

New Bream Bay News

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Twenty-nine properties needed for new airport at One Tree Point

The high price of real estate in One Tree Point might be the best protection people living there have against Whangarei's new airport being built in their midst, Councillor Ken Couper told those present at the Ruakaka Resident and Ratepayers Annual General meeting on Tuesday 10 May.

Councillor Shelley Deeming said at least 29 separate properties would need to be purchased in order to build the airport at that location and that the Council would have to pay market rates for each of these.

Fraser Campbell and Stacey Sharp consultants working for the Whangarei District Council on its public engagement process on the site of its proposed new airport came at short notice to speak at the meeting. A representative of the Power Company Meridian who was to speak on the proposed Marsden Point solar farm and electricity storage facility had to pull out at due to a Covid 19 infection.

Mr. Campbell told the meeting there are four sites being considered- one of these being the current airport location on the Onerahi Peninsula

He said this runway at 1100 metres in length is the shortest in New Zealand and it requires a dispensation from the Civil Aviation Authority to land aircraft there. Air New Zealand currently flies a Dash 8 to Whangarei, which is an aircraft designed for short runways but this plane is becoming obsolete and the airline has

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Waipu Take a Kid Fishing event back on the agenda



Phoebe Newton, aged almost 10, had lost count of the number of fish she had caught at the Waipu Fishing Club's Take a Kid Fishing event. Phoebe used a sabiki rig and pilchers to catch all those fish. The Take a Kid Fishing day was cancelled last year due to Covid 19 restrictions but returned on Sunday afternoon 22 May. with some keen anglers along with their parents and grandparents trying their luck from the pontoon and rock revetment bank at the Waipu Boat Club. Rods and reels were awarded for the biggest fish in four categories and every participant went home with a bag of goodies. There were "lots of happy little faces at the end of the day!" said Waipu Boat and Fishing Club Secretary Linda Glibbery.



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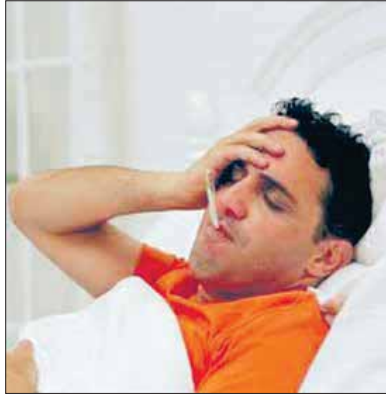
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How to prepare for the flu season

With autumn upon us it means winter is fast approaching - shorter days, cold weather and unfortunately, the flu season.

The flu viruses that circulate can change from year to year.

The official flu season runs from May to September, and although anyone can get the flu, it doesn't mean you will definitely get it every year. People who are fit and well are better able to ward off the flu. If you eat a balanced diet, exercise regularly and get enough sleep, your body will be in good shape to fight back against any invading flu virus.



So, how do you get the flu? The flu is a viral infection passed from person to person via infected droplets commonly spread by sneezing and coughing. Symptoms of flu include:

- a fever greater or equal to 38°C
- at least one respiratory symptom, like a cough, sore throat, or runny nose
- rapid onset with at least one systemic symptom, like a headache, aches and pains, sweats or chills, or fatigue.

Flu symptoms are severe and are not to be confused with cold symptoms – with the flu you often don't have the energy to get out of bed.

Some people are more at risk of getting the flu than others. The Ministry of Health has identified that the following groups are at higher risk of developing complications from flu viruses and are therefore eligible for a free flu vaccine. They include those who:

- are pregnant
- are significantly overweight
- use asthma preventers
- have diabetes
- are aged 65 years or over
- have heart disease
- have kidney problems
- have a serious medical condition, like cancer.

If you are unlucky enough to get the flu, you should stop the spread of flu germs by:

- staying in bed and not going to work or school
- covering your mouth when you cough and sneeze
- regularly washing your hands and drying them thoroughly
- avoid crowded settings.

This may all sound like doom and gloom, but flu prevention is better than cure. Help prevent flu by:

- washing your hands thoroughly and often and avoid touching your eyes, nose, or mouth
- eating a balanced diet with fruit and vegetables rich in vitamin C
- getting enough sleep
- reducing your stress levels
- getting regular exercise.

And remember that flu can cause serious complications, like pneumonia, which can be deadly. So look after your health – it is your most cherished possession.

EDITORIAL

Resident and Ratepayer Associations could use more members

I wish more people would join our local Resident and Ratepayer Associations. The Ruakākā Resident and Ratepayers Association is very active, preparing dozens of submissions to Councils and Government agencies each year on a wide range of subjects. Secretary Richard Morris puts out a monthly newsletter to all members. At its recent Annual General Meeting the association voted to half its annual subscription in the hope this will encourage more people to join. President Jules Flight has said he would like to see more of the people who have moved into the new subdivisions join so the association can hear what their concerns are.

There is also a shortage of younger people at the meetings and women are in the minority. If there was stronger representation from the Ruakākā Village perhaps the association could be effective in solving some of the issues people there have such as dangerous driving on residential roads.

The Waipu Residents and Ratepayers Association could also do with more members. President Morris Somner invites everyone present to put forward their concerns in a round at the end of the monthly meeting so a range of issues can be aired and Secretary Glenice Lyon is good at keeping members in the loop with regular emails.

Waipu has an active business association – Promote Waipu, which lobbies very effectively for improvements in the town but the Resident and Ratepayer Association has a broader focus, looking after the interests of everyone who lives in Waipu and its surrounding countryside.

Note the inclusion of the word Residents in the titles of both these organizations. You don't need to own real estate to belong. In fact, it would make both associations more representative if they had people who are renting homes as members.

While a healthy rivalry exists between Ruakākā and Waipu, we do have many issues in common and I believe stronger links between our resident and ratepayer groups could be useful.

Local Government elections are coming up in October and attending resident and ratepayers meetings will help you to understand what is at stake. The Ruakākā association is already planning a *Meet the Candidates* evening.

The Whangārei District Council's Bream Bay Ward representatives Ken Couper and Shelley Deeming, as well as Rick Stolwerk, our Coastal South Representative on the Northland Regional Council attend both the RRRR and WRRR meetings, so these are good places to find out what our local body governments are up to and to hold our elected politicians to account. The monthly resident and ratepayer meetings are also useful for our Councillors to learn about local issues. This two way communication, when you come to think of it, is essential in a functioning democracy.

