they should be doing next."

The relationship between the two businesses continues to this day, with De Laval Coastal Agri assisting with backup and maintenance.

Simon Foley of DeLaval Coastal Agri was pleased with how the field days were going.

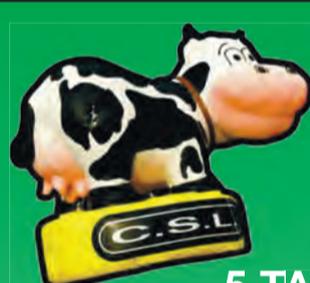
"It's a great opportunity to showcase the cost savings that can be achieved through a well-developed expert system," he said.

The Le Prou farm was the second farm to be showcased in the four field days. Earlier that day there had been a visit to Brendon and Anna Harvie's Omuturangi Road farm. Their system had been a more recent installation, with a similar design to the one at Le Prou with added refinements.

The following day there were visits to John and Donna McCarty's Eltham Road farm and the Poharu Farm of Mark Bridges, Graham Mourie and Shane Stevenson on Kaweora Road. Davieth says that while the Harvie and Le Prou systems are new builds, the others are retrofits, using existing ponds and infrastructure and making them better.



The Le Prou farm was one of four visited in a series of Effluent Field Days run by DeLaval Coastal Agri Services and AgFirst Engineering.



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Taranaki Air Rifle Club



Frank Eustace getting award from Geoff Coubrough.

There was a good turnout of keen shooters and Steve Smith would have been proud of how it all went at the Steve Smith Memorial. Nigel Kay was the main range officer with help from Mark Evans. Brian Cook kicked it off with his trusty air pistol at 12.5 yards scoring 1365 which was going to be hard to beat for the rifles at 25 yards. The big challenge was to get a 10 which was just a dot for the multiplier. There were only two clear rounds by both Brian Cook and Geoff Coubrough. There was doubt until the last round who would have the best score. And that was a 9/10 from Frank Eustace. New shooter John Brogden did very well, as did John Costain who received the

most consistent and most improved award.

Last week there was a good turnout of shooters shooting indoors at Silhouettes with air guns. This time we were shooting at 15 metres with air guns bench rest. The aim this day was to knock down 10 of each for a total score of 40. There is quite a noise as the silhouettes get knocked down off their pedestals. As spectators watch the images disappearing there will be an audible gasp if a target is missed and always applause when a shooter gets a clear round. First time shooter Melissa Kuriger. managed a clear round of turkeys. Quite a feat for her first time. Frank Eustace. was able to get 40 targets and so will be added to the list of three other shooters to

have achieved a clear round. Every one enjoyed the day and the challenge, and are looking forward to when we next shoot silhouettes.

Frank Eustace

Tournament win for Manaia golfer



Sam Jones.

Manaia golfer Sam Jones has won the Carrus Tauranga Open tournament.

Jones won the event on Sunday after finishing 21-under-par after firing 68, 65, 62, and 64.

The weather affected play in the first three days at the Tauranga Golf Club, and 27 holes were needed to beat Auckland-based professional Woonchul Na by three shots.

Jones played his remaining nine holes in his third round in four under to shoot eight under and lead by a couple going into the final 18 holes. He shot a final round of six under to achieve the win.

Woonchul Na finished as the top professional by one over Harry Bateman, with Jessica Green finishing as the leading woman at two under.

This is Jones' first victory on the Jennian Homes Charles Tour.

Over the last two events of this competition, Jones has averaged 38-under-par.

A week earlier he had narrowly missed out to Hawkes Bay golfer Mako Thompson at the Mount Open in Mt Maunganui.

Jones was a member of the New Zealand team which finished 34th in this year's Eisenhower Trophy.

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*All model pricing is quoted as ride away ex GST. Warranty conditions apply. A 2 year/unlimited km CFMOTO Warranty applies to all new CFMOTO CFORCE ATVs and UFORCE UTVs. A 12 month/unlimited km CFMOTO Warranty applies to the CFMOTO ZFORCE SSV.

Head Girl to take on Hawera fight

On November 12, Opunake High School Head Girl Lexi McQuaig will be donning the boxing gloves and stepping into the boxing ring. The 17 year-old will be fighting in the Under-55 kg class and taking on New Plymouth café owner Ashleigh Hoyte in the Hawera Rumble.

“She would be the first female Opunake High School student to get into the ring for quite some time. I’m guessing probably 25 years,” says James (Batman) Langton of Barbwire Boxing and Fitness where Lexi has been training.

“Lexi is quite quiet, but when she gets in the ring she’s got a different personality. She’s made such a huge improvement from when I first met her. Her opponent seems to have been training hard as well. I’m really excited about this fight, and wish Lexi and Ashleigh all the best.”

Lexi had been studying for a Level 3 qualification



We’re right behind you. Lexi McQuaig with James (Batman) Langton at Barbwire Boxing and Fitness.

in Exercise, Sport and Recreation at WITT when she went to a boxfit class and

decided to take things from there.

