



TDM

OAKURA

AUG 2014

SOMETHING FISHY GOING ON AT KAITAKE KINDERGARTEN

Kris White with Angus Coates.

More on page 7

TAKE ONE MOMENT

TOM OAKURA

TOM OAKURA is a free monthly publication, delivered at the beginning of each month to all homes from the city limits to Okato.

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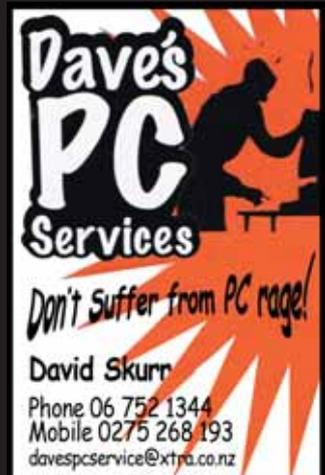
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Phone 0800 THE TOM or click "contribute" at www.thetom.co.nz

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EDITORIAL

Last month in my editorial I wrote a bit of a "back in my day" article and some friends have laughed at me (kindly), saying I am getting old (true). This month inadvertently I follow on this theme.



As I write this editorial it is Maori Language Week. From many this celebration is derided and dismissed and there is much groaning to the reading of the news in a few words of Maori. Without trying to sound smug, I have always held a soft spot in my heart for Maori culture and I have to thank one person for that – Mrs Wai Uatuku. Mrs Uatuku was the Infant Headmistress at Opunake Primary School when I attended in the 1970's. Without knowing for sure I would say Mrs Uatuku is responsible for the Maori songs we sang, the Maori dances we performed, the Maori food we ate, the local Marae (Parihaka) we visited, the Maori art we created and the Maori language we spoke and I loved it. I still remember the songs, can feel the flax in my hands, can visualise those tukutuku panels we created and the grass skirts made out of newspaper. My 1975 school report says of cultural activities – "interested in this field" whereas my physical education report says "lacks interest at times"!!

From talking to others middle aged or older this level of involvement at school (or anywhere else for that matter) in Maori culture was unusual.

What I don't understand about the opposition to learning Te Reo is people saying it isn't relevant and it's not useful outside of New Zealand. Of course it's relevant – you just have to go for a drive and you will find road and street names in Maori – I grew up on one – Kina Rd. We said it Key-nah back then but now I know it is Kin-a. Who cares if it's not relevant outside of New Zealand – most of us spend most of our time within the borders of New Zealand.

I would like to see people enjoying the culture and language rather than being 'forced' to consume it and maybe that is the opposition. Just like a mother trying to force her son to eat pumpkin – he'll hate it forever!

Kim

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Mayor Andrew Judd

Hi everyone!

6 August is the deadline for getting a tender to us if you'd like to operate a business on the Coastal Walkway or Huatoki Plaza in New Plymouth. However, applications for other public areas – such as reserves in Oakura – will remain open until the available spaces run out.

In short, if you see a public area that you think would be a good location for a good-quality food, activity or recreation outlet, please make an application via newplymouthnz.com/BusinessTenders so that it can be considered.

Our focus is on enhancing our public areas with innovative commercial operations that help give the public great experiences at our beaches, parks, walkways and the like. Oakura already has a big reputation as a superb place for visitors and families and it would be great to see how local business ventures could build on that for the benefit of the wider community.

OAKURA COMMUNITY CONVERSATION

Near the end of this month, I will be in Oakura with Councillors, community board members and senior Council staff to hear from you about your hopes for our district's future.

A Community Conversation will be held from 7.00pm to 8.30pm on Tuesday 26 August in Oakura Hall so that you can tell us what is important to you. It would be great to see as many of you there as possible.

Also, you can ask questions directly to me during an online chat a fortnight before the Community Conversation, for an hour from 3.30pm on Thursday 14 August. These chats are held on newplymouthnz.com and you're welcome to ask me anything about the Council, our operations, our future plans or anything else.

If you think your question would require a bit of research to answer, please email it beforehand to enquiries@npdc.govt.nz and I'll answer it during the online chat.

I look forward to seeing you in Oakura Hall on the 26th!



For our school holiday programme Taranaki artist Claire Jensen made recycled art with the children. Perfect for a cold wintery day! Claire's artwork is also displayed at Puke Ariki's Home Work exhibition. If you haven't been to the exhibition yet it's definitely worth a look. It closes Sunday 24 Aug 2014. They have activities for young ones as well.



Claire Jensen inspiring a group of artists

We have the most recent releases by your favourite authors. Nalini Singh's *Shield of Winter*, the latest in her psychangeling series, has arrived. Sue Monk Kidd, author of the *Secret Life of Bees* has recently released *The Invention of Wings*. Jack Higgins *The Death Trade* and Mo Hayder's *Wolf* will please fans of fast paced thrillers. I can't wait to read the *Gallery of Vanishing Husbands* because I loved Natasha Solomon's *Mr. Rosenblum's List*. Although a very short novel *Embassy of Cambodia* by Zadie Smith packs a punch.

In young adult fiction *The Ruby Red Trilogy* about teenage time travellers and *The Elementals Series* - paranormal fiction are very popular books. In Charlie Fletcher's *Far Rockaway Cat* is a strong female character who believes "real girls rescue themselves". The author has just released another novel *The Oversight*, which begins a new fantasy trilogy. These books aren't just for teens however!

To celebrate te reo Māori the theme of Māori language week 2014 (21st-27th July) is te kupu o te wiki or "word of the week". Go to www.korero.maori.nz for your new word of the week. You can register to receive your word of the week by email every week for 50 weeks. It's a great way to increase your vocabulary and improve your pronunciation. Research has shown that "speaking more than one language is better for brain" and it is an official NZ language. We have resources here at the library as well.

Ngā mihi,

Charlie and Vincenza



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Regional New Zealand has led our country out of the global financial crisis with almost every region showing strong growth, and most with a lower unemployment rate than Auckland.

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And that's why we're working across the country doing things like building the Roads of National Significance and accelerating regional roading projects, putting in ultra-fast and rural broadband, and encouraging water storage and new irrigation projects. National cycle trails around the country are helping boost our tourism industry.

