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25 February 2021

## Marsden Point Refinery could convert to an import only hub as early as 2022

Refining NZ issued a press release last week as a progress report on its "strategic review" which began in April last year.

The press release quotes CEO Naomi James as saying that while no decision has been made yet the proposal to turn the refinery site into an import only terminal is being "given serious consideration" Negotiations with the refinery's customers: the petroleum companies Z Energy, BP, Caltex and Mobil are underway and an agreement would also need to be reached with the refinery's non customer shareholders.

"There is still a lot of work to be done yet, and the earliest possible time for conversion is currently 2022. However, we need to use the time we have not to put in place the plans needed to support a smooth transition. We are working closely with the local community and Government to develop plans, which will minimize the impact of any future change on our people and the Northland region."

She talked about the possibility of repurposing the Marsden Point site "as a fuels and energy hub, with the potential to support future production, storage, handling, import and export of energy sources including: biofuels, sustainable aviation fuel, hydrogen, LNG and electricity."

*Continued on page 3.*

## Breem Bay College swimming carnival

*Photo by Julie Paton*



Ryan Andrews and Amy Swanson trail young students during the interhouse truck and trailer fun event at the Breem Bay College swimming carnival held on Friday 12 February.

The swimmingcarnival, held at the start of the school year, is run over two days with fun events interspersed between the competitive races and inter-house relays

*Story and more pictures on page 7.*



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**EDITORIAL**

**No one should be denied the chance of a tertiary education because they live in Northland**

Some of our young ones are heading off to universities or polytechnics for the first time this week. I wish them all well in their chosen fields of study. It's a big step. For most of these young people it will be their first time away from home for an extended period.

Apart from the normal concerns about their children going out on their own, many families are also worried about the huge debts they will be racking up at the university and polytechnic halls of residence. I had a quick scroll through the Auckland university halls of residence Internet advertisements and find that the price for a room and board at these establishments ranges from \$398 to \$424 per week. Even taking into account the price of rental accommodation in Auckland I think these prices are way over the top. The rooms are small. The students share bathrooms and the food is nothing spectacular.

For families where parents work in minimum wage occupations as many of us do in Northland the price of accommodation at these halls is a real impediment to our children achieving their higher education goals and going on to well paid jobs.

The student allowance, even if you can qualify for the full amount, is \$237 per week so doesn't cover these costs, and the threshold of how much your parents can earn to qualify for this amount is set pretty low. For example, if your parents both earn \$40,000 a year your allowance reduces to \$126.79 per week.

Parents even on relatively low incomes are expected to support their children through the three or four plus years they spend studying. As we all know many families are already struggling to keep a roof over their heads but the student allowance calculation doesn't seem to take into account how much rent or mortgage the family is paying.

It's a help that the first year of university fees, which I think add up to around \$6,000 a year is now free, but this is an insignificant amount against the price of accommodation.

Of course students are eligible for loans, which are interest free until they start earning and some don't worry and gaily book up huge amounts. But for hardworking, honest families, the thought of their child being saddled with an enormous debt before they even start their careers is daunting.

I am wondering if the people of Northland can do something about this. Perhaps a few more scholarships to help with these expenses but I suspect the availability of ready money through the student loan scheme is one reason the university accommodation fees are so high. Maybe there could be a hostel in Auckland for students from Northland with a subsidized weekly rate. Alongside this there could be a mentoring service to guide these students into their future careers.

No one should be denied the chance of a tertiary education because of how much disposable income their parents have or because they live in Northland.

*Marilyn*

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# Marsden Point Refinery could convert to an import only hub as early as 2022

*Continued from page 1.*

And she said the conversion would help New Zealand achieve its carbon reduction targets.

The Refining NZ share price has fallen from \$1.55 in February of 2020 to 49 cents as of Thursday 18 February 2021.

In October 2020 Ms. James announced that the refinery would cut production by a third, would cease bitumen production and would reduce its workforce by 90 people to 300. These redundancies are due to take effect in April

Last week the company posted a \$198.2m loss, which includes a \$158m write down of its refining assets. Even before the Covid 19 epidemic and the effect this is having on demands for fuel, particularly aviation fuel, the company was suffering reduced profitability due to new, more efficient refineries coming on stream in China and South Korea.

The Ruakākā Residents and Ratepayers Association takes issue with the statement that Refining NZ's management is 'working closely with the local community. While previous CEOs have all met with the association the Ms. James had declined to do this.

The association's chairman Jules Flight said, "Historically we have had a reasonably good relationship with the refinery. However, their decision to exclude residents on this side of the harbour in a recent re-consenting process has impaired this relationship.

Mr. Flight said the association regrets the loss of jobs and the impact this has on our community.

Ms. James said in the press release that the refinery's management had "worked closely with local regional and national agencies with the aim of having everyone impacted by the changes in new jobs or retraining within six months."

Mr. Flight also observed that she made no mention of the fact that the refinery is to cease bitumen production, and that all bitumen will now have to be imported which will impact on roading costs

The release also talked about a "maintenance turnaround" due to start in early March when up to 300 – 350 additional contractors will be working on site and said the \$20m spend would provide "a significant boost to the local economy."

# More mentors needed for learner driver programme

More driver mentors are urgently needed for the driver mentor programme run by the Bream Bay Community Trust.

The trust's manager Shaun Damora said the programme is proving very popular and as many of those enrolling are learning to drive from scratch rather than just honing their skills it takes some time and effort on the part of the driver mentors to prepare them for their driver's license tests. Meanwhile the waiting list keeps getting longer. Mentors need to be able to volunteer a few hours of their time each week. They are given training before they start work and a car and petrol is provided.

Mr. Damora said becoming a driver mentor is a good way to serve your community. "Knowing how to drive safely and having a license provides people with more opportunities as well as making our community safer."

If you can help please phone the trust – 432 7197 or email: admin@bbtrust.org.nz

# A doll named Joy to cheer people up in the Bream Bay Medical Centre waiting room



Doll maker Sheryl D'Ath made the doll posing here with practice nurse Esme Kenobi to brighten up the waiting room at the Bream Bay Medical Centre and to show her gratitude to the staff working there.

Magazines are no longer kept in the centre's waiting room as a precaution against spreading the Corona Virus and Sheryl said it can get pretty boring sitting there.