“I had an opportunity to

train, found I had a love for boxing and thought I would give it a go,” she said. “

It’s a lot about taking the power and about the healing journey I am on, leaving

everything in the ring and then moving on to the next challenge.”

She has enjoyed training alongside Jorja O’Neil, who will also be taking part in the Rumble, fighting Kalani Spurway. Next year Lexi plans to study nutrition at the Massey campus in Auckland.

The main fight at the Rumble will see Trish McKenzie take on Khazmin Gough.

Trish is already familiar to those who were at the Coastal Rumble earlier this year, where she lost to Ayisha Abied in a closely fought split decision.

There will be a bus travelling from Opunake for those wanting to be at the Hawera Rumble, leaving the Club Hotel on the night of the fight.

Anybody interested into coming to the Rumble or in booking a corporate table can contact Ange on ph (027) 307-7565.



FEATURE FIGHT:
Trish McKenzie
vs
Khazman Gough



Buses leaving Club Hotel at 5pm. Arriving back around midnight. \$35 per bus ticket.

12 NOVEMBER 2022 - HAWERA HUB
Tickets available from i-SITE, Hawera & Opunake Library Plus
For Corporate tables contact Ange, 027 307 7565

Wishing Bobby Katene all the best for the Nationals this week



Adam Portraiture 2022 won by teenager

An acrylic self-portrait of Jessica Gurnsey entitled Lady Day 2021 won the 2022 Adam Portraiture Award and the \$20,000 prize which accompanied it. The eighteen-year-old artist, who was born in Wellington, currently lives in Auckland. "This portrait depicts the chaos, charisma, music played and funky clothes worn while creating lifelong memories and was painted while cooped up in Auckland's 2021 lockdown."

The intricately-executed colourful painting is unusual as it is brilliant – a worthy winner. The judges wrote: We were impressed by how detailed and revealing this image is of the sitter who reaches out to the viewer as she strikes a pose for the camera in her friend's bedroom. She has introduced a detailed view of the bedroom where you can make out the photos and album covers for Lou Reed, Oasis, Talking Heads, as well as colourful bedding and cherry red Doc Martens. This is an assured painting which is both compelling and rewards close study.

The Percy Thomson Gallery opening was held on Friday 23 September and the exhibition of the 38 works runs from 23 September until October 16. The Stratford exhibition is certainly one which should not be missed by all art lovers.

One judge was Dr Linda Tyler, who is Convenor of Museum and Cultural Heritage at the University of Auckland and Curator of the 2022 Sculpture in the Gardens at the Auckland Botanic Gardens. The other judge was Wellington artist Karl Maughan, whose work is exhibited in the Saatchi Collection, Arts Council of England and Museum of New Zealand Te Papa Tongarewa.

The well-attended opening was introduced by Laura Campbell, the Director for Percy Thomson Gallery. "We are very proud to once again host this prestigious exhibition and be the first stop on its nation-wide tour,"



Percy Adam Portraiture Winner Lady Day 2021 by Jessica Gurnsey.

she said. She continued, "A big thank you to the National Portrait Gallery and their sponsorship partners the Adam Foundation, Wellington City Council, Creative New Zealand and Chris and Kathy Parkin. Their generosity ensures this biennial exhibition keeps growing in strength and calibre."

Near the end of her introduction Laura commented, "How proud we are to see Taranaki artists once again represented as Finalists for this National Award – Jana Branca, Rafael De Armas, Hayley Elliott-Kernott and Jasmine Middlebrook. Well done and congratulations."

The work judged runner up was created by Gwyn Hughes and entitled INK The Creative Soul, oil on board. It is a painting of Rosie Edwards, a ta moko artist and carver. The prize included a monetary award of \$2,500. It is an intricate study of Rosie,

capturing in fine detail her Maori heritage and mana – another outstanding work. Incidentally, the Welsh-born Gwyn won the People's Choice Award in the 2020 Adam Portraiture Awards.

This time, however, Sacha Lees won the People's Choice Award (Highly Commended) and a prize of \$2,500 with her work See Me 2022, oil on board. This is a captivating portrait of the artist's daughter. "To capture this fleeting moment before it is clutched by the swiftness of time, I had to dedicate myself to truly see my nine-year-old daughter's fervent spirit." This intriguing portrait seems to capture the child's

character as well as (I expect) likeness and was one of my favourite works in the exhibition. Sacha also was the winner of the last Adam Portraiture Award in 2020.

The scope and diversity of this exhibition is remarkable. Apart from the usual mediums, there were a few surprises. For example, one work employed painting on axe blades (oil on steel). This was a self-portrait of artist Piet Ubels entitled Regicide (This exhibit is mentioned in the handbook, but was not actually on display at the Percy Thomson Gallery). Another work involved acrylic reverse painted on glass. This was a poignant domestic scene entitled Connection 2022 by Victoria McNaughton (Ashleigh Taare, Kora Destiny-Jade Lord, Angel Te Rangi Kohu Lord, and Arihia Judy Lord). "Ashleigh: mother, daughter, sister, granddaughter, great-granddaughter. A taniko pattern represents her dad (Thomas) and new baby Waiaio. "Our Ash was born and bred in Gisborne. She has a rich whakapapa and is proud of her Ngati Porou and Ngai Tuhoë heritage. Ash lives for her whanau."