A \$212 million is being made to accelerate 14 important regional state highway projects across the country, which includes the Normanby overbridge bypass and up to \$25 million being invested into SH 3, on Mt Messenger and through the Awakino Gorge. Those improvements will be appreciated by everyone in Taranaki.

I am pleased that my consistent representation of the SH3 issues have seen this project included in the extra \$212 million funding programme. The money comes from the Future Investment Fund, which is where the proceeds from the partial sale of some SOE's went. This is the other side of the story around those partial asset sales – they are now enabling investment into the regions to improve safety and travelling times; which also improves our productivity.

Along with that, we're working alongside business to invest in primary growth partnership projects to get a better return from what we sell to the world, and we're encouraging oil and gas exploration.

A skilled workforce is a key to future prosperity so we're supporting the development of skills with the likes of the youth guarantee, apprenticeships, and encouraging the study of science and technology subjects.

Callaghan Innovation, our high-tech HQ, is helping businesses turn ideas into internationally-marketable products and services more quickly and successfully. New Zealand Trade and Enterprise (NZTE) has just established a new regional investment attraction programme to encourage more international firms to invest in New Zealand's regional economies and create more jobs.

Fourteen regional investment profiles, launched on the 8th July, will be used by the Government, NZTE, and regional Economic Development Agencies to identify investment opportunities where there is a regional advantage, to help guide investors more quickly and effectively to those regions where opportunities are strongest.

*Authorised by Jonathan Young MP
Cnr Gill and Liardet Sts New Plymouth*



Jonathan Young
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Kaitake Community Board

The Kaitake Community Board seems to be absolutely stuck in a cycle of meetings, more meetings and yet more meetings. I guess it goes with the territory of putting one's hand up for local government involvement. However many of the said meetings have covered issues directly impacting on our community and do involve quite a lot of necessary follow-up work.

For Okato the meetings have been about the neighbourhood park - the completion of the skate park component, boundary and war memorial fencing, the addition of a drinking fountain and the organising of donations for the community orchard to be planted there. There has also been a meeting with the Okato Community Trust, Heritage New Zealand, Ministry of Justice, Taranaki Iwi and local MP about the vexed question of what is possible to do with the remainder of the closed primary school site and buildings.

In Oakura there has been ongoing liaison with the contractors working on sound proofing the hall, working with an enthused local group on plans for upgrading the Shearer Reserve skate park, participating in the focus group set up to provide local input into the process for implementing the Oakura Structure Plan (more about that further on), keeping in contact where possible with the Oakura New Year's Day Carnival Committee, and the 2016 Oakura School Jubilee Committee as well as all the normal stuff such as getting the damaged pedestrian barriers outside the Four Square replaced, dealing with vandal damage down in the Corbett Park reserve and so on.

In New Plymouth there has been the usual round of committee meetings, a large number of workshops on various issues, many related to the development of the 2015/25 Long Term Plan and the ongoing one-on-one conversations with various council officers on local matters.

We live in busy times and life often seems to consist of only a quick succession of busy unconnected moments.

Back to the Oakura Structure Plan that had its genesis in the NPDC Coastal Strategy, developed back in 2004/05. We still acknowledge the work of Council in developing the Strategy - it remains a visionary and meaningful piece of work. The subsequent Structure Plan's purpose was to identify, then integrate the protection, use, management and development of land and resources in our community over a 20 year period. Kaitake Community Board

members participated significantly in the development of that plan, as did many other locals who provided substantial input.

So back to the future. Oakura is recognised as a 'residential growth hotspot' as seaside communities invariably are. There is little doubt that the area will continue to be a lifestyle preference because of the sense of place, environmental amenity values, good infrastructure (e.g. school, pub, sports clubs etc.), opportunities for social interaction between like-minded families and so on. In other words a great place to put one's roots down. The community will go on attracting newcomers for these reasons and they will invariably follow the current trend of being in the higher income bracket, working outside the local community, and preferring larger single family lots or lifestyle blocks. Once in-fill housing opportunities within the existing village dry up the basic issue becomes the future consumption of rural land for residential development. Bear in mind that such development will be irreversible - the land won't ever be 'undeveloped.' Having the appropriate development strategies that inform the 'how' and at what speed suburbanisation happens is a key factor, as is the design and build of the very necessary infrastructure supporting it (e.g. sewerage connections, water supply, roading, street lighting, footpaths parking, cemetery, local business etc.).

Oakura is a community in its own right, not just a bedroom community for New Plymouth, so to retain that important sense of place planning is the key. That's where the implementation of the Structure Plan comes in. The focus group therefore has an important role to play to ensure the local 'voice' is heard in the development of best practice solutions to some complex and challenging issues. The values of the community have a huge impact on driving best practice of that outcome. Best practice highlights the benefit of involvement in any community development process and the most beneficial aspect being the debate that occurs throughout that process and ensuring that all issues are fully investigated.

The KCB asked various community sector groups to nominate a person to participate in the process, which is expected to take a year to sort out. The groups and members of the group are:

- NPDC Planning* - Frank Versteeg .
- KCB* - Keith Plummer, Mike Pillette, Paul Coxhead, Doug Hislop.
- Fire Service* - Matt Crabtree.

Residential developer issues - Norton Moller.

Taranaki Iwi - Liana Potou.

Swimming Pool and Foreshore Precinct Projects - Sean Zieltjes.

Foreshore Precinct Project - Paul Lobb.

CBD issues - Jeff Salisbury.

Taranaki Iwi - Liana Potou.

Oakura School BoT - Richie Shearer.

A Ngati Tairi and Oakura Kindergarten representative are still to be added.

Please feel free to discuss any questions, ideas, suggestions you have with any members of the group. After all this is our community.

Well, that's it for this month. Don't forget the Council's Community Conversation to be held in the Oakura Hall on Tuesday August 26 at 7pm. It's theme is 'New Plymouth District: Shaping Our Future Together' and is a community engagement programme offering a range of ways for people to discuss the future of the district with Mayor Andrew Judd, Councillors and senior NPDC staff. Certainly in respect of the implementation of the Oakura Structure Plan it is a 'must attend and have your say' event.