The Ruakākā Residents and Ratepayers Association meets on the second Tuesday of each month at 7pm in the upstairs lounge of the Ruakākā Recreation Centre. Annual subscriptions are \$10.

The Waipu Residents and Ratepayers Association meets on the last Wednesday of each month at 7pm in St Peters Anglican Church in Nova Scotia Drive. Annual subscriptions are \$5. Both associations welcome new members. See you there.

Marilyn

THE BREAM BAY NEWS

is published by Bream Bay News Ltd. Address : RD 2, Waipu

Phone : (09) 432 0209 Mobile : 027 432 0070

Editor : Marilyn Cox, Accounts : Susan McRae

Advertising design :and website maintenance Megan Lea. Printed by Horton Media

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Twenty- nine properties needed for new airport at One Tree Point

Continued from page 1.

indicated it will be replaced in 2030 by planes which will need at least and 1500 metre long runways As the Onerahi airport is located on a peninsula there is no room to extend the runway here and reclamation would be a very, very difficult exercise because of its inner harbour locations and the proximity of the Waikaraka Marine Reserve. In addition to the One Tree Point site two others are being considered at Ruatangata In 2020 the Council purchased properties here bounded by Three Mile Bush Road, Poroti and Kokopu Block and Peter Hope asked if this demonstrated a Council preference for this site but Councillor Shelley Deeming said at the time of the purchase the Council made it clear that this did not pre-empt a decision on the new airport's location. People pointed out the One Tree Point site would impact the most people. Trevor le Clus commented that the proximity of an airport could devalue property and a lot of people had invested their life's savings into their homes in One Tree Point. Mr. Campbell agreed although he said residents in Ruatangata were also concerned about the presence of an airport in their neighbourhood. Mr. Campbell said all three of the possible new airport

sites had adequate clear flat space for a runway with clear airspace free of obstructions at either end. There was land alongside for the operational requirements of an airport and all are relatively close to state highways and to the Whangārei city centre. In its favour the One Tree Point site had the best transport links but was slightly further away from the city centre than the other two sites. The Council has already purchased some land at Ruatangata and Peter Hope asked if this meant it had already for a preference for this site but SD said when the purchase was made it was stated that this in no way indicated a final choice had been made. Eric Woodwood asked about the likelihood of the One Tree Point site being impacted by a tsunami. He said the evacuation undertaken when there was a tsunami warning in had been chaotic and all the extra people associated with an airport would add to the confusion. Stacey Sharp replied that a study into coastal hazards would need to be done on the One Tree Point site before a decision is made. Mr. Campbell said it would be up to the new airport operator to organize its own tsunami evacuation plan.

Budget support for Northport floating dry dock

Funding to complete the feasibility study into the building of a shipyard and floating dry dock at Northport was announced in the 2022 budget from a \$199 million fund for "detailed planning activities." The dry dock proposal was announced several years ago in Northport's *Vision for Growth*. Northport personnel have been actively explaining the concept to representatives of the Bream Bay and wider Whangārei community. The floating dry dock would be designed to service New Zealand Navy vessels, Cook Strait Ferries and New Zealand's domestic cargo fleet as well as visiting international vessels. Northport has estimated this facility would create 400 permanent jobs for marine engineers, fabricators, electricians, painters etc. Vessels are required to go into a dry dock every five years and with a limited number of these facilities around the world they are always in demand. The proposed dry dock would be located on the western side of the port where it would have more shelter

from weather and tidal flows. Another budget announcement is a technical engineering feasibility study into establishing a new mega port at Manukau. It has been estimated that the Auckland Port will outgrow its location in the next 30 -50 years. A 2017 study conducted under the coalition agreement between Labour and New Zealand First had favoured a Northport expansion. However, Jon Moore, CEO of Northport has said that he doesn't believe Ports of Auckland can shift to Northport. "It wouldn't fit." Rather he said Northport has an important role to play in supporting Auckland, particularly North Auckland and Northland. "We can do a lot to ease congestion in the other ports." Minister of Transport Michael Wood has said a decision on the location of a new port for Auckland will be made before the 2023 election.



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Another Mayoral candidate from the south

We have another local candidate for the mayoralty of Whangārei District – well almost local. Mike Budd lives just over the hill in Mangawhai, which is not actually part of the Whangārei district. However Local Government election rules allow people who don't live in an area to stand in the local government elections there as long as two people who do live in the district nominate them.

While not actually living here Mr. Budd says Whangārei is where his heart is. He grew up in the city and attended Whangārei Boys High School.

He excelled at sport representing Northland in football, softball and rugby and he captained the NPC rugby team.

He completed a carpentry apprenticeship in Whangārei and then set up a building business here with a friend. He has been away from the district for the past 20 years.

He says he has spent 25 years working in “competitive organisations” and his “skillset, network and energy align to the needs of this role.”

Most would-be mayors spend a term or two serving as councillors to learn the ropes before having a tilt at the top job but Mr. Budd said this lack of past involvement in Council means his thinking is “fresh”.

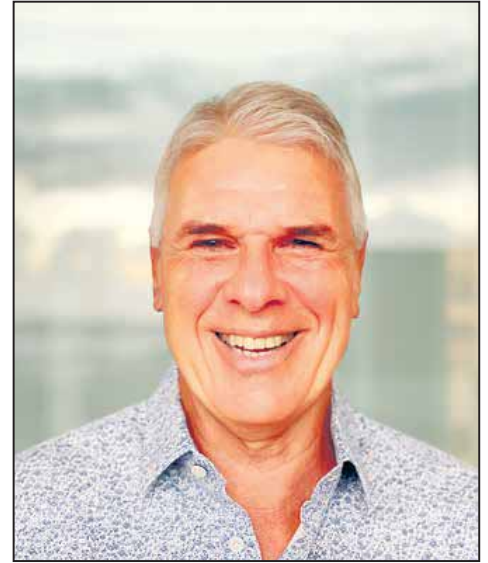
He said in a presentation piece sent to the Bream Bay News,

“The district needs to provide facilities and activities for our youth and tamariki...”

“I want to inspire an era of identity and connectivity for all Whangārei people that embraces growth and development
“I want to lead a team to create one of NZ’s most desirable districts, for all ages, genders, religions and races.