The themes were wide-ranging and even sad, such as Patrick Ulrich's Rachel 2021, acrylic on board as the subject, his younger sister (aged 18) died soon after. (Based on a photo taken in 1989). "The poignancy, for me, is that she passed away a few months later," explains Patrick. Sad in a different way is Portrait of my Father by Rebecca

Hart, acrylic on 100% cotton rag paper. "My father, in the meantime, has been diagnosed with dementia. He no longer knows who I am."

In terms of inspiration, interesting is Sierra Roberts' Mum 2022. Acrylic on panel. "This portrait is inspired by the delicate and complex identity of Frida Kahlo. Kahlo's brutally honest self-portrait is describing the love, longing and horror of the female experience," Sierra points out. She continues, "This portrait of my Mum is an embodiment

of Kahlo, as we all are."

The following works were Highly Commended by the judges: Mum can we go to the Panmure Pool by Elise De Silva (watercolour on paper), Kahu and the carver by Raewyn Helms-Davis (pastel on Colorfix pastel paper), Richard by Jessie Rawcliffe (oil on board) and Hold your horses by Jasmine Middlebrook (oil on canvas).

Make sure you experience this superbly diverse exhibition at the Percy Thomson Gallery, Stratford.

Rolland McKellar

PIHAMA
Lavender

MARKET DAY
SUNDAY OCTOBER 16 10am - 2pm

THE GREEN DOOR
KAPONGA
OCTOBER SALE
CDs 4 for \$20
Country • Jazz • Blues • Rock • Pop
Ph: 027 412 8377
Email: gokrok@gmail.com

CHURCH NOTICES

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

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

Opunake Catholic Church
St Martins, Pungarehu: 8.30am every 2nd and 4th Sundays of the month
Our Lady Star of the Sea, Opunake: 10am every Sunday
Other areas
Manaiā - Sacred Heart - 1st, 3rd Sat at 5pm (2nd, 4th & 5th Sat at Hawera's St Josephs)
Kaponga - St Patricks, Sunday 8.45am
All welcome

St Patricks Catholic Church, Okato
Saturday Vigil 6.00pm - 1st, 3rd & 5th Saturdays

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

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

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

COASTAL SPORTS CENTRE

78 Tasman Street, Opunake

Clem and Lene have taken over the business formerly known as Symes Outdoor Centre and prior to that Collins Sports Centre.

We continue to do repair work as in the past. This week we focus on the fishing side and announce that we have a full range of bait, salt and party ice and a full supply of fishing hooks and other supplies.

We are open from 9.00am until 5.00 pm weekdays and Saturday from 9.00 am until 1.00 pm. Most people know we own the Discounter next door and that we will still help out during the time the Discounter is open.

Our new phone number is 06 243 6002. Come on in to check out what else we have instore.



Luge and Cafe open 10am-4pm
Mini Putt open every day during the school holidays
Museum open weekends 10am-4pm

683 Egmont Rd, NP | 027 447 0708



NEW SERVICE OFFERING

Spreading FBT Liquid Application

Come and join us at our launch BBQ!

18th Oct Inglewood TET 10.30-1pm

20th Oct Rahotu Hall 10.30-1pm

Call us on
0800 432 866



Advertise your event in the
Opunake & Coastal News

Call our sales team on
06 761 7016

MIKE GORDON and the BLUENOTES

bringing you the music of...

Ray Charles

SATURDAY 8th OCTOBER 2022

MIKES BREWERY BISTRO

186 Devon St East, New Plymouth

DOORS OPEN 8pm STARTS 8:30pm



PRE SALE TICKETS \$40 from...

DOOR SALES \$50

mihegordonbluenotes@gmail.com



Mike Gordon and The Bluenotes



Playing at Mikes Brewery and Bistro Saturday 8th October.

Action at Egmont Racing Club



South Taranaki feature race day takes place this Saturday October 8 at Hawera for the Taranaki Breeders Stakes and the South Taranaki Club Egmont Cup. See advertisement page 32.

Call for applications for new Curious Minds research projects

Applications are now open for community groups to apply for up to 20 thousand dollars of funding to undertake locally relevant research projects through Curious Minds Taranaki.

“The core objective of Curious Minds Participatory Science Platform is to build

capability, and a life-long interest and fascination with science, through engaging, real-world research, to inspire and provide relevance as to how science forms a critical part of our daily lives,” says Venture Taranaki, General Manager Regional Strategy and Sectors, Anne Probert.

Curious Minds Taranaki funds, supports, and provides expertise to community groups looking to explore ideas and carry out research investigations that are educationally valuable, locally relevant, and scientifically robust with expressions of interest closing Friday 21 October.

“Thom Adams, Programme Coordinator for Venture Taranaki, encourages anyone with a project in mind to register their idea and find out if Curious Minds Taranaki can support it to be turned into research action.

Any type of community group or research professionals may apply for this funding so long as the eligibility criteria are met. Community groups may include students, schools, kura, community-based organisations, businesses or Māori organisations and collectives.