The next meeting of the Kaitake Community Board will be in Okato, at Hempton Hall on Monday, August 18 at 7pm. See you there too!

Ka kite ano

Doug Hislop (752 7324) on behalf of Keith Plummer, Mike Pillette, Paul Coxhead and Councillor Richard Jordan who is the Council representative on the KCB.

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Mid-Winter Crop Swap – Good for the Soul



Robin Green spoke about food additives at Oakura Crop Swap.

July Oakura Crop Swap brought a potluck, a speaker, a hollyhocks slide show, and more to the community. Robin Green spoke about food additives in our every day foods. She's had firsthand experience with this as her daughter had severe food reactions that Robin and her husband Kelly eventually traced back to all the chemical food additives in our foods. Some points from her talk:

A "basic" menu at end of day has about 130 additives in it; 73 are considered bad for the body. When changed for more healthy additives, there's a remarkable change.

Preservative free is not necessarily good. Avoid MSG which is a common additive, and any artificial sweeteners, nitrates and nitrites, and colour additives.

Robin stressed that this is not to frighten people from eating their regular diet, "everything in moderation. This is not about being scared, but making informed decisions."

At the Crop Swap where Robin spoke, there was swapping of thyme plants, rosemary, hydrangea, banana bread, lemons, tamarillos, walnuts, bamboo stakes, bay leaves, eggs, grapefruit, garlic, tangerines, mandarins, celery, NZ spinach, rosemary, plants and seedlings.

At the second swap of July, some new swappers enjoyed themselves and Aileen Katanella made mushroom risotto in her Thermomix for the special potluck after.

Newcomer C Grace Lewis was loving it, "I think crop swap is brilliant. Truthfully it was better than I expected. In the past I hadn't gone as I don't really have a garden, but I took aloe cuttings and simple baked goods like muffins. I learned that you can take anything. Crop swap allowed my family to connect with neighbours in a deeper and more meaningful way, I loved it. There was a potluck after this particular swap and it was great, like a dinner party with neighbours but you didn't have to cook. It was nice to not have it at my house with loads of washing up, we all pitched in and cleaned up quickly. I heard about crop swap from a friend and tried it, and now I will definitely be back!"

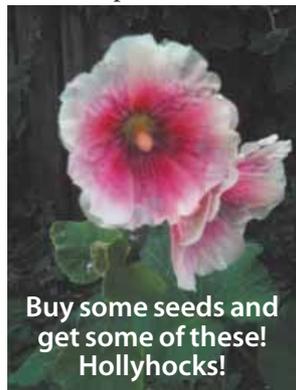
Dr. Rose Bruce thought the idea of a local crop swap was wonderful. She brought plants, seedlings, seeds, and a hollyhocks slide show. The slide show showed all the various colours and there was a handout to take away educating about hollyhocks. Rose notes, "Basically I'm into real foods. Obesity starts with children not knowing what real food is. They get outside watching butterflies on swan plants, and the bees on the hollyhocks which are pollinators. This puts children more in touch with our environment and where the food is coming from."

Rose's daughters are selling hollyhock seeds/seedlings to raise money for the Oakura JKAs trip to the International Comp in Australia next year. Pink, white, red, yellow, scarlet, cherry, and magenta hollyhock seeds/seedlings are available from Holly and Lily Stoddart for \$1 for heaps! 06 7527-754.

Crop Swap in August along with the regular swap:

9 August - Dr Sue Oldfield, Food as Medicine
23 August - Jayne Bright, swapping and saving seeds along with the Seedsavers Seed Bank.

Like us on Crop Swap Taranaki Facebook!
Contact: Aileen 027 524 4007,
Elaine 027 776 6209.



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COVER FEATURE

KAITAKE KINDERGARTEN

One Scoop of Chips Please

Kaitake Kindergarten was fortunate enough to have a visit from local artist Kris White. Kris brought in one of her pieces called 'One Scoop of Chips Please'. Kris discussed with the children the process involved in creating her mosaic picture. Kris then modelled and inspired the children to draw and create their own 'One Scoop of Chips Please'.

Inspiration came about because of the up and coming Kindergarten Art Auction fundraiser. Kris has always supported this popular annual event for Kaitake kindergarten at Okurukuru. 'One Scoop of Chips Please' will be one of her works that will feature in this year's auction, along with many more art works from other well-known and emerging artists.

Kris has an ongoing bond with Kaitake Kindergarten as her three children all attended here. Her generous support of the Kindergarten still continues. Tickets for this popular Art Auction and 3 course Okurukuru meal on Friday, 12th September are on sale now. Tickets cost \$55/person and can be purchased from Kaitake Kindergarten. Phone 752 7016 or email: kaitake@kindergartentaranaki.co.nz



Kris White's
'One scoop of
chips please'.

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SPORTS



Kaitake Golf Club News

The weather over the last few weeks has interrupted quite a few of the Club competitions planned.

The Subway Ambrose team event attracted 10 teams of four playing an Ambrose competition. Frank's Flashers (Frank Regan, Wayne Gray, Grant Perrin and Ross Fah) were the winners with the team of Stuart Skene, Steve Corlett, Steve Bowden and Merv Farquhar runner-up.

The Club Championships start over the next few weeks so good luck to all players competing.

CLUB COMPETITION RESULTS

Mens

Winners of Top Dog were Kelvin Bishop and Steve Hackett. Clay Jordon and Arthur Baker were runners up. Winners of the Top Dog Flight - Brian Lewer and Sandy Mitchell with Kevin Mancer and Martin Nield runners up.

Mid Week Women

Top Dog winners were Robyn Robins and Shirley Aspinall with Marie Benton and Nicole Mancer runners-up. Deborah Johnson won the Thomas Cup with Jacqui Koch runner-up.

The Nell Dickey Trophy is one played for by both Weekend and Midweek Women. This year it was won by Kim Woodward (Weekend) with Lynn Regan (Midweek) runner-up

The Kaitake Ladies 72 Hole Matchplay Foursomes tournament is to be held on Wednesday 22nd and Thursday 23 October. Contact the Tournament Secretary, Robyn Robins on 06 7638 770 or 027 640 8545

Weekend Women

Kim Woodward was winner of June LGU with Diane Jones Runner up.