She hopes the doll, whom she has named Joy, will give patients something interesting to look at. She copied the details of the nurses uniform carefully and gave Joy a red ballpoint pen which looks like a syringe in one hand and a medical mask in the other. Sheryl said she thoroughly enjoyed making the doll. She has a whole host of character dolls and hand made teddy bears at her Ruakākā home as by the time she has finished making a doll she comes to regard it as her friend and can't bring herself to sell it.

# Vaccinations for Northport border workers

Northport frontline border staff: those who have interactions with the crews of international ships, will receive their Covid 19 vaccinations on Monday 1 March. Representatives of the Northland District Health Board were due to make a presentation about the vaccine to Northport border staff today – Thursday 25 February.



**NEW LISTING**

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## Where you can find out about and make submissions on the Whangarei District Council’s draft long term plan

Every three years, Councils are required to undertake detailed planning and budgets for the next three years and provide broad intentions for the ten years ahead. A public meeting is to be held at 7pm Tuesday 9 March for the Whangarei District Council to present their draft Long Term Plan 2021 -2031. The meeting will be held in the Ruakaka Recreation Centre. Council staff will present their draft plan and there will be an opportunity for the public to ask questions and make comments. The draft Plan will then be open for public submissions until 1 April. The final Plan will be approved by Council before 30 June. Jules Flight, Chairman of the Ruakaka Residents and Ratepayers Association said, ““This is a chance to find out how your rates will be spent. There is a lot going on in Bream Bay with rapid population growth and a lot of changes in the economic environment. It’s important that local views are made known. “The Ruakaka Residents and Ratepayers Association will be making a submission and anyone can make their views known to members of the Committee, who

will be at the meeting.” Given the need to plan for Covid contingencies, the meeting will be cancelled if we are alert level three and limited to 100 attendees if we are at level two. The same presentation was due to be made at the Waipu Residents and Ratepayers monthly meeting on Wednesday 24 February at 7pm. The draft plan was not available on the Council’s website last week but a summary document said feedback will be sought on: climate change, rating options, revitalisation of the city centre, funding for event facilities and a proposed boost to transportation funding. There will also be a “Family Fun Day” from 10am – 1pm at William Fraser Memorial Park, Parahaki with free coffee, sausages and activities for children alongside a stall with Council staff ready to discuss the LTP. Formal consultation on the Long Term Plan starts on 3 March and ends at 5pm on 1 April.

## Signed Emerates Team NZ shirt up for auction at the Bream Bay Sports Awards



*Bernice Mene, former Silver Ferns Captain and director of the Hyundai NZ Pinnacle Programme*

The night of the Bream Bay Sports Awards, Friday 19 March, is coming up fast with the Sports Awards committee scrambling to ensure plenty of ticket sales, a good spread of nominations across the 12 different categories and to collect in all last year’s trophies ready to be engraved with the names of the 2020 sports year winners.

There were 30 nominations for the 2020 awards at the last count, which Graham Boulton the Sports Awards Committee secretary and treasurer said was a good tally considering the limitations Covid 19 had placed on competition. Special Guest is former Silver Fern Captain Bernice

Mene MNZM who proved herself an entertaining speaker when she was the special guest at a Bream Bay Awards night back in 2004. Bernice is the Manager of the Hyundai New Zealand Pinnacle Programme which works with 15-18 year olds develop their skills and leadership abilities in the field of their choice. Bernice has said that there is no one from Northland in the programme and she would like to change that. As well as the presentation of the awards, an address by the guest speaker and a buffet meal, there will be raffles and auctions. Items going up for sale include a signed Emerates Team New Zealand shirt and a signed New Zealand Silver Ferns netball shirt. Funds raised at the Bream Bay Sports Awards are handed over to local sports clubs for the purpose of helping local young people overcome any financial barriers that may prevent them participating in sport. Tickets for the awards night can be purchased from the Bream Bay Sports Awards website.



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# Information sessions on proposed Whangarei to Ruakākā four lane highway

Waka Kotahi – the New Zealand Transport Agency, will hold two public information sessions on its Whangarei to Port Marsden four lane highway project.

The first was due to be held on Wednesday 24 February from 4pm – 7pm in the Mata Hall at the corner of SH1 and Salman Rd. at Mata.

If you missed this there is another information session on Saturday 27 February from 10am to 1pm at the Hub information centre in the Whangarei Town Basin.

There will also be an information stall at the Northland Filed Days in Dargaville on 4-6 March.

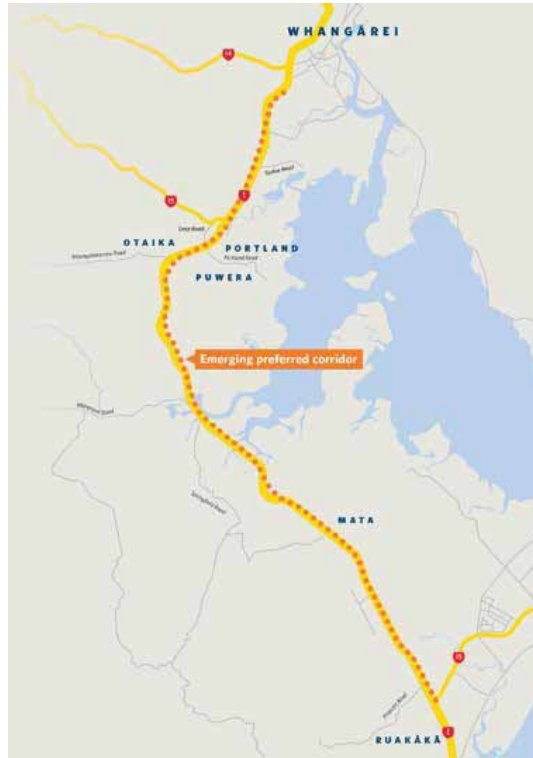
The information presented at these events is also available on the Waka Kotahi website.

You can also email [w2pmh@nzta.govt.nz](mailto:w2pmh@nzta.govt.nz) or phone 0800 948 342 if you can't make these events and want to discuss the project.

Since announcing its preferred option late last year Waka Kotahi's project team has been meeting with affected landowners.

Over the next few months they will be carrying out geotechnical investigations which along with further design work will help to inform the final decision on where the upgraded highway will be built. Confirmation of the route is expected later this year.

In the meantime Waka Kotahi will be carrying out safety improvements on this stretch of highway including widening centerlines and road shoulders and installing rumble strips and safety barriers. This work is programmed to start in the next few months.



The emerging preferred corridor includes upgrading the current state highway to four lanes (with some sections built on a new alignment to straighten out curves), with a separated walking and cycling path between Whangarei and Port Marsden Highway (SH15).