The Curious Minds Participatory Science Platform (PSP) is a New Zealand Government initiative

funded by the Ministry of Business, Innovation and Employment and delivered locally by Venture Taranaki in collaboration with Taranaki Regional Council.



**OPUNAKE
BUSINESS ASSOCIATION**

OPUNAKE BUSINESS ASSOCIATION MARKET DAY 2022

We are holding the annual Market Day on Saturday 29th October 2022 from 9am to 1 pm. This will be the same time as the Garden Festivals, Taranaki National Art Awards and the Taranaki Arts Trail. All of these draw visitors into our town.

It is a fantastic opportunity for your Club/School/Organisation to fundraise! It is also a great time to promote your Club/Organisation and invite new members.

Town will be alive!
Buskers are welcome!

Remember all food stalls need to be registered with the STDC. This can be done online or at the library. Stall fee is \$10.

Call in to Cecelia's on Tasman to register, or txt 027 246 8604 to let ODBA know, or email rae.cornford@yahoo.co.nz that you will be participating.

The ultimate event for women is back this October!

The New Plymouth Women's Lifestyle Expo is returning next weekend, bringing together over 120 of the best lifestyle companies under one roof on October 15-16 at TSB Stadium.

The expo will have something for everyone's taste. Whether you're looking for the perfect gift for a friend or family member with the unique range of artisan craft and giftware, after a bit of pampering for yourself, or need to stock up on your eco-friendly essentials, you can be sure you'll find what you need.

If you've never been before, you're in for a treat, but you do need a few hours up your sleeve. Meet the makers in the Artisan Craft Zone with unique products including soaps and organic beauty products, jewellery, original art, home décor, clothing and more.



Appreciating that shopping, tasting, trying and testing can be hard work. The expo Taste Zone will be on hand to offer pick-me-ups, tasty treats and bites to keep you going. Every woman deserves a little pampering, so why not enjoy some 'me time' in the Thin Lizzy makeup Lounge, or treat yourself to an expo goodie bag.

The expo is happening on Saturday 15 October (10am to 5pm) and Sunday 16 October (10am to 4pm) at TSB Stadium in New Plymouth. Tickets are just \$10 per person (purchase at the door) and children under 12 are free.

Left: the New Plymouth Women's Lifestyle Expo is on at the TSB Stadium on October 15-16.

Finalists announced for Ronald Hugh Morrieson literary Awards

Finalists for South Taranaki's premiere literary event, the Lysaght Watt Trust Ronald Hugh Morrieson Literary Awards, have been announced.

The finalists were chosen from 167 entries and have kept this year's judges busy, since the competition closed in August.

There are five categories in the Awards: Secondary School Poetry and Short

Story categories, the Open section Poetry, Short Story categories and the Secondary School True Story - Research Article category.

Poetry judge Robert Sullivan commented on the quality of the entries he received for this year's competition.

"I had to think very carefully about many entries before choosing the winners" he says.

Research article judge Matt Rilko said this year's entries used sometimes ambitious techniques to honour the truth.

"They imbued their stories with hindsight, structured believable dialogue and stream of consciousness, shared jokes and observations, and more than once took a stab at philosophy."

Short Story judge Airini

Beautrais says entries this year all connected to the local theme well.

"Entrants have responded to the brief by grounding their stories firmly in local settings and/ or peopling them with a cast of recognisable characters," she said.

Event organiser, South Taranaki District Council community outreach librarian Katherine

Bosworth, invites all interested members of the public to attend the Awards Ceremony, where the judges will comment on their respective categories and highlight the works that won them over.

The Awards are being held at the TSB Hub, Hāwera on Wednesday 19 October, with doors opening at 6.45pm for a 7pm start.

Finalists (all categories)

Airana Ngarewa, Aria Brophy, Bethany Gyde, Bruce Finer, Emma Hislop, Frances Rookes, Georgia Bryant, Hunter Quinn, James Anglesey, Jerry Wei, Jordan Dawson, Krishay Lal, Lexi McQuaig, Michaela Stoneman, Mikaela Nyman, Molly McDonald, Oliver Marsh, Rosie Butler, Sahana Larsen and Tin Tin Nguyen.



Spring Back

Piki ake te ora

Spring, spring, spring!

What better time of the year than to create new beginnings and new habits. After all, spring symbolises growth and transformation.

The WHO Age Friendly New Plymouth group is proud to be running the Spring Back campaign this October. Spring Back is encouraging social and community connectedness among seniors within Taranaki. For the month of October, we encourage as many people as possible to get involved in social activities within their community.

COVID has changed the way we live, making it easier to stay inside our homes. But let's remember the things that we loved doing before the pandemic and ease back into them or try something new.

It's simple! Pay close attention to the many activities that are already running throughout Taranaki, and add them into your weekly schedule or to do list, whatever it may be. Not sure if you want to do them alone? No problem! Take a friend, neighbour, cousin, or sibling.

So together, let's Spring Back into life!

Women's Lifestyle expo

Door Sales \$10

The ultimate girls' day out!