The weather took its toll on the first 2 weeks of July with golf being cancelled on first two Saturdays.

We were able to enjoy a beautiful day on Saturday 19th playing first qualifying round of club championships and third round winter medal.

9 HOLE NEWS

As we hit the middle months, a few of our ladies are escaping to warmer countries where golf is probably not part of their itinerary. However those remaining are making the most of the competition still turning up eager to play.

Latest Results - June Super 9 Winners were Coraleen Le Breton First Section and Jenny Clarke Second Section.

Successful players in this competition receive an engraved spoon, whilst the overall winner is one who has the best 4 combined netts out of 6.

Pennant update - Round 7, White Team came home with an empty scorecard still on 5 points. Blue Team surging past and now on 7 points.

JUNIORS

A small group of budding junior golfers attended a coaching session with Dominic Barsons as part of the Kaitake school holiday programme.

CART SHED

There is a lot of activity at the back of the Kaitake Golf Clubhouse with volunteers building the foundation for the new cart shed. Currently members with carts store them in the green keeper's shed. For some time now the Club have wanted a purpose built shed close to the club house and car park to make access easier and to give the green keeper his space back.

With a generous grant from the TSB Community Trust and the voluntary support of our members this is happening. Taranaki TotalSpan will construct the shed over the next few weeks.

More information on Kaitake Golf Club or coming events can be found on the website www.kaitakegolf.co.nz. or by talking to Jacqui in the Office, phone 752 7665

Andrea Jarrold, Club Presiden



The construction team getting the new the cart shed out of the ground.



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taranaki
KAYAK FISHING CLUB



Prizegiving

Fishing is now at a standstill thanks to the cold and the weather. The club's AGM and prize giving was a success with a few new members and a new committee ready to grow the club and make the Kayak Classic even bigger.

We would like to offer our condolences to the Christiansen family on the loss of Mike, he was a great guy and always supported the Kayak Classic and the Coastguard fish auction.

Trophy winners at the prizegiving.
Biggest tuna Jim Morrwood, Biggest Trevally and Gurnard, Garry Harrison. Biggest snapper Tony Hurring, Biggest Kingfish, Wayne Martin. Biggest Blue cod, Pete Florence. Biggest Kawahai Roger Witt.

Champion surfcaster, Chris Whittaker. Club award for catch of the year went to Wayne Martin for his catch of of 10 kg kingi on a gurnard rig in the port

Coastal Karate

Coastal Karate are fundraising for a trip to a special event in Brisbane in March next year. It will be an amazing opportunity for members of all ages to meet and train with people from all around the world. As always, we need to fundraise to help pay for the trip, so all members of the club have decided to help whether attending or not. There will be a number of events organised, including selling delicious Family Pies, so if some of the younger members of the club turn up in the next few weeks with order pads in hand, we would really appreciate your support. And you will love those pies!

If you want to help out, or want to buy some yummy pies, you can contact Jim on 752 7337 or Andrea on 752 7302 for more information.



GETTING WET



Oakura Boardriders

As most of you will be aware it was a sad month for the Oakura Boardriders Club with the passing of our founding president and first life member, Mike Christiansen. There has been a lot written and posted on social media and a large service was held at Oakura hall followed by a wake at the Oakura Boardriders Clubrooms. I am sure those that could, paid their respects and toasted Mike and his memory will live with us forever.

Mike was the leading light in the formation of the club, even though there was a strong core crew, it was Mike's passion that saw the transformation of the clubrooms, the skate park and half court and even to the end he was pushing for the next renovation plans and expansion of the clubrooms and facilities. He was involved in all facets of the surf scene and snowboarding scene in Taranaki for many years and a lot of the kids through to young adults who grew up with the Oakura Boardriders Club owe their early surfing, skating, snowboarding experiences to Mike's vision passion and energy. A great mate to many, and example of a great human who is a great loss to us all. His legacy will live on and Oakura Boardriders and the community have definitely benefitted from Mikes life.



Mike Christiansen.



D-Bah on the Gold Coast and then the Skullcandy Oz Grom Open held at Lennox Heads. This is always a steep learning curve for NZ juniors. For some it is the first time they come up against the horde of frothing Aussie groms. I have heard that some of NZ junior surfers did very well especially in the U14 with Kehu Butler making semi-finals in the Occy Comp and then winning the OZ Grom open with Tane Bowden in 2nd, huge results for NZ Surfing.

The Oakura Boardriders has had a surge in membership this last year with a lot of kids showing keen interest in learning to surf and progressing their surfing. With thanks to the NZ Community Trust who have granted us some much appreciated support and with the help of Vertigo Surf Shop we have been able to upgrade our club boards which we should have in time for summer. The support from the NZ Community Trust has also allowed us to start Club Surfing Lessons and coaching again starting August and for our competitive surfers some high performance coaching will happen later in the year. Anyone interested in this can advise our President John Shewry of their Interest.

The Oakura Boardriders AGM will be held late August, members will be advised and it will be advertised so keep this in mind and come on down and show your support.

A message from our president to thank all the members who have worked so hard over the last month with all the events the club has had on, members are what make this club a huge success.

Brent Anderson, Oakura Boardriders.

President: John Shewry, 027 252 9190

Secretary: Paul Lobb 06 75 27556

There are going to be some exciting developments around the beach area upcoming, but as with any council processes this will take some time, the community board led by Doug Hislop along with other community parties have some ideas re the local facilities so stay tuned as these are revealed over the coming months.

On the surfing front the Waitara Bar Boardriders has been running a series over winter and the NZ Home Loan series held at Fitzroy beach will kick off on the 2nd of August. Hopefully we will have news from these in the next issue of the TOM.

A few of Taranaki's junior surfers visited Australia over the school holidays contesting the Occy Grom Comp at

The advertisement features a red hand icon with a spiral in the palm, and the word 'Yoga' in a red script font. The background is a blurred image of a person practicing yoga outdoors.