The Bream Bay News asked Mr. Budd if he had any specific ideas on how to provide facilities and activities for youth and tamariki.

His reply: “I have dozens of ideas, and after conversations with people I believe



Mike Budd

the idea’s are already in the community wards and my job will be to find them through discussion and consultation. We will then prioritise and action with each of the local wards. Personally I’d like to see Laurie Hall carpark as a 6 story carpark with the top floor dedicated to a park and amenities. It would be safer than the current mixed use area. This could then be connected to the Quay by a walkway opening up to more activities that are planned for the Quayside town basin development”

Asked if he supports the Whangārei District Council’s creation of a separate Māori ward he replied, “I support democracy and it’s process. The local council has already positioned the Māori ward in place and I’m keen to work with Māori to support their needs. Me specifically; I want to help all kiwis based on their needs.

The Oruku Landing development is back on the table - Would he support a Whangārei District Council contribution to this project?

Mr. Budd said, “The key part of this project seems to be the conference centre. I do support the development but not a 27% rates increase. The maths doesn’t seem to add up? I’m sure we can find a way with multiple funding streams.”

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Val Klink - the friendly face behind the reception desk at OTP Primary is retiring after 33 years

Val Klink, the friendly face at the reception desk at One Tree Point Primary, is leaving at the end of this term having worked at the school for a total of 33 years.

Principal Shirley Winters said, Val “literally knows everything about the school. We are going to really miss her warmth, good humour and invaluable knowledge of her role and the school.” Val began working in Learning Support in 1983 when her daughter was just six years old. She had previously served on the Parent Teacher Association.



Val is leaving at the end of Term 2.

She took a break from the school in 1992 to work at the Penny Loaf Bakery in Ruakākā but returned in 1996 and has been there ever since. Six different principals have come and gone in that time.

Sometimes a parent will come to enroll their child and be surprised to find Val who was at the reception desk when they went to primary school is still there. “I say well I am allowed to be”.

It’s a busy place the reception area at One Tree Point school with parents, children and teaching staff coming in to pick up or drop of keys, sign in, sign out, admitting children to the sick bay and keeping an eye on them, welcoming visitors and giving them directions and numerous other activities going on around her. It must be hard to keep track of it all.

Val said the biggest requirements for the job are “patience, tolerance and you have to like children”.

What has changed? Has the school grown in size? Well no. When Val first worked there the big expansion at the Marsden Point Refinery was underway and the roll was 300. It now sits at around 190.

An enrolment zone put in place by the Ministry of Education has changed the mix of children. OTP can no longer take children from Ruakākā Village.

“But children are lovely wherever they come from”, said Val.

She regrets that high rentals are pushing some families out of the area.

Val plans to take things a bit easier in her retirement. She doesn’t want to travel with Covid 19 still rampant around the world but she will be spending more time in her garden and looking around for a few exercise classes to join.

New Art’n Tartan section titled *World after Covid*

Art’n’Tartan and the Waipu Museum are now seeking new entries for the 2022 Show on 14 and 15 October in the Celtic Barn.

The title for this completely open section is “World After Covid” which will reflect the designer’s view of the changes to the world as a result of the pandemic. This new “no holds barred” section need not contain any tartan and can be created from any material other than perishables. Up to 20 new entries will be accepted

in addition to those already automatically entered in the 2020 cancelled show.

Preliminary judging will be held in the Celtic Barn on August 28th. Please register your proposed entries at the Waipu Museum or email artntartanwaipu@gmail.com by Monday 20th June although your design need not be completed until Sunday August 28.

Further details of terms and conditions will be on the entry form soon to be available from the Waipu Museum.



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POLICE REPORT



Police Car rammed

A police car was rammed from behind by a driver who failed to stop when asked to by Police while he was travelling at 132 kmph on State Highway 1 at Mata on Sunday 8 May. No one was hurt in the incident but the driver, a 54 - year - old Kamo man, was arrested and charged with assault with a weapon (his vehicle), failing to stop for Police, driving while disqualified and exceeding the speed limit.

Protestor arrested

Bream Bay Police received multiple calls on Tuesday morning 10 May to alert them to a protestor's vehicle being driven very slowly around in circles on the State Highway One roundabout at Ruakaka. Police arrived to find a long queue of traffic waiting while the 53-year-old woman driver continued to go around and around all the while live streaming herself on Facebook. She failed to stop when asked to by the Police and was arrested and charged with failing to stop for Police. The woman who is from Christchurch is being held in custody until her trial, scheduled for 21 July.

Tractor stolen



The tractor in the photograph above was stolen on 7 May when it was parked in a paddock near the intersection of State Highway One and Waipu Gorge Rd., close to the brightly painted purple barn. It is a Deutz Fahr tractor worth around \$50,000 and had a post rammer at the back and forks on the front. Please notify the Police if you know where this tractor is.

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Motorbike and car collide at SH1/SH12 intersection

A motorbike rider who collided with a north-bound car at the intersection of SH1 and SH 12 at 6am on Tuesday 17 May was lucky to escape serious injury. The bike rider had attempted to execute a U turn out on SH1.



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Life Membership granted to long time RRRRA treasurer



Bruce Cann, who has been a member of the Ruakaka Residents and Ratepayers Association since 1964, was made an Honorary Life Member of the association at its Annual General Meeting on Tuesday 10 May. In 2017 Bruce resigned as treasurer of the association after serving in this role for 17 years. He was nominated for the honour by Warren Daniel who himself was made the first RRRRA life member last year.

Pukapuka Party in September

“Well, it’s been difficult nailing down a date for the Pukapuka Party after having to postpone from term 1, but we hope that Saturday 17 September will suit most of you.” Said Wendy Rowsell secretary of the Bream Bay Learning Community.

The Pukapuka Party, held annually in Ruakākā, invites local schools, preschools and other organisations to set up fun educational activities for children and gives out prizes to those children who complete a set number. The event is free and hundreds of families come along with parents and grandparents joining in the games with the children.


Wendy said she understands that there will likely be winter sports on, but as the event runs for three hours

hopefully there will be time for people to come either before or after.

The party will once again be held at Bream Bay College under the canopy, with hopefully even more space available, as a second canopy should be in place by then.

The Learning Community group has already purchased most of the resources and books needed for the prize packs.