Sat 15 & Sun 16 Oct

TSB Stadium, New Plymouth



- Over 120 Exhibitors!
- Taste Zone • Artisan Goods
- Fashion & Beauty
- Health & Wellbeing
- Thin Lizzy Makeup Lounge
- Skin on Forty-Five Lounge
- Next Level Fitness Lounge
- Goodie Bags & much more

Door Sales \$10 and Kids U12 Free



womenslifestyleexpo.co.nz



Art in the City at heart of the city

Art in the City, Heart of the City's upcoming celebration of spring is taking place from Friday October 7 – Sunday October 16 in multiple locations around Tāmaki Makaurau's city centre. This year's Art in the City will see over one hundred installations, exhibitions, guided walks, murals, performances, talks, markets, and workshops.

Love, Hope, Joy from New Plymouth's Rosemary Petterson will feature in this year's Changing Lanes. This sculpture is a series of three windows. Each window encapsulates one of the concepts of love, hope and joy. They capture a mood of rejuvenation, renewal and hope and insert a little bit of colour and joy into a grey space.

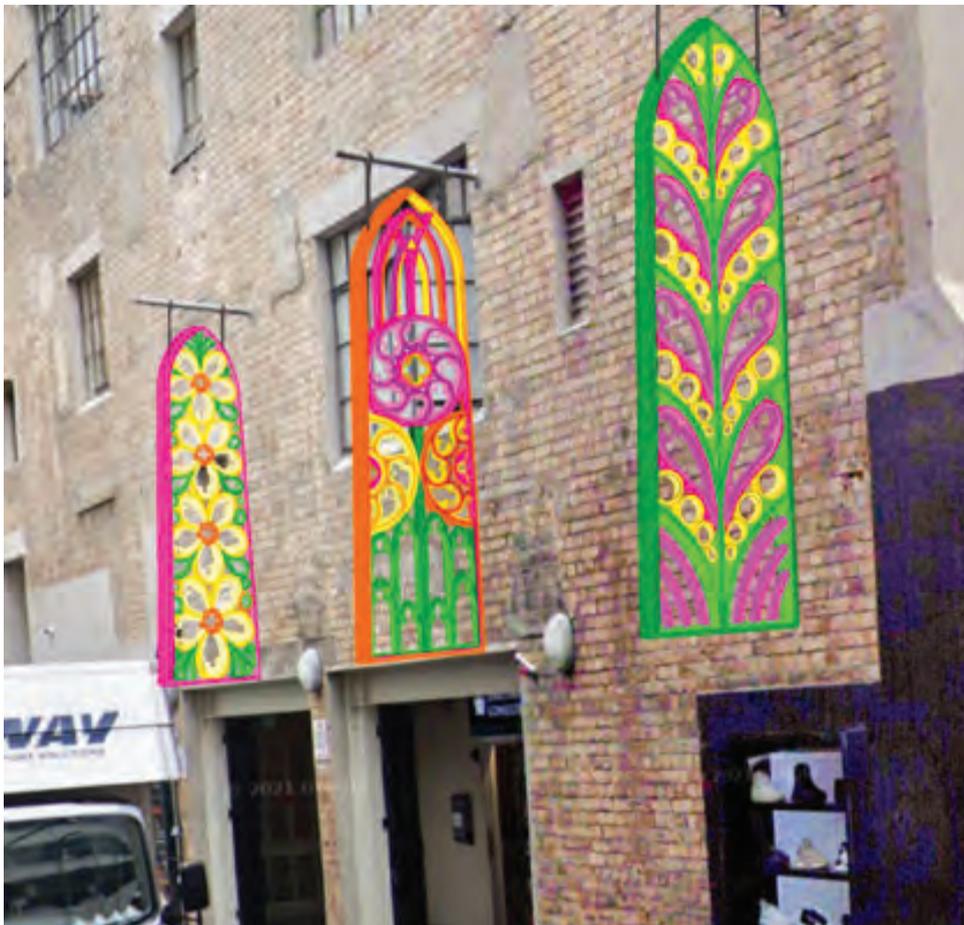
Rosemary views windows as gateways into other worlds, considering how they can symbolise opportunity and the crossing over from confinement to freedom. The latticework on these windows

combine the motifs of sacred architecture, sacred geometry and the floral aspects of spring. They all point to the glimpses of hope and new life as we cross the threshold between winter and spring, between what has been and what is to come.

Love, Hope, Joy is just one of the five works from the artists involved in Changing Lanes. Each one contemplating spring and the possibilities it brings with it in its own unique way. Another one of the works is one by Paul Brunton called *Recovery* which features a larger than life eagle's nest made out of recycled materials on display in Elliott Street.

Love, Hope, Joy will be on display until early December.

Rosemary Petterson (nee Harray) has been a practising artist for the last 15 years, exhibiting nationally in both sculpture and painting. After graduating from the Otago Polytechnic School of Art with a Bachelor of Fine Art (Sculpture major) in 2006,



Love, Hope, Joy from New Plymouth's Rosemary Petterson.