Monday
Flow Class 9.15 - open class

Thursday
Alignment Class 9.15am - open class

Friday
Beginners 9.15am - closed to casuals
(Please call to book a term long space)

St James Church. Main Sth Rd. Oakura
Call Kate Evans **027 203 7215**

A Whale of a Story

It's not every day a whale washes up on the beach (approx one a year along the entire coastline of NZ) and when one of the biggest creatures on the planet – the Blue Whale washed up just north of Tapuae Beach, it provided great holiday entertainment. The 20 metre/100 tonne whale didn't smell particularly pleasant but this didn't stop dozens of sightseers from visiting the whale.



The Roper family also feeling the need to hold their noses.



What a pong! Eva holding her nose!



HEALTH & WELLBEING

Sit ups, Crunches, Planks – What is the Best Exercise for Your Abdominals?

The abdominal muscle group consist of rectus abdominis (6 pack), the internal and external oblique's (the muscles on your sides), the transverse abdominis TA(kind of like your corset), the multifidus (deep muscles holding all vertebrae nicely in place) and erector spinae (you can feel these running down along your spine).

Very important to note, these muscles do NOT work in isolation therefore it doesn't really make sense to train them in isolation. When you understand their role you'll understand why.

They have the very important role of stabilising the pelvis and protecting our back. If our pelvis is not kept in a stabilised, strong position how could we run, walk; basically carry on with day to day activities? When we lie down, they're not needed for support as we now have a floor or bed to support us.

So how do we make sure these muscles are activated in the position they're meant to work in. Firstly, it's by simply drawing in the belly button, not holding your breath and going blue in the face while holding it, rather it's by simply exhaling (breath in, breath out) and GENTLY pull your belly button in. While doing this you will feel the activation of your oblique's and TA. You will also get the co-activation of the multifidus (which you obviously can't feel as they are too deep).

Secondly, our back holds us upright, so by having good posture, natural/neutral curve of the spine these muscles are being trained and kept strong.

Thirdly, remember that the pelvis needs very good stability while walking, running, jumping, bending, throwing, pushing, basically all day to day activities, so while doing our strength exercises for all these action muscles that are required to perform these tasks, we are in fact training the abdominal muscles. By using good technique, perfect posture, correct breathing with abdominal bracing (belly button) we are activating these muscles as they keep the pelvic bone stable so our 'action' muscles can work (our limbs). How best do we train for bending, walking, running, jumping, pushing, pulling etc? Best way is through

compound exercises such as squats, lunges and deadlifts. Upper body exercises such as push ups, bench press, chin ups, rows, etc.

As for the pelvic floor, all women should do pelvic floor exercises, especially after childbirth and other related issues but in saying that once you've activated and know what it feels like to activate your pelvic floor this can be done with abdominal bracing. The trick is not to hold your breath and when you pull in your belly button, do this gently, activating the muscles, including the pelvic floor muscles. This can be done while walking, exercising, whenever – it does NOT have to be done on the floor or in isolated training.

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last week . . . last month, last year?

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What is SMEAEP all about? Stress Management Exercise Association Endorsed Programmes, are now being offered to businesses throughout NZ by REPs Registered Exercise Professionals who meet recognised international standards, and who have been endorsed to deliver a SMEAEP programme by Exercise NZ. So if you're feeling the effects of workplace stress or struggling to meet the requirements of the Health & Safety Act for your staff, I can help. As a business person, who understands the importance of stress reduction through exercise, would you like to claim your exercise programme as a tax deduction? And

for employers providing benefits to employees, the benefit is free from FBT and also tax deductible. This programme is ONLY available through accredited providers, and Estelle Williams of Functional Fitness, is the one and only accredited provider in New Plymouth at present, so give me a call on 752 1001, text or call on 021 119 6465, or email functional.fitness@xtra.co.nz

To find out more you can have a look at the SMEAEP website at <http://stressmanagementexercise.co.nz/>

By Estelle Williams



Feeling out of balance?
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Joanna at work.



Shiatsu is for Everyone

Whether you are young or old, an active sports person or a sedentary office worker, at some time in your life you will probably experience pain or other symptoms of poor health. Shiatsu, a clinically proven massage therapy, can help. Practitioner Joanna Smith-Holley (Dip. Shiatsu, Cert. Massage, member SPAA) has over 15 years experience in treating people with a wide variety of health problems. Her well-established Shiatsu Clinic has now been operating in New Plymouth for 12 years and positive feedback from clients attests to the many and varied benefits of Shiatsu treatment.

SHIATSU FOR SENIOR CITIZENS

To begin with, clients stay fully clothed for Shiatsu, which is definitely a plus for those who aren't keen on stripping off. Shiatsu is a gentle therapy, and the practitioner varies the amount of pressure applied to suit each individual. Clients have reported much relief from aches and pains – some that they thought they were stuck with, as well as a brighter mood and sense of well-being. Many are surprised at the improvement in their general state of health and say they wish they had known about Shiatsu earlier.

SHIATSU FOR SPORTSPEOPLE

Injuries are a common problem for sportsmen and women, and sometimes they just don't heal fast enough. Shiatsu can get you back into your chosen sport faster. Clients say that regular Shiatsu sessions help with recovery times and energy levels whilst training for an event, as well as helping to prevent injury.

SHIATSU FOR OFFICE WORKERS

Sitting all day gazing at a computer screen tends to create a lot of tension in the neck, shoulders and back. This can lead to stiffness and painful conditions such as occupational overuse syndrome. Shiatsu can help to relieve pain and tension, as well as stress, and put that spring back in your step.

Shiatsu is a unique therapy that combines the use of acupressure points with stretching and gentle manipulation, to affect the nervous system, relieving muscle and nerve pain so you can get on with life. Shiatsu is a Japanese body therapy that has made its way into the West and is popular in the UK, Europe and America. Experience suggests that Shiatsu is useful for relieving many painful conditions that often don't respond to other treatment.

For more information or to make an appointment phone Joanna on 752-1016 or 027-273-8808.