Wendy would appreciate hearing from any organization willing to set up an activity on the day. Please email: breambaylearningcommunity@gamil.com



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Ruakākā Residents and Ratepayers Association subscriptions reduced from \$20 to \$10

“Yes, you heard correctly”, said Jules Flight Chairman of the Ruakaka Resident and Ratepayers Association after the group’s secretary Richard Morris proposed subscriptions be reduced from \$20 to \$10.

Mr. Morris said subscriptions made up a relatively small proportion of the association’s income and he felt it was better to keep these as low as possible in the hope this would encourage people representing diverse sectors of the community to join.

Mr. Flight said in order to represent the Ruakākā and One Tree Point communities better, the association would benefit from having a wider membership. He is concerned that although there are a large number of people moving into the area these newcomers are not engaging with the association and it is difficult to

know what their issues might be.

He told the Bream Bay News, “In this area with such rapid residential and industrial development there are big impacts on the environment and on infrastructure and people living here need to engage.”

In his annual report he gave a long list of submissions made by the group. These were on the : Whangārei District Council Representation Review, and Appeal, The Three Waters Reform, The Oruku Landing Conference Events Centre, WDC and Northland Regional Council Long Term Plans, and Annual Plans, State Highway 1 proposed Safety Improvements, the State Highways Speed Limits Review, the Animal Control By-Law, the Northland Energy Zone Proposal and the Civil Defence

Emergency Management Plan.

The association has been lobbying hard for the establishment of a Ruakākā Cemetery.

It has also worked to get a new toilet and changing rooms at Ruakaka beach which Council staff have given assurances will be in place for next summer and arranged WDC funding for a projector and screen for the Ruakaka Recreation Centre.

Mr. Flight said, “We have been involved in a myriad of other activities including issues relating to: the beach and dunes, continuation of banking services in Ruakākā, a shared pathway between Ruakākā and One Tree Point, road sealing in the district, traffic noise, the sea-wall along Princes Avenue, a proposal for

a service centre at the intersection SH1 & Port Marsden Highway, removal of graffiti, removal of mangroves from the Ruakākā river estuary.”

Newcomers are welcome at the association’s monthly meetings, which are held on the second Tuesday of each month at 7pm in the upstairs lounge of the Ruakākā Recreation Centre

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Checkout our website. A community collaboration of over 50 Waipu must-see’s and do’s, plus businesses and community groups. [Get in touch](#) to list your businesses and help us to promote Waipu!

Have your say on speed restrictions on SH1, Ruakākā

The national transport agency Waka Kotahi is consulting on a proposed speed limit reduction on State Highway One alongside Ruakaka Primary School. The proposal is that the current limit of 100km/h be reduced to 80 km/h from 400m northwest of Sandford Road to 400 km/h southeast of Sandford Road and a variable speed limit of 80km/h and 60km/h apply directly outside the school, from 200m north of Sandford road to 200m south of Sandford Rd. The press release on this did not specify when the 60kmph limit would apply but presumably this would be before and after school. The Ruakākā School day begins at 8.40am and finishes at 2.30pm.

Feedback is invited on the proposal with a cut off date of 11pm on June 14 2022.

There are multiple ways you can provide this. You can take part in an online survey on the Waka Kotahi website, email naklisspeedreviews@nzta.nz, take part in an online question and answer session on Wednesday 1 June 4-5pm (register on the Waka Kotahi website), download a submission form to either email or post to: Waka Kotahi NZ Transport Agency, Private Bag 106602, Auckland 1143 or phone 0800 141 777. You can also ask to have the information on the website translated into te reo.

From the Waka Kotahi website: “Once consultation closes, we will consider all submissions and notify you of our final decisions. Implementation of the new speed limits is likely to take some time and will be rolled out in stages.”



FLU 2022

Protect yourself and your whānau this winter

With Aotearoa's borders re-open, there's a much bigger chance of catching the flu this winter. Getting a flu jab is your best defence and it's FREE if you're:



- Aged 65 and over
- Māori or Pasifika aged 55 and over
- Pregnant

WHAT'S ON IN BREAM BAY

- **COMMUNITY BINGO** on Wednesday 25 May At the Waipu Citizens and Services Club. Calling starts at 7.30. Restaurant open from 5.30pm. This is an open event and anybody is welcome
- **STEELPAN CARNIVAL** in the Bream Bay College auditorium on Saturday May 28. 6pm - 8pm. Entry \$5 for adults \$2 for students.
- **MIX TAPE MUSIC BINGO** Saturday 28 May at 7pm at the Waipu Citizens and Services Club - The RAZZA. Fundraiser to help Hunter Dobson travel to Hawaii to compete at the Pan Pacific under 18 swimming championships, \$25pp. Ph. 021 78 2662 to book.
- **WAIPU STREET AND PARK MARKET**. Queen's Birthday Weekend. Sunday 5 June. 9am to 2pm. 150 plus stalls. spread around The Centre, The Celtic Barn, The Coronation Hall and the Caledonian Park.
- **MUSIC CLUB** at the Ruakaka Recreation Centre. Next on Monday 6 June 7pm to 10pm.
- **CHARITY QUIZ AT THE RAZZA** Wednesday 8 June from 6pm. Fundraiser for Mainly Music and The Waipu Toy Library. Entry \$10pp plus a pantry staple donation. Booking essential 021 782 662
- **BREAM BAY COLLEGE MUSIC NIGHT** Thursday 9 June at 6pm in the College auditorium. Entry \$5 adults \$2 students
- **RUAKAKA RACES** Next on Saturday 11 June Bream Bay Business sponsored day. 12 noon to 5.30pm. Free entry.
- **THE WAIPU SUNDAY MARKET** next on Sunday 12 June 9am - 1pm in the Coronation Hall.
- **OTP MARKET**. At OTP Primary School. Sunday June 26, from 9am - 1pm. Call Sue 021 530 153 to book a stall. Profits donated to Whangārei Hospital children's ward. Marsden Bay Garden Club will hold a stall at this month's market
- **WAIPŪ MUSEUM** 36, The Centre, Waipu. Open seven days 10am - 4pm. New Tangata Whenua exhibition.
- **THE RED DOOR GALLERY**. New work by 60, mostly Northland, artists. Runs until the end of January. Gallery open Friday - Sunday 10am - 4pm. The gallery is in the old Waipū Fire Station on The Braigh
- **THE KAURI MUSEUM**, 5 Church St., Matakōhe. Open 9am-5pm every day except Christmas Day. www.kaurimuseum.com

Marsden Bay gym offers free Saturday morning work outs

The Marsden Bay located gym BHB Functional Fitness is offering free community workouts each Saturday morning at 7am.