Rose worked as an exhibiting artist, exhibitions installer and was freelancing in the film industry in a variety of roles, including production design, art direction, props master, sculptor and on-set standby.

In 2013 she completed a Post Graduate Diploma in Design focussing on Animation/Digital Sculpture. While continuing to sculpt in a variety of media, including steel, wood, wax, paint and plastic she added 3D printing to her repertoire and employs a variety of construction methods to achieve her work.

Rose lives in Oākura, Taranaki with her young family of three children. She works from her purpose-built studio, sculpting and painting whenever she can, as school hours allow, and in between family life as well as learning two languages - Hebrew and Te Reo Māori.

Race day caps great social weekend

South Taranaki feature race day takes place this Saturday October 8 at Hawera. The feature race is Group

3 \$85,000.00 Grangewilliam Stud Taranaki Breeders Stakes, a weight for age race for fillies and mares.

The second feature race is the South Taranaki Club Egmont Cup which has had a stake increase to \$50,000.00.

This raceday is usually the start of spring racing.

The racing is the highlight of a great social weekend for South Taranaki residents which begins with an

Ambrose golf tournament on Friday afternoon, followed by a Meet and Greet at the South Taranaki Club on Friday evening from 5pm, a great chance to socialize for

locals and visitors.

To enter teams of four for the Ambrose Golf Tournament contact Karl Stratton on 0273165572.

Taranaki arts trail



Follow the flags for your art adventure ...



28th October - 6th November 2022

taranakiartstrail.co.nz

Taranaki Arts Trail an adventure like no other

Taranaki is full of the joys of spring, with October leading the way for a multi-faceted season brimming with entertainment, events and attractions in our ever evolving region.

Taranaki is not shy to stand out from the crowd, the region has built a reputation as the lifestyle capital of New Zealand and the creativity that Taranaki has to offer is wide and diverse.

From October 28 – November 6 Taranaki Arts Trail offers you an art adventure like no other, with seventy-nine artists opening their studios all around the Maunga and ready to welcome you. Free admission, to all the artist's locations attract visitors from far and wide, eager to talk directly to the artists about their work, their inspirations and their processes. You will find it hard to resist not going home with a unique and original artwork.

Painters, sculptors, photographers, carvers, fibre artists, jewellery makers, glasswork, mosaics and potters give you an endless introduction to Taranaki's local talent. Pick up a brochure today or look on their website for full details on all the participating

artists, images of their work, the digital brochure and location map to start planning who you will visit. (taranakiartstrail.co.nz)

There are also two Taranaki Arts Trail Artists Exhibitions running alongside, and beyond, the trail at Lysaght Watt Gallery, Hawera and

Gover St Gallery, New Plymouth to highlight the amazing variety available.

So look out for the big vertical orange flags from October 28 highlighting the open studio locations. You will not want to miss it.

Heidi Griffin



SATURDAY 8TH OCTOBER



Grangewilliam STUD

TARANAKI BREEDERS STAKES

HAWERA RACECOURSE
FIRST RACE 12.57 PM
SUPPORTING RACE
SOUTH TARANAKI CLUB EGMONT CUP
\$50,000

GENERAL ADMISSION
\$10.00

Another David Tristram comedy

Sex, Drugs and Rick 'n Noel

This play, by David Tristram, the UK's most popular comedy playwright, includes some farcical views on sex, drugs and rock 'n roll.

Late last year, Christine King directed "Unoriginal Sin" by the same author to very appreciative audiences at Inglewood's Cue Theatre, in Inglewood. Because of its

popularity, Christine went in search of another Tristram play which would be equally as good and she believes she has found it.

It involves the activities of two mature audiences studying history and a bit more besides, whilst attending University.

Rick, (played by Brad Duynhoven, previously seen in The Full Monty at New Plymouth Little Theatre)

has recently lost his wife to another woman, also his job and his self esteem.

Having been accepted for a course of study, he is teamed up with Noel (played by Simon Buick, not a stranger to Cue Theatre). Noel prefers to live close to the edge and appears to enjoy taking risks. He endeavours to give Rick a make-over so he won't look like "someone out of the stone-age."

Despite being such different characters, as time passes, they become good friends sharing, not just a flat, but many crazy experiences which Maxine, Rachel and Helen all prominently feature in.

Rhiannon McGrane, a newcomer to Cue has recently appeared in The Cat's Mother in New Plymouth's Little Theatre and is thoroughly enjoying

her role as the flirtatious history teacher, Maxine. Jazz Gallagher is back after her hilarious portrayal of Eve in Unoriginal Sin last year. Harsh Negi, also from The Full Monty, is portraying the ever so patient owner of the Indian restaurant that Noel patronises almost every night. This is Harsh's first

time at Cue also, bringing a total of three new faces to this beautiful theatre.

Sex, Drugs and Rick 'n Noel opens on Wednesday, November 2 going through to Saturday November 12. You can book at cuetheatre.co.nz. Book now so you won't miss out and be disappointed

Takirua at The Village Gallery an artistic adventure

The Village Gallery's current exhibition Takirua runs from September 27 to October 21. The opening was on Monday September 26 at 4pm.