## Car and bike show raises \$30,000

The Waipū Lions Car and Bike Show held in the Caledonian Park on Sunday 7 February raised approximately \$30,000 most of which will go towards the Waihoihoi Activity Centre with the balance going to the Bream Bay Swimming Club and the Waipū Fire Brigade both of which helped run the event.

Trevor Murray Waipū Lions President said the show was a big success with more cars and bikes than ever before and more people turning up to pay for an entry into the park to view them.

He acknowledged that there were a few issues, mainly

due to the organisers being a bit overwhelmed by the crowds. There was a long queue of people down the main street of the town waiting to get through the main gate and into the park.

Mr. Murray said next year there would be more advertising to let people know they can enter from St Mary's Rd. and from South Rd.

On the whole thought the day was a big success and local businesses have reported their takings were well up on the day.

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 going on in Bream Bay.

## Roving market proves popular

The twilight roving market held for the first time at Left Fields flower and vegetable garden in Mountfield Rd on Saturday afternoon 13 February proved popular with some of the stalls selling out before the market finished at 7pm.

Gus and Jen Ross of Left Fields said, "We were overwhelmed with the turnout and we had fantastic weather for it too! It was a fun evening and the turnout (I think) validates that the concept of a roving country market was worth pursuing and organising."

Jennifer Rodrigue of Belle Chevre Creamery said she

wasn't sure how popular the market would be but would bring more of her hand made goats milk cheeses along next time. Even with no product left to sell her stall was popular as she had several of her Anglo Nubian goats for children to scratch behind their floppy ears and feed handfuls of hay.



Market goers at Left Field gardens

Other market goers picked flowers and picnicked on the lawn to the accompaniment of live music by singer Vanessa Henderson

This was the first of a planned series of markets, which will tour the workshops and gardens of local artisan producers.

## Colour run at OTP school this Saturday

Another event which had to be cancelled last year due to the Covid 19 lockdown is being held this weekend. On Saturday 27 February, the One Tree Point School PTA is holding its 6km Colour Run /Walk starting at the school grounds at 10am..

Tickets cost \$15 per adult and \$10 for school age children. Registrations are taken online only on the eventbrite NZ Northland page.

Two bags of coloured powder are handed out to each paid up entrant to sprinkle over their fellow participants during the event.

Colour runs have become popular in many parts of the world. Waipū Primary held one at the end of the last school year. The idea possibly comes from the Hindu festival of Holi, where people spray colours over one another to celebrate the triumph of good over evil.



## LONG TERM PLAN

## PUBLIC MEETING

## BREAM BAY WARD

Come along to hear about our next Long Term Plan, which sets out Council's activities and priorities for the next ten years, and how we will pay for them. You'll also be able to give feedback and have your say on big issues like climate change, our city centre, rates and future event facility options for Whangārei.

**Ruakākā Recreation Centre**

Tuesday 9 March, 7pm

# Bream Bay College swimming sports

By Julie Paton



Samantha Trist launches herself into the interhouse boogie board race



Junior boys diving in for a race start - Jack McCully, Mahko Linton and Ethan Carroll

The first interhouse event on Bream Bay College's school calendar each year is swimming. For the past few years, the school has held the swimming competition over two days.

The first day is a carnival, designed to get as many students as possible into the pool and involved in the day, with fun events including a truck and trailer, boogie board race, dolphin dive and human chain held between the competitive 25m races and interhouse relays.

This year's scheduled carnival day dawned rainy and cold so was postponed until Friday of the second week of term which provided perfect sunny, warm conditions.

In week three, the school held its Championship swimming day during which students compete in 50m and 100m events in all strokes and also 200m freestyle. The top swimmers go on to compete in the Northland Secondary Schools Swimming Championships held in Dargaville in the fourth week of the term.

Age grade champions:

Senior boys: Ryan Andrews; senior girls: 1. Kiera Carroll, 2. Abby Wright, 3. Abbey McKegg; Intermediate boys: 1. Fidel Poulson, 2. Izahs Linton, 3. Harris Lyburn; intermediate girls: 1. Amy Swanson, 2. Lily Matenga, 3. Eva Harvey; junior boys: 1. Mahko Linton, 2. Jack McCully, 3. Ethan Carroll; junior girls: 1. Chelsea Rickey, 2. Jade Fox, 3. Taylah Batten; sub-junior girls: 1. Madison Dromgoole, 2. Emily Stuart, 3. Ava Pullen.

Interhouse results: 1. Inverness, 2. Ross, 3. Argyll, 4. Sutherland.

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## Understanding Sleep



### What is Sleep?

Sleep is essential for good health. It refreshes the mind and repairs the body. Lack of sleep, or sleep deprivation, can cause fatigue, poor concentration and memory, mood disturbances, impaired judgement and reaction time, and poor physical coordination.

The body's internal clock regulates when and how we sleep depending on the amount of light around us. When the sun sets, your brain releases hormones to make you sleepy. In the morning, exposure to daylight suppresses these hormones and releases brain chemicals to keep you awake.

### Why is getting enough Sleep important?

Sleep deprivation is common in developed nations, with the average adult sleeping for only six or seven hours each night.

Most of us feel fatigued at least some of the time. Studies show that a common distraction from sleep is the internet and late night texting. Other common sleep stealers include; illness, parenthood, poor sleeping habits, shift work, some medications and travel across time zones. Stress, anxiety, or worry about recent or upcoming events also impact on sleep.

### Different stages of Sleep

Sleep isn't a static state of consciousness. The brain moves through distinct stages of sleep, over and over again, every night.

**Rapid eye movement (REM) sleep**  
Rapid eye movement sleep occurs about once every 90 to 120 minutes. It makes up almost one quarter of your total night's sleep. The brain in REM sleep shows significant electrical activity. The sleeper's eyes tend to dart about under closed lids, hence the name.

**Non-rapid eye movement (NREM) sleep**  
Non-rapid eye movement sleep is what you would experience for the remaining three-quarters of your sleep time. The amount and type of NREM sleep varies with age and degree of sleep deprivation.

**The four broad stages of NREM sleep include:**

- **Stage 1** - Dozing or drowsiness. You hover between being asleep and awake.
- **Stage 2** - You lose awareness of your surroundings. Body temperature starts to drop. Breathing and heart rate slow down.
- **Stage 3 and 4** - Deep sleep, also known as 'delta sleep'. Your blood pressure, heart rate and breathing become very slow and your muscles relax. Growth and repair processes occur during this stage.