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INDOOR BOWLS TOURNAMENT

On Thursday the 3rd of July the year 7 and 8's from Oakura School went to an indoor bowls tournament at the Okato Hempton Hall. We entered five teams of four in the tournament. Unfortunately none of our teams received placing's but the team consisting of Blake Boddington, Samantha Skurr, Alex Craig and Ben Giltrap won \$10.00 for rolling the bowl that landed closest to the money. Some of the schools that competed in the event were: Rahotu, Omata and Coastal. We all had a fantastic time and left knowing that we did our best. A big thank you to the Oakura Indoor Bowls Club members who helped tutor us, teachers and organisers, because without your help this tournament wouldn't have been possible.

Written by: Jade Maulder (12) and Hamish Goodhue (12)



Henry Lehrke concentrating hard to make the perfect bowl.

POWERCO TECHNOLOGY CHALLENGE

On Wednesday the 25th of June, four teams consisting of 21 year 7 and 8 pupils competed in the Powerco Technology Challenge (formally known as BP Technology Challenge). The Powerco Technology Challenge involved five small challenges on the day and one prepared challenge complete with a portfolio. This year's prepared challenge (which needed to be completed before the day) was called the 'Dream Sleep Out'. Each team had to design and build a, one storey, dream sleep out with a maximum size of 1m cubed. There were lots of different and quirky things in all of our sleep outs. Some examples were; flipping ping-pong tables, jelly filled swimming pools, flashing lights and a solar powered T.V. All of the teams that entered did very well and one group even finished up with a third placing for their dream sleep out. Another team received a special mention by the judges for their great circuitry work.



Maya Jackson, Melanie Bishop, Finn van Bergen, Riley Day, Jimmy Ellis and Hamish Goodhue's Dream Safari Sleep Out!

If you would like to view the sleep outs, they are on display in the foyer at Oakura School. Thank you to all the parents who helped, teachers of Devon Intermediate who organised the event and most of all Powerco for sponsoring the event.

Written by: Hamish Goodhue (12)

**WEDDINGS
EVENTS
ORDERS**

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COMING EVENTS

August

15 Taranaki chess competition in Oakura Hall

September

4 Omata Years 1-3 Cross Country 1:30pm

5 Omata Years 4-8 Cross Country 1pm

9 Coastal Inter school Y4-6 Cross Country 1pm

11 Inter school Y7-8 Cross Country 1pm

17-19 Y5-6 Camp at Vertical Horizon

BoT Update



Turtle time in Room 3 with Kare Brooke, Tasmin Reeve and Big Boy.

As we turn our focus to the winter months and the sports associated with it, I thank all the volunteers that make it all possible. In schools and communities such as ours, things only happen if there are people willing to give their time to make it happen, so thank you all for your efforts, it is very much appreciated.

Feed back from the Nathan Mikaere Wallis evening and the day that followed for the staff has been huge, from both parents and staff. Thanks to Karen Brisco for making this happen. Food for thought for all of us.

At our last Board meeting, Vicky presented her curriculum report and focused on the ALL programme (Accelerated Literacy Learning) and highlighted the ways it has had an impact with writing and reading confidence. Also the new readers that are supporting student's interests and skills, are extending all students at both ends of the spectrum.

The Junior Reading report from Viv led to a rich discussion between staff and Board with the teacher resource "Choice Words" at the centre. Viv explained how the book, 'Choice Words', by Peter H. Johnston, had become a hot topic in staff meetings and how powerful the way we use words can influence learning. I commend all staff on looking outside

the box at ways to become better teachers and ultimately educate our children better.

Our enrolment zone continues to help keep our roll steady with stable student numbers at the July roll return.

The property development project of creating extra learning space in the main block (building on to the cloak bay) and an extra room onto the library continues to move forward with draft plans on the Board table and the final touches being added. I hope to be able to give you a time line by the end of Term 3.

Hamish Logan, Chairman

GUARDIANS OF THE BUSH

Our rich topic for term 2 was a science focus, 'Guardians of the Bush.' Pat Murphy has been leading this topic with his vast knowledge and the skills he grew while working with DOC last year. So I will let Pat explain about our precious Omata bush reserve . . .

"This is a lowland coastal forest remnant and has a canopy dominated by many fine pukatea trees, several large tawas and unusually because they are technically sub canopy trees many large kohekohe and mahoe trees, some of these are probably as big as they are ever likely to get. Coastal forest remnants in Taranaki are precious as there is very little of it left anywhere. Kohekohe is also a tree on the decline because it is very vulnerable to possum browse. Kohekohe is a very interesting tree with its beautiful glossy foliage and the way it flowers and fruits on

the stems rather than on the branches. There are not many trees that you see with flowers and fruit growing directly out of the sides of the main trunks. All this provides a rich learning environment and custodial responsibilities for students right at our doorstep."

So if you haven't had the time to take the bush walk through our own amazing school bush, please do try over the weekend sometime. You should be pleasantly surprised by how much the children can tell on the way through. This term we continue with science studies but with the theme, 'What's going on?' Looking at all kinds of amazing phenomena (science experiments!).

Thanks for your support coming out on a cold night to hear Nathan Mikaere Wallis talking about the brain; wasn't it amazing. We had Nathan for the whole day after and we were left wanting to know more. I am planning to get Nathan back so look out for another session focussing on the teenage brain. Now that will be worth another night out!

OMATA PLAY-GROUP

Rachael invites all Omata pre-schoolers and parents to play-group held every Thursday from 9-11am in the hall during term time. Phone Rachael Shotter 751 4529.

Karen Brisco, Principal



New Plymouth Boys' High School

Every Thursday afternoon at NPBHS the boys are involved in what we call a "Utility Period" – this entails participation in an extracurricula activity. Sporting activities include the major codes, but it is also great to see boys participating in activities such as Surfing, Mountain Biking, Skating, Wall Climbing, Ten-Pin Bowling, Indoor Bowls, Chess . . . I was very impressed with the boys who are making robots and for another activity there is something special about constructing a rocket and firing it into the sky returning to land by parachute. There are a large number of boys participating in Dance and Drama which is good to see.