Classes are limited to just 8 people so you need to reserve a spot by sending a message through the BHP Functional Fitness Facebook page.

The class aims to give people a chance to try out a gym workout and to learn about how to exercise safely and effectively.

BHP owners Dave and Sonia Tompkins say that everyone can benefit through having good information about exercise and nutrition.

"The community class is one way we can offer this and invest back into our local people – after all better humans make for a better community."

Pantry staple item part of entry fee for quiz night

A charity quiz at the Waipu Citizens and Services Club on Wednesday 8 June will raise funds for Waipu Mainly Music and the Waipu Toy Library.

Entry for this event is \$10pp and attendees are asked to bring along a pantry staple, as the volunteers who work in these pre school services are in touch with families in need at this time. Pantry staple donations can also be dropped off at the RAZZA kitchen.

Booking is essential – phone 0217 82 662.

Marsden Cove Market closes

The regular monthly market, which was held in the marquee at Marsden Cove on the third Sunday of each month, is no more. Market organiser Teresa Anderson said with bigger markets in Waipu and Mangawhai often being held on the same day it was becoming increasingly difficult to attract sufficient stall holders to Marsden Cove.

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Coastal South Councillor - Rick Stolwerk



We can now resume our regular sessions

Next on MONDAY 13 June

- 9.00 - 10.00am **Mangapai - Mangapai Hall**
- 10.30 - 11.30am **Ruakaka - WDC Offices**
- 12.00 - 1.00pm **Waipu - Goody Goody Café**
- 1.30 - 2.30pm **Kaiwaka - Kaiwaka Hall entrance**
- 3.00 - 4.00pm **Mangawhai - Mangawhai Museum**

If you cannot be there please email your concerns to: ricks@nrc.govt.nz
Phone 021 823 770

High performance sports psychologist shares some of his insights



Sports psychologist Campbell Thompson, guest speaker at a Bream Bay Sports Trust evening held in the Waipu Celtic Barn foyer on Friday 21 May, talks with triathlete Marco Rodrigue. While at college Marco trained with the Bream Bay Swim Club and has recently taken up triathlon.

Campbell Thompson, a psychologist who accompanied New Zealand's team to the Tokyo Olympics was guest speaker at an event organised by the Bream Bay Sports Trust last Friday night 21 May.

Despite Covid 19 being rampant in Waipu and many people unable to attend a respectable crowd of 56 people filled the Celtic Barn foyer to hear what Mr. Thompson had to say. The crowd included managers and coaches of local sports teams who were there to pick up tips from an expert.

Mr. Thompson showed a video clip of the women's eight rowing team returning to the New Zealand base to a haka performed by the gold medal winning men's eight. He asked what qualities this demonstrated and his audience gave a list including: unity, humility, pride, mutual support, enthusiasm and commitment. Mr. Thompson said it is important to have rituals of celebration like the haka performed by and for at the Tokyo Olympics

He said he was inspired to study high performance sports psychology after watching New Zealand triathletes Hamish Carter and Bevan Docherty take out the

gold and silver medals at the 2004 Olympic Games in Athens.

"I wondered what the conditions were in the New Zealand triathlon camp that could have produced this result."

He advised sports people to take the time to celebrate small gains they make in training.

"You might be aiming to lift 160 pounds. You have been lifting 100 and one day you manage 110. You are moving in the right direction, you are on your way and you need to stop and celebrate this."

He said that it is not Dame Valerie Adams physicality that made her so successful as a shot putter on the world stage but her commitment. She trained harder than any other athlete he knows and had been throwing the shot put for 10 years before she won Olympic gold.

Mr. Thompson's talk is now available for people who could not attend the evening, or for those who want to be reminded of some of his points, to view on the Bream Bay Sports Trust website.

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- Toy Library** - Julie Malone - 432 0388
- Church Hall Hire** - Cally James 432 1536

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- Budgeting Advice** - Bruce Matheson - 432 0239
- The Crossroads Trust** (financial support) Peter Couper - 432 0524 or email lynettejones@xtra.co.nz

Sunday Services

- Ruakaka** - Camellia Ave - 8.45am
- Waipu** - 50 The Centre - 10.15am

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Heading to the under 18 Pan Pacific Swimming Championships in Hawaii



Hunter Dobson

Hunter Dobson of Waipu has been selected for the Under 18 Swimming team to compete in the Pan Pacific Championships in Hawaii from 24 -27 August.

Hunter went to Waipu Primary School and Bream Bay College for Year 7 and 8 and began his swim training with the Bream Bay Swim Club under the guidance of coach the legendary Mr. D - Richard Dunkerton.

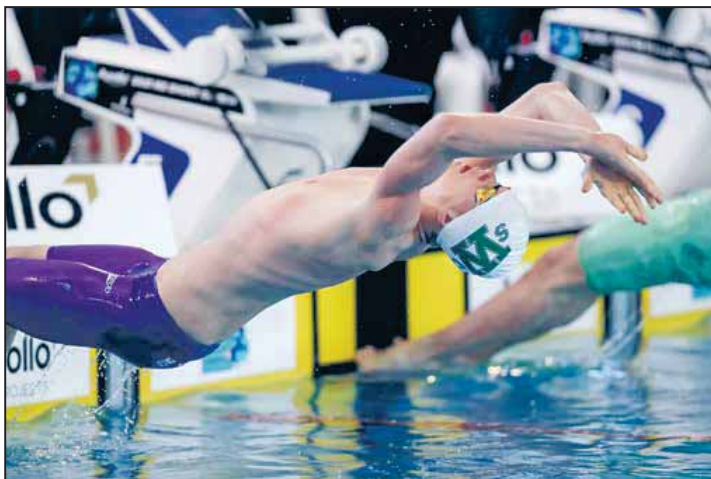
Hunter transferred to Mt. Albert Grammar in year 9 and joined the Waitakere Swimming Club where he trained under coach Paul Kent.

He will head to Hawaii on 21 August and his mum Kelly Sandford will follow a few days later to watch the last of his races.

Kelly said, "I wasn't going to go but then

the mum thing kicked in. I am worried about him catching Covid and having to stay there in isolation on his own."