### Do's and don'ts for a good night's sleep

- Do**
- Go to bed only when you feel tired, not before
  - Save the bed and bedroom just for sleep, and relaxation
  - Maintain a regular sleep routine - have a regular bedtime and waking time
  - Exercise daily but avoid exercising too late at night

- Don't**
- Consume products containing caffeine after 6pm or 7pm (e.g. coffee, tea, cola, guarana)
  - Have other stimulants late in the evening (e.g. alcohol and nicotine)
  - Eat a meal or large snack just before going to bed
  - Go to bed too early (unless you need to wake up early)
  - Take naps during the day (especially elderly people)

Talk to your Pharmacist if you are having issues with your sleep. They will be able to recommend products and lifestyle changes that may help.

### Sleep Disorders

Insomnia is the term used to describe a person's inability to sleep. Common conditions that can affect a person's sleep include:

- circadian rhythm disorders due to things that affect our internal sleep-wake cycle such as jet lag and shift work
- depression
- narcolepsy (excessive, uncontrollable daytime sleepiness)
- nightmares or sleep walking
- restless legs syndrome
- snoring and sleep apnoea

It is important to talk to your Pharmacist if you think you are experiencing any of the above conditions



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**Alison Lorraine Worthy**

21/7/1953 – 8/02/2021

**“A life filled with fun, laughter, family, travel, community, happiness and love.”**



Alison Worthy

They were married on 16 March 1974 and Alison took up the farming life, helping to feed out and raise calves.

They had three children: Rachael, Stephen and Diana in the space of four years. Alison joined the Plunket Society and, as the children grew, she got involved in the various activities they were interested in including: gymnastics, swimming and athletics, travelling with them to many away competitions.

On the day her youngest child, Diana started at Waipu Primary, Alison was asked if she would work as a relief teacher there, which she did for the next 12 years. Eleven years ago she and Graeme moved from the farm to Waipu town into a home designed by Alison and built by Graeme's brother Colin.

From around this time they went on many overseas trips together visiting the United Kingdom and Europe, Canada and Alaska, South East Asia, Africa and lastly Spain and Portugal in 2017.

Alison served on the Dr. McBirney Trust,

which administers a scholarship award for Bream Bay College. She was a member of the Waipu Library Committee, delivered Meals on Wheels, volunteered in the Waipu Bric a Brac shop and was a member of the Coronation Hall Committee.

Alison Worthy was a very organised person and had written her own life story to be read at her memorial service in the Waipu Coronation Hall on Friday 12 February. She had thought not many people would turn up but the hall was packed with people standing at the back.

Alison played an active role in the Waipu Community since arriving in the town as a young graduate from the Epsom Teachers Training College in 1972 to serve out her compulsory three years in a country school.

Kit Singleton a teaching colleague from that time said at the service, "I knew she would marry a farmer because she had a horse."

He said he would miss her. She was born Alison Lorraine Stichbury in Auckland, the youngest of four sisters. Alison said she was

her parents' "last attempt at a boy". She excelled at athletics and was Glendowie College athletics champion in her sixth form year. She learned the piano but gave this up at the age of 13 when she was able to persuade her parents to buy her a horse. Alison was introduced to Graeme Worthy by that great matchmaker George Phiskie, who as a member of the Waipu school PTA, held barbeques at his farm to welcome new teachers.

Christine Martin, of the Waipu Croquet Club said in the process of building the new clubhouse she would often ring Alison a fellow croquet club member for advice. "Alison would listen and say *A ha* while she thought about the problem and then give her answer. I am going to miss that *A ha*."

Celebrant Laraine Martin had talked to family members to prepare a tribute on their behalf.

They told her how Alison had a sweet tooth and once had to go out and buy a second bag of Easter eggs as she had eaten all the chocolate eggs in the first bag before Easter arrived.

She enjoyed sitting down with a cup of tea and a good book. She was a keen gardener, a hobby inherited from her father. Graeme said that just a few weeks before her death Alison had been out watering her garden in the rain.

Alison passed away after a long, courageous battle with cancer, having initially been diagnosed at the young age of 44. She never dwelt on her illness, keeping much of her health issues private.

"She was more interested in doing things in the community, helping Graeme on the farm and supporting her children in what they chose to do. She had a very strong sense of family."

The inside pages of the service sheet featured a photograph of Alison in gumboots on a high point on the Finlayson Brook Rd. farm, with a wide view out to Bream Head. In large print on the right hand page were the words, "Celebrating a life filled with fun, laughter, family, travel, community, happiness and love".

Alison said at the conclusion of her own story that she had enjoyed a "wonderful life."

*As seen on Grand Designs 2019*

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# Rising athletics star has lots of other sporting interests

By Julie Paton

Bream Bay College Year 10 student Liam Thornhill produced some good results at the New Zealand Secondary Schools Track, Field and Road Race in Tauranga this summer, making finals and semi-finals in the 400m and 800m events.

Liam, Whangarei Athletics Club's most improved runner last season, competed in the Under-16 category and was one of just three 14-year-olds to race in the 800m.

He ran four races within two days, with only a one-hour break between his first two races and made personal best times of 55 seconds and 2.15, taking five seconds off his 400m time and six seconds off his 800m time.

Liam also competed at the Colgate Games last month, placing 10th in the 400m and 12th in the 800m.

Next on his running competition calendar are the North Island and National track and cross-country championships – and he will also compete at the Northland and National mountain biking championships. "As long as it doesn't clash with hockey reps," says his mum Jenny Thornhill. Liam is also a keen competitive motocross rider.



Liam in his motocross gear

# Come and watch NZ's top under 19 league teams in action at Takahiwai

By Julie Paton

Next month Takahiwai Rugby League Club members hope local fans turn out in force to support their players in the Northland under-20 team when they take on top regional teams at their McEwan Road ground in Ruakākā.

Takahiwai Club chair Shane Hool says the young Northland team will face tough competition with Auckland split into two teams while other regional teams are composites: Waicoa Bay (Waikato, Bay of Plenty, Hauraki, Gisborne and Coast-line); Central Districts (Manawatu, Taranaki, Hawkes Bay and Wellington) and South Island (Tasman, Canterbury, West Coast, Aoraki, Southland and Otago). "So the more support we can get for our home games the better," says Shane. "The games are going to be televised by Sky Sport but we want as many locals as possible to come and watch the game live."