Takirua means to go in twos as two artists have contributed to this interesting exhibition – Ashlee Robinson and Ivan Toopi. However, the majority of the works on display are by Ashlee.

Ashlee Robinson is a mixed media artist based in Eltham. From harakeke to wallpaper, she finds pleasure in combining a wide variety of subject matter into her works of art. Ashlee produces custom pieces for her clients and also sells a range of her own art. She is inspired by nature and all her fellow artists. Her dream is to become a full-time practising artisan/business owner.

There are a number of exquisite digital art works with a traditional Maori theme of Ashlee's, such as Hei Tiki, Koe Wai Koe 2, and Rakau for sale.

The two artists have collaborated to create Whakapakoko Atua, acrylic on canvas, which is impressive and eye-catching.

Several excellent traditional



Above: Collaboration by Ivan Toopi and Ashlee Robinson is one of a number of great art works at the Village Gallery, Eltham.

carvings by Ivan have been fashioned from native woods including totara and rimu. These include Turu, Heru and Patu.

One of the larger works of Ashlee's, which has interesting koru patterns and a range of colours such as yellow, orange, black, blue, purple and red intrigued me and was probably my favourite. The work was entitled Tuhuratanga.

Make sure that you do not miss this worthwhile exhibition by two talented artists. Keep in mind the exhibition's final day is October 21.

The Village Gallery at 166 High Street, Eltham is open Tuesday to Friday 10.30am to 2.30 pm and Saturday 10.30am to 1pm.

Rolland McKellar

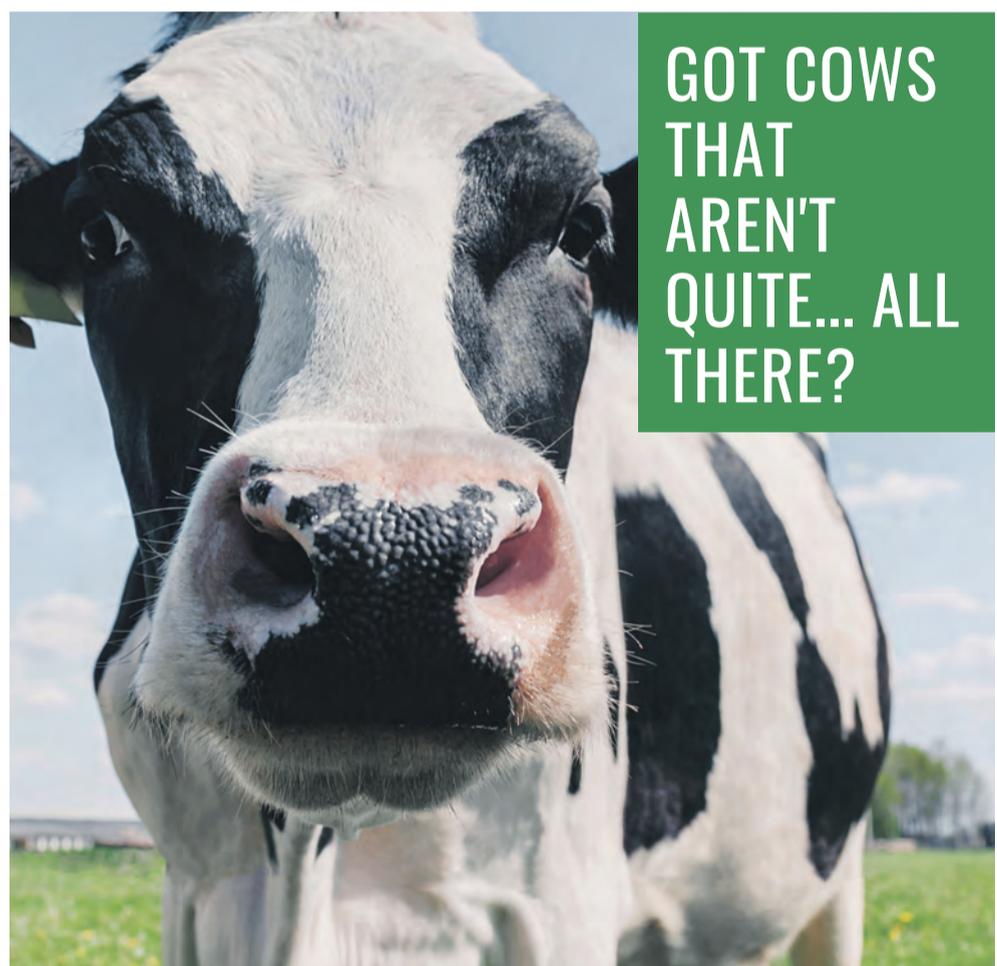
SEX, DRUGS & RICK 'N' NOEL
A COMEDY BY DAVID TRISTRAM
DIRECTED BY CHRISTINE KING
Nov 2-12, 2022
Book at cuetheatre.co.nz
OR FunHo, ph 06 7567 030