A fundraising music bingo night has been organised to raise funds to help Hunter with expenses related to his trip. This will be held at the Waipu Citizens and Service Club on Saturday 7 May. To book a place or to offer sponsorship phone 021 782 662.



Hunter in action in the pool

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SAT 16 JULY

Take a Kid Fishing - back on the Waipu events calendar

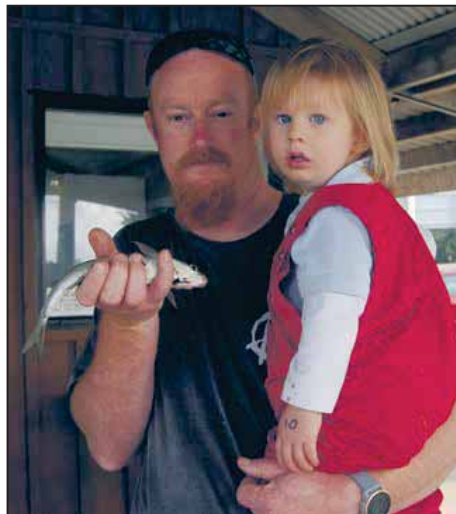


Luke Herbert, who was celebrating his seventh birthday, had success using a flour and water dough for bait.

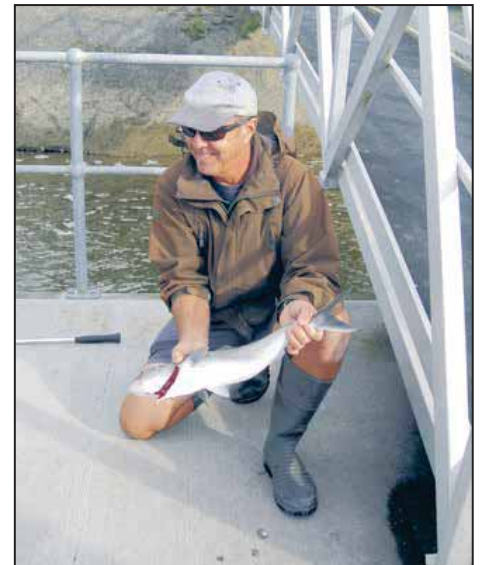


Scarlett Davis, aged nine, caught 5 sprats while her brother Benji -aged seven had hooked 7 fish including a kahawai, which his mother said he would be eating raw with soy sauce but "hold the wasabi."

MARSDEN POINT HIGH TIDES				
	AM		PM	
Thu 26 May	4.06	2.6	4.40	2.4
Fri 27 May	5.00	2.5	5.36	2.5
Sat 28 May	5.50	2.5	6.26	2.5
Sun 29 May	6.37	2.5	7.12	2.6
Mon 30 May	7.22	2.5	7.54	2.6
Tue 31 May	8.04	2.5	8.34	2.6
Wed 1 June	8.44	2.5	9.13	2.6
Thu 2 June	9.24	2.4	9.51	2.6
Fri 3 June	10.03	2.4	10.30	2.5
Sat 4 June	10.43	2.4	11.10	2.5
Sun 5 June	11.25	2.3	11.53	2.5
Mon 6 June	~	~	12.10	2.3
Tue 7 June	12.37	2.4	12.58	2.3
Wed 8 June	1.25	2.4	1.49	2.3
Thu 9 June	2.14	2.4	2.45	2.3
Fri 10 June	3.06	2.5	3.43	2.4



It was the first time he had been fishing for little Oliver Clouston aged 18 months pictured here with father Jeremy holding their second fish of the day.



This big kahawai was caught on a tiny hook by four year old Brodie Steel. Brodie was a bit squemish about touching it though so his fish is being shown here by his grandfather Michael Gusterson.

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Prize winners were: Heaviest Sprat - Girl : Pippa Harding, Heaviest Sprat - Boy : Marcus Kingi
 Heaviest Kahawai : Brodie Steel Heaviest Other : Ashley Ward. Ashley's catch was a Parore.
 The four winners each received a rod and reel. They

More wins for Bream Bay United Northpine

The Bream Bay United premier men's team, coached by Andy Ahern, continues to win games in the Northland Division one competition: on Saturday 14 May, scoring 3-0 against FC Whangarei and 1st Saturday, 21 May, winning convincingly 6-1 against Ngunguru.

also went home with a gift bag containing fishing accessories, as did all the other children who participated "Lots of happy little faces at the end of the day!" said Waipu Boat and Fishing Club Secretary Linda Glibbery.

Takahiwai Warriors score big wins in Auckland

The Takahiwai Rugby League Club's Northpine Warriors have scored some big wins in their first two games in the Ray Granch Premier 2022 competition in Auckland . On Saturday 14 May Takahiwai won 40 - 4 against East Coast Bays and last Saturday, 21 May, beat Manurewa 52 -8.

Steelpan carnival at Bream Bay College



The Bream Bay College Steelpan Band, from left, Gabriella Uphof, Harlyn Abraham, Gracie Cross, Kaiser Jacoby, Cohen Morgan-Webb, Mirabella Uphof, Connor Williams, Adara Lunjevich and Levi Williams

A winter Steelpan Carnival will be held in the Bream Bay College auditorium on Saturday May 28 with a 4-5pm show targeted at primary students and an evening show from 6 to 8pm for all ages.

The 4pm show will include The Panimals (The Bream Bay College steelpan band) and the Auckland Youth Steel Orchestra (in the words of music teacher Scott Brown "another really cool steel band from Auckland") as well as dances, music and prizes. Price is \$2 for students who must be accompanied by a supervisor. Supervisors get in for free. The Panimals recently toured local primary schools where they found enthusiastic audiences. Scott said the response from the primary school students has resulted in the special afternoon performance

The evening show will feature The Panimals, the Auckland Youth Steel Orchestra and Auckland's professional steel band – Steel'n Beats. Entry is \$5 for adults and \$2 for students. Bream Bay College dance students will lead the audience in dance moves for both shows.

Food and drink will be available for purchase. The auditorium will still have the decorations in place from the school ball the previous evening.

The two shows will raise funds for the Panimals to attend Panzfest: the Australia and New Zealand steelpan festival in 2023 in Brisbane.

Scott said that depending on the success of this year's winter steelpan carnival it could become an annual event.