Northland's competition kicks off with a game against the South Island on Saturday at Nga Puna Wai in Christchurch.

Local games are Northland vs Auckland White, 2pm 6 March and Northland vs Waicoa Bay 2pm 13 March.

Northland will go on to face Central Districts on 21 March in Wellington and Auckland Blue at the Trigg Arena in Whangarei on 27 March.



Dirk Mostert AFA Monique Swanepoel AFA Truman Macarthy AFA Briar Burke AFA

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### THE NEXT PUBLICATION DATE

of the Bream Bay News will be Thursday 11 March  
The deadline for all copy is 4pm on  
Wednesday 3 March

## Adele Greatorex and her Waipū Horse Adventures business

In just five years Adele Greatorex's Waipū Horse Adventures business has become one of the most popular tourist attractions in the district. In fact on the Bookme things-to-do website Waipū Horse Adventures has been in the top four most booked Northland attractions all summer. Recently the business featured on the TV1 Breakfast Show with reporter Hayley Sproull choosing to ride a horse named Jono as in Jono and Ben.

In 2018 Waipū Horse Adventures won an Oceania adventure tourism award.

Adele keeps 13 horses on land she leases near the Waipū Golf Club. Most days there are three hour long treks along the beach and up through a horse track in the sand dunes. She has a permit from the Department of Conservation to take the treks through this Conservation land.

She employs four part time workers to work as guides and over the summer things get so busy that two of those jobs become pretty much full time.

When Adele first visited Uretiti beach she wondered why someone wasn't already doing this.

Most of the horses are retired trotters, which Adele picks up for free from a trainer friend. In their past lives they pulled carts around a race track, so Adele has to get them used to having someone on their back but picking horses and training them is something she excels at.

"Isn't it nerve wracking having to look after strangers

on horseback?

Adele said it was at first but she has learned

The horses all have their own personalities and knowing them and choosing the right horse for the rider is important in keeping everyone safe and for the rides to be enjoyable. One horse called Sea for example likes to be out in front and needs to be ridden by a guide. There is a quiet pony for young children. Other horses like to be together so a husband and wife, for example, who come riding together, are matched with these.

Groups are kept at 13 or under. Ten is the optimum size

Keeping the rides to an hour means the horses get to have a rest between treks. The horses' welfare is a high priority and as a tired horse can be a grumpy horse so its better all around if they are well rested.

Unless riders are competent cantering on the beach is discouraged and the standard treks follow the same route.

"Horses are like children. They like to know their boundaries."

"It's about looking after the clients and the riders"

They do take out smaller groups or individuals where the ride can be tailored to the person's abilities.

Adele said, "You get to meet some wonderful people. Yesterday I went out with a woman from the UK who said it had always been her dream to ride on the beach. It was a really enjoyable time and I had to pinch my-

# FAN ZONE

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**10 MARCH 3PM**

**12 MARCH 3PM**

**13-15 MARCH\***

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self to think that this is work.”

Covid 19 and the ban on travel caused problems as all those horses still had to be fed. Adele said she wouldn't have got through that time without the Government subsidy. Most of her clients come from Auckland so business has picked up since.

Adele lives in Mangapai where she runs a second business operation breaking in, schooling, rearing and buying and selling show jumping ponies and horses. Her daughter Maddy is a rising horse eventing star and she needs an ongoing supply of top show jumpers to compete with. Maddy and Adele buy potential show horses relatively cheaply sometimes because no one else can handle them. They work with them and when they are ready Maddy demonstrates their class in the show jumping ring.

It's a busy life with 30 horses in total to take care of. On the morning I visited Adele and Maddy were working with a young horse – Maddy on its back and Adele holding the training rope. Then Maddy took Daisy, one of the horses she is preparing for the Horse of the Year Show in Hastings early next month, down to newly built arena for a session.

We sit down for a talk in the dining room and Adele notices that a horse well known as an escape artist has jumped the gate in search of some fresh grass. Also a mare is frantically pacing up and down the fence line as her foal has somehow got across the fence into the adjoining paddock.



Adele with two of her foals

Maddy returns for a giant of a horse named Steve. He is a grey and of a German blood line, the only one of his kind in NZ. Adele says he has huge potential but has such a powerful jump that riders are often projected off his back as he leaves the ground. This has happened to Maddy but she is learning how to cope with him. Adele grew up in the small village of Pickwell in Leicestershire in the UK. Her family lived in a small house in the village but one day she met a woman who happened to be the grandmother of William Fox Pitt one of the UK's most celebrated event riders. Adele helped the old lady walk her dogs in the park and William and Adele became good friends.

Adele's grandfather had been a jockey and her father liked horses. "I guess it was in my blood."

Being slight in stature and I surmise, very brave she became a jumps jockey and then travelled to Japan where she worked for 15 years breaking in and schooling horses. There she met her husband Julian who is a Kiwi, which brought her to New Zealand.

Julian, a horse dentist still works in Japan, and is often away from home so Adele and her three children run the riding school.

She took a break from horses when her children were little to gain a degree in social work and then became a probation officer.

With her can-do attitude and grit you can imagine how she excelled in this job as



Adele and Maddy with a young horse they are breaking in.

well. She gained commendation for her work helping a young man from a difficult family background into a better life. But she found she didn't enjoy all the desk-work.

"I like to be active. I just can't sit still for too long."

As I drive away Adele is heading out across the paddocks to sort out the foal.

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## Bream Bay Combined Arts hold their first exhibition

The Bream Bay Combined Arts Group now has its own clubrooms alongside a lake with two resident black swans in the Lakeside Industrial Park.

Last weekend on Saturday and Sunday 20 and 21 February members held their first exhibition which was also a chance to show off their new premises. There was pottery, fibre art, painting, wood carving and metal work with Frenchie's Kitchen on site providing coffee and cakes.

The Bream Bay Combined Arts Group's membership is growing steadily and now sits at 58.

Anyone interested in joining an email Colin Coutts - [ancowhg@gmail.com](mailto:ancowhg@gmail.com)



Phil Renouf carves models cars and trucks out of lumps of wood and paints them with gloss so they shine as though they are metal.

Some of the models are of vehicles he has owned in the past. Pictured on the right he is holding a model of a car he will soon be driving to The Bluff in the Pork Pie Charity run with 60 other minis.