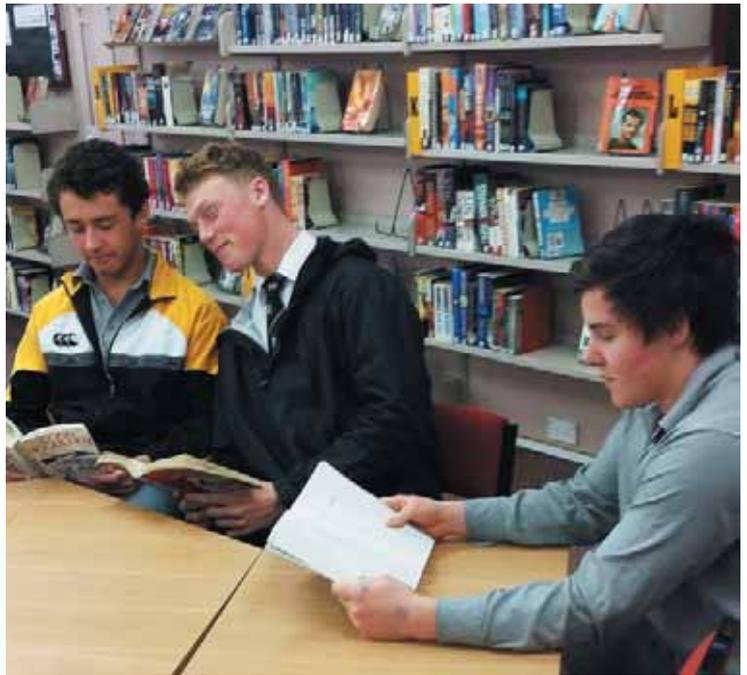
I am also pleased by the number of boys who get an opportunity to travel overseas representing the school or national teams. This year 12 boys went to the Global Young Leaders' Conference in New York and were involved in a global discussion at the United Nations. As part of the Geography curriculum, boys have just returned from Thailand. Earlier in the year boys studying Spanish went to Chile. In mid-September I am taking three boys to the World School in Vladivostok. This is a wonderful opportunity to join in with 27 other schools from around the world.

Congratulations to the following Year 9 boys who attended the Ricki Herbert Football Academy in Sydney : Pacey Healy, Cormac Tindle, Darius van Wyk, Owen Smith and Cam Burnell. There is some real talent amongst these boys. Thomas Fletcher and Michael McLeod have been elected on the New Plymouth Youth Council and Thomas is also the National leader in S.A.D.D. (Students Against Drunken Driving). In the recent production "Phantom of the Opera"

Hamish Phillips and Jacob Bond were involved. Whatu Ngatai Tangirua has won a scholarship to be involved in a dance troupe in USA. I am thrilled to see the number of boys involved in Music and playing instruments. Fletcher Myles, James Murphy, Richard Gottlieb, Teague Harvey and George Mohi are part of great Jazz Band. The Concert Band is still the major attraction. In the recent Manu Korero Speech competition Jarvis Oke performed very well and the Kapa Haka group excelled. The staff Kapa Haka group is also doing very well.

It is always a pleasure to see young men achieving their potential and realising their talents.

Michael McMenamin, Headmaster



Matheson, Farrell and Toby in the Library.

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Spotswood College



Term three is an extremely busy term. Senior students will be completing internal assessments and preparing for both school examinations and NZQA External Examinations which begin Week 4 of Term IV. Term III also involves a multitude of sporting and cultural activities.

KEY EVENTS FOR TERM 3 INCLUDE:

- Week 1** Skiing and Snowboarding TSSSA event – first good day.
Tracking Merit and Excellence students.
Visiting Oakura and Omata Schools to give 2015 enrolment information.
Year 12/13 Drama Production.
Sport and Cultural Photographs.
- Week 2** Board of Trustees meeting.
Two International schools visit us - Hatsukaichi (Japan).
Burnham School (UK).
Our First XV and A Netball teams will play against Burnham School.
Year 10 Science Quiz.
PTA and Komiti Maori meetings.
- Week 3** Education Review Office visit our school
Wednesday 6th August 7.00pm Open Night
7/8 Meeting with parents of Merit and Excellence students.
TSSSA Badminton.
- Week 4** 2015 Course Selection process begins for students.
Enrolling students for 2015 begins in contributing schools
TSSSA Archery.
14/8 PTA Repertory Theatre Evening.
- Week 5** PTA Meeting.
Careers Expo – Year 11 students.
TSSSA Table Tennis.
- Week 6** Board of Trustees Meeting.
Methanex Maths Spectacular.
NZ Defence Careers Bus visit.
Our School Jazz Band travels to Hamilton for the Waikato/BOP Band Festival.
Komiti Maori Hui.
- Week 7** Winter Tournament Week involving Football and Netball Teams.
- Week 8** Year 11 – 13 School Examinations all week.

International students enjoying our Taranaki surf.



- Week 9** e-portal open for 2015 subject selection.
MCATS Maths Assessment (External Examination).
PTA Meeting.
Komiti Maori Meeting.
Year 10 Science students travel to Massey University.
- Week 10** Spotty Idol (Thursday 25 September).
End of Term Achievers Assembly.

INTERNATIONAL NEWS

The end of term two saw the departure of seven of our international students. This is always a sad time as we farewell a group of students who arrived as strangers and left as family. These students have much to offer to our local students who gain an insight into the world beyond New Zealand. Lifelong friendships are formed.

During the July holidays we welcomed eight new students from Germany, Austria, Switzerland, Spain and Italy. They are a delightful group of teenagers who are determined to make the most of their time in Taranaki. We also welcome the Oldfields and the Luques from Oakura who join our all-important group of host families, without whom our International Programme could not operate.

We are looking forward to sharing our great province with our twenty international students this semester.

If you are interested in becoming a host family please contact Gloria Holland at Spotswood College.



Orchestra Photo: from left - Finn Mursch (Germany), Chika Aizawa (Japan), Michelle Sueess (Switzerland), Nilson Ferreira de Sa (Brazil).

GATEWAY NEWS

Wiremu Hotene was placed at Armstrong Fleming Ltd Chartered Accountants through Gateway. He enjoyed the placement as he found it easy to get along with the staff; they were really helpful and friendly. Being placed at a Chartered Accounting firm gave him the chance to see firsthand the types of jobs an accountant would do and has encouraged him to follow commerce as a career choice.