Bream Bay College Music Night

The annual showcase of music by Bream Bay College students will be held in the college auditorium on Thursday June 9 at 6pm. Students ranging from Year 7 to 13 will take their turn on the stage, performing solos, as duos, trios and in bands. There will be steelpan bands and a special guest appearance by Lennox 'Madman' Jordan, a virtuoso steelpan player and maker who tunes the pans played by the Bream Bay College band, The Panimals.

Entry costs \$2 for students, \$5 for adults and is free for primary school and pre-school children. Refreshments will be available.

Kaiwaka to Whangārei

SERVICE OPERATES EVERY THURSDAY 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	Waipū Cove Beach Car park
9.50am	Departs	Waipū Monument Bus stop
10.10am	Departs	Ruakāka Peter Snell Road (opposite Takutai Place)
10.50am	Arrives	Whangārei Rose Street Bus Terminus

AFTERNOON

3.00pm	Departs	Whangārei Rose Street Bus Terminus
3.40pm	Departs	Ruakāka Peter Snell Road (opposite Takutai Place)
4.00pm	Departs	Waipū Monument Bus stop
4.10pm	Departs	Waipū 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 DETAILS

FARES	One Way	Return
Kaiwaka	\$7.00	\$10.00
Mangawhai	\$7.00	\$10.00
Mangawhai Heads	\$7.00	\$10.00
Langs Beach	\$7.00	\$10.00
Waipū Cove	\$6.00	\$8.00
Waipū	\$6.00	\$8.00
Ruakāka	\$5.00	\$7.00

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KAIWAKA KNITTING GROUP NEEDS YARN FOR WHANGAREI HOSPITAL



We are running out of yarn to knit. Do you have wool, synthetic, cotton or any yarn tucked away that you will never use and could give to us? We are a small group who meet every second Tuesday of the month at 10am at the Archie Bull Hall in Kaiwaka. We knit various items for the children in Ward 2 and dialysis patients at Whangārei Hospital. Although we have had generous amounts of yarn already we need more in any quantities Should you be able to help please phone Gale 09 431 4827 or leave donations at the Apple Basket on SH1 at Kaiwaka.

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SITUATIONS VACANT



One Tree Point School Administration Officer

Due to the retirement of our lovely Val at the end of this term, we are looking for a very special person who can be the face of our school CARE values and represent our school culture when welcoming people into the school.

This person will love working with children, be calm, flexible and willing to carry out a wide range of responsibilities associated with running an office and working in a school. Proficiency in the Google suite - docs, sheets and slides as well as Microsoft Office is essential.

The successful applicant will also have a current first aid certificate or be prepared to undertake training prior to starting in order to be able to care for sick and injured children in our sick bay. Please email shirley@otp.school.nz for more information. Applications close Friday 3rd June.

LOCAL PEOPLE READ THE BREAM BAY NEWS IT IS AN EFFECTIVE PLACE TO ADVERTISE

SUPPORT SERVICES

BREAM BAY ANGLICAN FOODBANK
If you would like assistance or know someone that does, perhaps we can help
Please phone Janet 433 0045
Or Anoeck 021 141 3409

Bream Bay Community Support Trust
Takutai Place, Ruakaka Phone 09 432 7197

SERVICES WE PROVIDE:

- Family Support – Registered Social Workers
- Family Violence Support
- Youth Services- Youth Workers
- Youth Hang Out Space
- Community Connector (Connecting community to various services)
- Driver Mentor Programme

Free Ki A Ora Ngatiwai Medical Clinic (Monday and Wednesday mornings 10am-12 noon by appointment only)
Free Budgeting Service (by appointment)

MARKETS

Handmade & Homegrown ARTS | CRAFTS | FOOD

Waipu Boutique Market SUNDAY

Sunday 12 June
9:00am - 1:00pm
Waipu Coronation Hall

Claire | 021 272 2294
Kate | 021 064 5698
www.waipumarket.co.nz

WAIPU STREET & PARK MARKET

Queen's Birthday weekend
Sunday 5 June
9am - 2pm
150 plus stalls
Live music. Food trucks
The Centre, Celtic Barn, Coronation Hall and Caledonian Park

CLASSES

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Course venue: Learning Centre, 7 Kepa Road, Ruakaka

PUBLIC NOTICES

Protecting Plant Communities with Pest Control in Ruakaka Wildlife Refuge

Bream Bay Coastal Care Trust and Northland Regional Council with support of the Department of Conservation plan to reduce rabbit numbers in the Ruakaka Wildlife Refuge.

Why we are controlling rabbits
To protect conservation values and improve native plant survival rates on rabbit prone land within the Ruakaka Wildlife Refuge

Environmental effects from rabbits include:

- Depletion of plant communities and reduction in indigenous flora diversity in coastal habitats.
- An increase in areas of bare land as well as soil disturbance.
- A reduction in soil organic matter, and deterioration of soil nutrients and structure.

Pindone operation
The following toxin will be used:

- Pesticide use #72 – Pindone 0.25g/kg Cereal pellet (RS5 Rabbit pellets) – Hand laying.

This operation consists of three separate toxin applications over a four week period in June and July, an application every 7 – 10 days. Baits will be hand laid in a 50x50 metre grid through the operational area, placed on of squares of weed matting pegged to the ground.



Why we are using this method
Densities of rabbits throughout the reserve are increasing. Pesticide offers the most cost-effective way to reduce the rabbit population to low levels. The aim of the control operation is to reduce rabbit infestations to achieve a high native plant survival rate. The Bream Bay Coastal Care Trust is a local community group formed to help protect the native biodiversity and restore the habitat of the Wildlife



New Zealand Government



Bream Bay Medical Centre Ltd.
Ruakāka Town Centre, Ruakāka
Monday - Friday: 8.30am - 5pm
Saturdays: 9am - 12pm



Marsden Cove Medical Centre
1A Ngawaka Lane, One Tree Point
Monday - Friday: 8.30am - 5pm
Please advise at time of booking if you require an extended consultation
Ph: 432 8060
Flu vaccinations available - ring for an appointment.

We will be closed from 3pm - 5pm on Wednesday 25th May for staff training.

RUAKAKA COMMUNITY LIBRARY

AGM

Saturday 11 June 2022, 130 p.m.
At the library
Takutai Place,
Ruakāka

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 or Liturgy of the Word

Lifepoint. 300 OTP Rd, 10.30am.