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Elizabeth Moore spins wool and knits it into beanies, scarves, woolen slippers and jumpers and soft little items of clothing for newborn babies. Usually she gives these lovely items away and the Combined Arts Group exhibition was the first time she has made them available for sale. While she waited for customers she knitted saying she doesn't like to be just sitting without doing something. She likes the feel of wool and finds spinning is very therapeutic.

"If you want to relax get yourself a spinning wheel."



Anne Coutts made a life-like model of her fox terrier Murphy. She began with a wire frame and shaped the little dog in felt around this. Anne used a needle felting technique and said it took a long time but the result is rewarding. People walked into the room where her work was displayed and took a second look thinking a real dog was sitting on the table.



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## An invitation to travel through Europe with music



Violinist Marko Pop Ristov and Pianist Flavio Villani

Violinist Marko Pop Ristov and Pianist Flavio Villani will return to Lisa and Anthony Uphof's Black Sheep Farm in Waipū for a house concert on Sunday March 28 at 2pm.

The duo started playing together in 2016 as members of the Villani Piano Quartet. In 2019 they founded the European-based chamber group Orion Piano Trio, touring to several countries in Europe before the pandemic. The Waipū concert is part of a New Zealand tour.

In a promotional press release the two musicians are quoted saying "Since we are all unable to travel, we have created this concert series so we can all travel through music. We will treat our audiences to a variety of masterpieces from different European countries, including music by Greig, Dvorak, Bartok and Prokofiev".

Tickets cost \$35 and must be pre booked either over the phone - 432 0435 or online at [www.blacksheepfarm.co.nz](http://www.blacksheepfarm.co.nz). There will be no door sales.

## WHAT'S ON IN BREAM BAY

- **COLOUR RUN** Saturday 27 February. Starts 10am at One tree Point School. 6km fun run and walk. Entry fee \$15 adults. \$10 school age children. Under 5s free. Two packets of colour with each entry. Online registration only. Register at [eventbrite.com](http://eventbrite.com) Fundraiser for One Tree Point School PTA.
- **GRADUATE CHOIR** Free concert in the Waipū Coronation Hall on Saturday 27 February at 1pm.
- **EMIRATES TEAM NZ FAN ZONE** Marsden Cove Marina 6 & 7 March from 2pm. 10 & 12 March from 3pm. 13 - 15 March.
- **THE WAIPŪ SUNDAY MARKET** next on Sunday 14 March. 9am - 1pm in the Coronation Hall
- **THE BREAM BAY SPORTS AWARDS.** Friday 19 March in the Waipu Celtic Barn. With guest speaker former Silver Ferns Captain Bernice Mene. Tickets available on the Bream Bay Sports Trust website.
- **JAZZ/BLUES EVENING** with Cousin Alice and Maggie Cocco. Saturday 20 March at Cove Rd., Waipu. Ph. Debi 021 324 707
- **THE MARSDEN COVE MARKET** Next on Sunday 21 March from 9am - 1pm. In the big marquee at Marsden Cove.
- **WAIPŪ EASTER CARNIVAL** Easter Saturday 3 April 9am - 2pm in the Caledonian Park. Admission free. Fundraiser for the Waipu Primary PTA.
- **HAVE A GO TRIATHLON** at Marsden Cove. On ANZAC day Sunday 25 April see Whangarei Tri Club website for details.
- **WAIPŪ MUSEUM** 36, The Centre, Waipu. Open seven days 10am - 4pm
- **KAURI MUSEUM.** Open daily 9am - 5pm. 5 Church St. Matakohē. Current exhibitions: *Up in Smoke*: A collection of old world pipes, tins, cases and associated items.

## Free concert by Auckland choir

The Graduate Choir of New Zealand will give a free concert in Waipū's Coronation Hall on Saturday 27 February at 1pm.

The Graduate Choir is a mixed voice choir based in Auckland of around 36 singers, mostly young people and representing a wide range of the cultural and ethnic mix of people who live in this city. It is recognized as one of New Zealand's best choirs.

Although the concert is free those attending are asked to arrange for tickets either by picking these up from Waipū Hammer Hardware or on line at [WaipuTickets@gmail.com](mailto:WaipuTickets@gmail.com)

The Graduate Choir's planned concert in Waipū in March 2020 had to be cancelled because of the Covid 19 lock down.



## THE COASTAL COMMENTARY

by Northland Regional Councillor - Rick Stolwerk

Kia ora

As I mentioned last month, I will be splitting my Coastal Commentary into two sections local and regional matters. Once again if you have any questions please do not hesitate to contact me on [ricks@nrc.govt.nz](mailto:ricks@nrc.govt.nz) or 021 823 770. I would much prefer a text message, if I do not answer straight away.

The end of summer and the beginning of autumn is always a thought-provoking time, back to work or school and a change of weather patterns. This has been further complicated by the recent regional border restrictions. Regardless of what has happened to us as a community or as individuals we must push on:

### LOCAL MATTERS:

What amazingly resilient communities Langs Beach, Waipu and Ruakaka are, you have had a lot to contend with lately. With the massive influx of holiday-makers over the summer period there have been many issues that accompany this pressure on our local resources and impact on the natural environment that we all want to enjoy.

Of immediate concern to local residents are the environmental impacts and issues around; access to the coast, the health and future of the Waipu and Ruakaka estuaries, maritime rules, algae infestation and water resilience. Please be assured that the Northland Regional Council is fully aware of these issues. Our Council is committed to addressing these issues now and working with communities to obtain long-term sustainable outcomes. Our vision says it all – Our Northland – Together we thrive.

### REGIONAL MATTERS:

1. **Water quality and availability** are always hot topics in coastal communities Bream Bay is no exception. Please check out the NRC web page for the latest information on the following: coastal water quality monitored swimming sites, new rules around the Essential Freshwater package and the conditions of our recreational lakes.

2. **Maritime rules** are of regional concern to all Northlanders, local Bream Bay residents and visitors are no exception. Yes we have all noticed the impact on our coastal waterways and estuaries of increased boat traffic. The NRC **Navigation Safety Bylaw 2017** covers all Northland waterways and is an informative read at: <https://consultnrc.objective.com/portal/general/navbylaw2017/navbylaw2017>

I encourage you all to log any complaints on the 24/7 Environmental HOTLINE 0800 504 639.