Shirvana Bryant goes to Wrinkles Early Learning Centre every Friday. She enjoys caring for and playing with all the children there. She is also working on PORSE books at school and her goal is to complete the National Certificate in Early Childhood Education and Care Level 3.

Erin Barrett has been fortunate to work together with the Gateway programme and her horse riding instructor to enable her to attain equestrian credits towards NCEA Level 2. This has entailed working at Winterland Riding Centre in Inglewood with Brenda Bellringer where she has increased her knowledge of horse training and care through practical and theory assessment in an environment that has also given her experience of what it may be like to work in a professional stable. She has learnt new skills such as lunging which will be enormously beneficial to her in the future whilst working with her own horses. She particularly enjoyed riding new and different horses as part of the assessment criteria, as it provided a challenge and an opportunity to test her skills. No two horses are ever the same and as such each requires an adapted riding style. Brenda has helped her to recognise this and to ride accordingly. Now, when considering employment options in the future Erin will have some insight into how employment in the horse riding industry might suit her.

2015 ENROLMENTS

We are now enrolling students for 2015. Our enrolling process is as follows:

A small group of Year 9 students and the Principal will visit schools to distribute our Prospectus and relevant enrolment information.

Enrolment interviews will be held in contributing schools on the following dates:-

- Highlands Intermediate 12 August;
- Devon Intermediate 14 August;
- Oakura 15 August;
- Omata 19 August.

Please contact us to arrange an interview appointment if these times do not suit or if you wish to discuss any aspect of your child's secondary education.

Mark Bowden, Principal



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Developing young people of good character with the skills and knowledge to contribute to our 21st century global village.

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E Focus on thinking, questioning and seeing the connections between your learning and the real world.

T Learn how to plan, set goals, challenge yourself, lead and strive for your personal best.

U Inclusive, fun and positive classes in a very caring co-educational environment.

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7PM



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OAKURA COMMUNITY - WHAT'S ON

PHONE 0800 THE TOM FOR ADDITIONS OR CHANGES TO YOUR LISTING

Crop Swap

Next swaps: 9 August - Dr Sue Oldfield, 'Food as Medicine'. 23 August - Jayne Bright, swapping and saving seeds along with the Seedsavers Seed Bank, 4pm at Oakura Church Hall.

Fitness Training. Small Group classes held Mondays, Wednesdays and Fridays at Corbett Park - Interval Training & BoxFit. Contact Estelle Williams of Functional Fitness ph 7521001.

Hurford - Omata - Oakura Rural Women. Meet 2nd Wednesday each month at 1.00pm. New members welcome. Contact Jean Kurth 751 2274.

Indoor Bowls. Mondays 7.30pm at Oakura Hall. Ring Mike Vickers 752 7881.

JKA Karate. Tuesdays at Oakura Hall 5.30-6.30pm. Thursdays at Oakura Hall 6.00-7.00pm. Contact Jim Hoskin 752 7337.

Mini Groovers. Music and movement for preschoolers! Tuesdays 10am during school terms, Oakura Hall. Gold coin donation. Contact Maryanne on 06-2811197.

Move It or Lose It - fitness classes. Oakura Hall, Wednesdays & Fridays, 9.30am, Contact Gloria 752 7442.

NP Toastmasters Club. Meets every 1st, 3rd and 5th Thursday of the month, 5.30pm at Bell-ringer Pavillion. Everyone welcome. Ph Faye 0274 250 354 or 751 0811.

Oakura Playcentre. 14 Donnelly St, Oakura. Sessions run Mondays, Wednesdays and Fridays 9am-noon during school terms. Visitors welcome. Ph Maryanne on 06-2811197.

Oakura Pony Club. Contact Robin King ph 751 0300.

Oakura Pool Club. Meets every Wednesday evening 7pm @ Butlers Reef over winter. Phone Chip 027 621 4999 or 752 1004.

Okato Squash. Club nights on Mondays from 7pm, everyone welcome, phone Darryl Gibson, Ph 06-752 4804.

Omata Playgroup. Meets every Thursday, 9.00am at the Omata Community Hall. Ring 751 2308 for next session date. All parents and pre-schoolers welcome.

Pippa's Personal Training. Circuit training, PT sessions, boxing in your own home with small groups or individually. Suited to your level of fitness and ability. Phone Pip Johnson 022 104 1851.

Probus Club. Meets once month at Kaitake Golf Club rooms on the 3rd Friday of every month at 10am - 11.30am. Contact Barry Goble 752 7254, or Betty West 752 7816.

St James Church, Oakura. Morning worship 10.00am, 2nd and 4th Sundays of the month.

St John's, Omata. Morning worship 10.00am, 2nd Sunday of the month.

Val Deakin Dance School. Pre-school dance classes are from 9:30 to 10 am and the Beginners' ballet dance class from 10 am to 10:45 am.

Vigor Fitness. Tuesday and Thursdays 10am - Outdoor Pure Grit Training. Phone Anneka Carlson 021 404 642.

Volkswagen Club. Regular events range from car rallies, the YMCA climbing wall, camping, BBQ get togethers and sharing good family times and knowledge. Contact President: kirk@taranakiwv.co.nz and Secretary: bryan@taranakiwv.co.nz

Yoga Classes. Oakura Church Hall Monday and Thursday 9.15am. Everyone welcome. Contact Kate Evans 027 203 7215.

Zumba Fitness Class. (suitable for 13 years and over), Oakura Hall, Wednesday 6.30 - 7.30pm. First class free. \$8 casual or 10 class concession card for \$50. Ph: Ange for queries: 021 222 9683.



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The main land use is with dairy cattle producing above the top 10% of productive performance in the areas farmed.

Substantial returns are achieved through increasing the productive capability which in turn creates large wealth gains and allows higher returns through a lower cost of capital.

The only persons who may subscribe for securities are persons excepted or exempted from being members of the public in terms of section 5(2CBA) of the Securities Act 1978 (NZ) (the Act).

For more info please contact Farm Venture on
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