EVERYBODY'S THEATRE OPUNAKE

72 Tasman Street, Ōpunakē - www.everybodystheatre.co.nz Phone 027 383 7926
Adults \$12, Students 4-16yrs and Senior Citizens \$10, Under 4 free

<p>DON'T WORRY DARLING Drama, Thriller 2hrs 2mins R13 Thurs 6th Oct 7pm, Sun 16th Oct 7pm</p>	<p>AMSTERDAM Drama, History 2hrs 32mins TBC Sat 8th Oct 7pm</p>
<p>DC LEAGUE OF SUPER PETS Animated 1hr 46mins PG Fri 7th Oct 1pm, Thurs 13th Oct 7pm, Sun 16th Oct 1pm</p>	<p>LYLE LYLE CROCODILE Animated, Family 1hr 20mins G Sun 9th Oct 1pm, Sat 15th 1pm</p>
<p>TICKET TO PARADISE Comedy, Romance 1hr 45mins M Fri 7th Oct 7pm, Sat 15th 7pm</p>	<p>MILLIE LIES LOW Comedy 1hr 40mins M Sun 9th Oct 7pm</p>
<p>PAWS OF FURY Animated, Family 1hr 42mins PG Sat 8th Oct 1pm, Fri 14th Oct 1pm</p>	<p>THREE THOUSAND YEARS OF LONGING Fantasy 1hr 48mins M Fri 14th Oct 7pm</p>

<p>THREE THOUSAND YEARS OF LONGING A lonely scholar, on a trip to Istanbul, discovers a Djinn who offers her three wishes in exchange for his freedom. Starring Tilda Swinton and Idris Elba.</p>	<p>LYLE LYLE CROCODILE The loveable New York croc Lyle from Bernard Waber's popular children's book makes his way to the big screen in this feature film.</p>
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GOT COWS THAT AREN'T QUITE... ALL THERE?

<p>Kane Barrett 027 403 6469 www.affco.co.nz</p>	<p>ANZCO, AFFCO, and Silver Fern Farms are working with CoastalCare to help you take care of your "special animals", donating proceeds to CoastalCare Health Trust to help us with the building extensions we need to get closer to our fundraising target!</p>
<p>Brendon Kelly 027 664 6605 www.silverfernfarms.com</p>	
<p>Bruce Thompson 027 445 5285 or Nigel Corbett 027 453 7602 www.anzcofoods.com</p>	

PUBLIC NOTICES



*We are here
to get you there*

Coastal Community Transport - AGM and the last year in review

On Wednesday 14 September, Coastal Community Transport held their AGM - Thank you to those who took the time to attend.

The Chairman Mike Williams noted that it has been a difficult time during the Covid restrictions and hopefully that is behind us now as restrictions lift. A thank you to all our volunteers who make things happen and keep the wheels turning.

Over the past year we have had several volunteer drivers stand down from driving duty - Mike Moss, Brian Vincent and Rosemary Knapman-Smith. It was recognised the time these people have given to the Coastal Community Transport, and they were thanked for their contribution.

During the year 1 July 2021 to 30 June 2022, 132 trips were made, 14,923 kms covered, and volunteer hours of 359 were given to the community. We currently have 7 volunteer drivers and one part time co-ordinator Jennie Reed - Chairperson Mike congratulated Jennie on her excellent skills in co-ordinating these trips for our community.

We would like to take this opportunity to thank Health NZ (formally the District Health Board), Community Organisation Grants (COGs), St Pauls Co-op and Opunake Country and Western Club for their support and donations, and the general community for your kind donations and support.

Coastal Community Transport is here to take people with no other means of transport from their homes to medical and social services appointments eg doctor, specialist, hospital outpatients, WINZ and IRD. This is done by volunteer drivers who kindly use their own vehicles.

It is to be noted that this is not emergency transport and we require 48 hours notice of the need for transport.

If you have an emergency, please call 111 and request an ambulance. As our volunteers use their private vehicles we cannot assist people with high health needs or mobility issues - these people are best to call St John Health Shuttle on 0800 925 2672

If you would like more information, need to book transport to an appointment, or are interested in becoming a volunteer driver please call Jennie on 0800 223 390

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The next issue of the **Opunake & Coastal News** is due out on **October 20, 2022.**

Ngati Tara o Oaonui Sandy Bay Society Incorporated
ANNUAL GENERAL MEETING
Oaonui Hall SH45, Oaonui
Tuesday 25th October 2022, 5.30 p.m.
New Members Welcome

Opunake Boat & Underwater Club Inc
AGM
31st October, 2022
7.30pm
At the Clubrooms
All welcome

Next Meeting is on
Monday November 7, 2022
at 5.30pm
Hughsons & Associates
Boardroom at the
Opunake Business Centre,
23 Napier St, Opunake
(opposite the Coastal Care
Medical Centre)

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- Inglewood Book Centre, 31 Rata St
- Stratford Knit & Sew, 202 Broadway
- First National, Stratford.
- Eltham Four Square
- Outside First National, Cnr of Victoria and High Streets, Hawera
- Outside Nursery Rhyme, 158 High St, Hawera



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Ph 06 761 7016 to be in our next issue.

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

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