3. **Regional Land Transport Plan & Regional Public Transport Plan 2020/27:** If you are interested in having your say on what you think should be happening on our state highways, local roads and public transport network please come along to the following 'Have your say' session:

**Thursday 11 March 2021 11.30am – 1.30pm Domain Hall, Mangawhai**

4. **Long Term Plan 2021-2031** – please visit this site, sign up and stay up to date with developments for the next 3, 10 and 30 years. All councils do a LTP and the final document reflects what the community wants, so please have your say at:

**Waipu Friday 26 March 11.00am – 1.00pm Waipu Cove SLSC, Cove Road**

Nga mihi  
Rick Stolwerk

*These are my personal views and not those of NRC or Councillors*

# Advice on how to get rid of agapanthus

By Sara Brill  
Weed Action Piroa Brynderwyn Co-ordinator



Roadside agapanthus

Agapanthus originate in South Africa and in England they are a prized garden plant with their showy blue or white flowers in summer. However, here in Northland many people see their spread and are alarmed enough to take them out. In the Regional Pest Management Plan they are classified as an invasive environmental weed and banned from sale, propagation and distribution.

Getting rid of them can be quite a mission! Some people cut off the seed heads as soon as the flowers have finished to prevent their spread. The clumps, however, get bigger every year and so do the number of seed heads. While you can manage the seeds well while you own the aggies, think about what happens when you go. None of us will own our gardens forever and will the next owner be as vigilant?

The roadsides look so colourful with their blue and white garb of summer - so why is it a problem? People may not realise that roadside clearance of the water table or drain is necessary to maintain the integrity of the road and prevent flooding. The weeds in the drains are often sprayed as part of road maintenance but agapanthus is usually not killed by these herbicides. When the other weeds are gone, agapanthus will just fill up the drain and any flood water must go somewhere else. The seal can be undermined, and no one wants to drive on a flooded road whenever there is heavy rainfall.

To kill agapanthus you will need a sharp spade and strong back to dig out the rhizomes under the ground. The leaves and roots will rot down, but the rhizomes will need to be mulched – a lawn mower is often strong enough to do this. Then dry the mulch on the lawn. Alternatively, Brushkiller or dicamba herbicide, at the label rate for gorse, can be used effectively to kill the plant.

Good alternatives to plant are coprosmas - shiny green or variegated ground cover ones, pohuehue, or one of the many colourful ground cover grevilleas that are so hardy, do well in a dry spot and feed the birds without being weedy.

Weed Action Piroa-Brynderwyns can help with advice and herbicides for all your problem weeds. Email Sara on weedactionpb@gmail.com or ph 0220104092.

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<https://givealittle.co.nz/cause/save-the-ruakaka-recreation-centre>

Activity	Day and Time	Cost	Contact
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Light Circuit Fitness class	Monday 10am to 11am	\$3	AnnMarie 0211693115
Light Circuit Fitness class	Wednesday 11am to 12pm	\$3	AnnMarie 0211693115
Tai Chi	Monday 11am to 12pm	\$2	Annette 4327897
Chi Kung	Wednesday 9am to 10am	\$8	Alice 02102480549
Aerial Yoga	Tuesday 6.30pm to 7.30pm, booking essential	\$18	Barbara 0212998840
Stretching classes	Thursdays 11am to 12pm	\$3	Liz 4328941
60's up	4th Friday of month 10am to 4pm	\$12 annually fee	Joy 021491887
Music club	1st Monday of month 7pm to 10pm	\$2	Holly 021 842 060
Squash casual	Weekdays-booking essential 8am to 1pm	\$5 p/h	Rac Centre 4327962
Pilates	Tuesday 5.15pm to 6.15pm booking essential	\$42,concession(10x)	Barbara 0212998840
Pilates	Thursday 8am to 9am booking essential	\$42,concession(10x)	Barbara 0212998840
Zumba	Monday 8.45am to 9.45am	\$7	Janine 021437840
Zumba	Wednesday 5.40pm to 6.40pm	\$7	Janine 021437840
Zumba	Friday 4.30pm to 5.30pm	\$7	Janine 021437840
Cardio Drumming	Friday 9am-10am	\$10	Nedya 027860034

We are also home to Bream Bay Squash club and Bream Bay United Association Football club

BREAM BAY

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MORNING		
9.00am	Departs	Kaiwaka Kaiwaka Hall
9.15am	Departs	Mangawhai Village Village Shops Bus Stop (by restrooms)
9.20am	Departs	Mangawhai Heads I-Site
9.35am	Departs	Langs Beach Corner of Wairahi and Cove Roads
9.40am	Departs	Waipu Cove Beach Car park
9.50am	Departs	Waipu Monument Bus stop
10.10am	Departs	Ruakaka Peter Snell Road (opposite Takutai Place)
10.50am	Arrives	Whangarei Rose Street Bus Terminus

\*For travel within Whangarei see CityLink Whangarei timetable  
[www.citylinkwhangarei.co.nz](http://www.citylinkwhangarei.co.nz)  
or get your timetable from the Rose Street office.

AFTERNOON		
3.00pm	Departs	Whangarei Rose Street Bus Terminus
3.40pm	Departs	Ruakaka Peter Snell Road (opposite Takutai Place)
4.00pm	Departs	Waipu Monument Bus stop
4.10pm	Departs	Waipu Cove Beach Car park
4.15pm	Departs	Langs Beach Corner of Wairahi and Cove Roads
4.30pm	Departs	Mangawhai Heads I-Site
4.35pm	Departs	Mangawhai Village Village Shops Bus Stop (by restrooms)
4.50pm	Arrives	Kaiwaka Kaiwaka Hall

ROUTE DESCRIPTION  
Kaiwaka/Mangawhai Road,  
Molesworth Road,  
Mangawhai Heads Road, Cove Road,  
The Centre Waipu, Nova Scotia Drive,  
SH1, Marsden Point Road,  
Peter Snell Road, Marsden Point Road,  
SH15A, SH1, Otaika Road,  
Maunu Road, Walton Street,  
Rose Street Bus Terminal.

If you would like to be picked up elsewhere along the route, please phone Leabourn's to arrange this on the Wednesday before you want to travel.

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## Lots of keen junior league players

The Takahiwai League Club held an early roll up rally day on Sunday 14 February and signed up 53 young players.

Club Chairman Shane Hool said, "Registrations will still be taken at trainings for the kids that couldn't make the rally.