WAIPU CALEDONIAN SOCIETY ANNUAL GENERAL MEETING

to be held on 19th June 2022 in the Celtic Barn at 2pm
All Members and interested individuals are welcome to attend.
Enquires to Stacey Rogers, Secretary-Membership secretary@wcs.org.nz

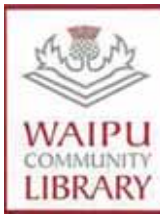
ONE TREE POINT BOWLING CLUB ANNUAL GENERAL MEETING SATURDAY 11TH JUNE 10.00AM

Nominations for all positions on the Board are asked for. Along with Notices of Motions All Nominations and Motions to be with the Secretary by Saturday 28th May.
Email: secretaryotp@gmail.com/0211482987

RUAKAKA INDOOR BOWLS

Now on Tuesday mornings from 10am
In the Anglican Church Hall
corner Tamingi Street and Karawai Street.
New members welcome
Further inquiries phone Rex 433 1503

LIBRARY HOURS



Monday, Wednesday, Thursday, Friday & Saturday 10am - 1pm. Tuesday 10am - 4pm.



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Takutai Place, Ruakaka 432 3406
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Sat 9am-1pm
JP Service available Saturdays 10am - 11am.

THE NEXT PUBLICATION DATE

of the Bream Bay News will be Thursday 9 June
The deadline for all copy is 4pm on Wednesday 1 June



Justices of the Peace

Ruakaka	
Paea Paki	09 432 8262/021 149 1625
Darrell Trigg	09 432 7256/021 332 901
Ken Orr	09 432 8215
JM Archibald	021 227 4355
Wayne Buckland	09 432 8226 Ext 703
One Tree Point	
Jules Flight	09 432 8336/0274 777 210
Sir John Goulter	09 432 7868/021 612 442
MM Jolley	027 415 9486
Ian Bogue	0274 300 418
Waipu	
Trevor Vaile	09 432 0400
Mr. D.A. Scott	09 929 9729
or 027229 9752	
Ken Couper	027 292 0524
Angela Stolwerk	021 823 966

Make contact with a Justice of the Peace (on any day) and make an appointment to have your documents completed.



Harcourts Waipu


Coastal Cottage on Cove Road
 Price by Negotiation
 • 2-bedroom/2-bathroom character home
 • Elevated position with mesmerizing front row views of the estuary, sand-dunes islands and ocean
 • Established 3548m2 site with fruit trees
 • Native timber floors and modern kitchen
 • Huge rumpus with attached workshop
 • Plenty of room for the boat and camper
 • 5-minute drive to Waipu Cove
 Mike Ferris 021 543 005 **WAI2257**

Location & Views (Motivated Vendor)
 Mid \$800,000s
 • 4 bedrooms / 2 bathrooms / 2 lounges
 • 1.095 ha lifestyle property with fabulous ocean and island views of Bream Bay
 • Bush walks on your doorstep
 • Repainted. Still some work to complete but opportunity to make your own mark
 • Wood fire and heat pump
 • 12-minute drive from Waipu village
 Roger King 0277 555 001 **WAI2224**

Attractive on Argyle
 Price by Negotiation
 • 4 bedrooms / 2 bathrooms / 2 lounges
 • Flat and established 733m2 section
 • Re-carpeted, repainted and insulated
 • North facing with ample space for the kids to play in the front yard
 • Easy flat walk to Waipu village and park
 • 2-minute walk to Waipu Primary School
 • Currently vacant so just move in!
 Open Home: Sunday 29th May 1-1.45pm
 26 Argyle Street, Waipu
 Judy Guy 027 221 5623 **WAI2265**


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 <p>OPEN HOME—SUNDAY 11.00—11.45am 37 Peter Snell Road, Ruakaka</p>	<p>DITCH THE CAR—WALK TO THE BEACH! This 3-bedroom family home has a no fuss open plan living area with a well-appointed kitchen which leads through to a separate laundry. It has had a comprehensive facelift which cleverly includes decking from the front door to the standalone fully lined and insulated garage/sleepout. Fully fenced. Price \$725,000 #4101 JANINE GOLDSMITH AREINZ Mob: 021 432 793</p>	 <p>OPEN HOME—SUNDAY 1.00—1.45pm 41 Key West Drive, One Tree Point</p>	<p>SIT BACK, RELAX AND ENJOY Elevated North facing location in La Pointe, with uninterrupted views of the lake, golf course & Mt Manaia. 4 bedrooms, study, 2 bathrooms, spacious living plus media room. Large doors open out onto the deck from the family room, dining, kitchen allowing for easy access to outdoor living & BBQ area. Price by Negotiation #4106 JOANNE DEWSON AREINZ Mob: 021 780 622</p>
 <p>Viewing By Appointment</p>	<p>RURAL RETREAT—OAKLEIGH - Motivated Vendors are ready to meet the market. • 5782m2 landscaped property. • Solid 1970's four bedroom home. • Double+ garaging, carport + extra parking. Encouraging Offers over \$830,000 #4093 FIONA SOUTHERN MNZM Mob: 021 317 775</p>	 <p>OPEN HOME—SUNDAY 12.00—12.45pm 34 Tamure Place, Ruakaka</p>	<p>SUN TRAP Designed for the light and warmth of our Northern sun, this home has size and scope deceptive from first glance. With 3 good sized bedrooms & 2 tiled bathrooms this architecturally designed house has a large open plan living, dining & kitchen area with twin stacker doors opening onto a patio. Offers Over \$845,000 #4105 JANINE GOLDSMITH AREINZ Mob: 021 432 793</p>
	<p>VENDORS WANT ACTION! Asking Price Now \$935,000 Across the road to the Reserve & an easy flat walk to Ruakaka Surf Beach. Three bedroom home on 809m2 with double garage, carport, workshop & extra sleeping space for family & friends. Privacy & gardens to relax and enjoy BBQ's. CV \$940,000 Price \$935,000 #4097 FRANCIE STOKES Mob: 022 656 0165</p>		<p>LIVE THE GOOD LIFE A beautifully maintained sun filled home. The well-appointed kitchen & living areas all open to the North facing patio & large Arch-gola with drop down blinds. The 3 bedroom, 2 bathroom home is thoughtfully laid out, with significant amounts of storage space. Offers Over \$1,195,000 #4104 JANINE GOLDSMITH AREINZ Mob: 021 432 793</p>