Training starts next month with start dates as follows:  
Under 6 - Friday, 4pm at Takahiwai Rugby League Club from 5th March

Under 8 - Wednesday, 4pm at Takahiwai Rugby League Club from 3rd March

Under 10 - Wednesday, 4.30pm at Takahiwai Rugby League Club from 3rd March

Under 12 - Thursday, 4pm at Bream Bay College from 25th February

Under 14 - Thursday, 4pm at Bream Bay College from 25th February

Under 16 and Under 18 - waiting for season dates to be confirmed. In the mean time players are encouraged to join the Premier trainings on Tuesdays and Thursdays, 6.30pm at the Takahiwai Rugby League Club.



Takahiwai Rugby League Club Chairman Shane Hool got out on the field with the under 12 year old players.



Carlo Roman held a throw and catch session with the under sixes and under 8 year olds. From left the players are: Lemix Hurihanganui, Shing Roman, Dylan Cook, Tangaroa Martin and Kain Bradslley.



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## Deadline for next issue - Wednesday 3 March



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**VOLUNTEERS NEEDED**

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**BREAM BAY SUNDAY  
CHURCH SERVICES**

**Presbyterian** Camellia Ave, Ruakaka:  
8.45am. The Centre, Waipu: 10.15am.  
Prayer Service: 7pm

**Encounter** 223 Marsden Pt. Rd,  
Ruakaka, 10am.

**Anglican** 1st and 3rd Sundays - St Paul's  
Ruakaka 2nd and 4th Sundays - St Peter's  
Waipu. All services start at 9.30am.

**Catholic** Holy Family Church,  
Ruakaka, 10.30am. Mass

**Lifepoint.** 300 OTP Rd, 10.30am.

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**MARSDEN BADMINTON**

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**BREAM BAY COASTAL CARE**

thanks  
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Make contact with a Justice of the Peace  
(on any day) and make an appointment to have your  
documents completed.  
Only current Association members are listed.

**TIDES**

**MARSDEN POINT TIDES**

	AM		PM	
Thu 25 Feb	6.53	2.4	7.07	2.4
Fri 26 Feb	7.43	2.5	8.00	2.5
Sat 27 Feb	8.30	2.6	8.50	2.6
Sun 28 Feb	9.17	2.8	9.39	2.7
Mon 1 March	10.03	2.8	10.27	2.8
Tue 2 March	10.49	2.9	11.15	2.8
Wed 3 March	11.36	2.9	~	~
Thu 4 March	12.04	2.8	12.24	2.8
Fri 5 March	12.55	2.7	1.15	2.7
Sat 6 March	1.49	2.7	2.08	2.6
Sun 7 March	2.48	2.6	3.06	2.5
Mon 8 March	3.51	2.5	4.08	2.4
Tue 9 March	4.57	2.5	5.14	2.4
Wed 10 March	6.00	2.5	6.19	2.4
Thu 11 March	6.58	2.6	7.18	2.4
Fri 12 March	7.50	2.6	8.11	2.5



**Bream Bay  
Community  
Support Trust**

Takutai Place, Ruakaka Phone 09 432 7197

- Free medical clinic each Wednesday 9am - 12noon.
- Free budgeting service by appointment - 432 7197 .
- Narcotics Anon Wednesdays 6.30-730pm

The Bream Bay Community Trust offers:

- A Family Centred support team.
- Family violence Intervention advocacy
- Advice and referrals to other agencies and relevant support services.



Workbridge, which helps people realise their potential and find employment will be at the Bream Bay Community Trust every Tuesday. Phone 432 7197 to book an appointment.

**THE NEXT PUBLICATION DATE**

of the Bream Bay News will be Thursday 11 March  
The deadline for all copy is 4pm on  
Wednesday 3 March

# Harcourts Bream Bay

**FOR SALE**



**One Tree Point**  
5 Paradise Point Place

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**FOR SALE**

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**FOR SALE**



**Ruakaka**  
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# Selling Bream Bay

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- Loads of space for the kids to play.

Judy Guy 027 221 5623  
Lyndie Mullins 021 101 6389 **WPU11307**

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**WALK TO THE WATER**  
By Negotiation

- Rare opportunity to acquire a lifestyle block along Cove Rd, Waipu.
- Lot 5 is 3.7ha (approx.), Lot 4 is 4.19ha (approx.) both north facing.
- Great views of headland and sand dunes.
- Exclusive estate with walkway to access the estuary for swimming and kayaking.
- Cross the estuary at low tide to Waipu Cove beach for surfing and surf casting.

Lyndie Mullins 021 101 6389 **WPU11300**

**The Centre, Waipu www.waipurealestate.co.nz 09 432 4000**

# BARFOOT & THOMPSON

NZ family owned and trusted for over 95 years. Northland & Auckland wide. Proud to be involved in the local community.

**Barfoot & Thompson Bream Bay**  
A Unit 27, 386 Marsden Point Rd, Ruakaka  
E breambay@barfoot.co.nz  
P 09 432 7505

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**54 South Rd - barfoot.co.nz/806501**

Low maintenance 3 bedroom home on 1.117ha flat land in the heart of the popular Waipu Village with the potential of subdividing. Deadline Sale 4.00pm 18th March 2021 (unless sold prior).

**Andy Dalton**  
M 027 595 6579  
E a.dalton@barfoot.co.nz

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**66 Kiripaka Rd - barfoot.co.nz/806192**

This home sits proudly on a generous more or less 3/4acre (3044m<sup>2</sup>) section. Positioned to capture all day sun with a quiet appeal and level yet elevated panoramic views which makes this property one of the special ones.

**Trent Warren**  
M 021 551 990  
E t.warren@barfoot.co.nz

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**312B One Tree Point Rd - barfoot.co.nz/806723**

This modern low maintenance 4 bedroom home falls nothing short of impressive, surrounded by space and privately nestled on over 2000m<sup>2</sup> in the heart of One Tree Point.

**Ashleigh Louise**  
M 027 733 5703  
E a.louise@barfoot.co.nz

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**SOLD**

**258A One Tree Point Rd - barfoot.co.nz/802440**

Sold on auction day with competitive bidding by multiple buyers. Another very happy Vendor & Purchaser. Thinking of selling? Call me for a chat about how I can help you achieve the best price for your property.

**Angelique Hartnett AREINZ**  
M 027 435 6411  
E a.hartnett@barfoot.co.nz

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**9 Barbados Way - barfoot.co.nz/806731**

This immaculately presented low maintenance modern 4 bedroom home will impress you with its contemporary style mixed with chic-sleek sophistication, backing onto the La Pointe Estate residents golf course.

**Andy Dalton**  
M 027 595 6579  
E a.dalton@barfoot.co.nz